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HOLIDAY GIFT GUIDE

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by
Pat Samples

Volunteering IS GOOD MEDICINE

Volunteering is like a happiness pill. At least that's true for Ruth, a recovering addict who lives at Knollwood Place, an apartment building for older adults in St. Louis Park. Ruth likes going to what she calls her "happy place" — helping others living in the building with recreational outings, special lunches, and other activities. She also likes helping adults with disabilities and children with Down syndrome at nearby community organizations.

"It's such a gift for me to volunteer," Ruth says, even contributing to her sobriety and peace of mind. "It's a distraction from the merry-go-round in my brain. I get to shut it off."

Another happy volunteer at Knollwood Place is

Clara Bils, a 17-year-old Edina High School student enrolled in advanced placement courses at the University of Minnesota. Her community service class requires 24 hours of commitment. "At first I was really stressed about having to do more," says Clara, whose days are already packed with work, friendships, and school-related activities. But her weekly trips to Knollwood Place to help with the gift shop and other tasks offer a welcome reprieve from her busyness. "Here, I can take a breath," she says. "Volunteering takes me out of myself and keeps me in the present. It feels so good to be here."

VOLUNTEERING to pg 6

IT TAKES A VILLAGE

Naloxone Training for Overdose Prevention

by Jen Shepherd

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

HELEN KELLER

The opioid crisis has affected me both personally and professionally. If you are reading this article, chances are the crisis has had an impact, great or small, on you as well. Many of us wonder what part we can play to help. "It's such a large and looming problem," we think. "What impact can I possibly have and where would I even start?" Lately, Helen Keller's quote above, sums up how I've come to view my involvement regarding the opioid crisis.

The opioid crisis is a multi-dimensional and systemic problem that requires

a multi-pronged solution. Efforts have been made to reform legislation, increase funding, change prescribing guidelines, provide education and advocacy, and support treatment and recovery services for those who are addicted as well as their support network. These efforts are a step in the right direction, which is important to remember as we wade through how to address this public health emergency.

NALOXONE to pg 11

The Benefits of Giving Unconditionally



by Olivia Pennelle

"We make a living by what we get, but we make a life by what we give."
WINSTON CHURCHILL

Some might say that giving unconditionally is the path of true abundance. Stepping beyond our self-interest and thinking of others is a gift in and of itself, especially for those in recovery. It is not only scientifically proven to make us happy, but it is also recommended by some of the world's greatest leaders, spiritual and religious figures, and psychologists.

I spoke to recovery scientist, researcher, and therapist Austin Brown about the benefits of giving unconditionally for people in recovery. By way of background, he explains, "The research on altruism is mixed. Some would say evolutionary biology dictates that giving without receiving was a means of retaining group membership. To be expelled by not contributing meant certain death. Others would say our motives for altruism is more pure, though not without benefit." Brown continues, "I think both miss the mark. I believe that the act of altruism (agape love) is about stepping beyond the boundaries of tangible self-interest."

I think Brown has a really valid point. We spend so much of our lives on self-reflection, whether that's in therapy, mutual-aid meetings, with our sponsors, mentors, or coaches, talking with our peers, or through journaling about our thoughts and feelings. Stepping beyond the realm of ourselves is an opportunity to give back to those who are still suffering.

GIVING to pg 10



Suzanne Larkin, right, distributes Naloxone kits in paper bags to homeless people at the Civic Center Plaza, Santa Ana, CA (iStockphoto.com).

CALENDAR



UPCOMING

Art Lab Rx Open House: Saturday, November 10, 1:00-4:00 p.m. at Adler Graduate School, 10225 Yellow Circle Dr., Minnetonka. The event is designed for anyone who is interested in learning more about art therapy and seeking to partner with the services offered through Art Lab Rx. Featured activities include a ribbon-cutting ceremony, art experiences on “Maggie” (the 45’ coach bus) a photo booth, and a button-making station. Light refreshments will be served. The event is free and open to the public.

Twelve Step Retreat for Members of the Military and Veterans in Recovery: Tuesday through Thursday, November 13-15, at Dan Anderson Renewal Center, 15251 Pleasant Valley Road, Center City. Experience presentations by veterans in recovery and Hazelden Betty Ford Foundation staff on topics such as resilience, military skills that support recovery and those that get in the way, as well as emotional sobriety. This retreat is offered to active duty, National Guard and veterans free of charge. Space is limited. To learn more and reserve your spot by calling 1-800-262-4882.

St. Paul Intergroup - Gratitude

Night: Saturday, November 17 at 7:00 p.m. at Lutheran Church of the Redeemer, 285 Dale Street N, St. Paul. One-year speaker and a main speaker.

Founder’s Day-

Weekend 2018: Friday through Saturday, November 23-25, at DoubleTree by Hilton, Bloomington, 7800 Normandale Blvd. Pre-registration is \$20, \$25 at the door. There will also be a banquet, dance (Sat.) and breakfast on Sunday morning. Celebrating 78 years of AA in the Upper Midwest and honoring those AA members with one-year sobriety.

St. Paul Intergroup - New Year’s Celebration: Monday and Tuesday, December 31 and January 1, at Lutheran Church of the Redeemer, 285 Dale Street N, St. Paul. Speaker, marathon meetings and dance. Starts at 7:00 p.m. on Monday.

Tattoo Convention: Friday through Saturday, January 11-13, at the Hyatt Regency Minneapolis, 1300 Nicollet Mall. \$20 per day and \$40 for a 3-day pass. Children under 12 are free. Tickets are only sold at the show. Special guests include participants from *Ink Master* Seasons 1-9.

ONGOING

Mothers of Adult Children: A support group for people whose moms used violence. Our support group will offer a safe place to talk, listen and share feelings, experiences and stories with other moms in a comfortable, confidential environment. We meet 1st Saturday of every month, 9:00-11:00am. Breakfast provided at Calvary Baptist Church — Maki Room, 1st floor, 2608 Blaisdell Ave S., Minneapolis. Parking available on street or back lot. Call 534-349-9105 for more information.

The Dan Anderson Renewal Center, Hazelden, Center City, MN. 12-Step-inspired weekend retreats focus on common issues faced in recovery: forgiveness, spirituality, healthy relationships, grief, and loss. Call 1-800-262-4882 for more info.

All Recovery Meetings: Minnesota Recovery Connection is hosting All Recovery meetings throughout the Twin Cities. These meetings honor all pathways to recovery, acknowledging that each person’s path is unique. Come, socialize, share - friends and family members welcome. Call 612-584-4158 for more info or go to www.minnesotarecovery.org.

Women’s 12-Step Program: Wednesdays at 7pm, Peace Presbyterian Church, 7624 Cedar Lake Rd, St Louis Park. For women of all ages who find any part of life chaotic or out of control. The chaos can be caused by addiction, eating disorders, relationship problems or self esteem issues. We use *A Woman’s Way through the Twelve Steps* by Stephanie Covington.

Peace Presbyterian Church has a community dinner at 6pm on Wednesdays and we provide free childcare for 12-Step participants. Reclamation-Ministries.org or call 612-879-9642.

Hazelden’s Second Sunday Retreats:

The second Sunday of each month everyone in recovery is invited to Hazelden in Center City, MN for an inspirational day of workshops, fellowship, sharing and fun. Open to anyone 18 or older involved in a 12-Step program. \$20/person includes a buffet lunch and information packet.

9 a.m. - Register at the Cork Center
9 a.m. - Introductions and orientation
10-11 a.m. - Lecture
10:30 -12:45 - Small group discussions
12:45 - 1:30 p.m. - Sunday buffet
1:45 p.m. - Small group discussions or Meditation group
2:55 p.m. - Relaxation group
800-257-7810; Plymouth alum welcome.

The Recovery Church: 253 State St., St. Paul, 55107, offers worship services on Sunday at 9:30am with fellowship, coffee and snacks following service. The mission is to provide a spiritual community for people in search of growth, healing, and recovery. For a list of recovery meetings, visit therecoverychurch.org or like [therecoverychurchstpaul](https://www.facebook.com/therecoverychurchstpaul) on Facebook.

To place a listing, email David at david@thephoenixspirit.com or call 612.298.5405.

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Tattoo Convention



Hyatt Regency Minneapolis
January 11th - 13th 2019 VillainArts.com

Show the World All the Love in Your Heart

by Julia Edelman, Editor

A recent night on the town found me next to the bars of yesteryear, at the Orpheum Theatre's staging of Beautiful, a "jukebox musical" highlighting Carole King's prolific songwriting and singing career. Before long, I was transported to the green shag rug and purple and blue stereo of my junior high school days, and the image of a young girl flopped on the bed, listening over and over again to the strains of the Tapestry album and imagining what life had in store.

The power of Carole's music, at that time, at that place in my life, was pivotal. Her lyrics were deep and thoughtful and struck a chord in my young, angsty, heart that was magically awakened at the Orpheum with each song presented — "So Far Away," "Some Kind of Wonderful," and "You've got a Friend."

Ends up — and no surprise here — that King's music sprang from her life's journey — the falling in love with Gerry Goffin, a fellow songwriter, at 17. Her pregnancy around that same time and her marriage with Goffin. Not coincidentally they co-wrote "Will You Love me Tomorrow" for the Shirelles and it immediately became a #1 hit. And then came Goffin's philandering and drug use, and their ultimate divorce. King moved to LA and produced Tapestry, full of mournful prose and robust get-up-and-at-it attitude.

"She's got such a gift," I commented to my theatre companion, for a minute forgetting that the singer on stage was not Carole King but rather someone depicting her.

We left the Orpheum, filled with nostalgia and goodwill, proud of giving ourselves the gift of getting out on a weekday night and indulging in our city's cultural offerings. That moment of gratitude led, in turn, to us reflecting on the gift of our 21-year long friendship, and the understanding, honesty, and trust that's been a constant throughout.

As we so often say, the best gifts are the intangibles.

One of the biggest gifts of my recovery is reflected in the above night-out anecdote: Gratitude. It's the flip side of stinking thinking and negativity. It's the ability to find the beauty in the beauty, and the beauty in the beast. I'm not always there — by a longshot. But I know that I've made forward movement when I can breathe and sometimes smile through unexpected construction zones when I'm late for a meeting, rude encounters of the nasty remark kind from perfect strangers, and old family hurts and resentments.

