Welcome to the Dan Anderson Renewal Center

In a spirit of wonder and new beginnings, we invite you to rediscover your recovery with us in 2015.

What’s calling you?

Whether you join us for a weekend retreat, a Lodge Program experience, a reunion—or a combination of these offerings—we look forward to being a part of your new beginnings in 2015. Based on your Twelve Step experience and current life situation, we’re happy to consult with you about programming to best fit your needs.

Special-Focus Retreats

Typically begin on Friday evening and end at noon, on Sunday

Many guests build their Renewal Center stay around a weekend retreat focusing on a specific recovery concern or interest, such as grief, relationships, meditation, forgiveness, or relapse prevention. As you page through this calendar of retreat descriptions and dates, be sure to make note of the offerings calling you.

Many of our retreat facilitators are noted authors, as indicated by the book icon shown with their biography.

Be transformed. Again.
Weekend Retreats and the Lodge Program at the Hazelden Betty Ford Foundation

We’re big on comfort—and “aha” moments

Your stay at the Dan Anderson Renewal Center includes:
- Daily staff presentations on the Twelve Steps and Big Book
- Nutritious meals designed for people in recovery
- Yoga classes Friday through Tuesday
- Hiking trails and an outdoor exercise course
- Evening alumni lectures
- Use of the campus fitness center, including pool, jogging track and basketball and racquetball courts
- Morning and afternoon, group reflection
- Use of the Lavinia Neill Meditation Center
- Time to browse at the Serenity Corner bookstore
The Lodge Program
Available seven days a week, all year long

Most people who come to the Lodge Program, whether newly sober or seasoned Twelve Step practitioners, describe their experience as remarkable and unexpected. In the welcoming, safe environment of the Renewal Center, our guests are immersed in core Twelve Step principles and practices with presenters who teach from their life experiences and various wisdom traditions and texts. Join us to explore the gifts of recovery with fellow travelers. Lodge Program topics include emotional balance, grief and recovery, practices of prayer and meditation, releasing resentments, issues for family members, use of high-risk medications in recovery, healthy communication, and more.

Typical Lodge Program Daily Schedule
Meditation and yoga classes, guest lectures, wonderful meals, and plenty of personal time are all part of the Lodge Program.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 a.m.–8:00 a.m.</td>
<td>Yoga</td>
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<td>7:45 a.m.–9:00 a.m.</td>
<td>Breakfast</td>
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<td>8:30 a.m.–9:00 a.m.</td>
<td>Lecture</td>
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<td>9:05 a.m.–9:25 a.m.</td>
<td>Meditation</td>
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<td>10:30 a.m.–noon, Group Sessions</td>
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<td>noon–1:00 p.m.</td>
<td>Lunch</td>
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<td>2:00 p.m.–3:30 p.m.</td>
<td>Group Sessions</td>
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<td>3:30 p.m.–5:00 p.m.</td>
<td>Personal Time</td>
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<tr>
<td>5:00 p.m.–5:30 p.m.</td>
<td>Group Reflection</td>
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<tr>
<td>5:30 p.m.–6:30 p.m.</td>
<td>Dinner</td>
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<tr>
<td>7:00 p.m.–7:30 p.m.</td>
<td>Lecture</td>
</tr>
<tr>
<td>8:00 p.m.–9:00 p.m.</td>
<td>Personal Time</td>
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Alumni Reunions
Scheduled throughout the year

Join your fellow Hazelden Betty Ford Foundation alumni at the Renewal Center for a reunion featuring guest speakers, special presentations, activities, and—of course—fellowship. Spending time in fellowship with other alums is one of the most powerful ways to renew your dedication to recovery, one day at a time. You will have the opportunity to reunite with counseling staff, too. Come for the entire reunion or for a day or two.

Remember Second Sundays
Mark your calendar and plan to attend a Second Sunday event on Hazelden’s Center City campus. Visit hazelden.org/renewalcenter to see the 2015 schedule of featured speakers and topics.

All are welcome
Renewal Center offerings are open to adults involved in any Twelve Step program.

Reservations
To book your stay at the Renewal Center or to obtain more information about specific programs, please call us at 800-262-4882.

2015 base rates (per day)*

<table>
<thead>
<tr>
<th>Room Type</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Double-occupancy room</td>
<td>$245</td>
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<tr>
<td>Private room</td>
<td>$348</td>
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<tr>
<td>Day Program, includes meals</td>
<td>$142</td>
</tr>
</tbody>
</table>

Group Discounts: Register together as a group of three or more and receive a 15 percent discount.

*Prices are subject to change

Scholarships
Limited financial aid, based on demonstrated need and availability of funds, is available for Renewal Center guests. Please call us at 800-262-4882 to request a scholarship application.

Ground transportation
A Hazelden vehicle will transport guests from the Minneapolis-St. Paul International Airport, bus terminals, or the St. Paul train terminal to the Renewal Center in Center City, Minnesota. Arrangements can be made when making your Renewal Center reservation. Transportation fees are based on distance traveled.

Services for people with disabilities
If you have a disability and special arrangements are needed, please contact us as soon as possible. Reasonable advance notice is helpful.

