

## LaSeur's zest for recovery rubs off on Hazelden patients

### INSIDE THIS ISSUE

Mailbox—letters	2
Will Hudson bids farewell	2
Alive and Free '05 is 'best ever'	3
A word for the wise from Fred Holmquist	4
Regional update	5
Chapter update	5
Info Center goes 24/7	6

### Hold the date

Hazelden Center for Youth and Families Reunion

**Aug. 13**

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Hazelden Chicago Alumni Picnic

**Aug. 27**

...

Springbrook Alumni Reunion

**Sept. 16-17**

...

A Night to Remember

**Oct. 27**

...

Women Healing

**New York City, Sept. 9**

**Portland, Ore. Sept. 30-Oct. 1**

**Atlanta, Oct. 14-15**

**Toronto, Nov. 4-5**

**Chicago, Dec. 2-3**

*On June 20, 1998, Craig LaSeur was supposed to get married.* Instead, he was admitted on that day as a patient to Hazelden in Center City, and his great transformation began.

After many years of drinking, drugging and despair, LaSeur finally decided it was time. His fiancé called off their engagement five weeks before their wedding day, just after Craig had disappeared on a weekend bender. “Over that weekend I lost my job, place to live, and my fiancé,” he said. “I lived with friends for four and a half weeks before I got help.”

He calls his experience at Hazelden “nothing short of miraculous. The biggest thing they told me was that they weren’t going to fix me in 28 days,” he recalls. “I needed to do the work and keep working the program in order to succeed.

“I really came to terms with my addiction when my family came to the Family

Program,” he says. “It was the real turning point. My mom, step dad and I were all in a room together, and I could see it on their faces. If I didn’t make this work, I would die.”

### Story time



Craig LaSeur

Craig had excelled as a student, a U.S. Marine who served in Desert Storm, an accomplished chef at some of the finest restaurants in Chicago, and a bar owner and manager. But the demon of alcohol/drugs burned a lot of bridges, ended his first marriage (“She got tired of hearing me say ‘I’m sorry.’”), and thwarted every career pursuit.

Hazelden gave him the time and space to sort out his life. He participated in 25 weeks of continuing care with Al Tighe and lived in a sober house. During that time, two people he knew—one in treatment and another from his sober house—died of overdoses.

LASEUR—CONTINUED ON PAGE 3

## Tradition of A Night to Remember continues Oct. 27

**OUR HONORED TRADITION OF A NIGHT TO REMEMBER** will continue on Oct. 27 when Hazelden alumni and friends gather in cities throughout the country for a collective moment of silence to reflect on the gift of recovery. Wherever two or more people can gather, you are invited to connect in spirit with alumni and others in recovery from all over the nation.

The event features the collective moment of silence at 8 p.m. CDT to recognize our gratitude for recovery. It also promises great fellowship, food and fun. Last year’s event attracted more than 750 people in eight cities, including 220 to see comedian Bernie McGrenahan in St. Paul. We encourage alumni from cities big and small to host events. If you’re interested in hosting a gathering, Alumni Relations can help with invitations to people in your area. We simply need individuals to champion the event and help us plan the evening. Just give Sara Stromberg a call at 888-257-7800, ext. 4588.

Plans for the 13th-annual event are taking shape now. Watch for invitations with complete details in August, or give Sara a call to get updated information. Join us in rekindling the special spirit of recovery!

— Lisa Reynolds



## *Alumnus, living ‘one day at a time,’ says thanks for 30 years of sobriety*

*I am alive, sober and well, and living in Indiana. I am one of those alcoholics who got off the merry-go-round in the cellar below the basement. I took my last drink Oct. 7, 1974 in the Hazelden driveway. I went through treatment for 30-plus days and went home to a wrecked life, a wrecked career, a mortgage that was foreclosing, and a desire to stop drinking. I started attending AA. Last October I received a 30-year medallion at a meeting of my home group.*

*For a very long time I have lived a happy, productive life. My personal relationships are good. My spiritual life is good. My financial life is secure. I am grateful every day for the opportunity I have been given to live a sober life.*

*I personally believe my sobriety is the result of the grace*

*of God, the AA program, other people (especially those in the AA program), and some effort on my part.*

*So, I recommend: Go to meetings, read the Big Book, work the Steps, get a sponsor and a home group, get involved, be of service, find your God, spend some time each day communicating with Him, and, very importantly, get to know the people. Also, make friends, because you will find that other people will play a great part in your success.*

*Of course, I still live “one day at a time.” One of the best pieces of advice I received from my first sponsor was, “Dick, every day you used to drink, now every day you must do something about not drinking.”*

— Dick C.

