

At home and at work

## Alum finds inspiration through service

At age 33, Ben B. became a stay-at-home dad. Before he knew it, his alcohol consumption escalated, turning him into the dad he never wanted to be.

Too drunk to take his three-year-old daughter to swimming lessons, he'd trek with her instead to the liquor store or plop her in front of the television for hours. And there were times when he picked her up from play dates with alcohol on his breath. He knew, deep down, he needed help. He called Hazelden.

"I was honest about my drinking for the first time. Something happens when you're honest," recalls Ben. "I remember telling the counselor I'd do anything he said—I'd wear red clown shoes and jump up and down if I could take a shower in the morning without, halfway through, wondering what I was going to drink and how I was going to hide it."

“My wife and I have become a conduit for Twelve Step work.”

"Treatment allowed me to draw a line in the sand—to say, 'From this point forward, things are going to be different.'"

Now, at age 38, Ben takes life one day at a time—without alcohol or other drugs—grateful to be part of his young family in a way he never could when beer and gin comprised his priority list.

"I'm learning to be present for my family," says Ben. "I finally understand what that means, and it's something I strive to do every day: Be home for dinner, cook dinner, serve them, pick up the house and set an example for my kids."

His enthusiastic and lasting sobriety landed Ben a job coordinating recovery services for young adults who either attend or want to attend the College of St. Scholastica in Duluth, Minn. The program helps students get into treatment and into the Fellowship.

In addition, Ben and his wife share Twelve Step wisdom and hope with other couples, through their church.

"I understand the struggle of being a Christian and feeling like you're doing something wrong. My wife and I have become a conduit for Twelve Step work. We have a real heart for working with married couples who are in the thick of it."

Maintaining a strong connection with Hazelden is also important to Ben. He routinely attends alumni events as well as retreats at the Dan Anderson Renewal Center. Taking action in the name of service and gratitude brings meaning and purpose to his recovery.



Ben B. is grateful to be the dad he always wanted to be.

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## You, as alumni, are living proof

Dear Friends and Fellow Travelers,

At Hazelden, we look to a future where no one suffers or dies from addiction—a disease we know can be treated, managed and overcome. And you, as Hazelden alumni, are living proof. Your very existence sends the message that treatment works and recovery is possible.

Because of you, Hazelden is able to reach more people every day, through your referrals, your donations, your outreach—and especially, through your example.

So this issue of *PO Box 11* is not only for you and about you, it's *by* you. We're pleased to introduce you to Hazelden's new alumni correspondents who share a glimpse of what's happening in their corner of the recovery world.

Mark G. Mishek  
President and CEO



# St. Paul's recovery scene is grand

by Ken R.

One of the many benefits for Hazelden alumni residing in or visiting St. Paul is access to a vibrant recovery community on a number of levels. Twelve Step meetings abound, as well as opportunities for fun, fellowship—and a really great cup of joe! With more than 270 meeting locations and 2,000-plus weekly meetings in one three-mile section alone, St. Paul has long been known as a hub of recovery.

The myriad top-notch coffee shops throughout St. Paul provide a perfect destination for a pre-meeting latte, a lengthy chat with a sponsor or quiet study of the Big Book. Nowhere is the recovery community more evident than at the coffee establishments along St. Paul's Grand Avenue, a charming and historic neighborhood just west of downtown. Within one particular stretch, more than a dozen popular coffee venues offer ample opportunity to meet and mingle.



As Hazelden alum Sam W. sums up St. Paul's coffee shop scene, "It's great to know I can pop into any one of those spots, and chances are I'll see someone I know from a meeting or from the recovery community—pretty cool!"

Hazelden, as well as other treatment centers around the nation, have long referred people to the St. Paul community. Whether arriving to take part in sober living programs, outpatient services or continuing care, Hazelden alumni who end up in St. Paul discover a positive, supportive community for socializing and fellowship. By finding recovery woven throughout the fabric of their daily lives, alumni in St. Paul are given a great opportunity to build foundations for ongoing recovery. The fact that they can do so while enjoying a double caramel macchiato doesn't hurt either!



**Ken R.** is a grateful alumnus of the Silkworth and Jellinek units from 2005. He is a member of Hazelden's Alumni Events and Activities Committee and a regular volunteer at Hazelden sponsored events such as the Fall Speaker Series and Alive & Free. Ken resides in St. Paul where he is an active member of the recovery community.

