

Recovery,
Renewal and
Growth

The Phoenix Spirit

March
April
2025

FREE / thanks to our advertisers

HIGH STAKES OF PROBLEM GAMBLING ISSUE

thephoenixspirit.com

WHAT'S INSIDE

Letter From the Editor / 3

*Spotlight on Mental Health:
Screen Time in Bed:
Everyone's Secret / 4*

First Person / 5

*Ask the Expert: Researching
Problem Gambling / 8*

Books / 9

*In the Shadows: How
Gambling Addiction
Impacts Loved Ones and
Communities / 10*

From the DHS / 13

River of Time / 16



INTERVIEW WITH ANDY GALLIE

Gambling on Life, Love and Family

by Sharon Chapman

Andy Gallie became a gambler at just nine years old when he won his first slot machine jackpot. What started out as a “harmless” game of Donkey Kong (a slot machine found in UK arcades back in the 80s and 90s) quickly became a decades long gambling addiction for Andy. He continued to play slot machines at the arcade after school for the next few years until one day the school headmaster contacted Andy’s mum about it.

Andy recalls: “By age thirteen, she had actually called Gambler’s Anonymous to try to stage an intervention or ask for support.”

Unfortunately, the help wasn’t forthcoming, and Andy’s gambling addiction continued to escalate. He started working at a job in a hotel after school which gave him money to further his gambling habit. When he was in his late teens, Andy

started working at the bar in the hotel and that was when he committed fraud for the first time to feed his addiction.

In the mid-1990s, cash registers were not the sophisticated electronic devices that they are today, and Andy found a way to cash up a round of drinks as zero and effectively pocket the actual bill amount. It started as a single round of drinks but soon increased to about UK300 pounds (\$375) a night to put towards his gambling habit.

Access to more money just meant more gambling. Andy spent all day in the arcades playing slot machines when he should have been in college. Then he went to work at the hotel in the evening. He says, “I [was] angry I had to go to work or angry that I’d lost everything...”

GAMBLING ON LIFE to pg 6



FROM MINNESOTA ALLIANCE ON PROBLEM GAMBLING

How Gambling Addiction Impacts Loved Ones and Communities

Imagine walking into a living room filled with overturned furniture, strewn belongings and piled-up bills. A close-up shot reveals shards of glass surrounding a family photo. You look up to see an elephant standing before you, looming amid the ruins.

Read the article on page 10

JOHN H. DRIGGS

When You Were the Emotional Comforter of a Needy Parent

Some children grow up playing a special role in their families. They’re expected to emotionally manage an unstable and selfish parent for the sake of the family. In return for such caretaking, they’re given praise by the needy parent but are secretly hated by their siblings for getting extra attention. Often such children are chosen because of their innate nurturing qualities and strengths but are given no choice as the whole family insists they must play the caretaking role. Exploited children are required to fill in for emotionally absent spouses of self-absorbed parents, roles that are beyond their capacities to fulfill. Indeed, such privileged positions are no blessings. Child servants of selfish parents immeasurably suffer throughout their lives and often don’t understand why they are in pain or stuck in harmful patterns in their adult lives. They’d describe their childhood roles as anything but special.

LIFELONG IMPACT OF PARENTAL SERVITUDE

Children continually placed in parental comforter roles essentially lose their childhoods forever. Instead of enjoying the innocence of having their own emotional needs met as children and establishing their own identities, they’re constantly on the alert to make sure that their insecure parents are being satisfied, and they forgo their own identities. They avoid play and normal developmental learning and instead become indentured family servants. Everything they say, do or think must reflect the perfection of selfish parents rather than allow them to build their own sense of self.

These children learn to pretend and tell people what they want to hear. They become expert actors at life and ultimate chameleons. However, such adultified children often remain endlessly empty and immature in their own adulthoods and have serious difficulty with spontaneity and self-assertion. They live with a deadness that cannot be put in words. Also, being the emotional servant of a demanding parent continually injects such children with shame as they are endlessly blamed for why their self-centered parents are dissatisfied. Having no boundaries with a contemptuous parent makes them feel they are never enough for that selfish parent, and they secretly live with feel-

EMOTIONAL COMFORTER to pg 12



CALL
844-939-3125
TO SCHEDULE

WE CURRENTLY HAVE IMMEDIATE BED AVAILABILITY FOR BOTH MEN & WOMEN
Now Open - New Inpatient Treatment Center in Big Lake, MN
Gender Specific and LGBTQ+ beds available

TREATMENT FOR:

SUBSTANCE USE

- ASAM Levels of Care: 0.5, 1.0, 2.1
- Adolescent Programming
- Medication Assisted Treatment: Suboxone & Vivitrol
- 47+ Clinic Locations
- Day & Evening Programming
- Driving With Care (State-wide)

MENTAL HEALTH

- Psychiatry & Medication Services
- Counseling & Psychotherapy Services
- Psychological Evaluations
- Dialectical Behavior Therapy (DBT)
- Adult Day Treatment (ADT)
- Adult Rehabilitative Mental Health Services (ARMHS)
- Adult In-Home Therapy
- Nutrition Counseling

NOW HIRING LICENSED ALCOHOL & DRUG COUNSELORS

In-patient and out-patient treatment providers
We offer competitive pay and a comprehensive benefits package!



www.NystromTreatment.com

LETTER FROM THE EDITOR

Is it a Choice or a Gamble?

by Sharon Chapman

"May the odds be ever in your favor."
SUZANNE COLLINS, THE HUNGER GAMES



Photo by Fiona Murray Degraaff / Unsplash

You might be shocked to learn that gambling is a part of life. Every day you make choices from the moment that you get up to the moment that you go to bed. A choice is often making a decision without a full analysis of the situation. For example, if you decide to go to work one way instead of another, do you avoid a major accident (without knowing about it until afterward)?