Call today to plan your stay. 800-262-4882 hazelden.org/renewalcenter
### Weekend Retreats and the Lodge Program at the Hazelden Betty Ford Foundation

#### Yoga and Hand Drumming as Catalysts for Recovery **NEW**

**Don and Julie Karsky**  
**7:00 p.m., Friday, January 2—noon, Sunday, January 4**

Catalyst: A person whose talk, enthusiasm, or energy causes others to be more friendly, enthusiastic, or energetic. Come experience the catalysts of inward practices and principles of yoga and outward expression of fellowship and cooperation in a drum circle. You will join amazing guides Julie Karsky and Don Karsky in these active disciplines, focusing on practical uses in your recovery.

- **Julie Karsky**, yoga instructor at the Don Anderson Renewal Center, is certified in all levels of YogaFit. She teaches young children, elders, first-timers, experienced practitioners, and those with chronic pain, sharing an extraordinary level of love and light.

- **Don Karsky**, a former addiction counselor, is a drum-circle facilitator with more than 50 years of drumming experience. He has facilitated drum circles for Hazelden, the Minnesota Association of Resources for Recovery and Chemical Health, and the National Rural Institute on Alcohol and Drug Abuse.

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**The rewards of recovery are granted every day. We begin with the gift of a new day and new possibilities.**
—*from Touchstones: A Book of Daily Meditations for Men*
<table>
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<tr>
<th>Date</th>
<th>Day</th>
<th>Event Title</th>
<th>Presenter</th>
<th>Dates</th>
<th>Description</th>
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<tbody>
<tr>
<td>9 January</td>
<td>Friday</td>
<td>Preventing Relapse</td>
<td>Will Hudson</td>
<td>7:00 p.m., Friday, January 9–noon, Sunday, January 11</td>
<td>Spiritual, emotional, or chemical relapse doesn’t happen “all at once.” It happens in definable, recognizable, and preventable stages. If you’re not in recovery, you’re likely in relapse. This dynamic workshop helps you identify and address feelings, emotional patterns, and warning signs of relapsing back to chemical use or behavioral crisis. You will become aware of the smallest indicators of spiritual or emotional relapse, the impact of core beliefs on recovery, and the progression of your disease versus your spiritual growth.</td>
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<tr>
<td>16 January</td>
<td>Friday</td>
<td>The Spaces between the Steps 🔄</td>
<td>Richard Choate</td>
<td>7:00 p.m., Friday, January 16–noon, Sunday, January 18</td>
<td>In our eagerness to complete the Twelve Steps, we may skip too quickly over important transitional areas. Join us to revisit some of the key bridges between Steps Three and Four, Five and Six, Seven and Eight, and Nine and Ten. Our journey will help us see Alcoholics Anonymous and the 12 x 12 texts with “fresh” eyes. An ideal retreat for people new to recovery as well as those interested in a refreshed perspective.</td>
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<tr>
<td>23 January</td>
<td>Friday</td>
<td>Find Your Way to Self-Forgiveness</td>
<td>Teesie Vallero</td>
<td>7:00 p.m., Friday, January 23–noon, Sunday, January 25</td>
<td>If you have been through Steps Four and Five and Steps Eight and Nine yet are still feeling somewhat off the mark, did you remember to include yourself on those lists? The relief you desire can be achieved through self-forgiveness. We will journey through Steps Seven and Eight and, through writing and sharing, learn an effective method for self-forgiveness—a way to discover renewed hope and love.</td>
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<tr>
<td>30 January</td>
<td>Friday</td>
<td>Living with Uncertainty</td>
<td>Bill Alexander</td>
<td>7:00 p.m., Friday, January 30–noon, Sunday, February 1</td>
<td>The future is uncertain. We drugged and drank to avoid that reality. If using drugs and alcohol were the cause of our suffering, then not using would be the solution. We know it isn’t. Our principal addiction is to our thinking. Unquestioned, our “old ideas” haunt us. On this retreat, we will question those ideas, deeply, and see how they are symptoms of our most powerful dis-ease: “stinking thinking.” And we will let them go, for good.</td>
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The Lodge Program
Available seven days a week, all year long

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800-262-4882
hazelden.org/renewalcenter
Our happiness is not dependent on what anyone else does . . . Now we are free from the turmoil we let others stir up in our lives.

—from A Life of My Own: Meditations on Hope and Acceptance
Codependency and Your Spirit
Annetta M. Sutton
7:00 p.m., Friday, February 6–noon, Sunday, February 8

Codependency, in any form, stifles the spirit. Let the Twelve Steps help you reclaim your spirit and recover a life of hope. In this retreat you will identify codependent behaviors and choices as well as different types of codependent relationships—romantic, parental, employer-employee and family. You will leave with new tools for building healthy, spiritual-nurturing balance in your life.

Annetta M. Sutton, MA, AAPC, is the founder of Five Point Consulting. She brings more than 25 years experience in leadership and spiritual counseling in the private sector to her work as an author, speaker, and educator. She is the author of Catholic Alcoholic: A Witness to Addiction and Redemption.

