

P.O. Box 11 informs readers of news, events and people that enhance recovery.



BEATTIE HEADLINES WRC BENEFIT IN MINNEAPOLIS

Author Melody Beattie served as guest speaker of the Women's Recovery Center benefit on Nov. 13 at the graves 601 hotel in Minneapolis. The event attracted 385 people and helped raise more than \$100,000 for the new center. Phase I of the center—a new two-story, two-unit addition to the Center City campus—opened in September. Phase II of the center will be the renovation of existing space for women patients, to be completed in 2008. Beattie was recognized for her tremendous contribution to the recovering community, while Piper Jaffray received the Distinguished Service Award from Hazelden.

Second Sunday Retreat is 'best kept secret in recovery'

Hazelden has invested mightily to ensure that an innovative post-primary care program for patients will be second to none. Its Web-based MORE® program and a phone-based case management component are designed to improve long-term outcomes.

But perhaps one of the best continuing care resources is one that's been going strong at Hazelden for more than 30 years—the Second Sunday Retreats in Center City. Dave B., a long-time participant and volunteer of Second Sunday, calls it "the best kept secret in recovery."

"I stayed at the Renewal Center in September 1990 and came over to hear one of the Second Sunday speakers," said Dave B., of Richfield, Minn. "I came back for the October Second Sunday the next month and have missed only a few since then."

Dave calls Second Sunday, offered on the second Sunday of each month except May, the best deal in town. For \$10, any adult in a Twelve Step recovery program (not just Hazelden alums) can come to Hazelden and enjoy an event rich in education, fellowship and good food. The format goes like this:

continental breakfast, announcements, introductions and "gratefuls" at 9 a.m., guest speaker at 10:00 followed by small group discussions, a buffet lunch at noon, facilitated groups on relaxation and 11th Step meditation in the afternoon, and some small group meetings.

The day begins in Cork Center with announcements followed by "gratefuls"—an opportunity for people to share something they're grateful for on that day. Of course, the guest speaker is usually the highlight. "Julie Bjork is the key liaison for our Second Sunday program," said Al Tighe, supervisor of Continuing Care Services. "She books both national and local speakers such as authors Earnie Larsen and Karen Casey, recovery singer/songwriter John McAndrew, and spiritual speakers like Jo Campe, Elene Loecher and John MacDougall. The dynamic speakers always leave the crowd wanting more."

Indeed, a speaker like Earnie Larsen, with a national reputation, is usually one of the biggest draws to Second Sunday, attracting more than 200. He will be the presenter at the Jan. 14 Second Sunday and will speak on "The Glory of Our Story." This past

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Hold the date

2007 UNIT REUNIONS

| | | |
|-------------|-------------|--------------------|
| March 15–18 | Center City | Tiebout Unit |
| April 19–22 | Center City | Shoemaker Unit |
| May 17–20 | Center City | Simpson Unit |
| June 21–24 | Center City | Lilly/Simmons Unit |
| July 19–22 | Center City | Dia Linn Unit |
| Aug. 16–19 | Center City | Cronin Unit |
| Sept. 6–9 | Center City | Promises Unit |
| Sept. 20–23 | Center City | Jellinek Unit |
| Oct. 13 | Center City | Outpatient |
| Oct. 18–21 | Center City | Silkworth Unit |

For more information, call 800-262-4882

2007 WOMEN HEALING CONFERENCES

| | |
|----------------|------------------------|
| April 20–21 | Minneapolis/St. Paul |
| May 4–5 | Waiana, Oahu, Hawaii |
| May 18–19 | Tampa/Clearwater Beach |
| Sept. 28–29 | San Francisco |
| Oct. 26–27 | White Plains, NY |
| Nov. 30–Dec. 1 | Chicago |

To register or more information, call 888-257-7800, ext. 4429

A NIGHT TO REMEMBER

Oct. 4 Multiple cities

Send us your email address, get alumni news via email

If you are not already receiving email information from Alumni Services, then please contact us with your email address at mailinglist@hazelden.org. Include your full name and mailing address so we can locate you in our database and add your email address. We will send you news about the latest alumni activities in your area, reminders about your alumni reunion, and our e-newsletter that comes out about every six weeks.

mailbox

GRATEFUL PARENT:

‘One of the most important things I have ever done in my life . . .’
 One of the hardest things I ever had to do was take my son to Hazelden and then drive away. One of the most important things I have ever done in my life was to take my son to Hazelden and drive away. I would never have chosen this, but it has been one of the most wonderful life-changing experiences for our son and our family. I wouldn’t have missed a moment of this journey. It has been a blessing to us all. Thanks to Hazelden and the wonderful staff. I have a multitude of memories from our trip to the Parent Group, but for now, thank you for giving our son his life back.