## *‘You have to want the life without alcohol for yourself’*

*My name is Tom, and I am an alcoholic—still recovering. I went to Hazelden in 1982. I was a high-bottom drunk—no DUIs, still married, still had a job, and was urged to seek help through employee assistance. I didn’t know anything about alcoholism, except that I would “occasionally” flunk those magazine tests, and deep down I knew I was an alcoholic.*

*Hazelden taught me all I needed to know about alcoholism—the chemistry, the brain part, health, the God thing, and about looking out for each other and who Tom was. Also, we learned about the bad part—mostly by hearing stories and testimonials from others who had been there. But the one*

*thing that really got to me was a simple pamphlet about “the white-knuckle drunk”—I didn’t want to live that way. Before I left here, the compulsion to drink had left me.*

*Alcoholics Anonymous has sustained me these years. What I have learned from AA is very simple: The only “cure” is pure abstinence. You have to “want” the life without alcohol for yourself, and you have to want to go to meetings, even when you don’t find them convenient. Life then just keeps getting better. You will find that you have to remind yourself that you are still an alcoholic, hopefully by prayer and meditation.*

— Tom P.

## **Grateful Will Hudson bids farewell**

I landed at the Minneapolis airport on the evening of Jan. 28, 1997. I was broken, scared, lonely, and hopeless. [Hazelden driver] Dawn picked me up and drove me to Center City. Most of the ride I listened to a grateful mom headed for the Family Program who desperately needed an AI-Anon meeting tell me over and over how I must be miserable, but everything was going to be all right.

I remember coming in the side door of Ignatia and thinking maybe I should run, but it was way too cold and I am not known for my speed or endurance. So I just came on in. Right away something hit me. I sensed a glimmer of hope. It may have been the gentle tone of the housekeeper or just the look on the nurse’s face that told me she knew exactly what she was doing. I am not sure what it was but it was there. The nurse

started to go through my bag and I confessed that I never would have come in the door if I had even a speck of any drugs left, but she kept looking anyway. Smart woman! That was the beginning. Slowly you all began to piece me together. (My counselor) Cheryl Julik helped me begin to feel a part of . . . I began to be restored. You know that’s really what we do here. I surrendered on the floor of Silkworth during my “hot seat” and I begged for your help. You gave it!

At Fellowship Club, I learned how to live—one day at a time. There is no more comfortable seat in my life today than a chair at the Friday night meeting.

You made me a promise. You said if I did what I was told and tried to follow directions that I would be lifted to a level of life like I had never known.



**Will Hudson**

Thank you for keeping your promise. You continue to keep it today. So many people here have touched my life. It would take me months to thank you all properly. May your Higher Power bless you and keep you. Know that I love you.

— Will Hudson

*Will Hudson, a grateful recovering alcoholic, has worked at Alumni Relations for the past five years. He left in May to spend the summer with family in South Carolina and is enrolled at Metropolitan State University in the Twin Cities this fall to complete his undergraduate degree. He will remain on-call to help with some special alumni projects. He hopes to return to Hazelden after completing his degree.*

# Alive and Free '05 celebration is 'best ever'

A special blend of speakers, fellowship, food and fun highlighted the 26th Alive and Free celebration of recovery April 29-May 1 at Hazelden in Center City. Marv Seppala, MD, gave an inspirational keynote address on spirituality, while Peg Steldt received the Ree Lasker Award and Warren Adam received the CARE Award.