Being Together, Staying Committed
John and Priscilla MacDougall
7:00 p.m., Friday, February 13–noon, Sunday, February 15

The MacDougalls, married 38 years, will explore how committed relationships can benefit more fully from recovery. John will focus on what the Twelve Traditions can tell us about long-term commitment and satisfaction. Priscilla will share what research on successful couples reveals. Participants will have the chance to work together as a couple throughout the weekend and to learn from others navigating a relationship in recovery.

John MacDougall is the spiritual care coordinator at The Retreat in Wayzata, Minnesota. He was previously at Hazelden for 20 years. He is the author of Being Sober and Becoming Happy, which is available from Amazon.com.

Priscilla MacDougall recently retired from her work as an addiction counselor and marriage and family therapist. She holds master’s degrees from Princeton Theological Seminary and Adler Graduate School.

Recovery for Nurses
Hazelden Staff
7:00 p.m., Friday, February 20–3:30 p.m., Saturday, February 21

As nurses, we can get so busy with the minute details involved in caring for patients and families that we lose sight of the overall big picture. Taking time to slow down and reflect with other recovering nurses helps us reset our priorities. Care for the caregiver includes balancing service and self-care, inventorying spiritual fitness, and creating healthy boundaries. Join other nurses for connection, Twelve Step renewal, and fellowship as you reenergize your recovery and nourish your spiritual health. (4 CEs available for this retreat.)

A Meditation Journey into an Open Heart
Elene Loecher
7:00 p.m., Friday, February 27–noon, Sunday, March 1

Many years ago a wise woman shared this prayer: “God, give me the heart of a child and the awesome courage to live it out as an adult.” We will experience a variety of guided, seated, and walking meditations that will awaken and nurture your courageous heart. We will explore core beliefs that have closed our hearts and conditioned us to live in separation. Compassion and loving-kindness practice will support our journey home to the place of deep connection and belonging.

Elene Loecher is a spiritual director and mindfulness teacher who creates a safe environment for group participants to transform. She has 40 years of experience leading retreats, including 30 years at the Renewal Center. Her practice has included time in India and Thailand.

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hazelden.org/renewalcenter
We often unnecessarily complicate matters by thinking we have to face things by ourselves.

— from *In God’s Care: Daily Meditations on Spirituality in Recovery*
Grief and Recovery
Teesie Vallero
9:30 a.m. Friday, March 6–3:30 p.m., Sunday, March 8
Because active addiction prevents us from moving through grief thoroughly, we sometimes experience a backlog of loss in sobriety. Whatever your loss may be—death, divorce, career, friendship, dreams—working through a specific process of inventorying, naming, acknowledging, and sharing your grief can free you to experience greater joy. This retreat provides tools for the “certain trials and low spots” ahead in life.

Teesie Vallero is a renewal specialist at the Dan Anderson Renewal Center and on staff at the Midwest Institute for Forgiveness Training. She has a private practice as a forgiveness coach and Reiki master practitioner at the Well Healing Arts Center in Minneapolis, Minnesota.

Willing to Grow  NEW
JoAnn Campbell-Rice
7:00 p.m., Friday, March 13–noon, Sunday, March 15
Lifelong recovery offers us a chance to grow spiritually, and all we need to do is be willing. Are you willing to expand your capacity for the remarkable? Grow your understanding of a Higher Power? Strengthen your service? Become clearer about the value and purpose of your place on Earth? Come, inventory your areas and levels of willingness, resistance, or indifference and add momentum and joy to your recovery with practical spiritual tools.

JoAnn Campbell-Rice is manager of Renewal Programs and Spiritual Care at the Dan Anderson Renewal Center. A former professor of writing, she has a private practice of spiritual direction in St. Paul, Minnesota.

Healing from Within for Adult Children of Alcoholics
Elene Loecher
9:30 a.m. Friday, March 27–3:00 p.m., Sunday, March 29
Childhood experiences form an imprint within us. For adult children of alcoholics, the imprint is often shaped by hurt and conflict. Healing is not about blaming. Rather, healing is rooted in compassion, gentleness, humor, love, respect, and staying open to learning. Through a variety of exercises and meditation, we will come to see the powerful relationship between our wounds and our spiritual awakening. Come, heal from within. One need not have grown up in a home with alcoholic parents to benefit from this retreat.

Elene Loecher is a spiritual director and mindfulness teacher who creates a safe environment for group participants to transform. She has 40 years of experience leading retreats, including 30 years at the Renewal Center. Her practice has included time in India and Thailand.

“My experience here was life changing. I learned to see and hear and feel again.”
–A recent retreat participant

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Call today to plan your stay.
800-262-4882
hazelden.org/renewalcenter
Find the courage to be yourself, not a clone, not an expectation. Be uniquely yourself. There is no one like you.

—from The Healing Drum
Weekend Retreats and the Lodge Program at the Hazelden Betty Ford Foundation

**Overreliance on Self: Then and Now**
Fred Holmquist
7:00 p.m., Friday, April 3–noon, Sunday, April 5

The Big Book refers to addiction as being “a problem beyond human aid” and a condition “only a spiritual experience will conquer.” Join Fred to reframe these mysteries unique to the challenges of long-term sobriety. With numerous references to recovery principles already in our knowledge base, this weekend’s takeaways will include deeper clarity on why “our liquor [drug] was but a symptom,” what “the God of our understanding” really means, and why it’s critical that we experience Step One anew, every day.