Here's your fall challenge; and it might be a handy one coming into the holidays. Think about a person or institution you have a difficult time understanding or getting along with. Then find one positive aspect of this person or place. Just one. Do it now, then pause and read on...

You've just practiced three-fold giving. You gave that person or institution some grace — a smidgen of understanding, acceptance, or empathy. Secondly, you gave yourself the gift of benevolent thinking, which helps nourish the positive neural pathways in your brain. And thirdly, an attitude of gratitude just plain gives to the world. It's

infectious. When we each practice the fine and sometimes difficult art of extolling kindness and understanding, we are all elevated to a more positive collective consciousness.

Like a good old winter cold, gratitude and kindness are contagious.

Gratitude, combined with a little Andy Williams, Beyoncé, or holiday hip-hop? Ah, now we're talking about the true depths of giving and receiving.

For more ideas on holiday giving see our centerspread for recovery related items. And please remember to support our advertisers — they and our readers are what keep this paper going.

Also in this issue is an important and intelligent article by The Phoenix Spirit co-publisher Jen Shepherd on the use of Narcan to help save opioid addicted lives. See page 1 & 11. Mary Lou Logsdon is back this issue talking about her Venture into Vulnerability during some health concerns, on page 15. John Driggs continues to explore the ways in which parents and other caregivers can influence the moral development of children on page 14.

Our Holiday issue is kicked off with a spotlight on the gifts inherent in volunteer work, by local writer Pat Samples. And Olivia Pannelle's article examines unconditional giving, and the concept of agape love. Please enjoy at your leisure.

Peace, from all of us at The Phoenix Spirit to all of you, everywhere.

Beautiful
By Carole King

*You've got to get up every morning
With a smile in your face
And show the world all the love in your heart*

*Then people gonna treat you better
You're gonna find, yes you will
That you're beautiful, as you feel*

*Waiting at the station with a workday wind a-blowing
I've got nothing to do but watch the passers-by
Mirrored in their faces I see frustration growing
And they don't see it showing, why do I?*

*You've got to get up every morning
With a smile in your face
And show the world all the love in your heart
Then people gonna treat you better
You're gonna find, yes you will
That you're beautiful as you feel*

*I have often asked myself the reason for sadness
In a world where tears are just a lullaby
If there's any answer, maybe love can end the madness
Maybe not, oh, but we can only try*

*You've got to get up every morning
With a smile in your face
And show the world all the love in your heart
Then people gonna treat you better
You're gonna find, yes you will
That you're beautiful
You're beautiful
You're beautiful as you feel*



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issue we find and face holds within
it the seeds of
healing, health, wisdom,
growth and prosperity.
We hope you find a
seed in every issue.*

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SUPPORT GROUPS / PLEASE CONTACT BEFORE ATTENDING

MONDAYS

Conscious Contact – 11th Step Meeting and meditative Drum Circle. Mondays (except holidays) 12:30-1:30pm. Transfiguration Lutheran Church. 11000 France Ave S, Bloomington. Drums provided. No experience necessary. Arthur 952-884-2364.

Mindfulness and the 12 Steps at Clouds In Water Zen Center, St. Paul. Near University and Western – 445 Farrington Street, St. Paul, MN 55103. Mondays, 7-8:15pm. Meditation and one step/month. Ongoing.

1900 Mens Alanon, Monday 5:45-7:15pm, 12-Step meeting, step presentation and small groups, fellowship. 1900 Nicollet Ave., Plymouth Congregational Church. Tom W., 612-281-5230. Enter at parking lot.

Overeaters Anonymous: Monday mornings, 10-11am. 3rd floor, handicapped accessible. Minnehaha United Methodist Church, 3701 50th St Mpls 55407. For more info call Ana 651-592-7510

Understanding Eating Disorders, Treatment, and Recovery: Second Monday of each month, 6-8:30 p.m. The Emily Program staff provides answers to common questions and concerns of families and friends “new” to eating disorders, treatment and recovery. 2265 Como Ave, St. Paul, 55108. Free, drop in. Visit www.emilyprogram.com or call 651.645.5323.

Eating Disorders Anonymous: second and fourth Monday of every month, 6:7:30pm in Little Falls at St Gabriel Hospital in the Rose Room, 3rd. St. entrance. JoAnn at 320.232.9576, or edalittlefalls@hotmail.com

Friends and Families of Suicide: a place of support and comfort where those that have lost a loved one to suicide will be comfortable talking about their own loss as well as hearing about the losses of others. Meets the 3rd Monday of every month 7-9pm, Twin Cities Friends Meeting, 1725 Grand Ave., St Paul, 55105. For info email fiosmn@yahoo.com or call Tracy @ 651.587.8006.

Debtors Anonymous: a group of men and women who use the 12-Step program to solve problems with debt and other money issues.; www.daminnesota.org 952-953-8438. Monday, 7-8:30 p.m., St. Mary's Greek Orthodox Church, 3450 Irving Ave. S., Mpls, 55408. (from the south parking lot use the door next to the flag)

Bloomington Codependents Anonymous: 7 p.m., men & women at Unity South Church, corner of 1st Ave. and American Blvd. For more info go to: www.unitysouth.org/calendar or call 952.469.3303

Support group for married and divorced fathers. Parenting, partnering, and anger management issues. Mondays, 7 to 9 p.m. in Hopkins. Call Kip 763.783.4938.

Eating Disorders Anonymous: St. Paul, MN, Mondays @ 6:45:7:30 PM at Hamline Midway Library, 1558 W. Minnehaha Ave., St. Paul, MN 55104. Venita Johnson 612.964.2387 or eda.diverse@gmail.com for more information.

TUESDAYS

Recovering Couples Anonymous, 7pm. We are a 12 Step Group for couples wanting to find new ways to communicate. We provide strong couple support and model healthy couple-ship. Unity Church, 733 Portland Ave, St Paul, 55104. Enter the building through the parking lot door and take the elevator to the basement. Please check us out! Contact Dave at 651-214-5747 or Connie at 651-307-7964 for more information.

Families Anonymous (FA): First and third Tuesday evening of each month, 7pm. Support group for families and friends of those dealing with drug, alcohol or other behavioral issues. Is someone you love destroying family harmony by using drugs or alcohol? Free help exists! Join us at St. Timothy Lutheran Church: 1465 N. Victoria Street, St. Paul, MN 55117, or contact Dave E: 612-701-5575.

Debtors Anonymous: a group of men and women who use the 12-Step program to solve problems with debt and other money issues.; www.daminnesota.org 952-953-8438. Tues, 7-8 p.m., Dayton Ave. Presbyterian Church, 217 Mackubin St., St. Paul, 55102. (1 block n. of Selby and 2 blocks e. of Dale. Meets in the parlor.

Recovery International Meeting at Mary Mother of the Church, 3333 Cliff Road, Burnsville, rm 9 at 3pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Contact Rita at 952-890-7623.

Emotions Anonymous - For those dealing with emotional stress, depression, etc. 7:30pm at Christ the King Lutheran Church, Room 106, 8600 Fremont Ave., Bloomington. Take Penn Ave. south to 86th. Turn left and go to Fremont, just east of 35W. Brian at 952-888-6029.

Nicotine Anonymous: 7-8pm at St. Columbia Church/School, 1330 Blair Ave., St. Paul, 55104. For more info call 952-404-1488.

Overeaters Anonymous Roseville: Meetings are held from 9:45 – 10:45 a.m. at St. Christopher's Episcopal Church, 2300 N. Hamline Ave., Roseville, Room 218 Call Janie 651.639.4246 for more info.

A.C.A., 5:30-7 p.m., Dakota Alano House, 3920 Rahn Rd, Eagan (Hwy 13 & Cedarvale Shop Ctr). 651.452.2921.www.dasinc.org/

A.C.A. 7pm, Saint Michael's Lutheran Church 1660 W City Rd B (at Fry). Roseville. Open to all. Step and Traditions meeting.

Get a Fresh Start! 12-Step AA group, open meeting Tues., 7pm, at Kingswill Church, 1264 109th Ave NE, Blaine. Denny, 763.757.6512.

Eating Disorders Anonymous: 6:30-7:30pm, Zimmerman Evangelical Church, 25620 4th St. W, Zimmerman, 55398. Jodi A.: 763.244.6803 or eda.zimmerman@gmail.com for more info.

WEDNESDAYS

Al-Anon Evening Meditation Meeting, 7-8 pm., Pentagon Office Park, 4570 West 77th St., Suite 255, Edina, MN 55435.

Women's 12-Step Program: 7pm, Peace Presbyterian Church, 7624 Cedar Lake Road, St Louis Park. For women of all ages who find any part of life chaotic or out of control. Through reading *A Woman's Way through the Twelve Steps* by Stephanie S. Covington, members explore how the Steps help us overcome addictions and work to heal ourselves. Peace Presbyterian Church has a community dinner at 6pm on Wednesdays and provides free supervised childcare for 12-Step participants. Reclamation-Ministries.org, 612-879-9642

Eating Disorders Family & Friends Support Group: Open to the public, 1st and 3rd Wednesday of each month, 5:45 p.m. – 7:15 p.m. at The Emily Program, 2265 Como Avenue, St. Paul, MN 55108.

Overeaters Anonymous: St. Paul Midway: Wednesdays 7–8 PM, Hamline United Methodist Church. Two blocks east of Snelling & Minnehaha. Park in south parking lot, use south entrance to education building. Press buzzer. For more info contact Susan at 651.295.7854.

Adult Children of Alcoholics: Wednesdays @ 7 pm. St. Mary's Episcopal Church, 1895 Laurel Ave, St. Paul. Meets downstairs, sign in the lobby. For more information call Mary at 612.747.0709.

Transitions: 7:30.9:30p.m. Support to men and women who are transitioning from incarceration to living in the community. Trained facilitators and peers provide emotional support in a safe, openly honest environment to discuss discouragements, frustrations, temptations. One of the trained facilitators is a woman. The Men's Center, 3249 Hennepin Ave. S. Minneapolis, 612.822.5892. tcm@freenet.msp.mn.us

Women's CoDA Group: Women's Only Codependents Anonymous Group. Meets every Wednesday at noon at Colonial Church of Edina, 6200 Colonial Way (Fireside room, S. end of bldg). For more information, call Valerie at 612.741.5281

Workaholics Anonymous: for people who are chronically preoccupied with work. Meets every Wed. 12–1pm in the east bldg at Fairview Riverside Hospital, 2450 Riverside Ave. Mpls. Take elevator inside main hospital entrance to level B, follow signs to east building and dining room E. 763-560-5199.

