



The Dan Anderson Renewal Center

April-June Offerings

2017 Recovery Retreats and the Lodge Program

 Hazelden Betty Ford
Foundation



Welcome to the

Dan Anderson Renewal Center

A place of transformation for all seasons of your spirit.



What's calling you?

Whether you join us for a weekend retreat, a Lodge Program experience, a reunion—or a combination of these offerings—fresh perspectives and deeper insight await. Based on your Twelve Step experience and current life situation, we will consult with you about programming to best fit your needs.

Special-Focus Retreats

Typically begin on Friday evening and end at noon on Sunday

Consider building your Renewal Center stay around a weekend retreat focusing on a specific recovery concern or interest, such as relationships, meditation, forgiveness, grief, or relapse prevention. What's 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

The Lodge Program

Available seven days a week, all year long

Take time to renew, reflect, and regain balance in your life—and consider next steps in your recovery journey. The Lodge Program reconnects you with essential Twelve Step principles and practices, as taught by presenters who draw from their life experiences as well as from core wisdom texts and traditions.

Your day includes lectures; talking with experienced recovery teachers; participating in yoga, meditation, or other wellness activities; and taking time to relax and reflect. We provide the resources and services you need to thrive at any stage of life and in any phase of your recovery, offering presentations that explore topics such as emotional sobriety, sponsorship, meditation practices, releasing resentments, and reacting to the present as though it were the past.

Typical Lodge Program Daily Schedule

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

7 a.m.-8 a.m.	Yoga	2:15 p.m.-3:45 p.m.	Group Sessions
8 a.m.-9 a.m.	Breakfast	3:45 p.m.-5 p.m.	Personal Time
8:30 a.m.-9 a.m.	Lecture	5 p.m.-5:30 p.m.	Group Reflection
9:05 a.m.-9:25 a.m.	Meditation	5:30 p.m.-6:30 p.m.	Dinner
10:30 a.m.-noon	Group Sessions	7 p.m.-7:30 p.m.	Lecture
noon-1 p.m.	Lunch	8 p.m.-9 p.m.	Personal Time

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 and activities, and—of course—fellowship. Spending time in fellowship with other alums is one of the most powerful ways to celebrate and renew your recovery. You will have the opportunity to reunite with counseling staff, too. Come for the entire reunion or for a day or two.

Call today to plan your stay:
800-262-4882

For more information and to see
all 2017 retreat offerings, visit:
HazeldenBettyFord.org/RenewalCenter

Visit our website to watch videos of our presenters introducing their retreats.

Legal Professionals Twelve Step Retreat

With Kevin Chandler and Hazelden staff

7 p.m., Friday, April 7–noon, Sunday, April 9

Lawyers, judges, and law students sometimes face significant challenges on their paths through recovery, and occasionally it's important to regroup and pay special attention to our distinctive needs. Join Hazelden Betty Ford Foundation's own attorney-clinicians, spiritual care and wellness professionals, as well as legal colleagues in recovery for a weekend of insight, renewal, and fellowship.



Kevin Chandler, JD, MA, LADC, director of the Hazelden Betty Ford Foundation's Legal Professionals Program, is a licensed attorney and board-certified alcohol and drug counselor. He is the author of *The Lawyer's Light*, a book of daily meditations for attorneys. He currently serves on the Board of Directors of Minnesota Lawyers Concerned for Lawyers, which provides assistance to lawyers, judges, law students, and their immediate families. Prior to joining the Hazelden Betty Ford Foundation, Kevin practiced law in Minneapolis with a focus on securities and antitrust litigation and served as majority whip in the Minnesota State Senate.

Visit HazeldenBettyFord.org/Retreats to hear Kevin talk about this retreat.

Shoemaker Reunion

Thursday, April 20–Sunday, April 23

Spending time in fellowship with other alums is one of the most powerful ways to celebrate and renew your recovery. Come for the entire reunion or for a day or two.

Emotional Sobriety

With Allen Berger

7 p.m., Friday, April 28–noon, Sunday, April 30

In 1956, Bill Wilson answered a call for help from a member of the Alcoholics Anonymous (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*, *12 Smart Things to Do When the Booze and Drugs Are Gone*, and *12 More Stupid Things That Mess Up Recovery*.