Fred Holmquist is director of the Lodge Program at the Dan Anderson Renewal Center and has worked in the field of addiction and recovery for 37 years. He draws on a variety of sciences and wisdom traditions in teaching the life principles of the Twelve Steps.

**Claiming the Power of Your Story**
Daniel Maurer
7:00 p.m., Friday, April 10–noon, Sunday, April 12

“How does my story connect with the Twelve Step principles illustrated in the basic texts of AA and NA?” “How can my story more effectively reach others through Twelfth-Step work?” These key questions will animate your retreat work, with Daniel’s book, *Sobriety: A Graphic Novel*, serving as a working guide in identifying the central themes that drive your recovery story. You will also have an opportunity to illustrate some key moments of your recovery.

Daniel Maurer was an ordained ELCA minister for 11 years before falling hard in his addiction. Now in recovery, he works as a writer and speaker. Daniel lives with his wife and two boys in St. Paul, Minnesota.

**Emotional Sobriety**
Allen Berger
7:00 p.m., Friday, April 24–noon, Sunday, April 26

In 1956 Bill Wilson answered a call for help from a member of the AA fellowship who was depressed and searching for a solution. Bill penned a letter discussing what he had learned about himself over his then 21 years of sobriety—insights and solutions that constitute a fourth legacy Bill left to those in recovery. This retreat will unpack Bill’s writings about emotional sobriety, focusing on what it is, how we can integrate it into our lives, and what interferes with it.

Allen Berger, PhD, is a psychotherapist who has written extensively about the experience of recovery, emotional sobriety, and the psychological forces operating within the Twelve Steps. He is author of *12 Stupid Things That Mess Up Recovery*, *12 Hidden Rewards of Making Amends*, and *12 Smart Things to Do When the Booze and Drugs Are Gone*.

“This place is filled with grace. Step off the world for a while and soak it in. You’ll be grateful you did.”
–A recent retreat participant
Learning to live means learning to keep ourselves in the present. This day is all we really have to work with.
— from The Promise of a New Day: A Book of Daily Meditations

**Weekend Retreats and the Lodge Program at the Hazelden Betty Ford Foundation**

**Making Conscious Contact**
Thérèse Jacobs-Stewart
7:00 p.m., Friday, May 1–noon, Sunday, May 3
Beautiful teachings from the East offer meditation practices to cultivate the “four sublime attitudes”: loving-kindness, compassion, joy, and equanimity. Each of these qualities is said to be of divine nature; developing them is a gateway to making conscious contact with the Great Reality Within. Join us in fellowship, learn to meditate and use centering prayer, and apply these ancient ways to deepen your Eleventh Step practice.
### Who Are You?  
**Bill Alexander**  
**7:00 p.m., Friday, May 8–noon, Sunday, May 10**  
I’m Bill. And I’m an alcoholic. And a father, a lover, a son, a writer, a talker, a listener, a scuba diver, a former paratrooper, a traveler, and a homebody. And none of those is who I really am. They are mere identities and the more seriously I take them, the more bewildered I become. This retreat will bring us face to face with our tendency to identify ourselves by the words of others. Come and see why the only useful response to that abrasive question, “Who are you?” is silence.

**Bill Alexander**, author of the recovery classic *Ordinary Recovery*, leads workshops nationwide and has a private counseling practice, *Awakening to Love*, at his home in Minnesota.

### LGBTQ in Recovery  
**James Geckler and Christine Schuster**  
**7:00 p.m., Friday, May 22–noon, Sunday, May 24**  
Recovering from addiction as a member of the LGBTQ community presents unique opportunities and challenges. A common thread in many stories of success is having an affirming and supportive group of like-minded clean and sober people walking the same path. This retreat looks at the Twelve Steps through the LGBTQ lens, including recognizing where spirituality and sexuality intersect, working with heterosexism in the recovery community, and addressing family and relationship issues.

**Jim Geckler**, director of Patient, Alumni and Community Relations for the Hazelden Betty Ford Foundation, is dedicated to providing a safe and supportive setting for people to begin their recovery. In long-term recovery himself, Jim and his husband live in Minnesota on a restored 1890s horse farm with their 2 dogs, 4 cats, and 26 chickens.

**Christine Schuster**, PsyD, LP, is the director of Mental Health at Hazelden in Center City, Minnesota. She has expertise in the assessment and treatment of co-occurring disorders and significant experience and interest in working with addiction issues in the LGBTQ population.

### Women in Recovery  
**Julie Karsky and Delia Jurek**  
**7:00 p.m., Friday, May 29–noon, Sunday, May 31**  
Join Delia and Julie as they meld their combined wisdom of yoga (beginners welcome) and the *Big Book* into a weekend of camaraderie and fun for all women in recovery. Hear the stories of AA’s pioneering women, reconnect with yourself and your light, and discuss issues that emerge for women finding a new life: body image, boundaries, self-care, intimacy. Most of all, experience the healing that happens when women join together. Open to women involved in any Twelve Step program.

**Julie Karsky**, yoga instructor at the Dan Anderson Renewal Center, is certified in all levels of YogaFit. She teaches young children, elders, first-timers, experienced practitioners, and those with chronic pain, sharing an extraordinary level of love and light.