Marijuana Anonymous, Bloomington, 6-7 pm, Minnesota Valley Unitarian Universalist Church 10715 Zenith Ave S. (2 Blocks south of Old Shakopee Rd, on the East side of Zenith) Contact: blooming-tonma@hotmail.com

AA Meeting: 6:30 – 8:30pm St. Christopher's Episcopal Church, 2300 N. Hamline Ave., Roseville. Call 651.639.4246 for more info.

Atheist/Agnostic Alcoholics Anonymous, 3249 Hennepin Ave S., #55 (Men's Center, in the basement) Mpls, 7 . 8 pm., Open to Men and Women. For more info write tcAgnostic@gmail.com

THURSDAYS

Workaholics Anonymous: 12 step group for finding balance between work, activity and fun. Meets every Thur. 7-8:15 pm. Christ Presbyterian Church,

6901 Normandale Rd. Room 305 - North entrance, enter door on left and up stairwell on your left. Call before attending for any schedule or location updates Jeff 952-465-4928, Liz 612-229-8930, email: wafindingbalance@gmail.com

Red Book ACA/ACOA: Recovery Church, 253 State, St. Paul, 7-8:30pm. For more info call Jacob at 612.819.9370 or Bruce at 651.407.6336.

Recovery International Meeting, St Phillip Lutheran Church, 6180 Highway 65 N, Fridley at 7pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior Therapy. Ken, 763-571-5199.

CoDA Group: Co-Dependents Anonymous 12-Step Support. 6-7:30pm at Unity North Church, 11499 Martin Street NW., Coon Rapids, MN 55433. SW corner of US Hwy 10 and Hanson Blvd. Call Chris @ 763.438.3583 for more info. Also check www.coda.org

Adults with ADHD Support Groups: (first time free) Every Thursday morning 10am . noon and every Thursday evening (except last Thurs of the month) 7pm 8:30pm. LDA Minnesota, 6100 Golden Valley Road, Golden Valley, MN 55422. Tel. 952.922.8374 or www.ldaminnesota.org

Eating Disorders Family & Friends Support Group: Open to the public, 2nd and 4th Thursday of each month from 5:45 p.m. – 7:15 p.m. at The Emily Program, 5354 Parkdale Drive, 2nd Floor, St. Louis Park, 55416.

A.C.A.: 6:30pm Prince of Peace Lutheran Church 200 Nicollet Blvd #E Burnsville. Step meeting, open to all.

FRIDAYS

Food Addicts Anonymous: a 12-step program dedicated to food addiction. Fridays 8-9pm, Living Table United Church of Christ, 3805 E 40th St., Mpls, 55406. LGBT friendly. For more info call Shea at 612-722-5064 or sheahnsn@gmail.com or www.foodaddictsanonymous.org

Recovering Couples Anonymous: Friday Night @ Minnehaha United Methodist Church, 3701 E 50th St, Mpls, 55417, 6:30 - 8pm. 12-Step couples group meets as couples in recovery from any addiction. The only requirement is the desire to remain committed to each other, and find better ways to communicate and develop intimacy. Call Kathy 612- 545-6200 or Allan 612-309-5632.

Recovery International Meeting at Bethlehem Lutheran Church, 4100 Lyndale Ave S., Mpls at 7pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Ruth 612-825-4779.

Eating Disorders Anonymous: 5:45-6:45pm, Grace University Lutheran Church, 324 Harvard St SE, Mpls on U of M East Bank Campus. Free parking in Lot AA across street. Open. edaminnneapolis@gmail.com, 612.305.8367

Women's AA Meeting, TGIF Meeting. 6:15 pm at Epworth United Methodist Church, 3207 37th Ave. S., Mpls. Handicapped accessible. Meeting consists of lesbian, bi, and straight women, many of whom have maintained long term sobriety. Chris A. 612-722-1936.

SATURDAYS

OCD Support Group: 2nd and 4th Saturdays of each month at Lord of Life Lutheran Church,-16200 Dodd Lane, Lakeville, MN. 11am -1pm For more information contact Susan Zehr @ sszehr@charter.net or 952-210-5644.

Nicotine Anonymous: Sat. 10am at Linden Hills Congregational Church, 4200 Upton Ave South, Mpls. Enter at the back door. 952-404-1488.

Spenders Anonymous: Our purpose is to stop spending compulsively and work toward serenity in our relationship with money. 1-2 pm at Bethany Lutheran Church, 2511 East Franklin Avenue, Minneapolis, MN 55406; street parking or in the church lot; enter through the gate on Franklin and ring the bell; <http://www.spenders.org>

Northeast Minneapolis CoDependents Anonymous (CoDA) Group: East Side Neighborhood Services, 1700 2nd Street NE, Mpls, 55413 (corner of 2nd Street NE & 17th Ave NE). Park in lot behind building, use rear entry door. Saturdays: 1-2pm. Contact Ralph W. at rwink@aol.com or 612-382-0674.

CoDA Group: Shoreview, Shepherd of the Hills, 3920 North Victoria Street, 1 blk north of 694. Please enter from the back/north side of building off

of Gramsie. Door “G”. Follow signs to room #265. 9-10am. Dana, Shoreviewcoda@gmail.com

Overeaters Anonymous Newcomer Meeting: Third Saturday of the month, 1pm.2pm. Sumner Library, 611 Van White Memorial Blvd., Mpls, 55411. For more info contact Allison @ 612.499.0280, Gene @ 952.835.0789 or visit www.overeaters.org.

Overeaters Anonymous Courage to Change Meeting: Saturday mornings 8-9a.m. at St Christopher's Episcopal Church, 2300 Hamline Ave N. Roseville. Contact Donna with questions at 651.633.3144.

Clutterers Anonymous: St. Christopher's Episcopal Church, 2300 N. Hamline Ave., (Hwy 36) room 220, Roseville. 12 step support group meets the first, third and fifth Sat. of the month, 10–11:15am. www.clutterersanonymous.net

Debtors Anonymous: men and women using the 12-Steps to solve problems with debt and other money issues.; www.daminnesota.org 952-953-8438. 9-10am, Bethel Evangelical Lutheran Church, 4120 17th Ave. S., Mpls, 55407 (rooms 7 & 8, enter sliding glass door facing parking lot.)

Overeaters Anonymous: 8-9 a.m., Falcon Heights Community Church, 1795 Holton Street, Falcon Heights. Lisa 651.428.3484.

Obsessive Compulsive Disorder Support Group: 1st and 3rd Sat. of the month, 11am -1pm Central Community Center, 6300 Walker St., rm. 215, St. Louis Park, MN. Call Burt at 612.722.1504.

Choosing Healthy Sexual Boundaries, Saturdays 10am-noon. Concerns about your sexual behavior? Receiving negative feedback about your sexual choices? Safe, non-judgmental place to talk with other men re healthy sexual boundaries. The Men's Center, 3249 Hennepin Ave. S., Mpls.

Adult Children of Alcoholics & Dysfunctional Families: Saturday, 10a.m., ACA Club Fridley, Moon Plaza, Boardroom in the lower level of Unity Hospital, 550 Osborne Road, Fridley. Please see www.acafridley.com for info.

Men's & Women's Support Group: Meetings every Saturday (including holidays) at 9am. Prince of Peace Church, 7217 W. Broadway, Brooklyn Park. (north entrance.) Informal, safe place to share experiences of joy and concerns. We promote growth & positive change to meet the challenges of our lives. Call 763.443.4290.

Debtors Anonymous: Using the 12-Steps to solve problems with debt and other money issues.; www.daminnesota.org 952-953-8438. 10:30-noon, Wooddale Church, 6630 Shady Oak Rd., Eden Prairie, 55344. (enter door #1, lower level rm. 147)

South Side Men's Group: Saturdays, 8:20 to 10 a.m. Support for men working toward positive personal change. Creekside Community Center, 9801 Penn Ave. S. Bloomington. Visit www.southsidemensgroup.org.

SUNDAYS

Double Winners Anonymous. Closed meeting of alcoholic women who combine recovery with Alanon. 5:30pm. Wesley Rm, Lake Harriet United Methodist Church, 4901 Chowen Ave. S., Mpls. Take doors from pkg lot, turn left down the hall. LeeAnn J at 763.234.1054 or Margaret K at 612.823.8279.

Big Red Book ACA, 11:15am at the Cavalier Club, 6123 Wooddale Ave., Edina, MN 55424. Call Therese S. at 952.927.6761 for more info.

Eating Disorders Anonymous: 5-6:30pm in Eden Prairie at Wooddale Church, 6630 Shady Oak Road, 55344. Room 291. Contact Nikki: nikkihaven@gmail.com or call 612.227.4079.

Deep-Healing Prayer Group: Discover how God provides healing of memories, emotions, and the body at St. Paul's Evangelical Lutheran Church, Sundays, 7-9:30pm, www.Door2Hope.org. 612.874.1033.

Calix Society: A group of Catholic Recovering Alcoholics and their family/significant others who desire to strengthen their spiritual growth, meets the 3rd Sun. of the month at Cathedral of St. Paul. Mass at 8am., breakfast/speaker meeting at 9am. 651.773.3117.

Debtors Anonymous: a group of men and women using the 12-Steps to solve problems with debt and other money issues.; www.daminnesota.org 5:30-6:30pm, Oak Knoll Lutheran Church, 600 County Rd. 73, Minnetonka, MN 55305 (enter rear of bldg, the Plymouth 2 Alanon. For more info call 612-388-2944.

Free at Last: A Local Chef Breaks the Chains of Addiction

by Melinda D.

My life was ruining my life. The things I once loved had begun to consume all my time, all my relationships and all of me.

From an outsider’s perspective, I looked as though I was at the peak of my profession. I’d traveled, met some amazing culinarians both here and abroad, been in magazines and on TV, worked in some fantastic kitchens, and now I was a chef in a well-respected restaurant at the heart of a city.

Inside, though, I was a mess. I was riddled with anxiety and depression. I felt unlovable and alone, even in a crowded room of misfits just like myself. I worked harder and drank more to cope, never recognizing that I was headed toward bottom.