Essentially, you are making a gamble without even knowing the risks involved. But it's probably best not to dwell too much on these types of choices. You unconsciously make them every day.

But consider calculated risks in comparison to choices. With a calculated risk, you carefully consider all the possible outcomes and decide to take the "path of least resistance" and hope that the positive will outweigh the negative. This is probably a closer comparison to gambling. However, once gambling gets out of hand, those risks become less and less calculated and the thrill of the chase becomes just as addictive as gambling itself. You know that the odds might *not* be in your favor, yet you still take the risk of gambling.

Odds are usually heavily stacked against the gambler.

Odds are usually heavily stacked against the gambler. In a life-or-death situation, you may not have an alternative but to take the choice that may result in an impossible outcome. You know how that turns out in the movies; the hero fights against impossible odds and yet *still* comes out on top. Real life is a little different. Once in a while, the gambler may win big – just enough

to spike interest to keep gambling—but it's more often than not that the house wins. When it's not a life-or-death situation, gambling can fast get out of hand and become an addiction.

So, next time you place a "harmless" gamble, think about the possible outcomes. Is it a choice, a calculated risk, or simply a reckless gamble?

The difference might make you hesitate. If not, seek out help from someone who can counsel you on turning your gambling habit into a better-informed choice.

Calculating choices on a daily basis,

Sharon

PURCHASE A SUBSCRIPTION

\$20 for one year / \$35 for two!

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

GIFT SUBSCRIPTION TO _____

EMAIL ADDRESS _____

PLEASE ADDRESS CHECK TO THE PHOENIX SPIRIT AND SEND TO (OR ONLINE):

4190 Vinewood Ln. N., Suite 111 PMB 403, Plymouth, MN 55442. Thank you!



CLUB RECOVERY

OUTPATIENT TREATMENT PROGRAMS

GAMBLING CLINIC

Gambling Disorder is a progressive, potentially destructive life-threatening disease that can eventually disrupt all areas of normal life. The Gambler often hides these consequences well after damage is done. As a result, Gambling Disorder has the highest instance of the affected individuals either attempting or, in fact, committing suicide among all addictive behaviors.

At Club Recovery, we offer a variety of services to help individuals, families, and individual family members heal.

- 16-week Primary Group Therapy Program
- 12-week Continuing Care Program
- Individual Therapy Sessions
- Focus on Cognitive Change connected to Gambling Disorder
- Co-Occurring Mental Health Therapy
- Access to Financial Planning and Consultation
- Stress Management Techniques
- State Gambling Fund covers most services; with no charge to the client
- Court Ordered "Rule 82" Assessments

Now Offering 2 Convenient Programs!

Day Group

Mondays 8am-11am,

Tuesdays & Wednesdays 8am - 10am

Evening Group

Mondays 6pm - 9pm,

Tuesdays & Wednesdays 6pm-8pm



SCHEDULE AN ASSESSMENT TODAY

952-926-2526

scheduler@clubrecoveryllc.com

7701 York Ave S. Suite 350, Edina

SPOTLIGHT ON MENTAL HEALTH

Screen Time in Bed: Everyone's Secret

by Seth Perry



The author / Photo illustration by Seth Perry

On January 1st, 2025, I decided to make a major overhaul in my life. I wanted to change everything, from organization to exercise. My goal was to personally explore and evaluate personal development trends as someone living with a bipolar type 1 diagnosis. I'll be honest; keeping up a high standard of spiritual, mental, physical, and emotional development on a daily basis has been impossible. My personal development journey has failed in numerous categories, but I have enjoyed one major success. For over two months, I have not had a single screen in my bedroom, and it has changed so much in my life. Here are three discoveries I have made.

DISCOVERY 1: FALLING ASLEEP WITH A DEVICE IS COMMON

The moment I openly talked about my bedroom screen-time ban, I realized how prevalent drifting off to sleep with your tech is. I'm not claiming any superiority—I'm only sixty days into this practice. While many have valid reasons for using their phone to fall asleep, I found it detrimental to my sleep hygiene and mental health. However, I have heard some eye-opening takes on bedtime device use that are worth mentioning.

First, some people have told me that they could not fall asleep without the use

of their phones. Sixty days ago, I was in the same boat. My bedtime routine included brushing my teeth, taking my bedtime meds, and watching content on my phone. Next, I would bring my phone into bed and continue mindlessly scrolling. After that, it seemed I had no control over when I would fall asleep. Everything was right there at my bedside—30-second vertical content on all major social media platforms, long-form YouTube videos, late-breaking news, sports highlights, DMs, text messages, and even work emails. It wasn't out of the question to be in bed for two to three hours before falling asleep with the assistance of one of my digital devices.

Second, I have had many people admit that they watch a program often dubbed as a "sleep show" to assist in falling asleep. These days, waking up a few hours after falling asleep, only to find your "sleep show" several episodes ahead of where you last remember watching it, is widespread. I had an assortment of "sleep shows," often poorly made true crime titles or docuseries that were rushed to production. When I compared "sleep shows" with my friends, one thing stood out—they were all garbage television. This was definitely a motivating factor for me to change—I was wasting time and rotting my brain for no reason, only to lose precious hours of sleep.

Finally, I have had people admit that they don't know what they would do if they didn't have their phone on the nightstand next to them. Two months ago, I was in this camp. I would make excuses like, "I need my phone next to me because of my alarm" or "I could get an emergency phone call." The reality was that I was dependent—so dependent that sometimes I would wake up in the middle of the night, check my phone, answer comments on my YouTube videos, and even compose emails.