"I seem to say this every year, but I sincerely feel this Alive and Free was our best ever," said Lisa Reynolds, manager of Alumni Relations. "Our lineup of speakers complemented one another so well in terms of content and style, and Marv Seppala provided a spiritual presence that people likened to the Gordy Grimms and Pat Butlers of Hazelden."

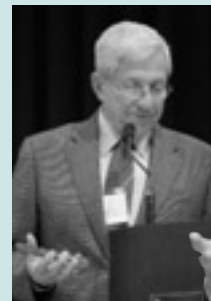
Seppala is a Hazelden alum and chief medical officer at Hazelden.

Five members of the Springbrook Alumni Association from Oregon, visiting the Center City campus for the first time, were impressed. "Everyone came back so spiritually charged," said Debbie Voorhees, who heads alumni affairs at Hazelden Springbrook in Newberg, Ore. "Our visit to Alive and Free went a long way toward integrating Springbrook alumni with Hazelden."

Indeed, a visit to Alive and Free offers a great introduction to the Renewal Center, Lodge, Meditation Center, Cork Fitness Center and other recovery resources on the spacious campus. The Springbrook group vowed to make Alive and Free an annual event.

Steldt was recognized for her outstanding efforts to carry the message of experience, strength and hope. She is a donor and volunteer who serves as a coordinator and host of the Second Sunday program in Center City. She has handled a myriad of volunteer duties.

The CARE award recognizes Adam for his "Consistent Activity in Recovery and Education." Adam is a member of the Hazelden Foundation Board of Trustees and a volunteer. He has coordinated A Night to Remember in Rockford, Ill., and developed the Bridge the Gap program at Hazelden Chicago. He's also active on the board for a group in Rockford that provides recovery services for the underserved.



Peg Steldt (left) and Warren Adam (center) were honored for their service to the recovering community, while Marv Seppala (right) provided the keynote address at Alive and Free. (Photos by Geoff George)

## LASEUR—FROM PAGE 1

It was a real wake-up call, he says. He got a good sponsor and started the momentum to long-term recovery.

Craig worked at the Ramsey County Detox Center in St. Paul for two years. Three years into recovery he returned to college to finish his undergraduate degree. He worked as an intern with Alumni Relations at Hazelden, spoke at Bigelow in Center City, and gave back in other ways. "The next logical step was to go to the Hazelden Graduate School [of Addiction Studies]," he said. "It just made sense—professionally and personally."

Craig earned a master's degree in addiction studies in April 2004 and was such an impressive student that he was hired as a counselor on the Lilly Unit in February before he graduated. He's considered one of the bright, refreshing young talents at Hazelden.

## 'HE'S JUST A NATURAL'

"Craig brings a great deal of positive energy to our unit," said Sheila Hermes, supervisor of the Lilly Unit for women. "His enthusiasm is contagious. As a new clinician, he brings a great deal of creativity to our team. He offers new methods for addressing issues of patients. His enthusiasm for recovery is something he uses to engage his patients. He's so focused on the solution—he's just a natural for this job."

And conversely, Craig's own recovery wins by working at Hazelden. "A recommitment to the Twelve Step process is necessary in order to keep growing," he says. "The longer I stay sober, the more Steps Six and Seven come into play. . . . And the longer I stay sober, the more important the newcomer becomes. Working with new people in the program keeps me well grounded. Working here reminds me that I have to go to more meetings

and work with more people. It's important that I not grow out of the things that got me sober."

Life is good, he says. "I'm steadily improving, and that's due to my willingness to grow."

Craig got married on May 13 to a nurse he met while working at the Ramsey County Detox Center. "I gave her a ring, and she gave me a 17-foot canoe," said Craig, who makes a couple trips to the Boundary Waters Canoe Area in northern Minnesota each year. "Canoeing has been a great accessory to my recovery."

And Hazelden has been essential to his new life. "My experience as a patient was that I liked being here," he says. "I like driving down the winding, tree-lined Pat Butler Drive. This is a very spiritual place for me. I have a lot invested in Hazelden—my life and career," he says. "It has yet to let me down."