I made attempts at being in romantic relationships. After a few months, though, each of my partners would grow impatient waiting up for me until midnight or 1pm, only to have me collapse into bed so I could wake up at 5am to go work another 18-hour shift. On “Sunday Funday’s” they grew even wearier of me spending all day getting intoxicated with my co-workers, most of whom were half our age and interested in one thing – drinking enough to black out.

Eventually boy-friends would ask me to choose between our relationship and my lifestyle; and I always chose the job and my peers, since they never asked me to change even one thing about myself... never encouraged me to grow up.

There never seemed to be enough hours in the day; enough space to work; enough cooks to cover every station in the kitchen; enough customers to keep the restaurant busy. Eventually, I internalized that message, never really feeling like I was “enough” of anything - a chef, a girlfriend, a sister.

So, I worked harder. I worked every holiday, during every concert that came through town, through seasons of beautiful weather, just so that others could enjoy the time that they surely deserved. But finally, I knew something had to change. I told my boss I needed help, but he was also stretched thin between his growing business and his growing family. He understood, but he had no suggestions. “I know your type,” he’d say, “You’re one of those chefs who will work until your head falls off. You’re tough.”

On Father’s Day of 2015, I walked into the rooms of recovery for the first time. I didn’t know what to expect, but I knew I needed some kind of help, and I knew that therapists didn’t work on Sundays. There weren’t many people there, but they were sharing in a way I didn’t yet understand how to do.

Don’t get me wrong... I would regularly confess to complete strangers all the terrible things I’d done or ever thought about doing to myself or others; usually with the emotional detachment of someone licking a postage stamp. I’d been described as glib, numb, robotic, and downright harsh; but never vulnerable, open, sincere, or warm.



So, I mumbled my way through the God stuff and heard people speaking their hard-earned wisdom into my own experiences. Sunday meetings got in the way of my continuing to drink, however, so I found weeknight meetings to attend. Funny thing, that. Saying to folks, “I can’t work past 7pm, I have to go to my recovery meeting” kept them from begging me to cover extra shifts. Surprisingly, holding that time as sacred and valuable taught me how to maintain other boundaries, too.

Soon, it also kept me from drinking excessively in the company of coworkers. “Progress, not perfection!” I’d say, as I took down two rather than six or seven shots of tequila. Still, recovery wasn’t clear, easy or comfortable for me. It took me six months to recognize the people, places, and things that were no longer

supporting the “real me” including my job and partners who were attracted to my struggle just long enough to distract them from their own.

I think no truer words have ever been spoken than, “The only thing that needs to change is everything.” Despite my inner demons screaming, “Cooking is all you’ve ever done! You’re not

smart enough to do anything else! You’ll miss this!” I moved to Minneapolis. At 42, I returned to college, worked part time and took out student loans to cover the rest of my bills.

I worked the 12 Steps through Adult Children of Alcoholics (ACoA), meditated at Refuge Recovery meetings, attended Codependents Anonymous and AA. I volunteered with Minnesota Recovery Connections and was trained to be a recovery coach. I even started going to a church. One Sunday in Saint Paul, I took my last sip of alcohol.

Today, I recognize that support is all around me. I no longer feel imprisoned by anxiety or depression. I’m able to ask for and accept help when it’s offered because I know I’m worth it. Now, I do my best to support others, especially chefs, who want to achieve emotional or chemical sobriety while overcoming the challenges of working in an industry which has the highest rate of substance use in the country.

Leaving the kitchen was part of my story, but I don’t believe think it has to be part of everyone’s. If we can apply the principles of recovery to the culinary world, then as the ACoA Solution reads: “We will see beautiful changes.”

Do you have a testimony of hope and encouragement from your journey of recovery? We’d love to hear from you. Please send your story to phoenix@thephoenixspirit.com. We’ll connect with you if we choose to publish your piece in a future issue. Thank you.

“It took me six months to recognize the people, places, and things that were no longer supporting the “real me”.”

Resource Directory

Bettors Anonymous

Bettors Anonymous now meeting in MN. Men and women using AA’s spiritual solution to recover from gambling addictions. www.bettorsanonymous.org. 612.298.8593.

Counseling

Maple Grove Therapy and Wellness is a collaborative of therapists working to serve primarily adolescents and young adults struggling with chemical and mental health issues. 612.460.0427, www.maplegrovetherapyandwellness.com

Eating Disorders

Melrose Center- Melrose heals eating disorders for all genders and ages. Our experienced team offers specialty programming for those struggling with an eating disorder and substance use disorder – whether they are in recovery, treatment or still struggling with substance abuse. This specialty care is available in St. Louis Park, St. Paul and Maple Grove. Visit melroseheals.com or call 952.993.6200.

Drugs and Alcohol Treatment

Minnesota Teen Challenge

If you or a loved one is struggling with drugs or alcohol, we’re here to help. In addition to our effective and affordable residential Licensed Treatment, faith-based Long-Term Recovery and convenient Outpatient program, we have extensive prevention and transitional/aftercare services. Freedom from addiction starts here. 612-FREEDOM or mntc.org

Narcotics Anonymous Helpline

Drug Problem? We Can Help! Call Now 24-hour (877)767.7676. Also, check out www.namimnnesota.org For a complete listing of meetings, upcoming events, camp-outs, and service opportunities.

Soul Readings/Classes

Soul Readings/Psychic Development Classes: *beginning, advanced, and workshops.* **Cindy Lehman;** 612.669.1861; www.cindylehman.com; or email cindy@cindylehman.com. Beginning February 28 - Psychic Development Beginning/Foundation Class: Learn to consciously access your soul’s guidance, clarity and wisdom. Discover your abilities and purpose working with your body/soul partnership in this lifetime. Wednesday evenings, February - November. See website or call for more information.

Workaholics Anonymous Meeting

Burning out? Workaholics Anonymous provides steps and tools to break free from non-stop work and activity. Newcomers are welcome at our Workaholics Anonymous meeting Wednesdays, noon, Fairview Riverside Hospital, Dining Rm. E. Learn more: 763.560.5199 or www.workaholics-anonymous.org.

To place a Resource Directory listing call David at 612.298-5405 or email at david@thephoenixspirit.com



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Volunteering

from page 1

HAPPINESS ERUPTS

Reports of happiness abound from volunteers, according to Laura Arne, who recruits and manages volunteers at Knollwood Place. Part of their enjoyment, she says, is bringing out the happiness in others. “We have a piano player for Happy Hour, and he’s gotten our residents up dancing,” says Laura. “That’s never happened before, so I told him, ‘You’ve changed this place.’ He said, ‘You’ve made my day just saying that.’ I notice he’s even got a skip in his walk when he leaves.”

Ruth notes many reasons for her happiness as a volunteer. “I love being with people,” she says. “It fulfills me. It makes me feel good that I can give of myself. When someone says ‘Thank you,’ I feel happy and valued. People love me here.” For Ruth, being valued is no small matter. She has a disability herself, which resulted in her being separated from her family as a child so she could go to a special school. “For a long time, I didn’t feel good about myself,” she says. “I didn’t think I’d amount to anything.” Now she likes knowing she is able to help others who can’t help themselves. “It fulfills me,” she says.

Ruth says that helping others often requires patience and “gets me out of my comfort zone.” Yet she enjoys giving back to the community. “If I didn’t have all this [volunteering],” Ruth says, “I wouldn’t be clean and sober today.”

SLOWING DOWN IS WELCOME REPRIEVE

Clara, the Edina student, says she’s learning patience, kindness, and slowness from the people at Knollwood Place.

“I’m used to being around very fast-paced people,” she says. “Everyone here takes their time to say, ‘Hello, how are you?’ They show a lot of gratitude. They’re super kind.”

Clara enjoys the exposure to “tons of perspectives on life and hearing what different people prioritize.” Clara recalls with special enthusiasm what one man said to her: “If I wake up and I’m not in the obituary, then I put on my pants and do my day.” Clara treasures the lesson she took from him: “I have a blank slate for today. I want to use it to the best advantage. I value every day as a privilege rather than as a chore.”

COMPUTER GEEK LEARNS RUSSIAN, GETS HUGS

Tim Kelly gets a big kick out of volunteering at Ebenezer in Minneapolis, another senior living community. For five

hours every Thursday, Tim contributes his “computer geek” skills there, giving one-on-one help to the low-income residents. While his professional freelance activity requires him to work on urgent computer fixes at all hours of the day and night, he likes the steady schedule of going to Ebenezer regularly and getting to know people well over time. He also likes that they “ask for help rather than demanding it.”

Tim says his volunteering has improved his communication skills. “I’ve learned to listen better, to really focus, and to ask questions to clarify,” he says. Tim is inspired by how eager his elder students are to learn. “There is a lot of brilliance still there” in older minds, he says, something he finds encouraging in his early 60s.

Tim helped an 84-year-old learn to type. The man also knows some Russian and wanted to learn more, so he and Tim often spend their half hour together each week doing online language learning. Tim likes picking up a little Russian himself. More often the residents need help with basic computer skills like attaching a document to an email or learning how to search online. If their computer or printer breaks down, Tim may fix it, or he may find them a used one for cheap.

“They hug me and say thank you. It’s good ego stroking,” he says, laughing. “I’ve even had people pray over me and thank the Lord.”

Tim also sees his volunteering as a way to “pay it forward.” His own mother, age 82, who lives in Florida, is getting plenty of needed help from others, he says. He wants to be like those helpers that make it easier for his mom.

“We all need somebody,” he says. “I wish I could do more.”

A COSTUME MAKES HELPING FUN

Pat Levine is another volunteer who greatly enjoys helping people. “I like bringing something worthwhile into their lives, especially when they smile and I can tell they enjoy it,” she says. Pat volunteers because it’s part of her Jewish religious belief to give to the community. She can’t always give money, she says, but she can give her time.

One way Pat likes to volunteer is by helping arts organizations. She often ushers at the Cowles Center in downtown Minneapolis, allowing her to see, without cost, a wide range of dance performances, something she greatly enjoys. She also volunteers at fundraising galas and other large events so she can engage in the fun while contributing her time. For

one gala, she agreed to dress up as a butterfly and flit among the people who came. “When I have a job to do, it’s sometimes easier for me to interact with people,” Pat says. “In costume, I had no trouble acting because my insecurities didn’t get in the way. I got to use my creativity and I enjoyed the attention.”

