

The Lodge at Hazelden through Betty Davis eyes

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Hold the date

Derrick Crim
ST. PAUL
Feb. 21

...

Springbrook Alumni Dinner
LAKE OSWEGO, ORE.
March 17

...

Lodge Workshops
Scottsdale, Ariz., Jan. 21
Dallas, Feb. 18
New York City, March 18
Pasadena, Calif., April 1
Denver, June 8
Carbondale, Colo., June 10
San Francisco, July 22

...

Alive and Free
May 5-7

...

Women Healing 2006
Minneapolis, April 21-22
Tampa/Clearwater Beach, Fla., May 19-20
New York, NY, June 8
White Plains, NY, Sept. 15-16
Seattle, Oct. 13-14
Charlotte, NC, Nov. 3-4
Chicago, Dec. 1-2

Betty Davis-Reynolds is the newest addition to The Lodge at Hazelden program. She's glad to be there, and staff and participants of the popular Twelve Step immersion program are glad she's there as well.

"Through the work of Betty and others here at the Renewal Center we're trying to help people understand that there's a spiritual path to healthy recovery through the Twelve Steps," said Gary Hestness, who oversees the Dan Anderson Renewal Center programming in Center City. "What Betty brings to this work is her background as an ordained minister and a comprehensive understanding of the Steps and addiction—both through her work as a former unit counselor at Hazelden and from personal experience. She's quite adept at integrating the Twelve Step principles with a healthy spiritual path."

Fred Holmquist, director of The Lodge at Hazelden, says Betty's passion for the Steps and her deeply spiritual approach leave

Lodge participants energized and wanting more. As the two primary educators for the program, they complement one another to provide a range of perspectives.

"I teach to people's minds, or to their intellect, and Betty teaches to people's hearts," said Holmquist. "Together we provide quite a footprint of teaching. Betty clearly leaves people with a clarity of their spirit."

Betty's ability to work with others has roots in her own hunger for spiritual clarity, something she began to define more than 26 years ago. "In treatment I had a spiritual encounter and made a decision to turn my will and life over to God's care," she said. "Today I have a partner, God, my Higher Power. I am a walking miracle."

In her continued pursuit of the Twelve Step design for living and in facing her own "spiritual malady," Betty was inspired to write the "Spiritual Development" series.



Betty Davis-Reynolds

BETTY DAVIS-REYNOLDS—
CONTINUED ON PAGE 4



Alive and Free celebration of recovery is May 5-7

ALIVE AND FREE, HAZELDEN'S ANNUAL CELEBRATION OF RECOVERY for all alumni and their families and friends, will be held for the 27th straight year on May 5-7 at the Center City campus. The celebration is geared to benefit recovery for alumni of all Hazelden programs, including regional centers.

"The weekend offers inspiration and growth for everyone on the Twelve Step recovery path," said Lisa Reynolds, manager of Alumni Relations. "If you've never been here, it's a great chance to visit our beautiful Center City campus."

The weekend features workshops, guest speakers, great fellowship, entertainment and fabulous food. We have the most outstanding speaker lineup this year, including Basil Brave Heart, a Lakota elder and spiritual leader from Pine Ridge, South Dakota; Diane Conway, who will present her inspirational workshop, *What Would You Do If You Had No Fear*; and Craig Nakken, author of *The Addictive Personality*. Also featured will be popular Hazelden speakers John MacDougall, Fred Holmquist, and Elene Loecher.

A complete schedule for the weekend will be available soon. Check www.hazelden.org/alumni or call 888-257-7800, ext. 4588 for more information and lodging referrals. Guests are encouraged to make reservations at the above number and arrange accommodations ASAP. Lodging on campus is already at capacity and nearby hotels are filling up fast.

After more than 20 years of addiction, Marcus has hope

MID NOVEMBER marked the one-year sobriety date for Marcus, an alumnus of Hazelden Springbrook. Given that he endured more than 20 years of active addiction—to alcohol, methamphetamine and benzodiazepines—that’s no small feat.

“Life is good,” said Marcus, who received his one-year medallion from Crystal Meth Anonymous (CMA).