**Delia Jurek**, renewal specialist at the Dan Anderson Renewal Center, is a teacher, artist, and actor with more than 25 years at Hazelden. She sees the *Big Book* as a source of wisdom for daily living and teaches the simple, practical use of this manual for recovery.
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<td>18</td>
<td>Thursday</td>
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I choose how I live each day. Understanding that makes the right choice more obvious.

—from A Woman's Spirit

June 2015
### Being Together, Staying Committed
John and Priscilla MacDougall  
7:00 p.m., Friday, June 12–noon, Sunday, June 14

The MacDougalls, married 38 years, will explore how committed relationships can benefit more fully from recovery. John will focus on what the Twelve Traditions can tell us about long-term commitment and satisfaction. Priscilla will share what research on successful couples reveals. Participants will have the chance to work together as a couple throughout the weekend and to learn from others navigating a relationship in recovery.

*John MacDougall is the spiritual care coordinator at The Retreat in Wayzata, Minnesota. He was previously at Hazelden for 20 years. He is the author of Being Sober and Becoming Happy, which is available from Amazon.com.*

*Priscilla MacDougall recently retired from her work as an addiction counselor and marriage and family therapist. She holds master's degrees from Princeton Theological Seminary and Adler Graduate School.*

### Running and Recovery
Dick Beardsley  
7:00 p.m., Friday, June 26–noon, Sunday, June 28

Why do so many in recovery make running an integral part of their new lives? Join Dick, a marathon legend, to explore the benefits of running in recovery. In addition to sharing his story of addiction, recovery, and competing, Dick will provide fitness/running level assessments for participants and offer guidance about training and racing goals. With a focus on progress not perfection, this experiential retreat is appropriate for beginners and lifelong runners alike. You will have an opportunity to run with Dick as well.

*Dick Beardsley won both the London Marathon and Grandma’s Marathon in 1981. His book, Staying the Course: A Runner’s Toughest Race, recounts his phenomenal 1982 Boston Marathon performance and discusses his struggles with addiction to prescription drugs and subsequent recovery.*

“I came to the Renewal Center after four years of sobriety. Through meditation, fellowship, and just being, I began my real journey of recovery that continues all these years later.”

–A recent Lodge Program participant
Secrets clutter our mind, preventing the stillness within where our prayers find answers.

—from Each Day a New Beginning: Daily Meditations for Women

Weekend Retreats and the Lodge Program at the Hazelden Betty Ford Foundation

We Will Live Intuitively
Echo Bodine
7:00 p.m., Friday, July 3–noon, Sunday, July 5
The Big Book tells us that if we stay sober and live by the Twelve Steps, “we will intuitively know how to handle situations which used to baffle us.” This is a profound and powerful promise, yet few people really know what it means to live intuitively. Join Echo, a celebrated author and psychic, who will teach us what intuition is and how we can experience it more by awakening the still, small voice within.

Echo Bodine, an internationally known psychic and healer, is the author of 11 books, including A Still, Small Voice: A Psychic’s Guide to Awakening Intuition and Look for the Good and You’ll Find God.

Buddhism and Addiction Recovery NEW
SECOND SUNDAY
An Unshakable Foundation for Life

Dia Linn Unit Reunion
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<th>Date</th>
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<th>Instructor/Author</th>
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<tbody>
<tr>
<td>19 Sunday</td>
<td>20 Monday</td>
<td>The Secret Life of Other Addictions</td>
<td>7:00 p.m., Friday, July 10–noon, Sunday, July 12</td>
<td>Brenda Iliff, MA, is a certified multiple addictions therapist with specialized training in gambling, money, food, work, and Internet addiction. She has been with Hazelden almost 20 year and currently serves as the executive director of Hazelden in Naples, Florida.</td>
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<tr>
<td>21 Tuesday</td>
<td>22 Wednesday</td>
<td>An Unshakable Foundation for Life</td>
<td>2:30 p.m., Sunday, July 12–noon, Tuesday, July 14</td>
<td>Elene Loecher is a spiritual director and mindfulness teacher who creates a safe environment for group participants to transform. She has 40 years of experience leading retreats, including 30 years at the Renewal Center. Her practice has included time in India and Thailand.</td>
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<tr>
<td>23 Thursday</td>
<td>24 Friday</td>
<td>The Healing Power of Twelve Step Principles</td>
<td>7:00 p.m., Friday, July 31–noon, Sunday, August 2</td>
<td>Craig Nakken, MSW, LICSW, LMFT, is the author of several recovery standards, most recently Finding Your Moral Compass: Transformative Principles to Guide You in Recovery and Life. He has a private practice in St. Paul, Minnesota.</td>
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<tr>
<td>26 Sunday</td>
<td>27 Monday</td>
<td>Buddhism and Addiction Recovery</td>
<td>7:00 p.m., Friday, July 10–noon, Sunday, July 12</td>
<td>Lama Losang and Bill Alexander, author of the recovery classic Ordinary Recovery, leads workshops nationwide and has a private counseling practice, “Awakening to Love” at his home in Minnesota.</td>
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800-262-4882

[The Lodge Program](https://www.hazelden.org/renewalcenter)

Lama Losang is a fully ordained Tibetan Buddhist Lama in the Kagyu Lineage, an acupuncture physician, and Tai Chi master. He has dedicated his life to ending suffering and the roots of suffering. Bill Alexander, author of the recovery classic Ordinary Recovery, leads workshops nationwide and has a private counseling practice, “Awakening to Love” at his home in Minnesota.
Deep down in our hearts we know that everything is eventually going to be all right, now that we are living sober lives.