# A word to the wise: beware the spiritual lapse

■ by Fred Holmquist

The topic for this year's Lodge-to-Go Workshop is "Persevering in the Good Times—Our Greatest Challenge in Ongoing Recovery." The workshop was born out of the experience of many Lodge participants who, after many years of sobriety, found their lives unmanageable again or even returning to chemical use.

Their stories disclose that after they had established new lives in recovery and at a point long before the return of their misery or using, they altered in some way their recovery routines, went to fewer meetings, and had less contact with sponsees, sponsors and other recovering people. This is called the spiritual lapse that *always* comes well before the chemical lapse.

The insidiousness of this disease is expressed not only in the constant misery of our using days but in the fact that our illness can use the real-

ization of the promises in our lives as an opportunity to convince us that we've become well.

The basic text for our society states this on page 85: "It is easy to let up on the spiritual program of action and rest on our laurels. We're headed for trouble if we do. . . ."

In this workshop, already presented this year in Bismarck, N.D., Madison, Wis., Kansas City, Charlotte, Detroit, Boston and Chicago, we delve into not only the successes in our lives that can become our risk factors for a spiritual lapse but also into the clear directions of Steps Ten, Eleven and Twelve that steer us clear each



Fred Holmquist

moment of each day when we veer off of the spiritual path. Learn the over 20 different children of the ego the Big Book describes that form the guts of our daily recovery radar and how, by simply following directions, they're turned from stumbling stones into stepping stones to greater spiritual fitness.

The Lodge at Hazelden is an ongoing Twelve Step workshop in the Dan Anderson Renewal Center, providing those in any Twelve Step program the opportunity to affirm their recovery commitment and assess their current spiritual condition. In this minimum seven-day program, many discover a deeper understanding of the problem, the solution, and the program of action that brings about the solution. It is especially helpful for those with long-term sobriety.

## Road workshops set for rest of year

In the above, Fred Holmquist, director of The Lodge at Hazelden, offers a glimpse of what people will gain when they take part in his Lodge-to-Go Workshop. Holmquist, gifted at translating traditional recovery philosophy into practical lessons for everyday living, will present "Persevering in the Good Times" on **Oct. 1 in Westport, Conn., Oct. 15 in New Orleans, and this fall in New York and St. Louis** (dates tba).

Other special road workshops planned in the coming months will be presented by other Hazelden experts who also enjoy sharing the spiritual road to recovery. They include: "The Spiritual Path to Joy, Happiness and Freedom" by Paul Hilton on **Sept. 10 in Green Bay, Wis.**; "Getting Sober Is the Easy Part: Staying Sober Is the Problem" by Al Tighe on **Sept. 17 in Rochester, Minn.**; and "Building an Unshakable Foundation for Life" by Elene Loecher on **Nov. 12 in Houston**. For more information, call 800-262-4882.



## Alumni Relations team is ready to serve

The Alumni Relations staff, from left to right, includes Justin Diehl, Sara Stromberg, Lisa Reynolds and Sharon Johnson. "We were sorry to lose Will Hudson, but we've beefed up our staff with newcomers Sara and Justin," said Reynolds, who is manager of the department. "We're excited to have a new team in place to enhance the recovery of our alums everywhere." Reynolds oversees alumni activities throughout the country; Stromberg is the events coordinator; Diehl is the alumni liaison in charge of orientation for newly discharged patients, Bigelow guest speakers, and St. Paul alumni activities; and Johnson is the alumni contact coordinator. They can be reached toll-free by calling 800-257-7800. (Photo by Geoff George)

## Cruise on the Willamette River will highlight Springbrook reunion

**Newberg, Ore.**—Hazelden Springbrook will host its 11th-annual reunion for alumni and friends on Sept. 16-17 in Newberg, Ore. Registration begins at 5 p.m. on Friday and is followed by an alumni supper at 6:30 p.m. and the traditional candlelight AA and Al-Anon meeting, all at the Springbrook campus.