While Marcus wishes he was further along in his journey, he understands he has his priorities in order for right now, focusing on his recovery and working on his college education. He is extremely grateful to be sober, which has enabled him to also get his mental health issues under control. Even more importantly, he and his partner are sober at the same time. His partner of more than 15 years quit drinking after attending the Family Program at Springbrook. “It’s been a struggle and a challenge for both of us,” said Marcus. “But our relationship has grown in ways it hasn’t grown in the past.”

Marcus said his introduction to mood-altering chemicals began at age 16, when he began sneaking into bars. “It wasn’t so much to drink,” Marcus said. “But when you’re 16 and gay in a not-so-large town, there aren’t a lot of people you can talk to.”

By age 18 drinking took over his life, and by 21 he was experiencing blackouts. Crystal meth entered his life at 21 and it stayed with him for 20 years. “Meth was a problem in my world in the 1980s—it was very pervasive then,” he said. “It led me to some pretty ugly

places—I was homeless a couple times and I lost a couple career opportunities to it.”

Toward the end of his using days, drugs began to take a greater toll. He is an insulin-dependent diabetic, and his PTSD and depression exploded on him. “By February 2004, I had reached the end of my rope,” he said. “I realized I needed to either change or die. At that point, a doctor friend of mine, who was in recovery and had gone to Springbrook, interceded. He said, ‘I can help you get your life back.’”

Story time

Weary of any kind of treatment center, because he had been in psychiatric hospitals in the past, Marcus visited Springbrook at his friend’s urging. He liked the warm surroundings and decided to check in.

“The whole experience there was as good as can be,” he said. “I thought I’d be there 30 days, but I stayed there for 70. It was a life-changing experience.”

The most important part of his stay was the extended care portion of the program, he said, in which he lived off-campus in a house with other men in recovery. He attended therapy on campus during the days and had the support of peers and Twelve Step meetings during the evenings and weekends.

“The experience of living with the guys was tremendous,” he said. “They were fun and supportive, and these are guys I’ve stayed in contact with over the past year. They helped me through some scary stuff and encouraged me to stay

with the program.”

The first 30 days offered a great orientation to Twelve Step recovery, but practicing some of the basics, such as daily prayer and meditation and Tenth Step work, in the extended care environment was invaluable. “We worked Steps 4-6 in the house and got more into the action pieces,” said Marcus. “Doing it in a safe environment was very valuable.”

What keeps him sober?

“I do something in recovery every day,” said Marcus. “I keep in touch with Springbrook alumni and several peers from treatment, I go to meetings every week (two CMA meetings, two AA meetings, and one NA meeting), and I attend a men-in-recovery therapy group once a week that has given me more encouragement and support than anything else I do.”

Marcus says he’s learned a lot in the last 20 months.

“I’ve learned that relapse really is a choice,” he said. “No matter how bad things really seem, you can put it off. Also, you need to listen and not be afraid to share and take direction from those around you. Get a sponsor who’s been around for five years or more. I see some people getting sponsorship from people with only a year of sobriety. It’s too big a commitment to be a sponsor without experience. I’ll do it someday, but I’ll know when I’m ready. Finally, you need to be patient and let things unfold. The loneliness is tremendous in the first few months of recovery.”



Hazelden grieves the passing of counselor Sherry Davis

HAZELDEN IS SAD TO REPORT the death of Sherry Davis, a counselor on the Promises Unit in Center City who had worked here for the past five years. Davis died on Nov. 22 after a heart attack she suffered at her home. She was 63 years old.

“Sherry was a free-spirited, fun-loving, zany, caring, compassionate person who cared deeply for the patients she worked with, the friends she loved, and the family that she adored,” said John Driscoll, manager of Clinical Services in Center City. “The energy, optimism, love and dedication to helping patients, friends, family and her beloved animals were truly inspirational. She was a pleasure to know and be around, and we at Hazelden will greatly miss her.”

Davis worked in night availability, outpatient programs, and on the primary units. She had also earned her master’s degree last August as a student in the Hazelden Graduate School of Addiction Studies.



Photos by Andy King

At far left, Ann Bancroft provided an inspiring keynote address; second from left, Karen Casey (left) and Carol Pine were enthusiastic contributors to the event; above, from left to right, Anne Benedict Hovland, Cindy Roesel and Sara Fagin helped orchestrate the event; and at right, Michael Coles of Caribou Coffee accepted the Distinguished Service Award from benefit chair Cindy Piper (middle) and Hazelden President Ellen Breyer.