—from Twenty-Four Hours a Day for Teens
The Search for Peace in All Our Affairs  NEW
Karen Casey
7:00 p.m., Friday, August 7–noon, Sunday, August 9
Do you experience the same conflicts over and over? You know that nothing changes if nothing changes. And you also know that the willingness to change, even in tiny ways, can reap huge benefits. During this retreat we will evaluate our primary relationships and determine what behaviors we need to change if we want to live more peacefully. We can’t change anyone else; however, the miracle is that when we change, they seem to change too. Let’s practice “changing” together.

Karen Casey, PhD, is the best-selling author of Each Day a New Beginning, which has sold more than three million copies and has been translated into 10 languages. Among her other best-selling inspirational books are Keepers of the Wisdom, A Woman’s Spirit, Fearless Relationships, and A Life of My Own.

Claiming Our Insight, Patience, and Awe  NEW
Fred Holmquist
7:00 p.m., Friday, August 14–noon, Sunday, August 16
The essence of Twelve Step healing is an experience, not an understanding. We’ll trace the spiritual subtexts of the Big Book and 12 x 12 to see that our “new state of consciousness and being” reflects the flow of gifts our footwork, unwittingly, prepares us to receive through insight, patience, and awe.

Fred Holmquist is director of the Lodge Program at the Dan Anderson Renewal Center and has worked in the field of addiction and recovery for 37 years. He draws on a variety of sciences and wisdom traditions in teaching the life principles of the Twelve Steps.

Releasing Resentments, Finding Forgiveness
Teesie Vallero
7:00 p.m., Friday, August 28–noon, Sunday, August 30
Hanging onto resentments takes its toll on us emotionally, mentally, physically, and spiritually. The Big Book states, “For when harboring such feelings we shut ourselves off from the sunlight of the Spirit.” How healing it is to realize those resentments can be shifted. Come learn a tool for forgiveness you can use for a lifetime. Forgiveness opens the heart to a space of acceptance and serenity, to your place in the sunlight of recovery.

Teesie Vallero is a renewal specialist at the Dan Anderson Renewal Center and on staff at the Midwest Institute for Forgiveness Training. She has a private practice as a forgiveness coach and Reiki master practitioner at the Well Healing Arts Center in Minneapolis, Minnesota.

“The Higher Power will speak to you here—in the walks, in the trees, in the people. Listen and be helped and healed.”

–A recent retreat participant
Acceptance is the magic that makes our present circumstances good. It brings peace and contentment and opens the door to growth, change, and moving forward.

—from *The Language of Letting Go*
Grief and Recovery
Teesie Vallero
9:30 a.m. Friday, September 4–3:30 p.m., Sunday, September 6
Because active addiction prevents us from moving through grief thoroughly, we sometimes experience a backlog of loss in sobriety. Whatever your loss may be—death, divorce, career, friendship, dreams—working through a specific process of inventorying, naming, acknowledging, and sharing your grief can free you to experience greater joy. This retreat provides tools for the “certain trials and low spots” ahead in life.

Teesie Vallero is a renewal specialist at the Dan Anderson Renewal Center and on staff at the Midwest Institute for Forgiveness Training. She has a private practice as a forgiveness coach and Reiki master practitioner at the Well Healing Arts Center in Minneapolis, Minnesota.

Legal Professionals Twelve Step Retreat
Patrick Krill and Hazelden Staff
7:00 p.m., Friday, September 25–noon, Sunday, September 27
The extent and severity of substance abuse, addiction, and depression within the legal profession is staggering. Join Hazelden’s attorney-clinicians, spiritual care and wellness professionals, as well as legal colleagues in recovery for a weekend of insight, renewal, and fellowship. Lawyers, judges, and law students in recovery are welcome.

Patrick Krill, JD, LADC, directs the Legal Professionals Program at Hazelden in Center City, Minnesota. He is a licensed member of the State Bar of California and the Los Angeles County Bar Association.

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- Courage means facing what we can’t change . . .
- Courage also means facing those things we can change.