—Grateful parent



THE INCREDIBLES

That is Chuck Rice, unit supervisor of the Tiebout Unit in Center City, and his daughter Samantha together on Halloween night dressed as The Incredibles. Photo was submitted gratefully by Samantha, without dad’s knowledge.

P.O. Box 11 welcomes letters. To share a story or testimonial or to offer an opinion, please send your letters to Lisa Reynolds, Hazelden RC 1, P.O. Box 11, Center City, MN 55012-0011.

‘It brought God back into my life’



Joan Thayer isn’t sure where her alcoholism came from. Her mother was an Irish Catholic, and there was a history of alcoholism in her family. But Joan had a normal upbringing—she was happy and had a great family. She married “a wonderful man” who was a POW of World War II and returned home to become successful in business. They married shortly after the war and had four children.

“My first memory of drinking too much was when we had a cocktail or two before dinner,” said Joan, who lives in St. Paul. “One night I had two or three and forgot all about dinner.” Drinking was a big part of Joan and her husband’s social life with friends, and it gradually escalated, especially for her. “I began giving more and more parties,” she said. “If I wasn’t attending one, I was hosting one.”



Joan Thayer

She insists she wasn’t a secret drinker, and there were no gory stories as her alcoholism evolved during the 1960s and 1970s. There were no severe consequences of her drinking—no DWIs, no accidents, no abuse. But she admits drinking more than others at parties. “I’d be hosting a party and when I filled the glass of others I always kept at least a drink or two ahead of them,” she recalls.

When she awoke one morning and couldn’t recall the events of the previous night, her husband and she knew it was time to get help. He had researched some treatment centers, including Hazelden, so he was ready to intervene. “We talked about my drinking, and I knew I needed help,” she said. “I suggested, ‘Let’s go up to that place called Hazelden.’ What surprised me was how quickly I capitulated.”

In October of 1973 she checked herself into Hazelden. “I discovered I had lost touch with my spirituality and let God slip out of my life.”

Joan also admits that she had lost humility. She had become very active in several nonprofit groups, and she served as president of the Children’s Hospital Association in St. Paul and founded the Junior League in Alton, Ill. “I’m afraid I began to think I was pretty special,” she admits. “But Hazelden helped me get my life back on track. It brought God back into my life and, fortunately, took away my self-centeredness.”

Her recovery life has been good. She and her husband “kind of dropped from their social group.” But she made Twelve Step meetings a staple, and she stayed sober for 30 years. She served on the Hazelden Foundation Board of Trustees in the late 1970s and early 1980s and served on a committee that helped develop Hazelden’s Renewal Center. She suffered her only slip just a few years ago.

“I got lax and thought I didn’t have to go to meetings,” she said. “I thought I could have a glass of wine.”

Joan recognized her misstep. “I went up to the Renewal Center for a week of study at The Lodge Program,” she said, “and I stayed for a second week. It saved my life—again. [Lodge Director] Fred Holmquist was wonderful. He helped me get back on firm ground.” The Lodge’s intensive Twelve Step immersion program restored her spiritually, and showed how she had fallen from her daily recovery work.

KEEP GOING TO MEETINGS

Her best advice to peers: Stay grounded in the steps, and keep going to meetings, she says. “If all of us who had God’s help would try to help others, we all would gain so much good from it. It helps us stay sober, and it’s a way of saying thank you to God. The more you give, the more you’ll get back in life.”

Joan is also a proponent of putting a face on recovery in order to increase access to treatment and enhance recovery options for women. She was invited to spend a night on the new Women’s Recovery Center as a guest of Hazelden just before the center opened in September. “A lot of women didn’t work in the 1960s and 1970s when my alcoholism developed,” she said. “Women were the caretakers of families and they weren’t supposed to become alcoholics. There was a lot of shame and stigma for women alcoholics, and that shame is still strong today. It’s important that we continue to fight that stigma by providing increased opportunities for women’s recovery and showing that women can recover from this disease.”

