



Hazelden Betty Ford
Foundation



APRIL-JUNE 2020

THE TWELVE STEP WAY OF LIVING

Daily Recovery Programming, Weekend
Retreats, Workshops and More

DAN ANDERSON RENEWAL CENTER

WELCOME

Wherever you are on your recovery journey—whether you have two months or 32 years of sobriety—the Dan Anderson Renewal Center is your place for Twelve Step inspiration and instruction.

Join us soon to strengthen your recovery and connect more fully with Twelve Step wisdom, principles and practices. Our knowledgeable presenters teach from their own life experience and professional expertise. Based on your interests, challenges and situation, our recovery experts will help determine programming to best meet your needs, including:

- **Daily Recovery Program** – Immerse yourself in Twelve Step practices that will help you meet life’s challenges, prevent relapse and strengthen lifelong recovery.
- **Recovery Retreats** – Take time to explore an important aspect of your recovery more deeply—meditation, relationships, complacency, authenticity. Most of our topic-specific retreats are open to anyone who follows a Twelve Step program.
- **Twelve Step Holiday Retreats** – Create healthy new holiday traditions for yourself. Experience the gifts of new insight and support through Twelve Step activities and group sharing.

Plan to stay with us for a few days, a week or longer—whatever time you need to recharge and refocus.

Second Sunday Calendar

Join our monthly gatherings in Center City, with guest speakers, group reflection and sharing, food, and fellowship.

April 12

No Second Sunday

May 10

No Second Sunday

June 14

Where Love and Addiction Meet

With Sandy Swenson

July 12

The Family Experience: Addiction and Recovery

With Margaret Thompson

August 9

How to Keep the Lights On in Recovery

With Roger Bruner

September 13

Where Spirituality and Science Meet in Recovery

With Justin Thomas

October 11

Twelve-Step Healing and Opening Ourselves to Acceptance

With Teesie Vallero

November 8

Following the Thread of Spirituality through the Twelve Steps

With Kathy McCauley

December 13

Recovery and Survival: Allied Lessons from a Soldier

With Major John Donovan

Visit HazeldenBettyFord.org/SecondSunday to learn more and register.



Upcoming Recovery Retreats

APRIL 2020

Your Daily Transformation: Spiritual Principles and Practices

With Paul Anderson and Roger Bruner

7 p.m., Friday, April 3-noon, Sunday, April 5

As the Big Book reveals, spirituality is more than a theory. It is a lived experience. That means the spiritual life is theoretical until we live it. Come, explore how small changes in our daily practices can transform our lives in every respect.

Addiction Recovery: Twelve Step Principles and Practices

With Dan Anderson Renewal Center Staff

1 p.m., Friday, April 10-noon, Sunday, April 12

We can often experience complacency in our recovery. Join us for this weekend of renewal and discovery. You will give your recovery a boost by taking an in-depth look at the practical application of the spiritual principles.

Center City Shoemaker Reunion

3 p.m., Thursday, April 16-10:30 a.m., Sunday, April 19

Find Your Light: Deepen Your Recovery through Mindfulness

With Beverly Conyers

7 p.m., Friday, April 24-noon, Sunday, April 26

Practicing mindfulness opens the door to greater wisdom, happiness and peace of mind. Through personal reflection, group sharing, journaling and meditation, learn mindfulness techniques to help you strengthen and enhance recovery.



MAY 2020

Taking Good Care: The Spirituality of Healthy Recovery

With Kathy McCauley

7 p.m., Friday, May 1-noon, Sunday, May 3

Ready to more fully embrace and experience the healing presence of your Higher Power? We will identify opportunities for spiritual growth that come by caring for ourselves and others while sustaining a healthy, balanced lifestyle.

Optimal Recovery: Let's Try Something New

With Allen Berger

7 p.m., Friday, May 8-noon, Sunday, May 10

Join us to examine the essential components and attitudes that produce emotional health and optimal recovery. Psychologist Allen Berger fosters an atmosphere that encourages authenticity and the discovery of new possibilities.

Twelve Step-Powered Personal Transformation: No More Stinking Thinking

With Deborah R. Goldberg

7 p.m., Friday, May 15-noon, Sunday, May 17

In active addiction, past hurts often fueled our attitudes and behaviors—and kept us stuck in negativity. But in recovery, we rediscover our free will. Learn to identify behaviors stemming from past issues and adopt new ways of reacting.

Addiction Recovery: Twelve Step Principles and Practices

With Dan Anderson Renewal Center Staff

1 p.m., Friday, May 22-noon, Sunday, May 24

Very often we can experience complacency in our recovery. Join us for this weekend of renewal and discovery. You will give your recovery a boost by taking an in-depth look at the practical application of the spiritual principles.

The Bondage of Shame: How Twelve Step Recovery Helps Us Heal

With Paul Anderson

7 p.m., Friday, May 29-noon, Sunday, May 31

As our obsession to drink and use drugs lessens, feelings of uselessness, unhappiness or emotional distress can set in. Shame is typically the driving force. Come and learn how to live with greater love and tolerance toward self and others.

JUNE 2020

Fellowship in Recovery: Seeking Freedom from Addiction

With Will Hudson and Sara Stromberg

7 p.m., Friday, June 5-noon, Sunday, June 7

Join us to study Narcotics Anonymous texts and learn how to use Twelve Step practices, prayer and meditation to grow more fully in recovery. We will discover, uncover and embrace profoundly helpful messages of healing and hope.

Keeping the Lights On: Your Daily Reprieve

With Roger Bruner

7 p.m., Friday, June 12-noon, Sunday, June 14

Have we confused relief for recovery? Have we been lulled into a false sense of security? Rediscover why steady progress is our goal. With daily prayer, meditation and self-evaluation, we have the techniques for continued growth.

Center City Simmons and Simpson Reunion

3 p.m., Thursday, June 18-10:30 a.m., Sunday, June 21

Meditative Grief and the Recovery Process

With Annetta M. Sutton

7 p.m., Friday, June 26-noon, Sunday, June 28

Significant loss changes the trajectory of our lives and our recovery. Grief transformed brings a deep understanding of these dynamics. Join us to renew, remember, realize, release and reaffirm—exploring the complexities of grief.



Plan Your Stay with Us

Whether you join us for a weekend retreat or an extended stay, your day will include a combination of Twelve Step programming, group and personal reflection, lectures and time for relaxation.

Transportation

We can arrange for ground transportation from the Minneapolis-St. Paul International Airport, bus terminals or the St. Paul train terminal. Please let us know you will need these services when you register. There is no charge for regularly scheduled car service; otherwise, transportation fees are based on the distance traveled.

Persons with Disabilities

Please let us know if you have a disability and need special arrangements. We will work to make your stay as comfortable and welcoming as we can.

Renewal Center Daily Rates*

Double occupancy room, meals and programming \$284
Private room, meals and programming \$403
Day program, includes meals and programming \$165

We offer a 15% discount on registration for groups of three or more.

Scholarships may be available based on demonstrated need.

**A one-time programming fee may apply when attending a weekend retreat. Prices are subject to change.*



Dan Anderson Renewal Center

15251 Pleasant Valley Rd. | Center City, MN 55012

**CALL TODAY
855-348-7023**

Visit HazeldenBettyFord.org/RenewalCenter to learn more.