—from *Keep It Simple: Daily Meditations for Twelve-Step Beginnings and Renewal*
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<th>Date</th>
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<tr>
<td>2–4 October</td>
<td>7:00 p.m.</td>
<td>Regaining the “Integrity of Our Souls”</td>
<td>Fred Holmquist</td>
<td>Friday, October 2–noon, Sunday, October 4</td>
<td>The basic text of the society of Alcoholics Anonymous declares, “Our liquor was but a symptom. So we had to get down to causes and conditions.” Much can be learned from earlier movements about the most ancient of principles and practices. Join Fred, a long-devoted student of models for human change, for an enlightening weekend of decidedly esoteric yet elegantly simple discussions. Fred Holmquist is director of the Lodge Program at the Dan Anderson Renewal Center and has worked in the field of addiction and recovery for 37 years. He draws on a variety of sciences and wisdom traditions in teaching the life principles of the Twelve Steps.</td>
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<td>9–11 October</td>
<td>7:00 p.m.</td>
<td>A Meditation Journey into an Open Heart</td>
<td>Elene Loecher</td>
<td>Friday, October 9–noon, Sunday, October 11</td>
<td>Many years ago a wise woman shared this prayer: “God, give me the heart of a child and the awesome courage to live it out as an adult.” We will experience a variety of guided, seated, and walking meditations that will awaken and nurture your courageous heart. We will explore core beliefs that have closed our hearts and conditioned us to live in separation. Compassion and loving-kindness practice will support our journey home to the place of deep connection and belonging. Elene Loecher is a spiritual director and mindfulness teacher who creates a safe environment for group participants to transform. She has 40 years of experience leading retreats, including 30 years at the Renewal Center. Her practice has included time in India and Thailand.</td>
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<td>23–25 October</td>
<td>9:30 a.m.</td>
<td>Healing from Within for Adult Children of Alcoholics</td>
<td>Elene Loecher</td>
<td>Friday, October 23–3:00 p.m., Sunday, October 25</td>
<td>Childhood experiences form an imprint within us. For adult children of alcoholics, the imprint is often shaped by hurt and conflict. Healing is not about blaming. Rather, healing is rooted in compassion, gentleness, humor, love, respect, and staying open to learning. Through a variety of exercises and meditation, we will come to see the powerful relationship between our wounds and our spiritual awakening. One need not have grown up in a home with alcoholic parents to benefit from this retreat. Elene Loecher is a spiritual director and mindfulness teacher who creates a safe environment for group participants to transform. She has 40 years of experience leading retreats, including 30 years at the Renewal Center. Her practice has included time in India and Thailand.</td>
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<td>30–November</td>
<td>7:00 p.m.</td>
<td>Spiritual Tune-Up</td>
<td>Delia Jurek</td>
<td>Friday, October 30–noon, Sunday, November 1</td>
<td>Spiritual tools a little rusty? Feeling a bit “restless, irritable, and discontented”? Come to get the rust off what early A.A.ers called the “simple kit of spiritual tools laid at our feet”. Come to learn their daily spiritual practices. Come to spend a weekend doing the daily work—and get a jump start onto a new road to “an unshakable foundation for life.” Delia Jurek, renewal specialist at the Dan Anderson Renewal Center, is a teacher, artist, and actor with more than 25 years at Hazelden. She sees the Big Book as a source of wisdom for daily living and teaches the simple, practical use of this manual for recovery.</td>
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Every day, things happen, good and bad. We all enjoy the good things. But the bad, the negative experiences, the hurt and sorrow—how we react to these show what we’re really made of.

—from Help for the Helpers: Daily Meditations for Counselors

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<td>Twelve Step Retreat for Health Care Professionals</td>
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<td>Making Conscious Contact</td>
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Making Conscious Contact  NEW
Thérèse Jacobs-Stewart
7:00 p.m., Friday, November 13–noon, Sunday, November 15
Beautiful teachings from the East offer meditation practices to cultivate the “four sublime attitudes”: loving-kindness, compassion, joy, and equanimity. Each of these qualities is said to be of divine nature; developing them is a gateway to making conscious contact with the Great Reality Within. Join us in fellowship, learn to meditate and use centering prayer, and apply these ancient ways to deepen your Eleventh Step practice.

Thérèse Jacobs-Stewart has been a practicing psychotherapist, spiritual director, and meditation teacher for over 30 years. A recognized recovery writer, Thérèse’s most recent book is Mindfulness and the 12 Steps: Living Recovery in the Present Moment.

Preventing Relapse
Will Hudson
7:00 p.m., Friday, November 20–noon, Sunday, November 22
Spiritual, emotional, or chemical relapse doesn’t happen “all of a sudden.” It happens in definable, recognizable, and preventable stages. If you’re not in recovery, you’re likely in relapse. This dynamic workshop helps you identity and address feelings, emotional patterns, and warning signs of relapsing back to chemical use or behavioral crisis. You’ll become aware of the smallest indicators of spiritual or emotional relapse, the impact of core beliefs on recovery, and the progression of your disease versus your spiritual growth.

Will Hudson is a renewal specialist at the Dan Anderson Renewal Center. A popular presenter and lecturer, Will brings authentic love, knowledge, and a great sense of humor with him wherever he goes.

Gratitude in Recovery
Renewal Center Staff
2:00 p.m., Wednesday, November 25–noon, Friday, November 27
Gratitude is like a muscle; it gets stronger with use. Spend a safe, serene Thanksgiving holiday with others in recovery at the Renewal Center’s annual Thanksgiving retreat. You can experience meditation, Twelve Step presentations and discussion, fabulous meals (including a traditional turkey dinner), fellowship around the fireplace, and two restful, restorative nights.