DISCOVERY 2: DIGITAL DETOX IS A REAL THING

I have detoxed from alcohol, benzodiazepines, and cocaine. The fact that detoxing from my phone in bed is actually in the same conversation as illicit drugs should concern anyone who is dependent on a digital device in bed. Full stop—unlocking my phone and mindlessly swiping through the screen in my bedroom was an addictive habit with similar consequences to drug use.

The first consequence was that when I made the decision to store my phone fifteen feet away from my bed before I got into bed, my sleep got worse. As I tried to fall asleep, my mind was complete chaos. I tossed and turned, trying to get my thinking to slow down. For almost a week, I stayed up longer than I had when I used my phone. In many ways, it reminded me of my first few days in a residential drug and alcohol treatment center fifteen years ago when I found recovery.

However, there is hope. With enough support and patience, eventually, the unhealthy routine my mind was stuck in was disrupted. Over the first two weeks of not having a phone in bed, I slowly stopped having broken sleep and began to fall asleep quicker than I had in a very long time. Another benefit was that I began to feel rested when I woke up. If you ever try this, I urge you not to give up—give your mind two or three weeks to adjust.

DISCOVERY 3: LATE-NIGHT SCREEN USE IMPACTS THE TREATMENT OF MY SEVERE MENTAL HEALTH DIAGNOSES

I am not a psychiatrist, counselor, or therapist, but I can confidently say—if you have a severe mental health diagnosis, avoid the use of screens in bed at all costs. In 2014, my psychiatrist recommended that I cut out late-night screen time completely. I flirted with the idea for ten years, and I wish I had taken the professional advice sooner.

The number one benefit of this new practice is how I look forward to going to bed. Having rest, comfort, and peace associated with bedtime is incredible. At a very early age, I dreaded bedtime.

I have not had a single screen in my bedroom, and it has changed so much in my life.

Through years of struggle related to addiction and mental health issues, getting to a place where sleep is consistent and effective is a big step forward.

When I stopped flipping through my phone at bedtime, I picked up a book. For years, people have been recommending reading before bed, and books have become my replacement for screen time before sleep. However, I have to offer some guidance about the practice of reading. For anyone with a severe mental illness, be kind to yourself when it comes to reading. In terms of attention span, concentration, and mental exhaustion, folks with a mental health condition may struggle to read before bed. Here are two things to consider:

One, it is completely normal to lose concentration and realize that you haven't paid attention to the last couple of pages. This is common amongst all readers—just stick with it, flip back, and keep reading.

Two, it is also okay to have three books on the go. I choose books that require different levels of concentration. I am currently reading an easy-to-read book, a literary book, and a graphic novel. I have come to enjoy making my selection before going to bed every night.

It is my sincere hope that you, along with everyone else, begin to talk openly about our collective dirty little secret: Screen time in bed. As I've discussed this topic openly, I've found that many people are either afraid to give up bedtime device use or too ashamed to admit the silly things they occupy their minds with, in an attempt to fall asleep. If screen time in bed is detrimental, unhealthy, or if you feel trapped by the habit, it is my hope that this article will encourage you to speak up and explore other options as you drift off to sleep at night.

Seth Perry (he/him/his), an ELCA Pastor, devotional blogger, and mental health recovery educator, embraces his journey of living well with Bipolar Type 1. He works to reduce stigma where faith, mental health, and personal growth intertwine. Pastor Seth currently serves Elim Lutheran Church in Scandia, MN. His website is: www.ourstigma.com.

Recover While Staying Connected



IMMEDIATE OPENINGS AVAILABLE

Treatment That Fits Your Lifestyle

Experience personalized treatment that addresses your mind, body and spirit.

- Commercial Insurance Accepted
- Private Pay / Private Rooms Available
- Access to Personal Technology
- Faith-based Counseling Available

Contact Us Today

844-815-7625 (844-815-ROCK)
admissions@rockbridgetreatment.org
rockbridgetreatment.org

ROCKBRIDGE
TREATMENT & RECOVERY

FIRST PERSON

You're Not Alone

by Jody

At first, gambling was just 'fun'—a night out with friends, a way to feel like I was 'winning' in a world where I didn't always feel successful. "Wow, this is easy money!" I thought. Of course, that's exactly what the casino wants you to believe. But what I didn't realize was that the more I won, the more I needed to win. It wasn't about money—it was about filling a void that nothing else seemed to satisfy.

Soon, I started making trips to the casino... alone. No one had to know, and I could play as long as I wanted. Gambling became my escape. I was chasing excitement, avoiding my life, even if it meant showing up to work exhausted.

THE DESCENT

I didn't realize gambling was stealing more than my money—it was stealing my relationships. I borrowed money from anyone who'd lend, even creating excuses like, "I need new tires." *The truth?* I needed a reality check. I tried setting limits—only bringing a certain amount of cash—but that lasted as long as it took to go home, grab more, and head back.

Soon, I was overdrawing my bank account so often that several banks closed my accounts. But hey, at least I didn't have credit card debt—no one would give me one. I'd lost friends, missed family events, and convinced myself I wasn't hurting anyone, even though deep down, I knew everything was slipping away.

I also beat myself up after every loss. Gambling gave me the perfect excuse to emotionally abuse myself, isolating from everyone who cared. All I felt was numb—and alone.

FIRST ATTEMPT AT GA

The first time I tried GA, I was working at a casino, and my boyfriend dragged me there. I didn't want to go, but I thought, "Sure, I'll give it a shot." The 20 questions in the GA book hit me hard—every single one. I thought I could just "white-knuckle" my way through, but recovery isn't about just stopping, it's about healing.