Saturday morning the Springbrook spiritual team will facilitate workshops at

### Regional update

the Newberg Christian Church, while Saturday afternoon will feature two spiritual activities: a labyrinth walk in the loft and a creative expression workshop. The evening will be capped with a cruise on the Willamette River. The two and one-half hour cruise aboard the Willamette Star includes dinner, music with a DJ, and dancing. To register call 503-554-4374 or toll-free at 866-866-4662, ext. 374.

The **Alumni Ice Cream Social and Picnic** will be held Friday, July 15 on the campus lawn of Springbrook. Alumni and friends are invited to join. There is no cost, but please RSVP at 503-554-4353. Marvin Seppala, MD, will be the guest speaker. The **Springbrook Supper Club** meets for supper and fellowship each third Friday of the month at Hazelden Springbrook. The supper begins at 6:30 p.m. and is preceded by the Springbrook Alumni Association meeting at 5:30. The next official supper club will be Aug. 19.

### Hazelden New York has new home

**New York City**—Hazelden New York's community-based outpatient services has a new home at 322 8th Ave., in the Chelsea area of Manhattan. The move was completed on May 22. Peter Turchiano and his staff are now the happy occupants of a completely renovated 10,000 square feet of a building's entire 12th floor. In addition to space for recovery services, the building includes space for marketing and development staff. An open house will be held sometime in mid to late summer. The phone and fax numbers are the same: 212-420-9520 (phone) and 212-420-9664 (fax).

**Joel Rusher** is the new marketing and outreach representative for the Northeast region.

### HCYF reunion set for Aug. 13

**Plymouth, Minn.**—Hazelden Center for Youth and Families will hold its third annual reunion on Saturday, Aug. 13 from 10 a.m. to 5 p.m. at the Center. Activities will include speakers, a call-up meeting, entertainment, a softball game, and an alumni medallion ceremony. Alumni and friends are invited. There is no fee, but registration is required. Please call 763-509-3837.

### Chicago alumni picnic set for Aug. 27

**Chicago**—Hazelden Chicago will host a picnic for alumni and their families on Saturday, Aug. 27 from noon to 3 p.m. at Lincoln Park. The event is free. Please RSVP at 888-257-7800, ext. 4588.

### Sponsor-sponsee tea is talk of the town

**St. Paul**—The first Women's Sponsor-Sponsee Tea, sponsored by the Hazelden Connection bookstore, was held on May 22 at the Bon Vie restaurant in St. Paul. Fifty women enjoyed a time to celebrate special relationships, drink tea, eat yummy treats, and hear best-selling author Karen Casey speak about the miracle of sponsorship. "There were hugs, tears of joy, and excitement," said Cindy Roesel, recovery community outreach manager. "Once we decided to do the tea, it was the talk of the recovery community." The event was nearly sold out before invitations were made. Another tea, to accommodate 100 women, is planned for the holidays. Call Roesel at 651-665-0834 for information.

## Detroit, D.C. chapters reach out to their recovering communities

**THE DETROIT ALUMNI CHAPTER** hosted an event on April 12 at the Academy of the Sacred Heart. About 120 people from the recovery community heard William Moyers deliver his message of hope with his talk "The Power of Fellowship." The chapter was instrumental in finding the location, arranging the food, and making the event a huge success. Thank you team!

### Chapter update

The alumni of the

Washington, D.C. chapter also deserve a big congratulations! They worked together in every sense of the word to plan and host an event for the recovering community of their area. On May 14 they hosted a workshop for 86 people that featured Paul Hilton of the The Lodge at Hazelden. Paul's workshop was titled "Keep it Simple, Keep it True." The team found a lovely location at a church, put on the coffee and continental breakfast, teamed up to host the registration table, and even took time to drive Paul and Lisa Reynolds to and from the event and added a tour of our Nation's Capitol to boot. To the team—Woody and Leigh, John and Katherine, Randy, David, Richard, Michael and Callie—a big thank you!

Both events were shining examples of what a chapter can do to bring an inspirational recovery message to the community.