Alumni, friends show gratitude through planned giving



For nearly 60 years Hazelden has helped tens of thousands of individuals and families transform their lives with recovery services and products. In response, many grateful alums and friends have given back through a planned gift to Hazelden, helping ensure access to Hazelden for alcoholics and addicts in the future.

The term “planned gift” is used to describe any of several tools donors may use to make a charitable contribution part of their long-term financial or estate planning. By including Hazelden in their long-term plans, benefactors can ensure that Hazelden remains financially strong for years to come.

“As a family we have celebrated 15 years of recovery, and we are grateful,” said one Hazelden friend who has made a planned gift. “As annual contributors to Hazelden, we wanted to find a way to continue this support in perpetuity. Our financial adviser helped us include a gift in our estate plans, allowing us to fulfill that wish. If we all help, we can ensure that people continue to find recovery and that Hazelden secures the future it so richly deserves.”

In addition to gifts of cash or stock for immediate use, a wide variety of gift planning options are available to meet donors’ long-term needs. Popular options include making a bequest to Hazelden in one’s will or

trust, listing Hazelden as a beneficiary in a life insurance policy, and funding a charitable gift annuity or charitable trust.

“Alumni and friends provide a legacy of hope and healing with a planned gift,” said Charlie Green, director of Planned Giving at Hazelden. “We can help individuals accomplish their philanthropic goals with a gift plan tailored for their particular circumstances. Often there are specific tax advantages, but most importantly, benefactors know their actions will have a meaningful impact on the lives of others struggling with the disease.”

For instance, Green points out that the recently enacted IRA Charitable Rollover provision provides new tax incentives for donors who are 70 ½ or older.

People who provide a planned gift become members of the Medallion Society. The Society is how Hazelden recognizes individuals for their planned gift commitment. As with other types of giving, planned givers can always remain anonymous. For more information on making a planned gift, please contact Charlie Green at 888-257-7800, ext. 4556 or email him at cgreen@hazelden.org. For an orientation to planned giving and the various ways to give, visit the Planned Giving section of the Hazelden Web site—go to www.hazelden.org and click on “donations” and then “planned giving.”

HAZELDEN ALUMNI TO GET SPECIAL TOUR OF AA BIRTHPLACE

If you’ve never attended the Founders’ Day weekend in Akron, Ohio, birthplace of Alcoholics Anonymous, then this might be the year to do so. In addition to the great fellowship and meetings of the annual AA conference, held June 8–10 on the Akron University campus, Hazelden Alumni Services is organizing a tour of AA historic sites on Thursday, June 7, the day before the conference begins.

“Our objective is to provide a personalized tour, led by AA historian and archivist Gail L., that will allow Hazelden alumni and friends to visit the historic sites a day before the busy crowds engulf the AA attractions of Akron,” said Lisa Reynolds, manager of Alumni Services. “And we’ll be guided by one of the best AA historians, Gail L.”

The special bus tour will begin at the Akron AA Archives and will visit Dr. Bob’s House, the Mayflower Hotel, and the Seiberling Gate House where Dr. Bob and Bill W. met for the first time. The tour includes a box lunch and costs \$25. An added bonus will be a Thursday evening presentation by Fred Holmquist, Hazelden’s Twelve Step aficionado. Holmquist, director of The Lodge Program at Hazelden, will talk on “Persevering in the Good Times: Our Ongoing Challenge in Recovery.”

If you are interested in participating in the Thursday activities, please contact Sara Connolly of Alumni Relations at 888-257-7800, ext. 4588. To sign up for the 72nd-annual AA conference, go to www.akronaa.org; online registrations begin on March 1. For more information on the conference, call 330-253-8181 or email foundersday@akronaa.org. Alums can do the Thursday event only if they choose. To ensure best seating for the Saturday night “Big Meeting,” you should register early and make your travel and hotel arrangements ASAP. Nearly 15,000 people attend the Founders’ Day activities each year.