Benefit luncheon features explorer Ann Bancroft, boosts support for new Women's Recovery Center

IT WAS ESPECIALLY FITTING THAT ANN BANCROFT, the renowned polar explorer who has inspired women worldwide with her feats of courage, provided the inspirational keynote address at the Women's Recovery Center benefit luncheon on Nov. 17 at the graves 601 hotel in downtown Minneapolis.

A capacity crowd of nearly 400 Hazelden friends turned out for an event that generated enthusiasm and support for the new Women's Recovery Center. Construction on the center began in late August in Center City. The new two-story building, to be completed by late 2006, will provide two 22-bed units for women and will help meet the rising demand for quality addiction care. When the adjoining Lilly Unit remodeling is completed in fall 2007, it will combine with the two new units to provide a cohesive, state-of-the-art Women's Recovery Center. The center will have 88 beds for women—three primary residential units with 22 beds each and a 22-bed extended care unit.

Bancroft, the first woman to cross the ice to both the North and South Poles, was the perfect choice for this event, because she demonstrates the same courage and tenacious dare-to-dream quality that women need when facing their addictions. Hazelden also holds a special place in her heart for several reasons.

Bancroft acknowledged her family connection to Hazelden as the granddaughter of Hazelden's first patient, Lawrence Butler, in April 17, 1949. A couple years later it was the Butler Family, led by brothers Patrick and Lawrence and their father, Emmett, who rescued Hazelden from financial trouble and put it on firm ground for good. "Before my grandfather died, with his newfound sobriety, he was able to enjoy the last years of his life," Bancroft said. "And as one of his grandchildren, I was able to enjoy my grandfather."

Bancroft's expeditions, filled with struggles and triumphs, provide a fitting metaphor for the journey of women in recovery, she added. She told how the popular women's meditation book, *Each Day a New Beginning*, by Karen Casey, helped her stay strong and connect to

family during her travels with the Steger International Polar Expedition to the North Pole in 1986. She shared a spiritual bond with her mother and best friend as they read the same daily passage each day.

The benefit achieved a special spirit, as it combined the dignity and grace of MC Karen Casey and the passion of speakers Ellen Breyer (Hazelden president), Cindy Piper (benefit chair), and Carol Pine (former Hazelden board chair). Casey recognized the many past and current Hazelden leaders and staff in attendance, including former President Harold Swift, whom she credited for publishing her book, and Gordy Grimm. Pine paid tribute to Hazelden leaders like Pat Butler and Dan Anderson, men whose dedication was invaluable in making treatment and recovery possible for men and women.

Pine reviewed the nearly 50-year history of Hazelden's recovery services for women and led the crowd in a symbolic ground breaking of the new Women's Center.

Caribou Coffee earns Distinguished Service Award

Caribou Coffee and its president and CEO, Michael Coles, received Hazelden's Distinguished Service Award for outstanding corporate citizenship and service to the recovering community.

The event raised about \$75,000 and helped launch a fundraising campaign that seeks to raise \$5 million to help pay WRC building expenses. Hazelden is trying to generate \$6.5 million overall for the first phase of WRC, which includes \$1 million in patient aid for women and \$500,000 for program enhancements.

Hazelden staff and volunteers, led by the Benefit Committee and the Development Department, helped make the event a huge success. Sponsors for the event included Ellen & Jan Breyer, Briggs and Morgan, Caribou Coffee, Dynamic Information Systems, Nancy Ottis Harris, Allison & William Moyers, Star Tribune, and Xcel Energy. Benefactors included Carlson Companies, Ecolab, McGough Company, Cindy Piper, PrintCraft, Timberwolves, and TSP Inc. Numerous patrons, supporters, friends and contributors also lent their generous support.

A Night to Remember highlights great fellowship, good humor

MORE THAN 700 ALUMNI AND FRIENDS took part in the 13th annual A Night to Remember celebration on Oct. 27 in 11 cities across the country.

“Comedy took center stage at several of the venues, but it was the fellowship and collective moment of silence that provided the spirit of hope and gratitude that this evening is meant to symbolize,” said Lisa Reynolds, manager of Alumni Relations.