CREATING GOODNESS IS REAL NEWS

Elizabeth (“Liz”) Andress, a long-time teacher in adult basic education, left her job three years ago to do consulting work. She also wanted more time for her spiritual life and community interests. With a passion for systems change, she devotes herself to big-scale volunteer projects that address social problems “upstream,” she says.

“I think of myself not as a volunteer but as a community organizer leading change,” Liz says. Racial equity, immigrant support, health care reform, and affordable housing are a few of the areas where she has taken on leadership. Her commitment to community betterment comes in part from her strong Lutheran background. “For Lutherans, putting faith into action really matters,” says Liz. As part a multi-faith partnership coalition called Isaiah, she headed up a statewide initiative supporting “health care for all.”

Liz currently serves on the Golden Valley Housing Coalition, where she advocates for affordable housing. She interviews renters to gather information that is then used in lobbying for city ordinance changes to improve housing options for low-income people.

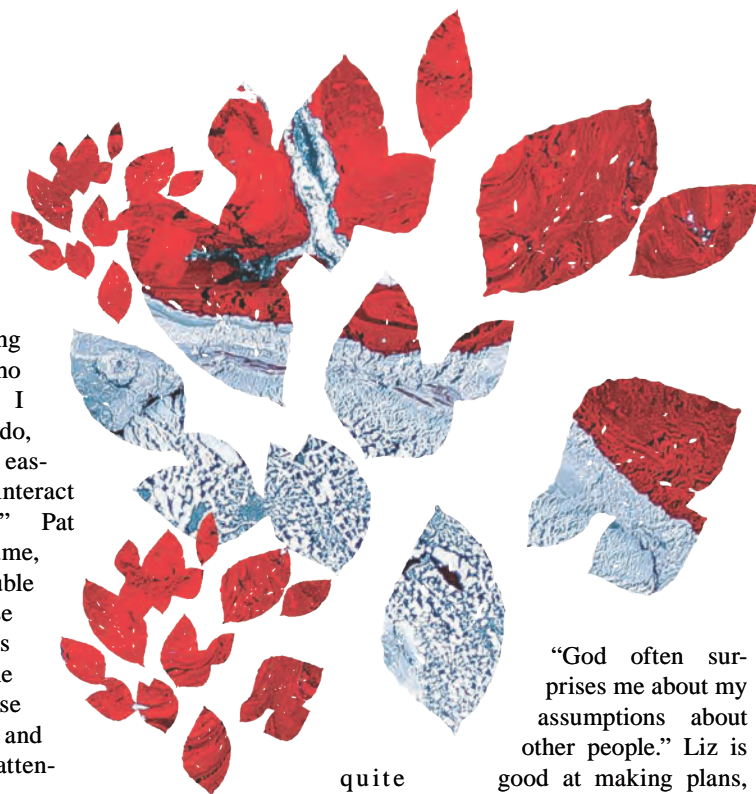
While her activism is grounded in a deep care for social justice, she benefits as well. Her consulting work is mostly done at home, she says, “so volunteering is a way to connect in person with other people in the community with shared interests.”

“If I’m isolated, I can get stuck, confused or lose motivation,” she says. She calls her community activity “joyful work.” Through volunteering, Liz says she has learned what “rings my bell,” so she focuses her attention there. “When I’m doing what I want to do, it’s not draining.”

Liz appreciates the training offered by some organizations she helps. From Isaiah’s week-long training, she came to understand the importance of using one-to-one conversations for community organizing.

“I have learned how to invite people powerfully into the work,” she says.

Another benefit she mentions is that



“God often surprises me about my assumptions about other people.” Liz is

quite good at making plans, she says, but she has also come to enjoy such surprises and adapt to what she discovers. She has experienced other unexpected benefits as well, such as a trip to the Congo, hosted by the family of Congolese immigrants she assisted in Minnesota.

Not all her volunteer work is on large-scale projects. She participates in an informal singing group that visits hospices, nursing homes, and even private homes to bring comfort to people struggling with life and death. Liz values the learning that comes through getting an up-close at what people experience with illness and dying.

Liz also likes knowing she’s making a positive difference.

“It’s all about showing up and creating goodness in the world,” Liz says. She adds, “I’m a rebel against cultural division. That’s what we see on the news and we think that is real. But creating goodness is just as real as the other stuff.”

Her community leadership grows her compassion, she says, and her hope. The hope is not about expecting great results. “Hope is in the action itself,” she says.

Pat Samples is a writer and she supports others in creative aging, body awareness, and creative writing. Visit www.patsamples.com

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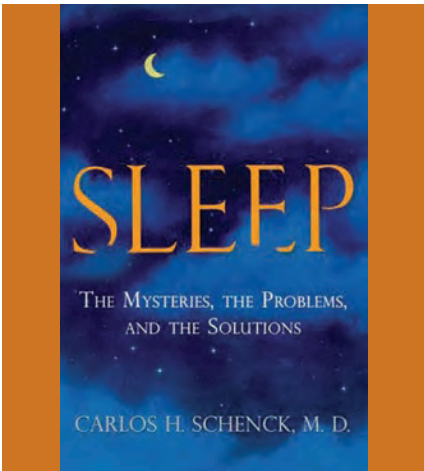
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Books



Sleep

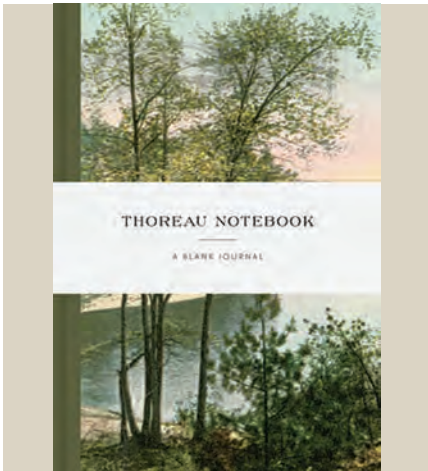
The Mysteries, The Problems, and The Solutions

By Carlos H. Schenck, M.D.
AVERY

We spend more than 200,000 hours sleeping in a lifetime, the equivalent of more than 8,000 days. Yet research has only just begun to decode the mysteries behind what can go wrong. Here, Dr. Carlos H. Schenck, one of the most prominent sleep doctors and researchers in the country, takes us on an incredible journey into the mechanisms of sleep, and the spectrum of disorders that can occur when these mechanisms go bizarrely awry.

Dr. Schenck discusses the causes and treatments for common problems—insomnia, restless legs syndrome, sleep apnea, and more. But what sets this book apart is the rare glimpse it offers into the cutting-edge science that he and others have pioneered in identifying, understanding, and explaining the realm of “parasomnias”—the mysterious, more extreme sleep disorders, such as dream enactment, sleep-related eating disorder, sexsomnia, sleepwalking, sleep terrors, sleep paralysis, and even sleep violence, which affect at least 20 million Americans.

Comprehensive, engrossing, and backed by the latest medical research, *Sleep* is a groundbreaking work about what continues to be one of our most mysterious medical puzzles—making it an indispensable guide for sufferers of all sleep disorders and their families.



Thoreau Notebook

Blank Journal

PRINCETON ARCHITECTURAL PRESS

As people in recovery, journaling is a great way to mark our journey so we can look back at how far we’ve come.

Inspired by Henry David Thoreau, this journal provides 160 blank lined pages, with 26 color illustrations, vintage photographs featuring writings from Thoreau’s own notebook, pictures of Walden Pond, surveys in his own hand and dried plant samples from his personal collection.

Encased in a hardcover, sage green cloth spine with a ribbon to mark your last entry, the book is a beautiful journal—sure to stand the test of time.



The Phoenix Spirit was provided a free copy of the journal by the publisher.



Be a Parent, Not a Pushover

A Guide to Raising Happy, Emotionally Healthy Teens

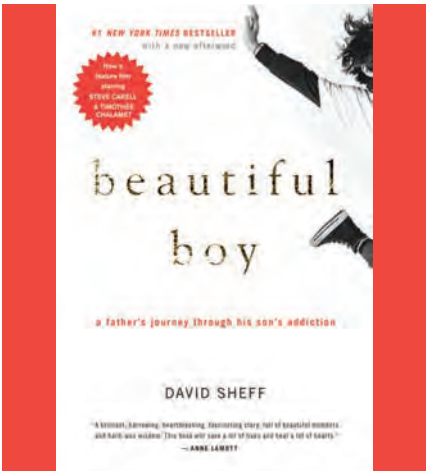
By Maryann Rosenthal, Ph. D.
THOMAS NELSON

Dr. Maryann Rosenthal, a clinical psychologist, helps parents navigate those difficult years when their children are simultaneously pulling away and in need of parental guidance, structure, and love. She begins by bringing the reader through self-discovery of parenting and communication styles, and outlines what teens are needing most from their parents.

The teen years are a choppy sea of feelings; at their worst, they bring emotional storms of hurricane proportions. Rosenthal teaches parents to use various skills and tools to lessen these emotional storms, and alleviate other parental frustrations through proactive parenting. Through providing direction, unconditional love, value modeling, and consistency, parents can help build feelings of stability, safety, and togetherness for their teens.

A creative and yet structured approach is outlined for engaging teens in goal setting and problem solving, which fosters a sense of ownership and control over their own lives. There is an in-depth look at stress, how it affects teens, along with tools to help teens cope and manage responses to stress. Rosenthal guides the reader through the phases of character development in teens, and offers practical tips for encouraging this growth.

Be a Parent, Not a Pushover teaches parents how to trust themselves, being the best parent that they can be, and ultimately, a lighthouse for their teen.



Beautiful Boy

A Father's Journey Through His Son's Addiction

By David Sheff
MARINER BOOKS

What had happened to my beautiful boy? To our family? What did I do wrong? Those are the wrenching questions that haunted every moment of David Sheff’s journey through his son Nic’s addiction to drugs and tentative steps toward recovery. Before Nic Sheff became addicted to crystal meth, he was a charming boy, joyous and funny, a varsity athlete and honor student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole, and lived on the streets.

David Sheff traces the first subtle warning signs: the denial, the 3 a.m. phone calls (is it Nic? the police? the hospital?), the rehabs. His preoccupation with Nic became an addiction in itself, and the obsessive worry and stress took a tremendous toll. But as a journalist, he instinctively researched every avenue of treatment that might save his son and refused to give up on Nic.