NIGHT TO REMEMBER 2006 IS A BIG HIT

This year’s A Night to Remember was hosted on Oct. 6 in a record 17 cities, with a total of 782 participants. A great crowd of 54 people turned out in Boston, with special guest speaker Michael Walsh drawing many new people to this year’s event. Washington, D.C. hosted Hazelden author Gary Stromberg, who provided an outstanding talk to 25 guests at The Pines of Rome restaurant. In St. Paul, Minn., 135 people listened as author Diane Conway helped people laugh, cry, and think about living life to the fullest without fear. Other cities/sites that participated included Newberg, Ore., Chicago, New York City, Cleveland, Detroit, St. Petersburg, Fla., Little Rock, Ark., Toronto, Detroit, Bermuda, Carolina Beach, N.C., Denver, Omaha, Neb., and Center City.

This year’s Night to Remember tradition was shared with the Center City patients, with special guest speaker Suprina K. sharing her experience, strength and hope. Each unit hosted an alumni volunteer and observed a collective moment of silence with their peers. “Through the speaker and alumni volunteers, patients learned what it means to be an alum of Hazelden, and they all hope to be joining us next year back in their home communities,” said Lisa Reynolds, manager of Alumni Relations.

Alumni champions meet to generate chapter guidance

For the first time, alumni chapter officers from around the country gathered in Center City on Oct. 26–29 to generate ideas for alumni chapter growth, purpose and structure. Twelve “alumni champions” from St. Paul, Denver, Washington, D.C., San Francisco, Los Angeles, Seattle and Portland were present. We spent the weekend sharing ideas of what works, what we need to change, and how to go forward in 2007. Hazelden President and CEO Ellen Breyer and Anne Hovland and Kim Bemis of Development joined the group on Friday for lunch and an hour of meaningful sharing.

Several ideas from the weekend that will be implemented this year include:

- Alumni staff will provide a topic of the month, so each chapter may use this topic for discussion at their meetings. This topic will be made available monthly on our Web site.
- Provide a chapter starter kit.
- Provide a welcome and buddy system program for new persons coming home after treatment.
- Form a Chapter Champions Network, so chapter officers can communicate with one another.
- Ensure that all alumni know that alumni chapters are available to fellow alums in need of help or fellowship.

The alumni champions and staff agreed the weekend was most beneficial. Plans for a fall 2007 gathering are in the works. The event was by invitation to persons serving as chapter officers.

— Lisa Reynolds, manager of Alumni Relations



regional update

Kerhonkson, N.Y.

Hazelden has announced plans to build a treatment facility to serve young people on the grounds of Veritas Villa, a treatment center in Kerhonkson, N.Y. (about two hours northwest of New York City). The new facility is expected to open in early 2009, pending receipt of local and state regulatory and other approvals. Jim and Sue Cusack, owners of the 33-year-old Veritas Villa, will gift the use of about 40 acres of their property to Hazelden. “There is an incredible demand for residential programs for young people all across the country, and especially in New York and the rest of the Northeast,” said Ellen Breyer, president and CEO of Hazelden. “Establishing this facility is integral to Hazelden’s mission of expanding our services to help young people and their families reclaim their lives from addiction.” The center will be similar in scope to Hazelden’s Center for Youth and Families, a 74-bed facility in Plymouth, Minn., that serves youth ages 14–25.

New York, N.Y.

New York-area alumni and friends are invited to a pair of exciting outreach events. On March 2, Hazelden will organize a group to attend *Bill W. and Dr. Bob*, a play at the New World Stages NYC in New York City. Our special group rate for the 8 p.m. Friday showing is \$36 per person. On April 14 a Lodge on the Road workshop will be held at Hazelden’s New York facility. For information on both events, please call Alumni Relations at 888-257-7800, ext. 4588.

Center City, Minn.

The Hazelden Graduate School of Addiction Studies was informed on Nov. 8 that it would be recommended for initial accreditation as an institution of higher learning by the Higher Learning Commission (HLC). HLC reviewers notified the Graduate School of the news immediately following a comprehensive evaluation of the school that took place Nov. 6–8. Accreditation will allow the school to expand opportunities for its students and gain recognition for the advanced level of education that it provides. The Graduate School, which offers a master’s degree in Addiction Counseling and a certificate in Addiction Counseling, has enjoyed steady growth since its first class in 1999. For more information on the Graduate School, visit www.hazelden.org/graduateschool or call 888-257-7800, ext. 4175.

Hazelden alumni are entitled to a 40 percent discount on all Hazelden-owned materials (books, tapes, curricula, merchandise) ordered through Publishing. The discount does not apply to items not published by Hazelden, such as AA World Services publications. Alums simply need to provide the promotion code ALUM06 when ordering. Call 800-328-9000 or visit www.hazelden.org/bookstore.