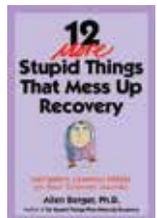


12 More Stupid Things That Mess Up Recovery

Navigating Common Pitfalls on Your Sobriety Journey

By Allen Berger, PhD

Recovery from addiction is often compared to a journey where you meet new people; rejuvenate your mind, body, and spirit; and learn new things.



12 Stupid Things That Mess Up Recovery

Avoiding Relapse through Self-Awareness and Right Action

By Allen Berger, PhD

In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life.

*“An amazing and profound experience.
The experiential retreat was wonderful.”*

—A recent participant

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APRIL

"I learned so much about my recovery and how much more I need to know."

—A recent participant

The Key to Healthier Relationships: Unlocking the Wisdom of Intimacy NEW

With Fred Holmquist

7 p.m., Friday, May 5–noon, Sunday, May 7

In its essay on Step Eight, *Twelve Steps and Twelve Traditions* (the wisdom text) reminds us that "defective relations with other human beings have nearly always been the immediate source of our woes . . ." and that they present us with an opportunity for ongoing personal development. Join Twelve Step educator Fred Holmquist for a deeper understanding of the simple things we can do to improve the quality of all of our relationships.



Fred Holmquist, who recently retired after a 40-year career in the field of addiction and recovery services, returns to the Dan Anderson Renewal Center to lead several weekend retreats in 2017. He had directed the Lodge Program at the Dan Anderson Renewal Center since its inception in March of 2002. Fred draws on a variety of sciences and wisdom traditions in teaching the life principles of the Twelve Steps.

"My stays at Renewal constantly enhance my spiritual condition by the quality of programming offered. I attribute my quantity and quality of sobriety to some of the time I have spent listening and learning from staff and fellow recovering travelers."

—A Renewal Center participant

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Spiritual Awakening

With Roger Bruner

7 p.m., Friday, May 12–noon, Sunday, May 14

7 p.m., Friday, September 29–noon, Sunday, October 1

Many of us are afraid to step toward a spiritual awakening due to shame. We allow it to be an obstacle to a deeper connection to our Higher Power and a different way of living. We get stuck in the questions: What is spirit? Why is there so much pain? How long does it take? Do I really deserve this? Let us together examine the blocks to the process and move more fully into the light of our new life.



Roger Bruner is a renewal specialist at the Dan Anderson Renewal Center, a 37-year member of the recovery community, a spiritual director, and founder of "The Gathering with Roger B." He also serves as director of Gopher State Tape Library, Inc., a nonprofit recovery-based recording service.

Roger discusses his retreat in his DVD featured on HazeldenBettyFord.org/Retreats

Mindful Recovery: Moving Beyond the Addiction to Self

With Kevin Griffin and Bill Alexander

3:30 p.m., Friday, May 19–noon, Sunday, May 21

Over the past decade, mindfulness teachings and practices have transformed the landscape of the recovery world. Guided by two of the seminal figures in the mindful recovery movement, this workshop includes meditation instruction, storytelling, Twelve Step teachings, and a diverse array of insights from across the Buddhist tradition. Don't miss this unique opportunity.



Kevin Griffin is a Buddhist teacher and longtime Twelve Step participant. He is the author of *One Breath at a Time: Buddhism and the Twelve Steps and Recovering Joy: A Mindful Life after Addiction*. He teaches internationally on this synthesis. 



Bill Alexander, a storyteller and writer, offers workshops nationwide. His book *Ordinary Recovery* is considered a "classic" and has been in print continuously for 19 years. 

MAY



“Each presenter has something unique and important to offer.”

—A recent participant

A Kinder Voice: Releasing Your Inner Critics with Mindfulness Slogans

With Thérèse Jacobs-Stewart

7 p.m., Friday, June 2-noon, Sunday, June 4

This retreat offers one of the most-effective approaches to calming a self-critical mind: the ancient Buddhist practice of using “compassion slogans.” Simple, time-tested methods such as thought awareness, loving-kindness practice, and mindfulness meditation can be used to make conscious contact with the Great Reality Within and quiet your critical voices. Through short, accessible phrases, you will learn to reorient your thinking when your inner critic shows up. Instead of making a negative thought stronger by fighting it, you will learn to let thoughts dissipate through mindful attention and “begin kindness with yourself.”