One of the evening’s highlights occurred in Rockford, Ill., where Renewal Center Spiritual Director Elene Loecher spoke on “Doorways to Serenity” in front of 137 people at the Stockholm Inn. Marty Ferrero, a counselor from Center City, returned to his hometown of Boston to share his experience, strength and hope with 40 New Englanders.

Five host cities featured comedy, including the rollicking improvisational humor of the Brave New Workshop in Minneapolis, where 171 people attended. The Second City Comedy Club in Chicago attracted 95 people, and the New York Improv hosted

83 alumni, including Hazelden President and CEO Ellen Breyer. Standup comedians Tom McTigue in Omaha and Steve Smith in Dallas shared their humor with enthusiastic audiences.

“Despite our requests for all-audience entertainment, some of the performers used off-color humor,” said Reynolds. “We sincerely apologize if anyone found the comedy offensive and can assure you A Night to Remember in the future will uphold our tradition of being a spiritual celebration of recovery.”

Will Hudson of Alumni Relations presented to 30 people in Detroit, Craig LaSeur, a counselor from Center City, was the guest speaker in front of 27 people at The Daniele Hotel in St. Louis, Larry Lombard spoke on “The History of Recovery” to 60 alumni and friends at Hazelden Springbrook in Newberg, Ore., and 16 people turned out in Bermuda.

“All in all it was a warm and inspirational evening,” said Reynolds. “The traditional candle lighting and moment of silence are always a highlight, giving us all cause to reflect on our own personal journeys of recovery.”

BETTY DAVIS-REYNOLDS—FROM PAGE 1

It’s a copyrighted “spiritual workshop” that she has delivered at conferences nationwide. It is a philosophy she wrote in a four-hour burst of inspiration, and it’s something she shared with audiences at Hazelden’s 2005 Women Healing conferences, where she received standing ovations for her heartfelt presentations.

“In early recovery I wanted to know more about this God,” she said. “And in my quest to understand God, I discovered that what we really have is a spiritual malady in all of us. I learned how to seek healing from this malady through the integration of what the Big Book teaches and my personal intimate relationship with God.”

With more than 20 years of experience in the fields of addiction and mental health, Betty agrees that her professional and personal life is a perfect fit with The Lodge program objectives. She was a counselor on the Dia Linn women’s unit in Center City for three years before joining The Lodge staff. She earned a master’s degree in counseling young people and families from Luther Seminary in 1996. She has counseled chemically dependent men, women and teenagers, directed a program for pregnant and postpartum mothers, and was supervisor in a

behavioral health facility.

The Lodge is probably her dream job, she admits. “I fit well in this environment because my values and beliefs regarding healing, helping and growing align with Hazelden’s,” she says. “I am a firm believer in the Twelve Step philosophy.”

She defines spirituality in the broad, non-religious context of the Big Book. “Spirituality is about relationships with self, others, God (or a Higher Power), and nature,” she says.

“We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

— Big Book of Alcoholics Anonymous, page 85

Who is The Lodge for? she asks. “It’s for the person who while on his or her journey realizes there is more—more depth of spiritual awareness and how it can be achieved through the Big Book and its gifts. The Lodge is about preventing or addressing the spiritual relapse that occurs before the chemical relapse.

“The atmosphere at the Lodge invites people to come and listen, not only to the teachers, but to their own hearts as well,” she adds. “To immerse into the Steps again, and to come up with a fresh breath of insight to resume life

with renewed spirit.”

Betty invites those who have not experienced The Lodge to come and achieve or build on that “fit spiritual condition” we all long for. The regular Lodge program is designed as a minimum one-week residential experience at Hazelden’s Renewal Center. It is the ideal opportunity for those who:

- have established a stable recovery and seek further enrichment and growth.
- have grown complacent in their recovery.
- have fallen away from their daily recovery work and need to re-establish their recovery routines.

Betty and Fred Holmquist will lead an abbreviated version of the Lodge—“The Lodge at Hazelden: For Those on the Go”—on March 12-16 at the Renewal Center for those who can’t commit to a week or more.

Delia Jurek, a former recreational therapist on the Jellinek Unit at Center City, has joined The Lodge staff and will work with clients on the week-ends. For more information on the Lodge, call 1-800-262-4882 or visit www.hazelden.org/renewalcenter. To contact Betty, call 888-257-7800, ext. 4079 or send her an email at breyolds@hazelden.org.