After a year without gambling, I thought I had it under control. But soon enough, I relapsed. I couldn't go back to GA. I was ashamed to admit I was powerless over gambling. I convinced myself I could handle it on my own, but I spiraled again.

BREAKTHROUGH MOMENT

After 15 years in the casino industry, I lost my job, my home, and my mind. Then, an unexpected encounter changed everything. I ran into an ex-boyfriend at Walmart—he wasn't gambling anymore. I couldn't believe it. We talked, and he invited me to breakfast. That conversation was like a wake-up call. I felt love again, something other than numbness. He had chosen recovery, while I was still gambling.

We moved in together and got married. But despite everything, I still gambled. My husband knew if my car was gone, I was at the casino. He'd drive there to find me, even threaten divorce, but I kept going. On our second anniversary I had gambled everything away. My husband made the most romantic gesture—

1st Person

recreating our first anniversary meal—but I had nothing to give him.

ROCK BOTTOM AND THE DECISION TO SEEK HELP

Just days later, I pawned my wedding ring and anniversary bands. I got a small amount for them and headed straight to the casino. When I came home, my husband's look of disgust broke me. I didn't want to feel anything, so I tried to hide my hand. But that moment forced me to face the truth—I didn't recognize myself anymore. This wasn't me.

I realized I was at a crossroads. I could either keep running or choose recovery. I chose recovery. I apologized to my husband, saying I was going back to GA, and that I needed help. He was right to doubt me. *What made this time different?* I was ready to show through my actions that I was serious.

ROAD TO RECOVERY

Walking back into GA felt different—not just because it was a Monday night meeting. I was met with kindness, understanding, and no judgment. I felt welcomed by everyone there—people who made me feel like I was home.

Recovery hasn't been easy. I've learned that admitting powerlessness isn't weakness, it's a step toward regaining control. Every day is a chance to grow, to be honest with myself, and to trust again. The support of my fellow sisters in recovery keeps me strong.

When our Monday night meeting almost ended, I knew I couldn't let that happen. It had been so crucial to my recovery. I offered to take over the group text and drive Martha to meetings. Being of service in small ways has been incredibly fulfilling.

A LIFE TRANSFORMED

Recovery has given me the chance to be there for my husband when he needed me the most—through cancer, heart surgery, and the loss of loved ones. I'm now able to give back, to be present, and to show up for those I love.

I'm still on this journey. Some days are harder than others, but I'm proud of how far I've come. Recovery has given me the opportunity to rebuild, heal, and live again. There's still more to do, but I'm choosing to live with hope, gratitude, and love.

If you're struggling, know that recovery is possible. It's worth it. *You're worth it!*

My name is Jody and I'm grateful to share my story of hope and recovery. Through my journey, I found strength and support by attending Gambler's Anonymous (GA) meetings, which have been crucial to my healing process. I hope my story can offer encouragement to others who are facing similar challenges.



The Phoenix Spirit

RECOVERY • RENEWAL • GROWTH

Every trial, and every issue we find and face holds within it the seeds of healing, health, wisdom, growth and prosperity. We hope you find a seed in every issue.

PUBLISHERS

Aaron and Jen Shepherd
4190 Vinewood Ln. N
Suite 111 PMB 403
Minneapolis, MN 55442
612-615-9740

EDITOR

Sharon Chapman
phoenix@thephoenixspirit.com

SALES DIRECTOR

David Goldstein
612-298-5405
ads@thephoenixspirit.com

COMMUNITY RELATIONS DIRECTOR

Jen Shepherd, MSW, LICSW, CCA
jen@thephoenixspirit.com

CONTRIBUTING WRITERS

Sharon Chapman,
John H. Driggs,
Mary Lou Logsdon,
Seth Perry, Teresa Steinmetz

The Phoenix Spirit is a bi-monthly publication for people actively working on their physical, mental, emotional and spiritual well-being. We are committed to providing articles, advertising, and information about recovery, renewal, and personal growth to help people experience life in a balanced, meaningful way.

The opinions and facts presented in this publication are intended to be diverse and represent those of the writers and/or contributors, and are not necessarily those of *The Phoenix Spirit*. We seek writers and interview subjects who are willing to gift you with their honestly held convictions and insights. We seek to attract advertisers who offer products and services of integrity. But we urge our readers to research, and trust their instincts.

Can't find the paper near your house or apartment? Write to us and we'll do our best to get *The Phoenix Spirit* to a drop-off site near you.

Unless noted, photographs and illustration from Unsplash.com, Vecteezy, and iStockphoto.com. Submit your photos to phoenix@thephoenixspirit.com.

EDITOR'S NOTE: In the January / February issue, we wanted to make a note about our lead article on the Twin Cities Wellness Center and Recovery Gym. While TCW-CRG has a unique "fitness gym" component to their recovery, Vinland National Center (in Loretto), has a therapeutic exercise program they've offered for many years.

MARCH IS

PROBLEM GAMBLING AWARENESS MONTH

Resource Directory

Eating Disorders

Melrose Center

Melrose's experienced team provides specialized care for those struggling with an eating disorder and substance use disorder – whether currently in treatment or recovery. Melrose Center has five Twin City metro locations. Visit melroseheals.com or call 952-993-6200.

Substance Use Disorders

Minnesota Teen Challenge

If you or a loved one is struggling with drugs or alcohol, we're here to help. In addition to our effective and affordable residential Licensed Treatment, faith-based Long-Term Recovery and convenient Outpatient program, we have extensive prevention and transitional/aftercare services. Freedom from addiction starts here. 612-FREEDOM or mmtc.org

Workaholics Anonymous Meeting

Burning out? Workaholics Anonymous provides steps and tools to break free from non-stop work and activity — or work avoidance. Meeting is currently online via Zoom. Call Pat for link to the meeting or questions: 763-560-5199. www.workaholics-anonymous.org.