The Bermuda chapter is going strong with 20-plus members and a regular meeting at 7 p.m. on the last Wednesday of the month in Pembroke. It had a Minnesota alum visit them at their April meeting (Imagine leaving Minnesota in the winter for Bermuda!). Everyone was excited to have Judy visit them, and the message is clear: All alumni are welcome at the Bermuda chapter. Attention all alumni chapters that wish to celebrate A Night to Remember: Please contact Sara Stromberg or Lisa Reynolds as soon as possible to get started on plans for the October 27 celebration.

*Several chapters currently meeting include:*

**Atlanta**—Contact Amy E. at 678-230-9541.

**Bermuda**—Meets last Wednesday of month at 7 p.m. at Woodlands Administration Building, Saltus School in Pembroke. Contact Rich S. at 441-735-6800.

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

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

**Los Angeles**—Meets first Thursday of the month at 7 p.m. at Village Lutheran Church, Fireside Room (343 Church Lane). Contact Mitch C. at 310-394-3111.

**New York**—New monthly chapter meeting to begin soon at new Chelsea location at 322 Eighth Ave, Floor 12.

**Portland**—Meets third Friday of 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.

**Washington, D.C.**—Meets first Wednesday of each month at 6:30 p.m. at The Pines of Rome, 4709 Hampden Lane, Bethesda, Md. Call Chuck H. at 301-498-1989 or Callie W. at 202-462-1821.

*For more information on alumni chapters, contact Lisa Reynolds at 888-257-7800, ext. 4105.*

## Info Center goes 24/7

The Hazelden Information Center is now open 24 hours a day, seven days a week. The change to all-night service means there will always be an information specialist on hand to answer questions or begin the admissions process for *all* Hazelden facilities. Specialists are also able to provide referral information to local facilities, professionals, and various Twelve Step meetings.

“Offering 24-hour service demonstrates Hazelden’s commitment to being available to help people when they need it,” said Roxanne Ward, Information Center supervisor.

For assistance anytime, please call the information center toll-free at 1-800-257-7800.

## Outcome studies seek cooperation

Hazelden’s Butler Center for Research staff routinely contacts alumni 1, 6, and 12 months after treatment to measure how well people are doing in their recovery program. This information allows us to monitor the quality of our care and guides us in our ongoing treatment improvement efforts. If you have recently completed a treatment program at Hazelden, you may receive a call from a staff member of the Butler Center for Research. We appreciate your help and support in our evaluation efforts.

— *Dee Reilly,*  
*Supervisor of Surveys and Outcomes*

## Second Sunday Retreats

- July 10** Sue Hoisington, “Understanding Mental Health Issues in Recovery”
- Aug. 14** Betty Davis-Reynolds, “Reconnecting with Self, Others and a Higher Power”
- Sept. 11** Don Moyer, “Relationships in Recovery”
- Oct. 9** Barbara Crist, “Reframing the Past in Gratitude”
- Nov. 13** Pat and René Sternau
- Dec. 11** Paul Hilton, “Scrooge—Recovery of an Addict”

*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

- JULY**
- 14-17 Dia Linn Unit Reunion, Center City
  - 15 Ice Cream Social and Barbecue, Newberg, Ore.
  - 15 Fellowship Club Reunion Picnic, St. Paul
  - 21-24 Family Center Reunion, Center City
  - 25 Recovery Cup '05 Golf Tournament, Somerset, Wis.

- AUGUST**
- 9 “Spirituality and Recovery: Reconnecting with Self, Others, and a Higher Power,” Betty Davis-Reynolds, St. Paul
  - 13 Hazelden Center for Youth and Families Reunion, Plymouth, Minn.
  - 18-21 Cronin Unit Reunion, Center City
  - 27 Hazelden Chicago Alumni Picnic, Chicago

- SEPTEMBER**
- 8-11 Promises Unit Reunion, Center City
  - 15-18 Jellinek Unit Reunion, Center City
  - 16-17 Springbrook Alumni Reunion, Newberg, Ore.

- OCTOBER**
- 8 Outpatient Reunion, Center City
  - 20-23 Silkworth Unit Reunion, Center City
  - 27 A Night to Remember, multiple cities

- NOVEMBER**
- 23-25 Gratitude Gathering, 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 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.



*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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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](mailto:mailinglist@hazelden.org).

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