RC retreats to be an added option

“Spiritual Transformation” is the theme of this year’s unit reunions in Center City, which kick off with the Tiebout Unit gathering on March 16-19 and end with the Silkworth Unit on Oct. 19-22 (see calendar on page 6 for reunion listing).

News briefs

In addition to the usual great fellowship, education, and fun planned for alums, staff and current patients, this year’s reunions aim to help individuals enhance their spirituality. If reunion participants want to focus even more on their spiritual foundation, they are invited to attend Renewal Center special workshops the Sunday-Thursday preceding their reunion. For instance, the men from Tiebout in March and Shoemaker in April can attend “The Lodge at Hazelden: For Those on the Go,” a shortened version of the Lodge experience, while the alumnae of Lilly in June and Dia Linn in July will be offered a specially tailored retreat called “Women in Recovery.” You can come for the whole retreat or one or two days, and at a discounted rate.

Call 1-800-262-4882 for information on the reunions and retreats.

Seppala to share his ‘Spiritual Synchronicity’ in Naples

Marvin Seppala, MD, will share his powerful story and insight about the process of living in harmony with a Higher Power in a talk called “Spiritual Synchronicity” at 7 p.m. on Feb. 4 at Unity of Naples Church in Naples, Fla.

Seppala is a Hazelden alumnus and the chief medical officer for Hazelden. In a humble, down-to-earth style, Seppala shares his personal recovery journey and the incredible path that his Higher Power led him on, from being a high school dropout to a graduate of the Mayo Medical School in Rochester, Minn. He began his recovery in 1974 at the Old Lodge at Hazelden when he was 17. He now oversees medical care throughout the Hazelden system.

“Marv’s life has truly been a serendipitous adventure, and he calls being open to whatever was next for him ‘spiritual synchronicity,’” said Lisa Reynolds, manager of Alumni Relations. To register for the Naples event, please call 888-257-7800, ext. 4588.

Hazelden Chicago open house recognizes Reed, Sober Residence

Hazelden Chicago held an open house on Nov. 9 to celebrate the one-year anniversary of its Sober Residence. It was also an opportunity to pay tribute to Susan Reed, executive director of Hazelden Chicago who stepped down from her position in December, and to welcome her successor, Steven Hart.

“Susan has had a huge impact on Hazelden Chicago,” said Jill Wiedemann-West, senior vice president of Regional Operations. “She’s been a clinician and mentor whose leadership and passion for recovery has been clearly felt by the community, patients and staff. She has been the true backbone of our success in Chicago.”

Hart has been with Hazelden for five years and most recently served as a senior clinician. His creativity helped tailor day treatment services to the needs of the community.

Davis-Reynolds to headline March 17 Springbrook alumni dinner

Betty Davis-Reynolds, who provides spiritual direction to clients of The Lodge at Hazelden, will be the featured speaker at a March 17 Springbrook alumni dinner at the Crowne Plaza Hotel in Lake Oswego, Ore. Alumni and friends are invited for a 6:30 p.m. social hour followed by dinner and dessert and the spiritual wisdom of Davis-Reynolds. To register or for more information, call 503-554-4353.

Hold the date: The Springbrook ice cream social will be held on July 21 and will coincide with the alumni reunion on the same weekend, July 21-22

Hazelden alumni chapters give back to their local communities

THE ALUMNI CHAPTER in **Portland, Ore.**, adopted three families in recovery this holiday season and provided meals and gifts for each of them. A specific list was put together and the needs of each child fulfilled to make this a memorable holiday season. This has become

Chapter update

a tradition that the alumni group looks forward to every year. The **St. Paul chapter** hosted a warm clothing drive for local homeless families by using the Hazelden Connection as a drop-off site to collect dozens of jackets, hats, and sweaters. They also collected new toys for children in need.

The **St. Paul chapter** has changed its venue and meeting date. Beginning Jan. 17, it will meet at Central Park United Methodist Church (639 Jackson St.) on the third Tuesday of each month at 6 p.m. Following each meeting at 7 p.m. the group will host an alternating speaker and workshop series at the church. Derrick Crim of Hazelden will begin the series on Feb. 21 with his talk on “A Brighter Tomorrow.” A sponsorship workshop will take place on March 21. All in recovery and friends are welcome.