Beautiful Boy is a fiercely candid memoir that brings immediacy to the emotional rollercoaster of loving a child who seems beyond help.

If you have a book you’d like reviewed or have an old favorite you’d like to share with others, please contact us at phoenix@thephoenixspirit.com.

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*Kindness
expands
the light
within
us and
reaches
out to
touch
the light
in others
as well.*

Kindness is an ideal that is easily accessible to all of us. We all know that a small kindness can make our journeys lighter and more enjoyable. Even bringing an instance of kindness to mind can put a smile on your face days or weeks later or perhaps even inspire you to share kindness with another. Though it may seem simple to the point of insignificance, many cultures throughout the world and history have recognized kindness as a powerful virtue. It may be the simplest way to experience and share all the grandest ideals of humanity. We can make the choice to act from the best place within ourselves at any time, while simultaneously recognizing the highest potential in another with the smallest of acts, nourishing the seed of hope in each soul we encounter.

from page 1

Giving Unconditionally

Giving has the ability to assist the healing process Brown explains, “The healing power of this is that giving places contextual markers to our experiences. For example, I may be suffering from stress, so I stop and buy a gift for someone out of the blue who just lost a parent or loved one. This act sets my stress squarely in juxtaposition to the pain and hurt of another. And the act of giving that gift conveys to the other a message that says, ‘despite my own affairs, I recognize your pain.’ In doing so, my pain is contextual to their pain, and an azimuth is shot between my pain and theirs.”

Having perspective in recovery is crucial. Just this week I was feeling sorry for myself because a crown displaced in my mouth. I suffer with severe dental anxiety that can exacerbate my complex PTSD and dysregulate my body. Within 30 minutes I went from a place of relaxation to crying for an hour. When I came home, I awoke to my heightened reaction as I rode the elevator with a person in a wheelchair who has cerebral palsy. Asking me how I was, I moaned about my tooth. He told me that he, too, needed a new crown. I quickly realized how much more fortunate I was in this situation — at least I was able-bodied and could cycle to the dentist and express my needs clearly. He was less fortunate, but he wasn’t moaning and instead was empathizing with me.

I was able to see how lucky I was being able to access the funds to pay for dentistry in America, which not everyone can. These realizations shifted my mindset so that I was able to think less about my challenges and more of others. Since then, I have hosted a recovery social event, and I’ve thanked the staff in my building by giving them cakes for Halloween.

In a society that is set on acquiring things — money, prestige, material possessions, relationships — it is a welcome change to let go of a need to be highly regarded and have everything we want, and instead focus on serving others.

Brown explains that for people in recovery that is crucial. “In recovery, we see altruism as a verb. We seek to give away the small treasures we find, first because they were freely given to us, and second, because in doing so we place ourselves squarely in relations to others,

we see their needs as part of our own experience, and we hand off to them the things we have used that helped us.”

“This reverses the obsessions with ourselves, and our own needs, by contextualizing ourselves as a fellow traveler, rather than a lone sufferer. ‘I understand you pain, however

briefly, as my own, and vice versa,’” he says.

There is nothing more powerful for me than someone showing me kindness, compassion, and empathy. Knowing that I am not on my own has been fundamental to my recovery. Without it, I would feel lost. I’m fortunate to have been given the time and hearts of many souls in recovery who have listened intently to my woes and supported me.

Brown enthuses, “For that small moment of giving, we are the same. I personally believe it is one of the most transcendental experiences humans can have.”

As Brown alluded to in his point about altruism relating to agape love — used by early Christians to refer to self-sacrificing love — the act of giving is supported by many religious and spiritual leaders. In Buddhism, the Dalai Lama notes that a person’s happiness is not derived from the material, it is dependent upon the deep, genuine

concern for the happiness of others. Mahatma Ghandi has said, “The best way to find yourself is to lose yourself in the service of others.” And, Dr. Martin Luther King noted in one of his speeches, “recognize that he who is greatest among you shall be your servant.”

King continues, “by giving that definition of greatness, it means everybody can be great, because everybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and your verb agree to serve...you only need a heart full of grace, and a soul generated by love. And you can be that servant.”

Whether motivated by spiritual or religious leaders or not, there is research to support the benefits of giving. Science has shown that the act of giving can actually make you happier. A study by Harvard Business school found that regardless of one’s income, those who spent money on others were far happier than those who spent money on themselves.

Whether you are giving to those in recovery or not, what we give can be wide-ranging and it doesn’t have to cost us money if we don’t have it. Giving can include volunteering our time in positions

of service in mutual-aid meetings, or local non-profits; giving care items to people who don’t have homes (socks, toothbrush, female hygiene products, blankets, sleeping bags); donating old clothes that you no longer wear; giving gifts to people for their birthday, or as a means of thanking them; and adopting a dog from a local rescue shelter. Another great idea is, instead of buying Christmas gifts, consider donating to a global non-profit campaign. There are some wonderful options such as Doctors Without Borders, Save the Children, Compassion International, World Wildlife Fund’s Wildlife Adoption program, Charity Water, Human Rights Campaign, the American Cancer Society.

As Thanksgiving approaches, why not take a moment to stop focusing inward and instead focus on giving to others. You won’t regret it.

Olivia Pennelle is the founder of Liv’s Recovery Kitchen, a site dedicated to helping people flourish in their recovery. Liv is passionate about challenging limiting mentalities and empowering others to direct their own lives, health, and recovery.



Eve was born with a heart defect and underwent an extremely risky surgery at just 3-and-a-half months. The life and death crisis inspired her mother, Annamarie, to start the Newborn Foundation (newbornfoundation.org). It’s saving lives worldwide.

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from page 1

Naloxone Training

WHAT ARE OPIOIDS?

Opioids are a class of drugs that includes prescription medications used to treat pain, as well as illicit drugs such as heroin and other synthetic opioids. Opioids work on several receptor sites in the body to reduce the perception of pain. There are many risks involved with using opioids including increased tolerance leading to addiction, and death. Death can occur when breathing becomes shallow and results in decreased oxygenation of the blood, which leads to brain and heart damage, and eventually cardiac arrest.

EPIDEMIC

Based on data from 2016-2017, The U.S. Department of Health and Human Services reports over 130 people die every day from an opioid overdose. The National Institute on Drug Abuse reports that in 2017 there were more than 72,000 deaths related to drug overdose. Roughly 68 percent, or over 49,000 of these fatal overdoses involved opioids such as heroin, pain relievers, and fentanyl.

The Minnesota Department of Health reports that of the total drug overdose deaths in 2016, nearly 60 percent of them involved opioids. From 2015-2016, there was an 83 percent increase in the number related to synthetic opioids such as fentanyl, carfentanil, and tramadol. During this same time frame, fatal overdoses from heroin rose 32 percent, and prescription opioids and methadone related deaths had an increase of 18 percent.

OVERDOSE GOOD SAMARITAN IMMUNITY LAW

The Substance Abuse and Mental Health Services Administration (SAMHSA) states that as of July 2017, 40 states and the District of Columbia have enacted some form of a “Good Samaritan” or 9-1-1 drug immunity law. These laws are put in place to provide protection for bystanders that call for emergency assistance in the event of an overdose, and also for those that administer naloxone.

In 2014, Steve’s Law was passed (Minnesota Statutes: 151.37 Subdivision 12, Section 3 [604A.04], Section 4 [604A.05]). This law allows laypeople to carry and administer naloxone, and releases them from liability when they’re acting in good faith to save a life. It also provides additional allowances for first responders to administer, as well as for prescribers to be allowed to prescribe to a third party. Another important note within the statute is that it provides limited immunity from criminal prosecution for the person experiencing the overdose, and also the person that is calling 9-1-1 and seeking medical assistance.

WHAT IS NALOXONE?

Naloxone is an opioid antagonist that can help reverse a potentially fatal overdose. Opioid related deaths can be avoided when naloxone is delivered in a timely manner (SAMHSA). It works by displacing the opioids from the brain receptors for a short time, allowing the person to breathe and temporarily reverse the effects of the overdose. Naloxone is administered by intramuscular injection or by nasal spray (Narcan).

Naloxone reverses an overdose caused by opioids such as heroin, morphine, oxycodone, codeine, methadone, hydrocodone, fentanyl, carfentanil, buprenorphine, and hydromorphone. Naloxone will not work if the overdose is due to alcohol, anti-depressants, or benzodiazepines.

OVERDOSE PREVENTION

Overdose prevention involves multiple strategies in a system wide effort to reduce the amount of opioid related overdoses and deaths. It includes educating families, individuals at risk, first responders, law enforcement, healthcare professionals, and the community about prevention, and what to do in the event of an overdose. Access to naloxone, and support for accessing treatment services is another key strategy, as well as encouraging the public to call 9-1-1 and seek immediate medical attention during a crisis.

The Steve Rummier Hope Network (SRHN) has an overdose prevention program that provides training on how to administer naloxone included in their overdose prevention rescue kits. The training is offered to multiple groups including retail locations, home health agencies, first responders, law enforcement, schools, hospitals, and other community agencies. They also provide naloxone training and overdose prevention kits to the general public so that society as a whole is better equipped to save lives.

It was at one of these events that I met Heather who is a trainer for SRHN. She shared the power and value of naloxone from a place of first-hand knowledge. As a person in recovery, she has been revived from multiple overdoses by the medication. She has also had the experience of being able to administer it to others several times, and save the lives of others.

IF YOU WANT TO SAVE A LIFE, YOU NEED TO CARRY A KIT

Heather talked about the various situations that would warrant naloxone. Children are at risk for having access to prescription medications. Sometimes people accidentally take too many pain pills, such as in the case with elderly people who have cognitive impairment, or someone who just had major surgery and may not be thinking clearly. Additional situations that support administering naloxone include when working with others in recovery, having loved ones who take chronic pain medication and/or struggle with the disease of addiction, walking into a public restroom, or when traveling. Overdose can happen anywhere, and

at any time, and according to Heather, “If you want to save a life, you need to carry a kit.”

Other key considerations regarding naloxone:

- Know the signs of opioid overdose – some of them include blue lips and nails, shallow or absent breathing, not moving, can’t be woken up.
- Call 9-1-1 immediately and start rescue breaths.
- When in doubt, just administer – benefits outweigh the risks and side effects are rare.
- How to administer the naloxone.
- Don’t assume the person is safe after administration of naloxone, they can still continue to overdose.
- Pharmacies also carry naloxone – you can get it without a prescription. If you have a prescription, most insurances will cover it.
- Using the naloxone overdose prevention kit is an easy and effective way to save someone’s life.