## Hazelden happenings—Minnesota



### Major renovations completed at Center City campus

This spring, following 15 months of construction, the patient admissions area and Ignatia medical facility on Hazelden's Center City campus reopened as fully renovated spaces, inside and out. The renovations were as much about critical infrastructure upgrades as creating a more comfortable and welcoming environment for new patients. Changes to the Ignatia medical facility include separate lounges for men, women, new patients and existing patients.

### New outpatient clinic opens in Maple Grove

Hazelden's newest outpatient addiction treatment clinic opened in Maple Grove, Minn., on May 2. Occupying the lower level of an office building, Hazelden's Maple Grove facility is located in the west metro area of the Twin Cities, a growing yet underserved area. The clinic will initially offer an evening/weekend treatment program, serving up to 20 clients.

### Large turnout for Alive & Free 2011

More than 250 people gathered for Hazelden's 32nd annual Alive & Free celebration April 29–30 on the Center City campus. Featured performers were soulful singer extraordinaire Robert Robinson and provocative comedian Mark Lundholm. The event included a full schedule of inspirational presentations and activities.



### Center for Youth and Families celebrates 30 years

Be a part of the 30th Annual Alumni Reunion for Hazelden's Center for Youth and Families. The August 13 event features great food, fellowship and an interactive improv comedy performance by Comedy Sportz. Registration is \$10; contact Sharon Johnson in Alumni Relations, 651-213-4309, to sign up.

### Hazelden's Minnesota locations

15251 Pleasant Valley Road, PO Box 11  
Center City, MN 55012

11505 36th Avenue North  
Plymouth, MN 55441

680 Stewart Avenue  
St. Paul, MN 55102

7001 East Fish Lake Road  
Maple Grove, MN 55311

# News from Florida

## Hazelden an anchor of Gulf Shore recovery community

by Karen C.

Exciting things are happening at Hazelden's center in Naples, Fla. Visitors to Hazel's Cup, the onsite coffee shop that is open to the public, are helping to carry the message about our presence in town, our events, our books and our meetings. John, who lovingly pours the coffee, knows no strangers! He is a great ambassador for Hazelden.

This spring a new Al-Anon Step meeting was started at Hazelden's Naples location, and we regularly see more than 30 attendees. It's held on Thursdays at 5:30 p.m. in the Gratitude Room. We are thrilled with how quickly the new meeting has become so popular. A new AA Beginners meeting will be starting soon. Both meetings, open to the public, will be listed in the Naples meeting schedule so all newcomers to the area will hear about them.

Many of us in the area were very lucky to have heard Louis Gossett Jr., Emmy and Academy Award-winning actor, tell his story and talk about the work he is doing on behalf of those who are struggling to find their way in life. The March 24 Hazelden fundraising event was held at the lovely Naples Beach Hotel and Golf Club. Gossett's words were deeply inspiring. His story of struggle followed by freedom from bondage to the addicted life lent hope to anyone in the audience who might have doubted his or her own capacity for sobriety. The theme, "Reclaiming lives, one by one," was based on *The Starfish Story*.

Following the talk, Gossett signed his new book, *An Actor and a Gentleman*, for purchasers, willingly posed for pictures with anyone who wanted one, and shook many hands—mine included.

It's hard to believe Hazelden's Naples location has only been in existence for a year. Its foundation has been so well laid that a visitor might easily think it's been here for years. And what a thrill for all of us who live here. Having a small piece of the granddaddy of all treatment facilities in our own backyard assures us of the joys of continuing to carry the message of hope that Hazelden has done, with such commitment and success, since 1949.



**Karen C.** is an author, speaker and workshop presenter. Her signature book, *Each Day a New Beginning*, published by Hazelden in 1982, was the first daily meditation book for women in recovery. She has authored 23 books since then and continues to be a source of insight, guidance and solace to people practicing a Twelve Step program. Karen continues to write and present workshops across the country. She is a very active volunteer at Hazelden in Naples, where she frequently speaks and leads Twelve Step groups.

### Hazelden happenings—Florida

#### Hazelden's Florida facility receives accreditation

Hazelden's Naples campus received a three-year accreditation by The Joint Commission following an onsite survey conducted February 16-18. The Joint Commission accredits behavioral health care organizations based on standards that address important functions relating to the care of individuals and the management of the organization, explains Mark Sheets, executive director of regional and recovery services for Hazelden. Accreditation helps to inform and protect individuals and consumers, educate providers and support improvement in the quality of the behavioral health care organization.