The **Omaha, Neb., chapter** will begin meeting the second Sunday of every month on January 8 at 6 p.m. It is hosting a speaker followed by a casual dinner. The group meets at the Venice Inn, 6920 Pacific St.

The **New York chapter** is offering a program called “Pass It On” to the current clients in the Intensive Outpatient Program. Contact Justin Diehl at 888-257-7800, ext. 4786 to find out how to participate!

The **Maui chapter** met for the first time on Dec. 15 at Bridgit & Bernard’s Garden Café in Kahului, Maui. Ongoing meeting times to be determined soon.

There are chapter contacts now for **Seattle** and **San Francisco** (see listing below).

Chapters are organized in several locations including the following:

Bermuda—Meets at 7 p.m. on the teen Thursday (13th–19th) of each month at Fair Havens, 61 Vermont Rd., Smiths. Contact Rich S. at 441-735-6800.

Chicago—Alumni speaker meeting and anniversary night held Fridays at 7 p.m. at Hazelden Chicago. Alumni and friends welcome. Call 312-943-3534.

Dallas—Contact Jim T. at 214-507-8397

Denver—Contact Dave N. at 303-884-4808 or Lisa R. at 888-257-7800, ext 4105.

Detroit—Contact John J. at 248-790-9480.

Los Angeles—Meets the first Thursday of the month at 7 p.m. at Village Lutheran Church, 343 Church Lane, Fireside Room. One-hour meeting, alternates between discussion and speaker meetings. Contact Mitch C. at 310-394-3111.

Maui, Hawaii—contact Kathleen S. at 808-205-2600.

New York—Meets the third Wednesday of each month at 6:30 p.m. at Hazelden New York, 322 Eighth Ave, Floor 12.

Omaha, Neb.—Meets at 6 p.m. on the second Sunday of each month at the Venice Inn, 6920 Pacific St. Speaker followed by casual dinner. Contact Jon J., 402-393-7663.

Portland, Ore.—Meets the third Friday of the month at 5:30 p.m. for chapter meeting followed by “alumni supper” at 6:30 p.m. at Hazelden Springbrook, 1901 Esther St., Newberg, Ore. Call Debbie Voorhees at 503-554-4353.

St. Paul—Meets the third Tuesday of month at 6 p.m. at Central Park United Methodist Church. Contact Mike M., 651-214-4335 or Kathryn L., 651-269-9048.

San Francisco—Contact Craig H. at 415-217-9196.

Seattle—Contact Marcus C. at 206-910-6355.

Washington, D.C.—Meets the first Wednesday of the month at 6:30 p.m. at The Pines of Rome, 4709 Hampden Lane, Bethesda, Md. Call Callie W., 202-426-1821.

For more information contact Lisa Reynolds at 888-257-7800, ext. 4105.

Lodge-to-go workshops set for several cities in 2006

Hazelden presenters Fred Holmquist and Betty Davis-Reynolds will take to the road this year to provide alums and others in recovery a taste of their popular Lodge program. The Lodge at Hazelden is an ongoing program of education and practical experience that supports an individual's fit spiritual condition for recovery.

Holmquist, director of The Lodge, will present "Persevering in the Good Times: Our Biggest Challenge in Ongoing Recovery" on Jan. 21 at the Franciscan Renewal Center in Scottsdale, Ariz., on Feb. 18 at the Cooper Guest Lodge Hotel in Dallas, and on April 1 at the Pasadena Presbyterian Church in Pasadena, Calif. He will present "The Power of Belief" on March 18 in New York City, June 8 in Denver, June 10 in Carbondale, Colo., and Oct. 7 in Westport, Conn. Davis-Reynolds, the other primary educator of The Lodge program, will present on July 22 in San Francisco.

Other special road workshops featuring Hazelden presenters will be announced soon. For more information or to register, please call the Renewal Center at 800-262-4882.