Thérèse Jacobs-Stewart, author of *Mindfulness* and the Twelve Steps, has worked as a psychotherapist, meditation teacher, and mindfulness practitioner for over 30 years. The founder of MindRoads Meditation Center in St. Paul, Thérèse’s most recent book is *A Kinder Voice: Releasing Your Inner Critics with Mindfulness Slogans* (Hazelden Publishing, 2016). Visit our website to meet Thérèse and listen to her talk about this retreat. HazeldenBettyFord.org/Retreats

A Kinder Voice by Thérèse Jacobs-Stewart

“A Kinder Voice is a wise and compassionate book you’ll want to go back to again and again for its steady, practical, healing instructions. In it you’ll find inspiration from wisdom traditions, meditations both ancient and contemporary, and scientific information that will convince you of the down-to-earth efficacy of the teachings here contained. Thérèse Jacobs-Stewart is a groundbreaking master therapist and teacher with a clear gentle voice. I learned so much from this marvelous book.”

—Zoketsu Norman Fischer, poet and Zen priest, author of *What Is Zen?: Plain Talk for a Beginner’s Mind* and *Experience: Thinking, Writing, Language, and Religion*



Be transformed. *Again.* Weekend Retreats and the Lodge Program

The Art of Deep Listening

With Diane M. Millis and Bussho Martin Lahn

7 p.m., Friday, June 9-noon, Sunday, June 11

In Twelve Step meetings, when hearing Fifth Steps or doing Step Twelve work, listening is crucial. Yet for most of us, listening is a means to an end rather than an end in itself. We listen in order to get our turn to talk or to gain useful information. But we also yearn to be heard and to increase our capacity to listen deeply in the midst of the distractions of daily life. Come and explore practices for listening deeply—to ourselves, to one another, and to the sacred.



Diane M. Millis, PhD, is the author of *Deepening Engagement: Essential Wisdom for Listening and Leading with Purpose, Meaning and Joy and Conversation—the Sacred Art: Practicing Presence in an Age of Distraction*. Visit DianeMillis.com to learn more about her work.



Bussho Martin Lahn is a certified spiritual director and an ordained Soto Zen Buddhist priest. He is a teacher at the Aslan Institute, the Episcopal House of Prayer, and the Minnesota Zen Meditation Center where he’s a frequent speaker at the “Buddhism and the 12 Steps” group. Visit MnZenCenter.org or AslanInst.com for more information.

Simmons/Simpson Reunion

Thursday, June 15–Sunday, June 18

Spending time in fellowship with other alums is one of the most powerful ways to celebrate and renew your recovery. Come for the entire reunion or for a day or two.

Charting Your Recovery Course: An Equine Retreat

With Lynn Moore and Heather Jeffrey

Noon, Friday, June 23-noon, Sunday, June 25

Are you ready to chart your recovery course—get unstuck, grab onto intention, and discover strengths—all with the power of horses? Join us for a weekend retreat like no other, using EAGALA-model equine experiential learning. You will practice taking a more active role in your life and noticing what’s getting in your way. All equine activities are completed on the ground at Acres for Life Therapy and Wellness Center, with no riding involved. No horse experience necessary; transportation to Acres for Life provided.



Lynn Moore, LADC, cofounder of Acres for Life Therapy and Wellness Center, holds advanced certification with EAGALA, the global standard for equine-assisted psychotherapy.



Heather Jeffrey, CTC, has been with Acres for Life since 2007, working with individuals, groups, families, and youths in a variety of experiential learning modalities. She holds advanced certification with EAGALA and is pursuing LADC/LPCC licensure.