In 2017, there were over 2,000 overdose reversals that were reported back to SRHN by first responders. Another organization that SRHN collaborates with that also distributes naloxone kits has had over 1,700 reversals reported to them so far in 2018. That means at least 3,700 lives have been saved just in the two years that they have been handing out kits. Between January 1, 2018 and October 29, 2018, SRHN has provided 8,886 Overdose Prevention Kits, they have provided training to a total of 3,649 individuals, and 184 training events.

BARRIERS TO OVERDOSE PREVENTION

One of the barriers to overdose prevention is the lack of awareness around the importance of education and training on how to use naloxone. I have experienced several of the situations that Heather described, and not once did I think that naloxone may be a tool that I could use if I needed to save a life.

Another barrier is the fear of liability. Whether you are a layperson, healthcare professional, an individual at risk, family member, or business owner, the fear of



Aimee Dunkle, distributes naloxone kits in paper bags in Santa Ana, CA (iStockPhoto.com)

being liable for something going wrong, or criminally prosecuted, is very real. More education needs to be done regarding the Good Samaritan and drug immunity laws, and in Minnesota, specifically Steve’s Law.

The stigma that surrounds addiction can be a deterrent. Not only the stigma within society, and the myth that providing naloxone and overdose prevention will increase risk behaviors, but also the stigma in family systems. Once family members become aware of their loved ones’ struggles, people may feel shame. Sometimes people have concerns about having additional medication in the house.

MOVING FORWARD

As society continues to navigate the opioid crisis, you may find yourself led to becoming involved on some level. Involvement can be as simple as having an open dialogue with others about topics like chronic pain, addiction, overdose, and alternative supports. You can get trained to administer naloxone, or volunteer to help make or distribute overdose prevention kits. There are also opportunities to get involved on a larger scale such as with fundraising, or advocacy for reform.

Whatever your involvement, large or small, remember that when you share your own personal story of experience, strength, and hope, you are making a difference.

Jen Shepherd, MSW, LICSW, CCA, is a clinical social worker, clinical aromatherapist and co-publisher of The Phoenix Spirit. www.shepherdwellnessmn.com



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9 Tips for Holiday Health and Happiness

by Dr. Bradley Nelson

Dr. Nelson has lectured internationally on the natural healing of chronic illness; as a holistic chiropractic physician, he's successfully treated patients from across the US and Canada for more than 20 years. Here are few of his practical and proven steps for people to experience holidays with more joy, less sadness, and better physical and emotional health:

1. Choose Foods to Fight Depression, Anxiety, and Weight Gain: "Eat foods that are as close to nature as possible," Dr. Nelson advises. "Fill up first on things that are good for you. Eat vegetables, have a good salad, so by the time the gravy and candied yams are there you can eat smaller amounts."
2. What Not to Eat: Avoid foods with long lists of ingredients. "This applies in general not to just the holidays. Any food that has a label that has to explain to you what is in it is probably not something you want," he explains.
3. Talk More, Eat Slower: When you go out to eat with friends, come prepared with stories to tell so you're talking more, and as a result, eating more slowly.
4. Drink Up! (Water, not Alcohol): Staying hydrated is the key to avoiding excess eating and helps cleanse impurities from your body for better physical, emotional, and mental health.
5. Listen To Your Body (and Say "No" When Necessary): Don't volunteer to take on additional tasks if it interferes with your health, your family, or your stress level – it won't be worth it.
6. List Your Blessings: "People suffering from depression tend to be focusing on the negative things in their lives rather than counting their blessings. One of the most important things you can do is to make a list every day of the things in your life that are actually good."
7. Take a Breather: If you find people you are with are making you feel stressed out, go outside for a few minutes to get some fresh air.
8. Move to Beat Depression and Stress: Exercise as simple as getting outside and walking is the natural, drug-free way to combat depression. Moving your body throughout the day burns away stress hormones such as adrenaline and cortisol that can otherwise linger in your system for up to 24 hours, damaging your immune system and organs. "The secret reason exercise is so good for you is exercise burns those hormones out of the blood and prolongs your existence on the planet," he says.
9. Discover and Release Emotional Baggage: People can free themselves of a major underlying cause of anxiety, depression, panic attacks, phobias, and other forms of mental illness by learning to release trapped emotions, Dr. Nelson says.

"When a person becomes relatively free of imbalance, their body, mind, and spirit enter a balanced state and the body is able to heal itself," Dr. Nelson says. "The mind is calm and the person is generally happy and peaceful and able to experience emotions like joy."

Dr. Bradley Nelson, is a holistic Chiropractic Physician and Medical Intuitive working in the fields of Bioenergetic Medicine and Energy Psychology. His bestselling book, The Emotion Code, provides step-by-step instructions for working with the body's healing power. More info at www.drbradleynelson.com.



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Choosing Joy

by Alesha Aborady

You ever have that day where everything is going great, you're excited for the day and then something comes up that just throws off everything?! A text, a call, something someone says to you... Lovely. Now my perfectly good day is ruined. All thanks to one person. One thing. You know what I'm talking about?

I think we all actually go through experiences like that daily, but the one thing that differentiates one person's experience from another's is a thing called choice. In those hard moments we all have a choice to make. You can either let that person or circumstance dictate your entire day or you can choose to deal with the situation as needed then move forward and allow yourself to have a good day. Allow yourself to still experience joy and happiness. I think a lot of times we make ourselves have a horrible day because we have this screwed up thinking that we have to sit in our own misery. In all reality, we absolutely have the power to set things aside and make a choice to still experience happiness, that same day!

I believe the reason more people don't do this is because it isn't your natural reaction.

This is most definitely a challenge. You will naturally want to talk about everything until it is an exhausted out pity party, and have what happened as an excuse to mope around. Now don't get me wrong, I believe that you should allow time to take in the moment and the emotions that you're feeling because God gave us feelings for a reason. Feelings are a great thing. But feelings should not control you, you are in control. So there comes a time when you need to learn to cap them. Regardless of your situation there is always something to be grateful for, there is always something to find joy in. Although it is really easy to fall under havoc of those emotions, you should know, you are stronger than you

think!

Happy people, successful people, do NOT play the victim. If you want to live in peace and freedom you've got to toughen up. Take charge of your life and your emotions and don't make excuses! Playing the victim may feel comforting for a short period of time but guess what, it's not getting you anywhere. The only thing you're going to get is some short lived attention. And as great as that attention or sympathy feels, guess what feels even better?? Getting up off your butt, brushing off your shoulders and moving forward. Don't sit in your own misery, don't rehash what happened, don't talk about it over and over. If you truly want a happy, full of peace life you've got to work for it. Challenge yourself to look at hard times as tests. And girl, pass the test. Because your time is limited. And no one else is going to do it for you.

Choosing to not allow the victim mentality is one of the biggest qualities of a winner. This is not the easy route, it isn't always comfortable, but you will skip through seasons that other people get stuck in. You will experience more joy and happiness because you will see that circumstances are just seasonal. They don't last forever. Hard times will always come and go, unless of course you hold onto them — then they will stay around!

One of the greatest quotes I have ever heard is, "Life is 10 percent what happens to you and 90 percent how you react to it."

Gosh, if that doesn't change how you handle every situation I don't know what will. And it is 100 percent the truth. Which is exactly why you can find someone who has it way worse off than you are, and yet they're loads happier than you.

Basically what I'm saying is that there is always joy to be found, but you might have to look for it. There is always something to be grateful for, but you might just have to search for it. The choice is always there, choose wisely!

Alesha Aborady, is a blogger/writer that solely writes about growing through struggles, finding joy and truly living out a passionate life.

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Helping You and Your Children to Have Good Moral Character (Part 2)

by John H. Driggs, LICSW



Editor's note: In the last issue of *The Phoenix Spirit*, John Driggs lent his more than 40 years of experience working with individuals, couples and families, to the topic of how to help foster moral character in children. Driggs aptly acknowledged that parents and other caregivers are not wholly responsible on how kids turn out, nor should they take complete credit for their successes. Caregivers do, however, play a major role, and Driggs believes that it's never too late to improve our relationships and work on building good character. Following is part two of Driggs' insightful article.

WHAT CAN WE DO NOW TO IMPROVE OUR KIDS' GOOD CHARACTER?

There are many other excellent references for parents to read about raising kids with good character. They are: *The Parents We Mean To Be* by Richard Weissbourd (Mariner Books, 2009) and *The Price of Privilege* by Madeline Levine, Ph.D. (Harper Books, 2007). These books are well written, backed by research and practical. Other ideas include:

Relax about how your children are turning out. If you're reading this article you've likely already done a great job. Unless your kids are showing the psychopathic triad — fire setting, torturing pets, and bedwetting—you and they are probably OK. Don't freak out when your kids go through periods of insensitivity and oblivion to others. Many children have long and winding roads through life that often end in the most positive of places. They are just like us; the apple doesn't fall far from the tree. Keep chiseling away at a positive relationship with your darlings.

Intervene early and often when your children regularly seem to show signs of conduct, autistic or psychotic disorders. This means they are repeatedly cut off from feeling your love, have hallucinations and/or don't respond to social cues like other kids. Get your child assessed by a school psychologist, pediatric medical doctor, or at a child guid-

ance center (such as the Frasier Center in the Twin Cities or Ramsey County Child Mental Health Center). It's best if your child sees a specialist trained in character or psychoneurological issues, not just any counselor. Such investments are significant, may go on for years but have good results in the long run. Beware of non-trained helpers who allow impaired children to run circles around them or blame the parents for odd child behaviors.

Avoid being an indulgent parent like it is the kiss of death. Some of the most narcissistic adults, psychopaths and wife abusers were started this way. Read *How Much Is Too Much* by Jean Illsley Clark, Ph.D. et alia, (Marlowe and Company, 2004). It's much better for you to be a tough disciplinarian with an occasional kind heart towards your kids, than someone who is constantly worried how fragile your kids are or how they may not like you. Kids who are fragile can learn to toughen up so they can cope in the world. Your kids will like you even more if you act like an authority figure. It's fine if your kids don't like you. Then you know you are doing your job!