Sheets reports that the surveyor for The Joint Commission was very complimentary of the staff and the work being done at Hazelden's Florida facility. "The surveyor commented that our clients are having a great experience. Our counselors are excellent, seasoned and enthusiastic. And our environment of care policies and procedures are right on," Sheets summarizes.



#### Heather Burton named clinical director

Heather Burton MA, CAP, registered clinical intern (Fla.), has been named clinical director for Hazelden in Naples. Following



her successful 30-year career in the technology field, Burton earned a master's degree from the Hazelden Graduate School of Addiction Studies and subsequently served as a counselor at Hazelden's Center City campus. More recently, as outreach manager for Hazelden in Naples, Burton was instrumental in developing community partnerships and fostering the warm

welcome Hazelden continues to receive from the recovery and business communities in Florida.

#### Meditation-themed meeting now offered

"Meditation for Recovery," a new meeting hosted by spiritual care coordinator David Potter, is now offered at Hazelden in Naples. Mark your calendars for the first and third Tuesday of the month, at 5:15 p.m., in the Gratitude Room. All are welcome.

#### Hazelden's Florida location

950 6th Avenue North  
Naples, FL 34102

# News from Oregon

## Easing the transition from treatment world to real world

by Craig L.

We've all been there: Our time in the supportive environs of treatment is coming to an end. The serenity we've acquired during our Hazelden stay is replaced with anxiety as we wait to re-enter the world—sober. The world certainly has not changed, but have we changed our attitudes, beliefs and behaviors enough to handle the return?

At Hazelden's Springbrook center, the Alumni Activities Committee has made it their special mission to extend a helping hand to patients re-entering the outside world.

What happens during the transition from treatment to the outside world is critically important for the newly recovering individual's success. Armed with instructions to complete the 90/90 (90 meetings in 90 days), most alum would probably agree that the first few "outside" meetings are the most difficult.

At Hazelden's Springbrook center, the Alumni Activities Committee has made it their special mission to extend a helping hand to patients re-entering the outside world. Our Third Friday Supper Club, a free dinner for all alumni, friends and family, is one way we invite newcomers back to the place they feel safe. It's also a great opportunity for service work.

Hazelden's Alumni Recovery Contact Network is another means through which all alumni can make ourselves available to recent graduates as they return home.

Several years ago, I got a call from Alan H., who was about to complete treatment at Hazelden and return to Seattle. He asked if we could meet at a coffee shop. The meeting had a simple objective—Alan wanted to know how to stay sober! I invited Alan to my home group for the next AA meeting, and he had the chance to see how one group of former users was staying sober. Since so many types of AA meetings exist, I recommended he attend several and find a group and location he would be most comfortable with.

All Alan needed was an AA friend to help ease the anxiety of transition. He found a home group and became active in his service work. We became friends and, even though I moved back to the Portland area, we remain in contact. Making a difference can be that easy.

Will you help by becoming a Recovery Contact to your brother or sister who is new to the world of sobriety? Contact Sharon Johnson at [shjohnson@hazelden.org](mailto:shjohnson@hazelden.org) or 651-213-4309, for more information.



**Craig L.** is a grateful alumnus who has been active in alumni activities since leaving treatment at Hazelden's Springbrook facility nearly six years ago. He was instrumental in starting Hazelden's Seattle Alumni Chapter. Upon moving closer to family in the Portland area, Craig became an active participant in the Springbrook Alumni Activities Committee, regularly attends the Third Friday Supper Clubs and other alumni-hosted functions, and frequently serves as a speaker and volunteer for alumni events.

## Hazelden happenings—Oregon

get your **life** back—  
at Hazelden

*Find lasting freedom from the disease of addiction—  
and a whole new start on life.*

- LGBT-sensitive addiction treatment
- Residential primary care and extended care programs
- Culturally relevant groups and information
- Safe, welcoming, respectful environment
- In-network provider for most insurance companies

Hazelden's Springbrook campus  
Newberg, Oregon

[hazelden.org/springbrook](http://hazelden.org/springbrook)  
866-650-2045

### Springbrook adds LGBT-specific groups

Staff members at Hazelden's Springbrook campus have been working to strengthen treatment services for lesbian, gay, bisexual and transgender persons (LGBT, also called GLBT). Last summer, when a group of self-identified gay and lesbian patients happened to be in treatment at the same time, Joe Galligan, unit supervisor, and Tim Craley, therapist, decided to provide group meetings specifically for LGBT patients. Deemed successful, the weekly LGBT meetings have become a permanent offering at Springbrook. Staff members have also undergone training to learn about cultural barriers and emotional issues LGBT patients might experience while in treatment.