To be included in the Resource Directory, reach out to David at ads@thephoenixspirit.com.

from page 1

by the time I was reaching that age I was raging.”

On an impulse, at the age of eighteen, he decided to join the navy. He admits it was “very impulsive” and adds “When you look at that kind of behavior, everything in my life was impulsive.” In a few short months, he was employed in the navy.

FROM NAVY TO MARRIAGE

Andy reflects on the early years of his life through to when he started recovery three years ago and admits that his “whole life has just been lies.”

He had agreed to get married around the same time as he joined the Navy. There was additional pressure and stress to complete his Navy training due to his marriage. In the place where they socialized, he found a “real atmosphere of fun.” He thought, “I’ve found my people.” But it only escalated his gambling even more because there were 30 to 40 slot machines in place.

To feed his constant urge for gambling, Andy continued to gamble throughout the day, even when he was supposed to be working. “There were problems even in those early days. I would sneak out of the office to go and play the machines. I would say that I was delivering something down to one of the ships and that would take me about two hours to do a ten-minute trip.” He continues: “People were already aware and a little concerned but didn’t know how to approach it. That’s part of the problem, the stigma around it, the worry around it.”

By the age of twenty-three, Andy was married, had two children, and lived in married quarters which were heavily subsidized financially. This left quite a bit of disposable income. But he wasn’t paying the bills or paying off debt with that money. He was gambling.

FAMILY LIFE

Andy talks about the harm that this has had on his home life and his family. “I was effectively a domestic abuser for twenty or twenty-five years...that is very much the reality of what gambling harms are for a partner. The financial abuse, the emotional abuse.” Physical abuse would come later.

The conflicting moods of a gambler who is up one minute and down the next is extremely confusing for the gambler’s family. He expands, “One day we’ve got UK2000 pounds [\$2,500]. The following

“It’s an ongoing life-long change.”
Regarding the damage his gambling has had on those around him he ends with: “Even when it’s better, those harms are still visible.”



Gallie / Photo provided by Andy Gallie

day you can’t even afford milk and nappies [diapers] for the baby. How do you live with somebody like that?”

Andy also talks about the “legacy harms” that his gambling has had on his children all these years later. He feels that his eldest daughter suffered with self-confidence issues due to his gambling. His youngest daughter witnessed the most of his domestic abuse and financial abuse and has been left “very damaged by it.” However, Andy feels that his relationship with his son is now growing.

Andy admits that “The biggest loss in my life is the missed time with my children. The ability to have a normal family life is completely lost forever.”

THOUGHTS OF SUICIDE

At twenty-seven years old Andy had three children when he won UK127,000 pounds (\$158,500) on a virtual slot machine. As Andy puts it, “Life was sorted.” He thought he could pay off all their debts, buy not one but two married quarters, have vacations and buy cars. The only problem was that he couldn’t tell his wife straightaway as she had threatened to end their marriage if he gambled again.

So, he went to bed and decided that he would tell her the next day that he’d bought a lottery ticket and won “as the lottery is very acceptable. It’s not dangerous. It’s safe.” But Andy couldn’t sleep and got up again at midnight. By 3am he’d gambled away all of his winnings and everything they had had in their bank account.

Andy had grown up with a “normalization around suicide” as his mother had had suicide idealization when he was a child. He says, “It’s always been a case of when, and not if, for me. Suicide is the way I am going to go. It’s just a matter of what year and what age I get to.”

He despaired, “I couldn’t take another day gambling and had got to that point in my life.” This was his first suicide attempt. “I didn’t know where to turn. I felt physically sick. I wasn’t able to talk to my wife about it, I wasn’t able to talk to family about it because of the issues.”

When asked what was troubling him at work, Andy answered honestly. Gambling. However, he said that they failed to see the seriousness of it and said, “Well, you need to stop then.” When he explained further that it was a problem and an addiction, the advice he got was “You need to keep that to yourself because otherwise you’ll be discharged for financial irresponsibility.”

The result was that Andy made sure that his gambling problem was kept even more hidden. He admits that he was committing fraud all the way through his naval career to feed his addiction.

LEAVING THE NAVY

The extent of Andy’s gambling addiction meant that he missed out on a commissioned officer promotion. Drinking and gambling one evening in the ship’s mess, while the ship was in Antarctica, led to a confrontation with an officer. He was disciplined, lost the promotion and

given a fine. When the ship was sailing back from Antarctica it endured a flooded engine room where it was touch-and-go for the whole crew for a while. Andy decided that this was the time to change his life around.

He left the navy and started working at a Rugby Club, becoming general manager.

PRISON

However, Andy hadn’t changed his way of thinking or his habits. He continued to gamble at the bookmakers during the day (when his wife thought he was at work) and worked at the Rugby Club in the evening. The abuse continued at home.

Not long after his marriage ended he immediately went into another relationship in what was to become his second marriage. Andy says that he managed to hide his gambling habit at first, but it wasn’t long before the same toxic cycle began again. He deflected any accusations of gambling with counter accusations of infidelity. “It was the best way to get them off the subject to purely protect my one true love which was gambling.”

He then moved from Cornwall (where he had grown up) to London. But a change of location wasn’t enough to escape his habit. While working in a job at Buckingham Palace, he couldn’t wait to leave to go down to the bookmakers to place a bet. By now he was gambling 24/7, using his phone at work, and traveling to and from work, while he placed bets online. Eventually he was convict-





MARCO

Community Recovery Summit

May 1 & May 2, 2025

Delta Hotels Minneapolis Northeast

Join MARCO for its first annual Community Recovery Summit, a two-day conference to inspire, connect, and strengthen your work in the recovery community!