JUNE

February

February 3-5

The Wisdom of Emmet Fox in the Twelve Step Design for Living **NEW**

With Fred Holmquist

February 10-12

Living in the "Fourth Dimension" **NEW**

With JoAnn Campbell-Rice

February 17-19

Buddhism and the Twelve Steps **NEW**

With Ben Connelly

February 24-26

LGBTQ in Recovery: Celebrating Our Whole Selves **NEW**

With Doug Federhart

February 28-March 2

Twelve Step Retreat for Members of the Military and Veterans in Recovery

With Donald Elverd and Major John Donovan

March

March 3-5

Preventing Relapse

With Jay Stackhouse

March 10-12

Spiritual Audacity **NEW**

With Ermanno Di Febo-Orsini

March 16-19

Tiebout Reunion

March 24-26

Healing from Within: For Adult Children of Alcoholics and Others Affected by Addiction

With Fran Williams

March 31-April 2

Releasing Resentments, Finding Forgiveness

With Teesie Vallero

April

April 7-9

Legal Professionals Twelve Step Retreat

With Kevin Chandler and Hazelden Staff

April 20-23

Shoemaker Reunion

April 28-30

Emotional Sobriety

With Allen Berger

May

May 5-7

The Key to Healthier Relationships: Unlocking the Wisdom of Intimacy **NEW**

With Fred Holmquist

May 12-14

Spiritual Awakening

With Roger Bruner

May 19-21

Mindful Recovery: Moving Beyond the Addiction to Self

With Kevin Griffin and Bill Alexander

June

June 2-4

A Kinder Voice: Releasing Your Inner Critics with Mindfulness Slogans

With Thérèse Jacobs-Stewart

June 9-11

The Art of Deep Listening

With Diane M. Millis and Bussho Martin Lahn

June 15-18

Simmons/Simpson Reunion

June 23-25

Charting Your Recovery Course: An Equine Retreat

With Lynn Moore and Heather Jeffrey

July

July 7-9

Codependency and Your Spirit

With Annetta M. Sutton

July 13-16

Dia Linn Reunion

July 21-23

The NA Journey Continues

With Will Hudson and Sara Stromberg

July 28-30

The Journey to Peace Is a Daily Commitment **NEW**

With Karen Casey

August

August 11-13

Relapse Prevention the Old-Fashioned Way: A Daily Reprieve **NEW**

With Fred Holmquist

August 17-20

Cronin Reunion

August 25-27

Grief and Recovery

With Teesie Vallero

September

September 7-10

Promises Reunion

September 12-14

The Grace of Aging

With Elene Loecher

September 14-17

Jellinek, Lilly, and Osborne Reunions

September 22-24

Finding Your Way to Self-Forgiveness

With Teesie Vallero

September 29-October 1

Spiritual Awakening

With Roger Bruner

October

October 6-8

We Will Live Intuitively

With Echo Bodine

October 12-15

Silkworth Reunion

October 20-22

Awakening to Love **NEW**

With Bill Alexander

October 27-29

Healing from Within: For Adult Children of Alcoholics and Others Affected by Addiction

With Fran Williams

November

November 3-5

Twelve Step Retreat for Health Care Professionals

With Marc Myer, Carrie Kappel, and Hazelden Staff

November 10-12

Preventing Relapse

With Jay Stackhouse

November 17-19

Spiritual Tune-Up

With Delia Jurek

November 22-24

Gratitude in Recovery

With Renewal Center Staff

December

December 1-3

Drop the Rock . . . the Ripple Effect: Using Step Ten to Work Steps Six and Seven Every Day **NEW**

With Fred H.

December 8-10

Buddhism and the Twelve Steps **NEW**

With Ben Connelly

December 15-17

Living in the "Fourth Dimension" **NEW**

With JoAnn Campbell-Rice



 **Hazelden Betty Ford**
Foundation

The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs.

For more information and to see all 2017 retreat offerings, visit:
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Call today to plan your stay:
800-262-4882



Be transformed. *Again.*

Weekend Retreats and the Lodge Program

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 every day
- 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

2017 base rates (per day)*

Double-occupancy room.....	\$260
Private room.....	\$369
Day Program, includes meals.....	\$150



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

**Prices are subject to change*

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.

Scholarships

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

Ground transportation

A Hazelden Betty Ford Foundation 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.

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