### Hazelden's Oregon location

1901 Esther Street  
Newberg, OR 97132

# How one meeting bonds an entire community

by John H.

Whenever I meet Hazelden alums around the country, I always seem to hear the same question: “What is it about Hazelden alumni in Chicago that makes us so passionate and active in support of the work we do?”

I have many answers to that question. First, we are blessed in Chicago to have a large and active Twelve Step recovery community, continually fed by Hazelden and other treatment facility alum, and scores of meetings held any time of day or night. Each meeting has its own particular “flavor,” but they all share Chicago’s special brand of recovery. In fact, many people who have moved away from the Windy City return to tell us that meetings just aren’t the same in other places.

But, if I had to pick one thing that makes our alumni community so bonded to Hazelden and each other, it would have to be our weekly Alumni Meeting. Held every Friday night on Dearborn Street, the meeting begins with a simple yet profound statement: “This is a recovery meeting started by alumni of Hazelden Chicago . . .”

If I had to pick one thing that makes our alumni community so bonded to Hazelden and each other, it would have to be our weekly Alumni Meeting.

It began 13 years ago in the basement of our building with three men and one woman who believed that Hazelden alumni share a special bond that can and should be celebrated through gatherings that begin and end with the Twelve Steps of Alcoholics Anonymous. Within just a few weeks, the Alumni Meeting outgrew its corner in the basement and had to move upstairs to a larger room. Today, it’s a standing-room-only affair.

The fellowship before and after our Alumni Meeting is palpable—you feel the care and love of others the minute you step into the room. Some say that the bestowing of anniversary coins during the meeting is among the most poignant moments they have ever experienced at any meeting. Others describe it as upbeat, celebratory and “just a darn good way to start the weekend.” Still others will tell you that the honesty and authenticity in the room offers an oasis of calm reality. Most important, everyone is always warmly welcomed.

And because we are blessed (and grateful) to have a Hazelden treatment facility and a sober residence in Chicago, we are welcoming newcomers to recovery and graduating new alums every day of the year. It’s a unique set of circumstances to be sure, one that we cherish and protect—not just for ourselves, but for the many people who will join us in recovery, perhaps next week or next month—and most certainly for years to come.

## Hazelden happenings—Illinois

### New transitional housing opens doors for men in recovery

In response to a demand for better quality transitional housing in the Chicago area, Hazelden’s new Living Sober apartments opened up this winter, offering upscale, full amenity, high-rise apartment living, greater independence and a strong support system to men who’ve completed a minimum 90-day stay at Hazelden’s Sober Residence in Chicago. The pilot program was started with male patients and, if successful, apartments for women will be added.

### “Path to Joy” workshop attracts large crowd

More than 70 people attended the “Path to Joy” workshop hosted by acclaimed recovery author Bill Alexander on June 4 at Hazelden’s Chicago facility. Alexander skillfully weaved the wisdom of the Twelve Steps with spiritual teachings of the East and West as he lead the group on a lighthearted walk along this path of gratitude and laughter.

### Alumni Activities Committee meets the second Friday of each month

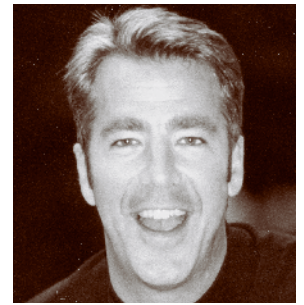
Hazelden’s Alumni Activities Committee exists to coordinate, plan and implement all upcoming alumni events in the Chicago area. This committee provides exciting volunteer opportunities for alumni who are interested in helping with events. To join the fun and fellowship, please contact Rik M. at 312-907-3887.

### Friday night alumni meetings

Just a reminder that Chicago’s Friday night meetings produce a packed crowd—but there’s always room for more. If you’ve never been to a Friday night meeting, or haven’t visited us in a while, come see what the attraction is. Meetings are held every Friday. For more information, call Grant A. at 773-406-0254 or write to alumni@hazelden.org.