SCAN HERE TO
LEARN MORE &
REGISTER!

from page 6

ed of fraud to the amount of UK47600 (\$59,400) for funding his lifestyle.

Andy escaped with a two-year suspended sentence. He reflects, "I would always advocate for a judge to understand and to give leniency for someone with a gambling addiction, but we also need to feel the consequences." He was straight back to gambling and with it the end of his second marriage. He moved back to Cornwall with his youngest daughter, found another job where he was eventually able to commit fraud again and was back to gambling, lying, and he had a new partner. The same toxic patterns were repeated yet again.

This time Andy went into counselling with his partner and for nine weeks he didn't drink, there was no abuse at home, and he says that he managed to "think clearly" when gambling, falsely believing that he had it "under control."

After nine weeks, Andy had his first drink which ended up in an assault charge and prison. He got belligerent with a taxi driver, his partner intervened, and he ended up assaulting her. "That will probably always remain my lowest point ever. Never did I think that I would raise my hands to anybody."

Andy stopped drinking that night. And when he was in prison, he asked for help with his gambling problem. But he was told that it was a secondary addiction and that they only dealt with substances. Andy believed that alcohol was his secondary addiction (not gambling) and said that they were only interested in addressing alcohol issues because it was a factor

in the domestic assault charge. His despair in being unable to fight this mindset led him to his second attempt at suicide.

After that, Andy decided to help himself and took a distance learning addiction counselling skills course while in prison. He also read every self-help book that he could find. He convinced himself that he wasn't gambling as he was only spending the equivalent of a few dollars on his habit in prison. When he was released seventeen months later, he thought that he was "fixed."

BREAKING POINT

Others weren't so convinced, and he struggled to get a job. Even though he took his addiction counselling studies further, he was unable to secure a job in the area due to his domestic assault charge. Eventually, he secured a job as a farm secretary. Within five months he'd committed fraud of UK198,00 pounds (\$247,000) due to the need to continue gambling. Andy was waiting every day to get caught. But it never happened.

Eventually, he confessed everything to his partner. Andy planned to tell his family as well, while formulating his third suicide attempt. His family, instead of turning him away, surprised him by stating they understood and that "We just need you to get some help."

He drove home and resolved to go to Gordon Moody Residential Rehab Center where he spent fourteen weeks in residential rehab for his gambling addiction. "He [the therapist] could spot an addict a mile off, he could spot lies before I even

said them, and he called me out on it." Andy attributed this to the fact that his therapist had "lived experience."

LIFE TODAY

Andy went on to use his own lived experience in the work that he does today. He started volunteering. He worked for a company that used lived experience to provide treatment providers with recommendations for areas of improvement. He now delivers training through Beacon Counselling Trust Armed Forces Gambling Support Network Program, "Battling the Odds," available to armed forces veterans, their families, and anybody connected to the armed forces. He facilitates a peer school group and is involved in criminal justice system work.

Andy's lived experience has led him to be invited to talk at Exeter Cathedral next year at the High Sheriff for Devon's inauguration. A former independent monitoring board employee, the soon-to-be high sheriff took an interest in Andy's gambling issues while he was in prison.

Andy has also published a book, *HMS to HMP: 33 Years of Gambling Addiction*. It started as a personal reflective memoir which he wrote while in prison. Originally meant for his own use, he was encouraged to publish it by family and friends who read it.

In closing, Andy stressed the importance of the "power of peer support" and "lived experience." He reiterates that "It's an ongoing life-long change." Regarding the damage his gambling has had on those around him he ends with:

"Even when it's better, those harms are still visible."

Sharon Chapman is a published author and editor with over fifteen years' experience. She is the published author of Authentic Aromatherapy (New York: Skyhorse Publishing) and editor in chief for the NAHA Aromatherapy Journal and The Phoenix Spirit. She is also a writing coach. Learn more about her freelance writing, editing, and publishing services at sedonaaromatics.com/writing

Learn more

If you or a loved one is experiencing problem gambling, there is help.

Gamblers Anonymous

<https://gamblersanonymous.org>

Minnesota Gambler's Anonymous

<https://www.minnesotaga.com>

Minnesota Problem Gambling

Helpline

1-800-333-HOPE

If you or someone you know is in an abusive relationship:

Crisis Text Line

Text "MN" to 741741

Let's Talk About Problem Gambling

More than two million Minnesotans are affected by another's gambling addiction.

But no one's talking about it.

One person's gambling addiction affects eight to ten other people.
There is help. And it's free.

LET'S TALK ABOUT PROBLEM GAMBLING

Minnesota Alliance on Problem Gambling

Most Minnesotans can receive no-cost treatment if you or someone you know is struggling with a gambling problem. For a list of providers call 1-800-333-4673 (HOPE) or visit mnappg.org.

PROBLEM GAMBLING AWARENESS MONTH — SEEKING UNDERSTANDING



Timothy Fong
MD

Timothy is an Associate Clinical Professor of Psychiatry at the Semel Institute for Neuroscience and Human Behavior at UCLA. Dr. Fong completed his undergraduate and medical school at Northwestern University in Chicago. He then came to UCLA and finished his residency in adult general psychiatry in 2002 and was the first accredited addiction psychiatry fellow at the UCLA Neuropsychiatric Institute (2002-2004). Currently, he is the co-director of the UCLA Gambling Studies Program. The purpose of this program is to examine the underlying causes and course of problem and pathological gambling and to develop effective, evidence-based treatments. He is also the director of the UCLA Addiction Psychiatry Fellowship, a ACGME-accredited training program that focused on providing leading edge training in addiction psychiatry.

