



The Dan Anderson Renewal Center

January-March 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. 

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

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

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 such topics as emotional sobriety, sponsorship, meditation practices, releasing resentments, and reacting to the present as though it's 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.

Be transformed. *Again.*

Weekend Retreats and the Lodge Program

*“I loved the calm, relaxed atmosphere.
This place is beautiful.”*

—A recent participant

Restoring Our Relationships NEW

With Paul Anderson

7 p.m., Friday, January 6–noon, Sunday, January 8

As we embark on recovery, we begin an examination of our histories. For many of us, this involves a sometimes painful look at our relationship to addictive substances and its destructiveness to our other relationships. This retreat focuses on how Twelve Step work directs us in restoring our relationships—to self, to others, and to a God of our understanding. Ideal for anyone wishing to strengthen and repair relationships with partners, family members, friends, coworkers, sponsors, and sponsees.



Paul Anderson is the manager of programs and spiritual care at the Dan Anderson Renewal Center. He has worked in the field of addiction for 30 years, sharing his deep passion for helping people recover from the damaging effects of active addiction.

Codependency and Your Spirit

With Annetta M. Sutton

7 p.m., Friday, January 13–noon, Sunday, January 15

Also offered July 7-9

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



Annetta M. Sutton, MA, AAPC, is the founder of Five Point Consulting. Her work is informed by more than 25 years of experience in recovery, leadership, and spiritual counseling. She is the author of Catholic Alcoholic: A Witness to Addiction and Redemption and has developed several grief programs for children and adults.

Winter Heart: Serenity, Courage, and Wisdom NEW

With Bill Alexander

3:30 p.m., Friday, January 20–noon, Sunday, January 22

Join us to go deeply into the heart of the Serenity Prayer, studying it word by word and using the contemplative and meditative traditions of several world religions to make this prayer, and other prayers of the Twelve Step tradition, the central reality of our lives. There will be times of contemplative silence and times of mindful speech as we unlock the power of prayer, with specific attention to the gifts of serenity, courage, and wisdom.



Bill Alexander, a writer and retreat leader, has presented popular meditation retreats at the Renewal Center for 20 years. In 1995, he was ordained by Buddhist monk Thich Nhat Hanh and has studied deeply in many world religions, with an emphasis on Christianity, Buddhism, and Taoism.

Grief and Recovery

With Teesie Vallero

9:30 a.m., Friday, January 27–3:30 p.m., Sunday, January 29

Also offered August 25-27

Because active addiction prevents us from moving through grief thoroughly, we sometimes experience a backlog of loss in our 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.

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

—A recent participant

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

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

JANUARY

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

—A recent participant

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

With Fred Holmquist

7 p.m., Friday, February 3–noon, Sunday, February 5

Before publication of *Alcoholics Anonymous* in 1939, a number of books were recommended reading for early Alcoholics Anonymous (AA) members, one of which was Emmet Fox's *The Sermon on the Mount*. It continues to have wide popularity in recovery circles. Join Fred Holmquist and fellow travelers for a closer look at the spiritual culture in which AA developed. Plus, discover less-religious descriptions of Twelve Step spirituality that appeal to our intelligence more than rely on our having faith.



Fred Holmquist, who served as director of the Lodge Program at the Dan Anderson Renewal Center for 14 years, returns to lead four weekend retreats in 2017, drawing on a variety of wisdom traditions in teaching the life principles of the Twelve Steps.

Living in the "Fourth Dimension" NEW

With JoAnn Campbell-Rice

7 p.m., Friday, February 10–noon, Sunday, February 12

Also offered December 15-17

If we pick up the "simple kit of spiritual tools," Bill W. writes, we could be "rocketed" into the fourth dimension, a state of feeling authentically connected to ourselves, others, and a Higher Power. To sustain a sense of wonder and well-being throughout our recovery, we need a discipline of appreciation to focus attention on moments of joy, awareness, and serenity—however brief—even as we welcome and accept everything else life brings. Come, practice tuning into your goodness this weekend.



JoAnn Campbell-Rice, a spiritual care professional at Hazelden in St. Paul, worked at the Dan Anderson Renewal Center for eight years. She is a writer with a private practice in spiritual direction.

Buddhism and the Twelve Steps NEW

With Ben Connelly

7 p.m., Friday, February 17–noon, Sunday, February 19

Also offered December 8-10

Buddhism and the Twelve Steps share a deep connection. Each is a path of freedom from suffering for people of all religions and nonreligions. Community, individual empowerment, and a deep connection to something vast and good are shared values. This retreat, for those new to or deeply familiar with Buddhism, uses teachings, dialogue, and meditation to cultivate our capacity for joyful, compassionate engagement with life on life's terms—or as we say in Zen, "as it is."