Allow your children to make mistakes. Children, after all, are children. They need our guidance. Keep a sense of humor and perspective on your kid's screwing up. What, you yourself haven't screwed up?! Always see their mistakes as teachable moments that, with

your help, they can repair and forgive themselves. Such instances are often the most sacred moments in the parent/child relationship. Let kids screw up a lot. The more the merrier! Learning to repair (and forgive) are major parts of moral development.

Get support for yourself as a parent. Childrears need an extra set of eyes to help them see what they don't see and to emotionally cushion parental stress. Often, this caring happens in an intimate marital relationship. However, even if you lack such help, there are plenty of places to find it. Tell yourself that you do need support, even if you are resisting doing so. You are worthy enough to get help from other non-professional people, like a caring extended family member, sibling, neighbor down the street, organized parental support organization (like Early Family Education Center in the Twin cities) or a family-oriented church down the street. You don't have to be a believer to go to a church. Go for the social support and community. All the research says that families that go to church or another spiritual institution have very positive outcomes for their kids when it comes to moral development, suicide prevention, premature pregnancy prevention, less drug and alcohol use, and career achievement. It is OK to go to a church purely for the community and fellowship, even if you're not into the Jesus thing.


Do things as a family to volunteer in your community with your kids. Have them learn empathy by asking them, "So what do you think these lovely folks and children feel when they are in a shelter? Have them see that sacrifice is necessary for love and what they get back in return is way worth it! Have kids continually

visit older folks to expand their compassion horizon. Forget having them using volunteer activities to pad their resumes or college applications. Have them learn love for its own sake. It's better if the people you are serving are non-related, so children can see that we are all in this boat together and it feels really good doing good for others. Have them do the same at their own school, perhaps tutoring other students with challenges. Discuss as a family what it means to care for others. Also do some volunteer work on your own, apart from your kids, so you can learn the immense joy of giving to others. Your kids will take notice.


Always take a "Monkey See, Monkey Do" attitude when it comes to making moral choices. Our children mostly learn morality from our actions, not our words. Such thinking is not only good for our kids, it is good for ourselves as parents. Remember way back, when you once said, "Oh good, I'm going to be a parent. I finally will learn to be mature." Well now's your chance.

If you embrace the messages in this article it's highly unlikely your kids will ever have to come see someone like me and take decades to learn these lessons. I could easily go on about the many ways I have let my own kids down. But what good would that do? After all, who among us does not have any challenges in life from how we were parented? Imperfection is normal for us all.

*John H. Driggs, LICSW, is a Licensed Clinical Social Worker in private practice in St. Paul and co-author of *Intimacy Between Men* (Penguin Books, 1990). He can be reached at 651-699-4573.*



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Venturing into Vulnerability

by Mary Lou Logsdon

I have had to slow down recently for health reasons. It's not as easy as it sounds. Everything and everyone around me still whirls at a 21st century tempo and my body heals at a 16th century pace. Slowly. Step by step. Day by day.

I am having a timeout, initiated by my body. Just as we give children a timeout to let them self-calm and reflect on their behavior, so the universe is doing for me. Sometimes these timeouts are welcome, other times not so much.

This period to recover feels more like a time to uncover. I uncover my impatience, my difficulty in accepting help, my resistance to asking for assistance, my fear of facing my own mortality. My inner 2-year-old is stamping her feet and saying "no, No, NO!" My inner adult sits her down to remind her how lucky she is that she is mending so well. Here I am, vacillating between gratitude and attitude!

I also notice my old co-dependent coping skills coming back for a family reunion. If I have no wants, surely you will take care of me. If I just focus on you, I won't have to share with you what it is I want. I remember my early days in Al-Anon. If I can solve your problems, I won't have to be aware of my own. Or I won't have to solve my own. Or surely you will never leave me, will you?

I go to my wisdom people for insight.

Brené Brown is a great resource when I fight vulnerability. Vulnerability is not weakness. I feel vulnerable because I am. My body is compromised. I am regaining strength, but my wound is tender. It hurts when touched. It needs to be protected. How much do I share with others how I feel going through this experience? I feel scared. I feel alone. I feel restless, anxious, insecure. I feel vulnerable.

Brown, in her book *Daring Greatly*, defines vulnerability as uncertainty, risk, and emotional exposure. I am uncertain about what my physical recovery will look like. I am uncertain about how the presenting problem might recur. I am uncertain about how life will look, feel, be, knowing what I know now. It is like having confidence in your home until torrential rains flood it. My certitude that my house is on high enough ground is washed away. Even after I add drainage, patch cracks, redo the gutters, I know that it could happen again. I know my body's weakness in a new way. I see risks I was blind to before. In letting others into the state of my health, I expose my emotions. When people ask, How are you? I am much more apt to tell the truth. Scared, sad, but also alive in a new way.

Another wisdom source is poetry. I am particularly drawn to a lovely poem by Rumi, a 13th century Persian poet, entitled *The Guest House*. It so fits how I feel in this in-between place.

THE GUEST HOUSE

*This being human is a guest house,
Every morning a new arrival.*

*A joy, a depression, a meanness,
Some momentary awareness comes
As an unexpected visitor.*

*Welcome and entertain them all!
Even if they are a crowd of sorrows,
Who violently sweep your house
Empty of furniture,
Still, treat each guest honorably.
He may be clearing you out
For some new delight.*

*The dark thought, the shame, the
malice,
Meet them at the door laughing and
invite them in.*

*Be grateful for whatever comes,
Because each has been sent
as a guide from beyond.*

I am my own guest house. Every morning I do have a new arrival, some new awareness that opens me. Viewing a beautiful sunrise exposes how fleeting life is. Seeing my child hurting reminds me how deeply I love. Hearing fear in a dear friend's voice rouses how afraid I am. Accepting help, gifts of food, and encouragement from friends prompts a humble sense of interdependence. Remembering my carelessness with others' vulnerabilities stirs my guilt and grief. Without my usual busy distractions, I sit with these messy feelings. I reluctantly welcome them as I interrogate each for what it comes to teach.

My third wisdom source is Franciscan priest Richard Rohr, who describes our sacred wounds. We are all wounded. My most recent wound is visible, but we each carry wounds not so readily apparent. The challenge is to move into and through the wound when the temptation is to distance, avoid and deny. Rohr says, "If we cannot find a way to make our wounds into sacred wounds, we invariably become cynical, negative, or bitter." Don't we all know people like that? Sometimes it's me.

My wounds don't disappear because I pretend they aren't there. Recognizing my pain, my vulnerability, my hurt, I give it room to heal. I don't let people carelessly bump it. I keep it safe and protected until I know it is ready for daylight. I see in its sacredness the lesson it has to teach me.

If I ignore my wound, it might scab over but it will not heal. When I protect it without an honest assessment, it is like covering a deep cut to avoid seeing it until it eventually festers. Now I need to lance it, examine it and excavate the rot. Only then can true healing begin.

Again from Richard Rohr, "If we do not transform our pain, we will most assuredly transmit it — usually to those closest to us: our family, our neighbors, our co-workers, and, invariably, the most vulnerable, our children." Caring for our wounds, recognizing our vulnerabilities, honoring the healing process is a spiritual journey. A journey that leads to a much freer future.

My recovery is like a giant PAUSE button. Pause to slow down. Pause to pay attention. Pause to consider how I am going to do this given my physical body's limitations. Pause to be grateful. Pause to think this through again. When I don't pause I move right into old ways of doing things. This sacred wound's blessing is an opportunity to do things differently, intentionally — step by step, day by day.

Mary Lou Logsdon, leads retreats and provides spiritual companioning in the Twin Cities. She can be reached at logsdon.marylou@gmail.com.

"To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength."

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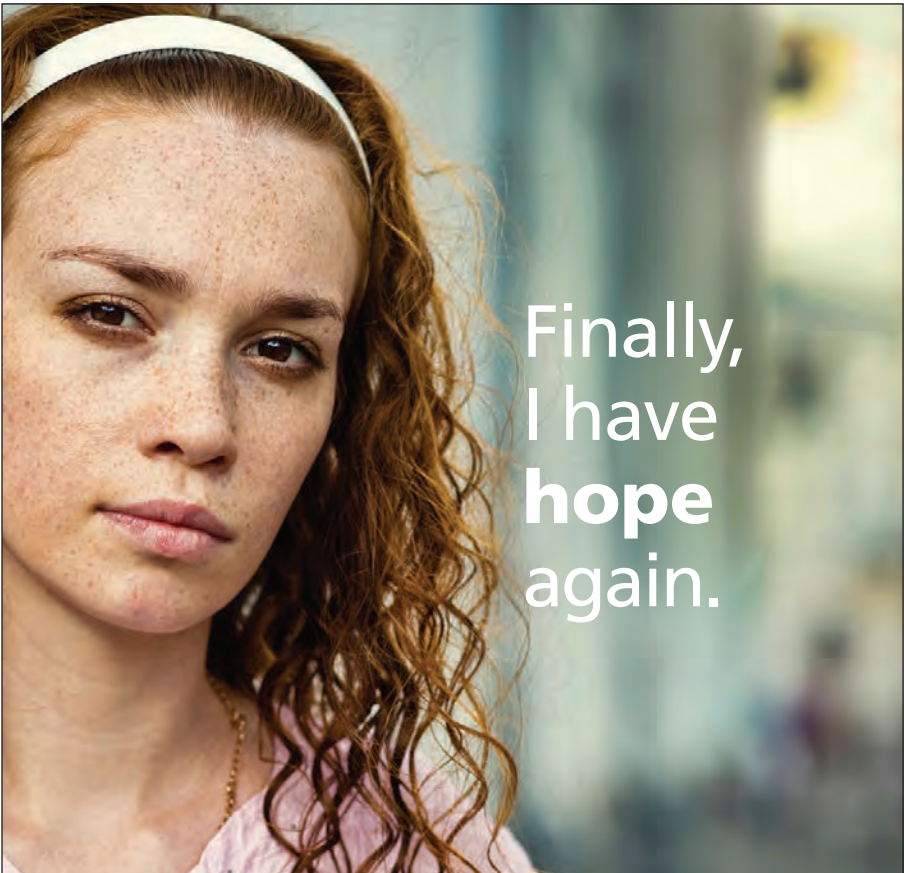


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