Q What is your role at the UT Gambling Studies program and what inspired and led you to work on problem gambling?

I'm a professor of psychiatry and I've been here at UCLA since 1998. I'm board certified in addiction psychiatry. Back in 2002, I started to see a rise in gambling activities in Los Angeles: cardrooms, tribal gaming, expansion of Las Vegas, the poker craze — it was really interesting to me to see all this gambling expanding, particularly on the Internet, but not seeing a lot of patients present at the hospital or our outpatient clinics because of gambling problems.

Now, we knew that in 2002, that gambling addiction existed. It was certainly a condition of interest, but it just wasn't showing up. So that led me to a very basic question: Where are the men and women with gambling disorders and if they're suffering from this condition, but we're not seeing them and then they're not calling, what is actually happening to them? This then led me to, Dr. Richard Rosenthal, who authored the DSM-IV criteria for gambling disorder. We began to ask questions such as: What are the causes, the reasons, why people are developing gambling disorders and, more importantly, how do we develop treatment for that?

PROBLEM GAMBLING

Ask the Expert

Q Can you share a bit about the gambling studies program and the wider role in education and confronting problem gambling.

We started officially in 2005, so we've been around almost twenty years. Our mission has been to understand what causes a gambling disorder, develop effective treatment and really figure out how do we do better in public health and in health care regarding prevention and treatment of gambling disorders.

I think that the biggest accomplishment in our program really was in 2009 when the California State Office of Problem Gambling partnered with us to develop a state funded treatment program. This was where we got a wider footprint by getting state funds to really do all the work related to gambling disorder prevention, education, and treatment.

Q Are you seeing a trend in types of problem gambling and gaming?

In our state of California treatment program, about a thousand men and women present for a no-cost treatment every year. And ever since 2009, when the program started for treatment, it would be people experiencing harm from slot machines and casino games. Most are in their late 40s, and there is a wide variety of racial ethnic and cultural groups. But over the last three year, in parallel with the rise in sports betting we've definitely seen more and more young men coming into treatment. We've seen problems with sports betting rise up as almost on par and equal to slot machines as the main form of gambling causing harm. If you listen to my voicemail, you'll find that probably about eight percent of the folks calling for treatment and support now are related to sports betting and interestingly enough, mainly almost all sports betting is in the online space. So it makes sense, right? We expand sports betting, we normalize it. It's on our phones. You see advertising everywhere. COVID-19 certainly impacted a lot of people's desire to travel and go anywhere.

Q What are some of the signs that gambling has become problematic?

It's very similar to any other addictive behavior. Does your gambling behavior add to your quality of your life, or does it create harm in your life? Gambling is meant to be entertainment. It's meant to be recreational. It's meant to be fun. It's meant to bring you closer together with people regardless of whether you win or lose money. Signs that someone has a gambling problem can vary from person to person but there are going to be some com-

mon things. It's going to create emotional pain and it's going to be a financial stress; it's going to lead to increased physical stress on your body because of the strain of worrying about gambling. There'll be signs of interrupted sleep, decreased job performance, skipping school, arguments with family, not taking care of yourself, not working out or skipping meals. These are all potential signs that gambling has become harmful.

Q Who is at risk for gambling disorder?

This is a biological, psychological social condition and the risk factors fall along those lines. People with family histories of disorders, people with active addictions, alcohol, tobacco, cannabis addiction, people with untreated and active mental health problems like ADHD or bipolar disorder, mood disorders. We know that folks at the extreme ends of life, either the young or the old, are at risk. We know that in certain communities of color and certain communities, like Asian American communities or Latino communities, or communities with a very poor economic status are at risk. And lastly, we know that people who gamble frequently, like daily, with escalating levels of bets are at risk.

Q Does mental health and substance use disorder tend to go along with gambling disorder?

Absolutely. As I just recently mentioned, we know that this is the rule, not the exception. So, if you have one hundred people entering addiction treatment programs for alcohol and tobacco, we know that about fifteen of them are going to have issues related to gambling. That's certainly a lot higher than the one to two percent in the general population. Vice versa, if you have hundred men and women entering treatment versus a mood disorder or ADHD treatment or an anxiety disorder, they're also going to have a higher rate than two percent. So, we know that these things go hand in hand. Is it the chicken or the egg situation? It's a little bit or both. You can imagine someone with a major depression turning to gambling as a way of self-soothing and numbing themselves out and then developing a gambling disorder. Vice versa, just by developing a gambling disorder creates a lot of emotional pain and a lot of financial pain that can end up resulting in significant mood problems.

Q What are some actions that a family member or friend could take if they are concerned about a loved one's gambling?

It's the same story if you're concerned about someone's drinking or their smoking or their vaping or their spending habits. You have to start by saying how that behavior is making you feel. So instead of saying, "Hey, you are gambling in a bad way" or "You're a bad person for gambling, I encourage family members to say, "Hey, I'm noticing that you're not exercising as much and I'm worried" or "I'm noticing that you're spending a lot of time on your phone gambling", or "I'm noticing a lot of money being spent on gambling and I'm concerned and worried about how that is impacting you." You can also say, "I'm stressed. I'm not getting a lot of sleep because I'm worried about your gambling." Those are the beginning statements: Non-judgmental, non-critical. They are meant to spark a conversation.

I think for a lot of family members, it then goes to a level where they'll say something like, "I'm so worried about your gambling. Would you be willing to go with me to see a gambling specialist together?" So, it's basically saying, "I don't think you've got a problem, I don't know, but I'm so worried, I'm willing to take my time and energy to go see a specialist with you." For a lot of family members, we also encourage them if they're not sure, to get more information to go to Gam-Anon meetings, by going online, or going to trusted sources. For instance, in the state of California, we actually see family members of gambling disorder clients for free, so they can come in and see psychotherapists, learn about the condition, and learn ways that they can support their loved ones without enabling them.