*Ben Connelly is a Soto Zen Buddhist priest and dharma heir with 20 years' experience in the Twelve Step community. Author of *Inside the Grass Hut*, he travels across the United States teaching Zen and secular mindfulness.*

LGBTQ in Recovery: Celebrating Our Whole Selves NEW

With Doug Federhart

7 p.m., Friday, February 24–noon, Sunday, February 26

Do You Think You're Different? is the name of an Alcoholics Anonymous (AA) pamphlet created in 1976 (compiled by early gay member Barry L.). For those of us who answer "yes" to that question and claim identities other than "straight" or cisgendered (a term for people whose experiences of their own gender agree with the sex they were assigned at birth), finding our place in recovery meetings and feeling at home can be a challenge at first. This retreat looks at AA history and the presence of LGBTQ (lesbian, gay, bisexual, transgender, or questioning) people from the early days; identifies challenges we face related to fear and shame; introduces an honest discussion about sexuality and sex in recovery; and explores how to claim and experience a "power greater than ourselves." Open to all who place themselves somewhere under the LGBTQ umbrella.



Doug Federhart is a spiritual care professional at Hazelden in Plymouth, Minnesota, an ordained minister in the United Church of Christ, a spiritual director with Sacred Ground Center for Spirituality, and a gay man in long-term recovery from addiction.

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

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

FEBRUARY

Be transformed. *Again.*

Weekend Retreats and the Lodge Program

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

—A recent participant

Preventing Relapse

With Jay Stackhouse

7 p.m., Friday, March 3–noon, Sunday, March 5

Also offered November 10-12

Spiritual, emotional, or chemical relapse doesn't happen “all of a sudden.” It happens in definable, recognizable, and preventable stages. This workshop helps you identify 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 your core beliefs on recovery, and the progression of your disease versus your spiritual growth.



Jay Stackhouse, LADC, is a licensed alcohol and drug counselor who has worked at the Hazelden Betty Ford Foundation in a variety of positions since 2004. He lectures regularly on the disease of addiction, symptoms and phases of the disease, and Chapter 3 from the Big Book.

Spiritual Audacity NEW

With Ermanno Di Febo-Orsini

7 p.m., Friday, March 10–noon, Sunday, March 12

Join us for a workshop on healing and spiritual growth through storytelling and mythology. You will learn why mythical stories are as much about the rediscovery of deep and ancient truths as they are about stimulating “here and now” reactions to those constructs. Meeting the story with one's own experience is very much a consciousness-raising event because the story provides a framework of understanding that is at once familiar and unfamiliar—and navigated with a map that features recognizable symbols as well as some strange directions.



Ermanno Di Febo-Orsini is a poet, storyteller, and artist who works as a designer in the movie industry. His workshops focus on enhancing the process of recovery through the use of art. He is a visionary member of the RecoveryAid Foundation, which is dedicated to reducing the stigma toward addiction.

Tiebout Reunion

Thursday, March 16–Sunday, March 19

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.

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

With Fran Williams

9:30 a.m., Friday, March 24–3 p.m., Sunday, March 26

Also offered October 27-29

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, self-care, 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.



Fran Williams, PsyD, LP, LMFT, is a clinician, educator, and senior psychologist for the Hazelden Betty Ford Foundation, where she works with individuals, couples, families, and groups. She is an adjunct professor at the Hazelden Betty Ford Graduate School of Addiction Studies in Center City, Minnesota, and St. Mary's University in Minneapolis.

Releasing Resentments, Finding Forgiveness

With Teesie Vallero

7 p.m., Friday, March 31–noon, Sunday, April 2

Resentments take a toll on us mentally, emotionally, spiritually, and physically. When we realize that resentment can be shifted, the healing process begins. Releasing resentments can be equated to forgiveness. In this weekend retreat, you will learn an eight-step process for releasing resentment. This process can be used throughout your ongoing recovery journey. Forgiveness opens the space for acceptance.



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.

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

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

MARCH

January

January 6-8
Restoring Our Relationships **NEW**
With Paul Anderson

January 13-15
Codependency and Your Spirit
With Annetta M. Sutton

January 20-22
Winter Heart: Serenity, Courage, and Wisdom **NEW**
With Bill Alexander

January 27-29
Grief and Recovery
With Teesie Vallero

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

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

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



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:
HazeldenBettyFord.org/Retreats

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.

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

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