### Hazelden’s Illinois location

867 North Dearborn Street  
Chicago, IL 60610



**John H.** lived at Hazelden’s Chicago residence while attending continuing care for six months in 2010. While a resident, John chaired the Wednesday evening residents’ meeting. He is a regular attendee at the Friday night alumni meeting which he considers his home group. As a member of Hazelden’s Chicago Alumni Activities Committee, he has participated in planning many area events and was chairperson of the Wellness Workshop in 2010.

## Rekindling dreams for college students in NYC

For too many talented college and graduate students struggling with addiction, hopes and dreams get put on hold—or abandoned altogether. Hazelden’s first-of-its-kind Tribeca Twelve collegiate recovery residence in New York City will help to ensure those hopes and dreams can be rekindled.

New York is home to dozens of colleges and universities and hundreds of thousands of college-age students. The need for supportive recovery housing in New York is great, especially since university students face one of the biggest obstacles of any recovery group: finding like-minded peers who are willing to take the clean and sober route through their college career.

Hazelden’s Tribeca Twelve residence, scheduled to open late summer, will help young adults overcome this and other recovery hurdles by providing peer housing along with supportive services. The residence offers a safe, structured, Twelve Step-inspired community for young adults, age 18-29, committed to their academic success and to their recovery from addiction. It is an ideal program for young adults who want to succeed in school and in life but need the right kind of support to navigate the everyday challenges of staying sober in early recovery.

Housed in a fully-renovated, upscale 1910 building in the chic Tribeca neighborhood, the collegiate recovery program focuses on reducing the risk of relapse and supporting a recovery lifestyle with:

- recovery coaches who provide individual guidance, academic liaison services and monitoring
- individualized recovery care plans
- drug testing to detect possible relapse and allow for early intervention
- 24/7 on site support



Tribeca Twelve includes space for up to 30 residents, with six men or six women per floor. The 2,200 square-foot furnished units are designed specifically for college students, featuring a full kitchen, separate study, dining room, large living room with fireplace, two full bathrooms and in-unit laundry. Learn more at [hazelden.org/tribeca](http://hazelden.org/tribeca).

### Hazelden’s New York locations

322 8th Avenue, 12th Floor  
New York, NY 10001

283 West Broadway  
New York, NY 10013

### Upcoming alumni events and reunions

Date	Event	Location	Contact
July 15, 2011	Ice Cream Social	Newberg, OR	Patty 503-554-4339
July 16, 2011	Springbrook Reunion	Newberg, OR	Patty 503-554-4339
July 21-24, 2011	Dia Linn Reunion	Center City, MN	800-262-4882 alumni@hazelden.org
July 28, 2011	Rollin’ on the River	St. Paul, MN	Joe Hein 651-213-4366 jhein@hazelden.org
August 13, 2011	Picnic in the Park	Chicago, IL	Rik M. 312-907-3887
August 13, 2011	HCFYF Reunion	Plymouth, MN	Sharon Johnson 651-213-4309 shjohnson@hazelden.org
Aug 18-21, 2011	Cronin Reunion	Center City, MN	800-262-4882 alumni@hazelden.org
Aug 26-28, 2011	Northwoods Retreat	Grand Rapids, MN	Joe Hein 651-213-4366 jhein@hazelden.org
Sept 8-11, 2011	Promises Reunion	Center City, MN	800-262-4882 alumni@hazelden.org
September 16, 2011	Youth Gala “Dream On”	Minneapolis, MN	Stephanie Bates 651-292-2480 sbates@hazelden.org

Date	Event	Location	Contact
Sept 16-18, 2011	Coastal Retreat	Newport, OR	Patty 503-554-4339
Sept 22-25, 2011	Jellinek Reunion	Center City, MN	800-262-4882 alumni@hazelden.org
October 4, 2011	Fall Speaker Series John MacDougall	St. Paul, MN	Joe Hein 651-213-4366 jhein@hazelden.org
Oct 20-23, 2011	Silkworth Reunion	Center City, MN	800-262-4882 alumni@hazelden.org
November 1, 2011	Fall Speaker Series Will Hudson	St. Paul, MN	Joe Hein 651-213-4366 jhein@hazelden.org
November 5, 2011	IOP Reunion	Center City, MN	Sharon Johnson 651-213-4309 shjohnson@hazelden.org
December 1, 2011	Holiday Open House	Naples, FL	Theresa Feller 239-659-2367 tfeller@hazelden.org
December 6, 2011	Fall Speaker Series William C. Moyers	St. Paul, MN	Joe Hein 651-213-4366 jhein@hazelden.org
December 9, 2011	Holiday Bowl	Tigard, OR	Patty 503-554-4339

Visit [hazelden.org/alumni](http://hazelden.org/alumni) for event updates or call 888-257-7800, ext. 4366.