Chicago, Ill.

The Chicago-area recovering community will be treated to an outreach event on March 29 at Hazelden’s Chicago facility. Details of the event are TBA. Call 888-257-7800, ext. 4588 for more information.

Newberg, Ore.

Derrick Crim, a grateful recovering person, will be the featured speaker on March 16 at a Springbrook alumni dinner at the Crowne Plaza Hotel in Lake Oswego. The event begins at 6:30 p.m. and is open to alumni, friends and the general recovery community, with dinner preceding the guest speaker. Crim, a senior trainer and prevention specialist for Hazelden’s Publishing division in Center City, will speak on “Fidelity in Recovery: Living Moment to Moment in Sobriety.” Known for his passion in recovery, Crim will share his journey as it relates to living the principles of AA.

Two big events will be held July 20–21 for Springbrook alums and friends. The Annual Ice Cream Social and Barbecue will be held on Friday evening, July 20. The traditional Twelve Step Candlelight Meeting will begin at dusk and officially kicks off the Springbrook Alumni Reunion, which continues on Saturday, July 21 at Springbrook.

Naples and St. Petersburg, Fla.

Fred Holmquist will host Lodge on the Road workshops on Feb. 22 in Naples and Feb. 24 in St. Petersburg. Holmquist is director of The Lodge Program, Hazelden’s Twelve Step enrichment program in Center City. The Naples event will be held at Unity of Naples Church; the St. Petersburg workshop will be at Pasadena Community Church. Call 800-262-4882 to register.

chapter update

Chapters are helpful peer group fellowships

Hazelden alumni chapters throughout the country serve as valuable peer group fellowships for hundreds of Hazelden alumni. The chapters can focus on activities of their choice, but one of the core objectives is to link new alumni to the recovering community. Each chapter develops its own meeting format, activities and service work. If you have an interest in being involved and connecting with other alumni for fun, fellowship and service, check out a chapter meeting in your area. For more information on chapters, contact Lisa Reynolds at 888-257-7800, ext. 4105.

Alumni Chapters

BERMUDA Contact Rich S. at 441-735-6800.

Next meeting/event is Bowling Night at 7 p.m. on Jan. 19 at Southside Family Bowl.

CANADA Toronto: Contact Bob D. at 416-418-4729 or Lisa Reynolds at 888-257-7800, ext. 4105.

CALIFORNIA San Francisco: Meets on the second Wednesday of each month at 7 p.m.; contact Craig H. at 415-217-9196 for meeting location.

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.

COLORADO Denver: Meets the third Tuesday of each month at 6:30 p.m. at Calvary Church in Cherry Creek. Contact Dave N. at 303-884-4808 or Teresa N. at 720-200-9136.

ILLINOIS Chicago: Alumni speaker meeting and anniversary night held Fridays at 7 p.m. at Hazelden, 867 N. Dearborn St. Alumni and friends welcome. Call Dylan H. at 312-925-8123 or Mandy R. at 312-752-6647.

MICHIGAN Detroit: Contact John J. at 248-790-9480.

NEBRASKA Omaha: Meets second Sunday of each month from 6–7:30 p.m. at Venice Inn, 6920 Pacific St. Speaker followed by casual dinner. Contact Jon J., 402-393-7663.

NEW YORK New York: Contact Paul R. at 845-238-1899.

OHIO Cleveland: Contact Stan S. at 216-346-1251.

OREGON Newberg: Meets the third Friday of the month at 6 p.m. for chapter meeting followed by “alumni supper” at 7 p.m. and speaker meeting at 8 p.m. at Hazelden, 1901 Esther St. No meetings or supper clubs in March and July. Call Debbie Voorhees at 503-554-4353.

TEXAS Dallas: Meets the first Monday of each month at 6:45 p.m. at Romano’s Macaroni Grill, 5858 West Northwest Highway. Contact Jim T. at 214-507-8397.

WASHINGTON Seattle: Meets the second Tuesday of each month at 7:30 p.m. at Olympia Pizza & Spaghetti House, 516 15th Ave. E. Contact Marcus C. at 206-910-6355.