Second Sunday Retreats

- Jan. 8** Earnie Larsen, "Connecting the Dots in Recovery"
- Feb. 12** Raymond Rickels, "Refreshing Your Spirituality"
- March 12** Mic Hunter, "Get Real"
- April 9** John McAndrew, "The Thread: Songs About the Journey of Recovery"
- June 11** Elene Loecher, "Grief and Recovery"
- July 9** Karen Casey Elliott
- Aug. 13** Chris Ringer, "Intimacy in Recovery"
- Sept. 10** Mary Hayes-Grieco, "Forgiveness in Recovery"
- Oct. 8** William Moyers, "The Death and Birth of My Faith"
- Nov. 12** Sue Hoisington
- Dec. 10** Jo Campe

The Second Sunday Retreats are held from 9 a.m. to 3:30 p.m. on the Center City campus and include lectures, relaxation, and group discussions. They are open to anyone involved in a Twelve Step program. Cost is \$10, which includes noon buffet. No preregistration necessary. For more information, call 800-257-7800.

CALENDAR OF ALUMNI EVENTS

JANUARY	21	Fred Holmquist, Lodge Workshop, Scottsdale, Ariz.
FEBRUARY	4	Marvin Seppala "Spiritual Synchronicity," 7 p.m., Unity of Naples, Naples, Fla.
	18	Fred Holmquist, Lodge Workshop, Dallas
	21	Derrick Crim, Central Park United Methodist Church, 7 p.m., St. Paul
MARCH	17	Alumni dinner, Betty Davis-Reynolds, Hazelden Springbrook, Lake Oswego, Ore.
	18	Fred Holmquist, Lodge Workshop, New York City
APRIL	1	Fred Holmquist, Lodge Workshop, Pasadena, Calif.
MAY	5-7	Alive and Free, Center City
JUNE	8	Fred Holmquist, Lodge Workshop, Denver
	10	Fred Holmquist, Lodge Workshop, Carbondale, Colo.
JULY	22	Betty Davis-Reynolds, Lodge Workshop, San Francisco

UNIT REUNION DATES

March 16-19	Tiebout Unit Reunion, Center City	August 12	Hazelden Center for Youth and Families Reunion, Plymouth, Minn.
April 20-23	Shoemaker Unit Reunion, Center City	August 17-20	Cronin Unit Reunion, Center City
June 15-18	Lilly Unit Reunion, Center City	September 7-10	Promises Unit Reunion, Center City
July 14	Fellowship Club Reunion, St. Paul	September 21-24	Jellinek Unit Reunion, Center City
July 20-23	Dia Linn Unit Reunion, Center City	October 14	Outpatient Reunion, Center City
August 3-6	Family Reunion, Center City	October 19-22	Silkworth Unit Reunion, Center City

Call 651-213-4588 or 888-257-7800, ext. 4588

HAZELDEN IN CENTER CITY hosts Medallion Night the third Thursday of the month at 7 p.m. in Bigelow Auditorium (call Justin at 651-213-4786 to schedule medallion presentations) and an open AA meeting each Wednesday at 8 p.m. at the Dan Anderson Renewal Center.

HAZELDEN CHICAGO offers weekly AA meetings Wednesday through Sunday, a Teen AA meeting from 8:30-10:30 p.m. each Saturday, an open Al-Anon meeting Mondays at 6 p.m., Families Anonymous Tuesdays at 6 p.m., and an alumni Speaker Meeting each Friday at 7 p.m.

HAZELDEN SPRINGBROOK hosts weekly Twelve Step meetings, including AA Monday at 7:30 and Wednesday (for women) at 7:15 p.m., Al-Anon Monday at 7:30 p.m., Sex Addicts Anonymous and Sex Addicts-Anon Monday at 7:30 p.m., Narcotics Anonymous Thursday at 7:15 p.m., and an 11th Step Meditation AA meeting for men on Sunday at 6 p.m.

HAZELDEN FELLOWSHIP CLUB IN ST. PAUL hosts an open speaker AA meeting on Fridays at 7 p.m.

HAZELDEN CENTER FOR YOUTH AND FAMILIES in Plymouth, Minn., hosts Alumni Night the last Saturday of each month at 7:30 p.m. with a guest speaker.



HAZELDEN®
Alumni Relations

P.O. Box 11: Alumni News & Views is a newsletter published four times a year and is intended to inform readers of news, events and people who can help build recovery. The mission of Alumni Relations is "to enhance recovery in the lives of our alumni and their families by providing opportunities for education, fellowship and service."

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www.hazelden.org

If your address needs to be updated or if you wish to be removed from the *P.O. Box 11* newsletter mailing list, please call 1-800-257-7800 or email mailinglist@hazelden.org.

The personal stories of recovery included in this newsletter are published with the written consent of those individuals.