## Hazelden says



**Wants You Back**

Hazelden rolled out its new “Life Wants You Back” advertising campaign this spring throughout the Twin Cities metropolitan area of Minnesota. Commuter buses and billboards carry the “Life Wants You Back” message with provocative catchphrases such as “When you get wasted, I get wasted — *Your Life*.”

The ads are designed to promote Hazelden’s addiction treatment and recovery services directly to individuals and families, says Nick Motu, publisher and vice president of marketing and communications for Hazelden.

Hazelden’s promise of hope and help is conveyed in a very everyday—but powerful—way, Motu explains.

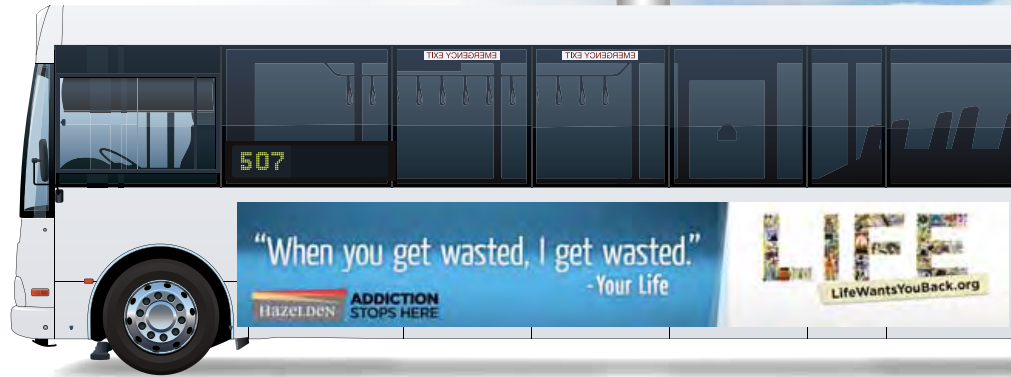
“People turn to Hazelden for help because they want their family back. They want their job back. They want their car, their dog, their home back. They want to live—they don’t want to die.”

The campaign’s [LifeWantsYouBack.org](http://LifeWantsYouBack.org) web address leads to Hazelden’s website where visitors can access immediate help and learn about available resources.

Motu reports that Hazelden leaders have been monitoring results closely to determine the campaign’s effectiveness in hopes of expanding it to Hazelden’s key markets around the country.



A sample billboard (top) and bus sign (below).



## More ways to connect with Hazelden

### Did you know?

Hazelden’s Butler Center for Research publishes two-page Research Update reports covering current research on a variety of topics of interest within the addiction field. New Research Updates are developed as new significant findings emerge. The Research Updates include topics such as: The Importance of Continuing Care, Preventing Adolescent Substance Abuse and Substance Abuse in the Workplace. You’ll find 30 Research Updates located at [hazelden.org/web/public/researchupdates](http://hazelden.org/web/public/researchupdates).

### Dream On: Hazelden gala for youth initiatives is September 16

Mark your calendar and plan to join more than 600 attendees for the Dream On gala to benefit Hazelden’s exciting youth initiatives. We have a not-to-be-missed evening planned for you at the beautiful Nicollet Island Pavilion in Minneapolis on Friday, September 16. Call Stephanie at 651-292-2480 to reserve your place.



### Hazelden books go mobile

Five of Hazelden’s best-loved daily meditation books became available this spring as mobile applications for the Android and iPhone. Now fans of *Twenty-Four Hours a Day*, *Each Day a New Beginning*, *Touchstones*, *A Day at a Time* and *Food for Thought* can access and share trusted recovery wisdom and encouragement. Learn more by clicking on the mobile application icons at [hazelden.org/bookstore](http://hazelden.org/bookstore).



As a Hazelden alum, you are part of an extraordinary community of people who share the journey that is recovery. Through our Fellow Travelers alumni affiliation program, you have access to a variety of benefits, services and opportunities to keep you inspired, informed and engaged, including:

- discounts on the Lodge and weekend retreats at the Dan Anderson Renewal Center and on Hazelden publications
- discounts on products and services from other organizations
- subscriptions to Hazelden’s print and e-newsletters
- Hazelden’s exclusive Online Alumni Network

... and much more.