Gig Harbor: Weekly group for couples (for one or both partners in recovery); Mondays at 7 p.m. at United Methodist Church, 7400 Pioneer Way. Contact B.B. or Judy B. at 253-549-7389.

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., 202-462-1821.



Workshops & Retreats

ROAD WORKSHOPS OFFER A TASTE OF RENEWAL CENTER

Hazelden alumni and others in recovery can get a taste of the programming from Hazelden's Dan Anderson Renewal Center by attending workshops that are coming to several cities this year. Presenters from the Renewal Center in Center City will be featured. Confirmed dates and programs are listed in the calendar to the right. A few workshops tentatively planned include April 28 in Pasadena, Calif., May 19 in New Orleans, Sept. 27 in Boston, and Sept. 29 in Westport, Conn. For more information or to register, please call 800-262-4882.

SECOND SUNDAY RETREATS

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. Dates and speakers are listed in the calendar to the right. Cost is \$10, which includes continental breakfast and noon buffet. No preregistration necessary. For more information, call 800-257-7800.

January 2007

ARIZONA

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| 13 | Scottsdale | Renewal Center Road Workshop, "Spirituality and Recovery: Let the Journey Begin," Betty Davis-Reynolds |
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MINNESOTA

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| 14 | Center City | Second Sunday Retreat, Earnie Larsen |
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BERMUDA

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| 19 | St. David's | Bowling Night, Southside Family Bowl |
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February

MINNESOTA

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| 11 | Center City | Second Sunday Retreat, John MacDougall |
| 27 | St. Paul | Recovery Community Outreach, Speaker Meeting, William Cope Moyers, Central Park Church |

FLORIDA

| | | |
|----|----------------|---|
| 22 | Naples | Renewal Center Road Workshop, Fred Holmquist, Unity of Naples Church |
| 24 | St. Petersburg | Renewal Center Road Workshop, Fred Holmquist, Pasadena Community Church |

March

NEW YORK

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|---|---------------|---|
| 2 | New York City | <i>Bill W. and Dr. Bob</i> play, New World Stages |
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MINNESOTA

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| 11 | Center City | Second Sunday Retreat, Saul Selby |
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OREGON

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| 16 | Lake Oswego | Springbrook Alumni Dinner, Crowne Plaza Hotel, Derrick Crim, "Fidelity in Recovery" |
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ILLINOIS

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| 29 | Chicago | Chicago Spring Event, Hazelden |
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April

MINNESOTA

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|----|-------------|--|
| 8 | Center City | Second Sunday Retreat, John McAndrew |
| 17 | St. Paul | Recovery Community Outreach, Speaker Meeting, Grace Galbraith, Central Park Church |

NEW YORK

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| 14 | New York City | Renewal Center Road Workshop, Hazelden |
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May

MINNESOTA

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| 4-6 | Center City | Alive and Free, Celebration of Recovery |
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June

MINNESOTA

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| 10 | Center City | Second Sunday Retreat, Mary Hayes-Grieco |
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OHIO

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| 7-10 | Akron | Founders' Day weekend, June 7 tour of AA historic sites and Holmquist workshop |
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July

MINNESOTA

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| 8 | Center City | Second Sunday Retreat, John Prin |
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OREGON

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| 20 | Newberg | Ice Cream Social/Barbecue |
| 20-21 | Newberg | Springbrook Alumni Reunion |

WISCONSIN

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| 23 | Somerset | Recovery Cup Golf Tournament, St. Croix National Golf Course |
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August

MINNESOTA

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| 9 | Stillwater | Third-annual Rollin' on the River Cruise |
| 12 | Center City | Second Sunday Retreat, Dorie Reiter |

Weekly and monthly fellowship

MINNESOTA

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|-----------------------------|-------------|---|
| Wednesday | Center City | Open AA meetings, Dan Anderson Renewal Center, 8 p.m. |
| Third Thursday of the month | Center City | Medallion Night, Bigelow Auditorium, 7 p.m. (call 651-213-4786 to schedule medallion presentations) |
| Last Saturday of the month | Plymouth | Alumni Night with guest speaker, Center for Youth and Families, 7:30 p.m. |
| Friday | St. Paul | Open AA speaker meeting, Fellowship Club, 7 p.m. |