Couples Growing Together in Recovery  NEW
Patricia Frazier
7:00 p.m., Friday, November 27–noon, Sunday, November 29
As autumn becomes winter, we move into a deeply introspective time of year and moving closer to our partner couldn’t be more natural. Or could it? How do we bridge the widening gulf that can develop as everyday life wears us down? Learn to enliven your relationship with new intimacy skills and new ways to communicate in recovery. You will see new beauty in each other, together. (Open to any two people who define themselves as a couple.)

Patricia Frazier has led workshops in spirituality, couples’ communication, and personal development and works as a Family Program Professional at Hazelden. Her personal work with the Twelve Steps as a way of enlivening life has spanned 25 years.

“This is a special place. Countless amazing things happen on these warm, safe, inspiring, courageous grounds.”
–A recent retreat participant

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We are here to help each other find peace and wholeness and the Divine connection. It’s our most important activity for today—for any day.

—from In God’s Care: Daily Meditations on Spirituality in Recovery
Embracing a Holiday Heart  NEW
JoAnn Campbell-Rice
9:30 a.m.–3:30 p.m., Saturday, December 19

Most of us spend time preparing for the holidays by focusing on other people and external circumstances. The Big Book reminds us that when “the spiritual malady is overcome, we straighten out mentally and physically,” suggesting that attending to our inner life and spiritual fitness takes priority before anything can change. Imagine devoting a day to your own spiritual nourishment in order to truly be present with those you love—and to enjoy every connection.

JoAnn Campbell-Rice is manager of Renewal Programs and Spiritual Care at the Dan Anderson Renewal Center. Her father died on December 23, and years later her mother on December 25, and so she has learned how to celebrate the season with an open heart.

“I learned so much and didn’t want to leave, but I take what I’ve learned into the world, and it keeps getting better.”
–A recent Lodge Program participant

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Hazelden Retreats at a Glance
Listed alphabetically by topic

Forgiveness
Find Your Way to Self-Forgiveness ........................................... Teesie Vallero ........................................... January 23–25
Releasing Resentments, Finding Forgiveness ..................................... Teesie Vallero ........................................... August 28–30
Grief
Grief and Recovery ........................................... Teesie Vallero ........................................... March 6–8 and September 4–6
Meditation
Making Conscious Contact ........................................... Thérèse Jacobs-Stewart May 1–3 and November 13–15
A Meditation Journey into an Open Heart ........................................... Elene Loecher February 27–March 1 and October 9–11
Recovery Enrichment
Being Sober and Becoming Happy ........................................... John MacDougall December 11–13
Claiming the Power of Your Story ........................................... Daniel Maurer April 10–12
Gratitude in Recovery ........................................... Renewal Center Staff November 25–27
Love and Service ........................................... Bill Alexander December 4–6
We Will Live Intuitively ........................................... Echo Bodine July 3–5
Who Are You? ........................................... Bill Alexander May 8–10
Yoga and Hand Drumming as Catalysts for Recovery ........................................... Don and Julie Karsky January 2–4
Relapse
Preventing Relapse ........................................... Will Hudson January 9–11 and November 20–22
Relationships
Being Together, Staying Committed ........................................... John and Priscilla MacDougall February 13–15 and June 12–14
Codependency and Your Spirit ........................................... Annetta M. Sutton February 6–8
Couples Growing Together in Recovery ........................................... Patricia Frazier November 27–29
The Search for Peace in All Our Affairs ........................................... Karen Casey August 7–9

Special Populations
Healing from Within for Adult Children of Alcoholics ........................................... Elene Loecher March 27–29 and October 23–25
Legal Professionals
Twelve Step Retreat ........................................... Patrick Krill and Hazelden Staff September 25–27
LGBTQ in Recovery ........................................... James Geckler and Christine Schuster May 22–24
Recovery for Nurses ........................................... Hazelden Staff February 20–21
Running and Recovery ........................................... Dick Beardsley June 26–28
Twelve Step Retreat for Health Care Professionals ........................................... Marc Myer, MD, and Hazelden Staff November 6–8
Women in Recovery ........................................... Julie Karsky and Delia Jurek May 20–31

Spirituality
Buddhism and Addiction Recovery ........................................... Lama Losang and Bill Alexander July 10–12
Embracing a Holiday Heart ........................................... JoAnn Campbell-Rice December 19
Regaining the “Integrity of Our Souls” ........................................... Fred Holmquist October 2–4
Spiritual Tune-Up ........................................... Delia Jurek October 30–November 1
Willing to Grow ........................................... JoAnn Campbell-Rice March 13–15

Twelve Step Principles
An Unshakable Foundation for Life ........................................... Elene Loecher July 12–14
Claiming Our Insight, Patience, and Awe ........................................... Fred Holmquist August 14–16
Emotional Sobriety ........................................... Allen Berger April 24–26
The Healing Power of Twelve Step Principles ........................................... Craig Nakken July 31–August 2
Living with Uncertainty ........................................... Bill Alexander January 30–February 1
Overreliance on Self: Then and Now ........................................... Fred Holmquist April 3–5
The Secret Life of Other Addictions ........................................... Brenda Iliff July 24–26
The Spaces between the Steps ........................................... Richard Choate January 16–18

Hazelden Betty Ford Foundation, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. Hazelden Betty Ford Foundation has facilities in California, Minnesota, Oregon, Illinois, New York, Florida, Massachusetts, Colorado, and Texas.