You’ll find the latest information about Fellow Travels benefits, opportunities and services at [Hazelden.org/fellowtravelers](http://Hazelden.org/fellowtravelers) or contact Hazelden’s Alumni Relations office at 800-257-7800.

## Get alumni news via email

To receive information about alumni activities via email, please send your email address to us at [mailinglist@hazelden.org](mailto:mailinglist@hazelden.org). Be sure to include your full name, mailing address, and email address so we can locate you in our database and add you to our email list. Many communications are now sent via email only.



## Step Eleven can change how we pray

**S**tep Eleven taught me a different way to pray. From my first prayer of “Now I lay me down to sleep...” up through the congregational prayers I led as the pastor of a church, all of the prayers I made before I learned about Step Eleven were, in some sense, magical.

“Step Eleven taught me how to be more faithful when I prayed.”

The difference between magic and faith is that they are the opposite of each other. In magic, we try to say the magic words that will get God to do what we want. In faith, we try to use our prayers to line ourselves up to do what God wants. Magic is meant to get God to do our will. Faith is meant to get us to do God’s will.

Many of the magical prayers I prayed were good prayers. I meant well. In church, if we knew someone was seriously ill, we would pray for them. Sometimes, we would even ask friends and relatives outside of the church to pray for them, too. It was as if we were getting up a petition to God, so that

God would certainly hear us if we had enough people praying—and would do what we wanted.

Some of the prayers we pray when we are caught in the consequences of our addiction are bargaining or bartering. “Oh, God, if you will get me out of this mess, I promise to be good.” We think we are negotiating a plea bargain with God, when actually we are trying to negotiate with our disease. Our disease, however, doesn’t negotiate: It just is. We try to say the magic words to get God to help us escape from the consequences of our disease and nothing changes. Our disease keeps growing.

Step Eleven asks us to pray for the knowledge of God’s will for our lives and the power to carry it out. We can do this.

All of us, faced with any problem, can ask God for the knowledge of the next right thing to do, sit quietly for a time to meditate on the answer, and know that the answer will come. We then check out the answer with what we know about this program, and we check out the answer with our sponsor and our peers. If they affirm the answer, we then ask God for the power to carry it out, and we do it. Our prayer will have changed us.



**John MacDougall, DMin.**, is the director of spiritual guidance and director of the Family Program at Hazelden in Center City, Minn. He writes the popular “Slogans and Self-Talk” column for Hazelden’s Voice newsletter, and is a much sought-after recovery speaker.

### PO BOX 11

### alumni news & views

### SUMMER 2011

*PO BOX 11* informs readers of news, events and people who can help build recovery. The mission of Alumni Relations is “to enhance recovery in the lives of our alumni and their families by providing opportunities for education, fellowship and service.”

*The personal stories of recovery included in this newsletter are published with the written consent of those individuals. The views expressed by correspondents are those of the authors and do not necessarily reflect the official policy, position or opinions of Hazelden.*

If your address needs to be updated or removed from the mailing list, please call 800-257-7800 or email [mailinglist@hazelden.org](mailto:mailinglist@hazelden.org).

Hazelden  
Alumni Relations BC 6  
15251 Pleasant Valley Road, RC 1  
PO Box 11  
Center City, MN 55012-0011  
888-257-7800, ext. 4366

[hazelden.org/alumni](http://hazelden.org/alumni)

### Hazelden Alumni Referral Line 877-429-5082

**Calls are answered 24/7.** Are you or a loved one in need of Hazelden treatment services? Call now. This designated alumni line provides quick and easy access to Hazelden’s admissions process, 24 hours a day.



[hazelden.org](http://hazelden.org)  
800-257-7800

We invite you to call us with questions.  
We are available 24 hours a day.

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. Built on decades of knowledge and experience, Hazelden offers a comprehensive approach to addiction that addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher education, public education and advocacy, and publishing.



**Hazelden locations**  
CENTER CITY, MINNESOTA  
CHICAGO, ILLINOIS  
MAPLE GROVE, MINNESOTA  
NAPLES, FLORIDA  
NEW YORK, NEW YORK  
NEWBERG, OREGON  
PLYMOUTH, MINNESOTA  
ST. PAUL, MINNESOTA