ILLINOIS

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|------------------|---------|---|
| Monday | Chicago | Open Al-Anon meeting, 6 p.m. Overeaters Anonymous, 6 p.m. |
| Tuesday | Chicago | Families Anonymous, 6 p.m. |
| Wednesday | Chicago | Women's Fellowship, 7 p.m. |
| Wednesday-Sunday | Chicago | AA meetings |
| Friday | Chicago | Alumni Speaker Meeting, 7 p.m. |
| Saturday | Chicago | Teen AA meeting, 8:30-10:30 p.m. |

OREGON

| | | |
|-----------|---------|---|
| Monday | Newberg | Twelve Step meetings including AA; Al-Anon; Sex Addicts Anonymous; Sex Addicts-Anon, all at 7:30 p.m. |
| Wednesday | Newberg | AA meeting for women, 7:15 p.m. |
| Thursday | Newberg | Narcotics Anonymous, 7:15 p.m. |

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. With nearly 60 years of knowledge and experience, Hazelden's comprehensive approach to addiction addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher learning, public education and advocacy, and publishing.

Hazelden locations
CENTER CITY, MINNESOTA
PLYMOUTH, MINNESOTA
ST. PAUL, MINNESOTA
NEWBERG, OREGON
NEW YORK, NEW YORK
CHICAGO, ILLINOIS

PO BOX 11 alumni news & views

JANUARY 2007

P.O. Box 11 informs readers of news, events and people that 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."

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

If your address needs to be updated or removed from the mailing list, please call 800-257-7800 or email mailinglist@hazelden.org.

Hazelden
Alumni Relations
15251 Pleasant Valley Road, RC 1
P.O. Box 11
Center City, MN 55012-0011
888-257-7800, ext. 4588



Women's Recovery Center, Center City, Minn.

< SECOND SUNDAY — CONTINUED FROM COVER

Second Sunday Retreat is 'best kept secret in recovery'

October, William Cope Moyers shared his experience, strength and hope and attracted a big crowd. CDs of the speakers' presentations are available to participants.

"THE REAL BEAUTY OF SECOND SUNDAY IS YOU MEET PEOPLE YOU FEEL SAFE WITH. I REMEMBER WHEN I WAS GRAPPLING WITH SOME BIG ISSUES, I FELT SAFE TO TALK ABOUT THOSE ISSUES IN OUR GROUPS."

— Dave B.

The speakers are the main attraction, but the camaraderie of peers in recovery is what works best for many participants, including Dave B. "In 1990, after I had been sober for 10 years, I was struggling," he said. "I couldn't stay where I was in my recovery; the risk of staying stuck was too great. Second Sunday gave me refuge—it helped me through those hard times."

Grateful for the help he got, Dave started to volunteer at Second Sundays about a year later, and he's been one of three Second Sunday coordinators for the past several years along

with Mark L. and Nancy K. "It's rewarding, and by volunteering I'm committing to being there every month," he said. "Second Sunday has been a real solid anchor for my recovery."

A mix of speakers provides for a good variety of topics each year. "Most speakers tend to cover phase-II recovery topics—those nagging issues of recovery that cause us trouble," said Dave. For instance, this past year Mary Hayes-Grieco addressed forgiveness, Chris Ringer talked about intimacy, Pat and Rene Sternau on couples communication, and Sue Hoisington presented on mental health issues.

"The real beauty of Second Sunday is you meet people you feel safe with," said Dave. "I remember when I was grappling with some big issues, I felt safe to talk about those issues in our groups."

The volunteer-run Second Sundays pride themselves on "creating an environment where you feel safe to share," Dave adds. "We're proud to make it work for people from all Twelve Step programs."

No preregistration is needed to attend Second Sunday Retreats. Just come and enjoy!
For more information, call 800-257-7800.

2007 Second Sunday Retreats

- Jan. 14** Earnie Larsen, "The Glory of Our Story"
- Feb. 11** John MacDougall, "Loving, Wanting and Romance"
- Mar. 11** Saul Selby
- April 8** John McAndrew, "Good Enough: The Art of Not Being Perfect"
- June 10** Mary Hayes-Grieco, "Forgiveness"
- July 8** John Prin, "Secret Keeping"
- Aug. 12** Dorie Reiter, Mental Health Issues
- Sept. 9** Barb Crist, Relationships
- Oct. 14** Karen Casey, "Serenity is a Choice"
- Nov. 11** Pat & Rene Sternau
- Dec. 9** Betty Davis-Reynolds