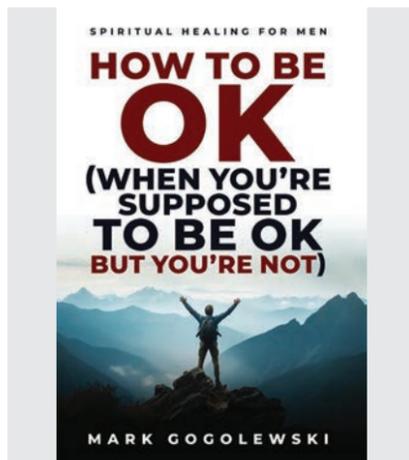
Q Anything else I'd like to mention about what you're doing?

People can take a look at our website www.uclagamblingprogram.org for the latest updates and information. We have videos, we have information, and we have links; As we see gambling become mainstream and embedded in our daily life that we really ought to have these conversations, with much younger people. It needs to be folded into the same conversations with tobacco and alcohol prevention, and even in the recovery community, we shouldn't dismiss the power of gambling addictions. So, if you are recovering from alcohol, tobacco or substance use disorder it's very important to also talk about gambling and make sure that people don't switch conditions, such as substitute alcohol, tobacco and cannabis, for gambling. We need to be very mindful of that.

If you have a question for the experts, or you are an expert interested in being featured, please email phoenix@thephoenixspirit.com. Experts have not been compensated for their advice.



Books



How to Be OK (When You're Supposed to Be OK But You're Not)

By Mark Gogolewski
OK AND MORE

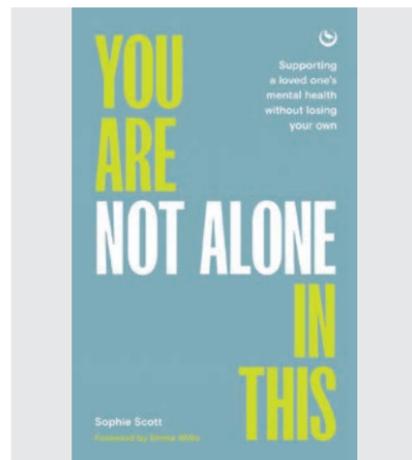
The most successful men we all know have suffered deep woundings that they cannot talk about, and usually more than one. There's the father wound, of course. The obsessive, hyperperformer, type A work ethic that scabs over that wound. And then the self-inflicted addictive tendencies to cope with the painful trade-offs of work, work, work.

For the first time in modern life, it's becoming OK to admit this. All of this.

Mark Gogolewski was the obsessive, hyperperformer, type A. He had it all, lost it all, then regained something completely different: the gift of self-acceptance. Few men find it. Now Mark is sharing it—with you.

How to Be OK (When You're Supposed to Be OK but You're Not) is the urgent read for men who have it all on the outside but who suffer pain and poverty on the inside. This is not a life optimization book. This is a life acceptance book. It will help you realize who you are, who you really are, what you are, what that means, and how to be OK with that.

Finally, inner healing for men, from a man who's been there, done that.



You Are Not Alone in This

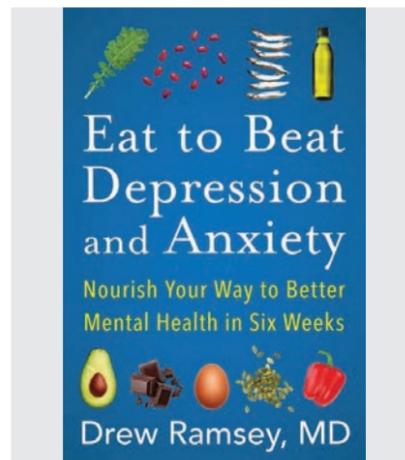
Supporting a Loved One's Mental Health Without Losing Your Own

By Sophie Scott
WATKINS PUBLISHING

This is a poignant, practical and accessible book aimed at the partners, parents, siblings and children of people who are suffering with their mental health. It will help readers understand their loved one better, to start difficult and often necessary conversations, to set boundaries and to remind them to value their own mental health throughout.

You Are Not Alone in This will explore:

- The most common mental health issues and how to navigate them.
- Getting real about your difficult feelings, from anger, irritation, powerlessness, fear, guilt, shame, resentment to wanting to leave.
- What to say and what not to say – how to use therapeutic tools and insights to overcome communication challenges.
- How to implement healthy boundaries, untangle from codependent relationships and recognize if you have a saviour complex.
- Making a crisis/emergency plan for if something goes wrong.



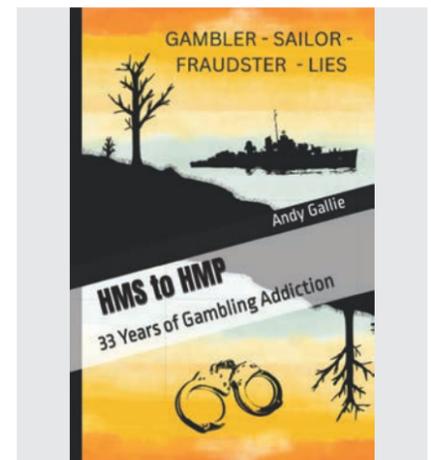
Eat to Beat Depression and Anxiety

Nourish Your Way to Better Mental Health in Six Weeks

By Drew Ramsey
HARPER WAVE

In this groundbreaking book, Dr. Drew Ramsey goes beyond therapy and medications to help us forge a path toward greater mental health through food. *Eat to Beat Depression and Anxiety* breaks down the science of nutritional psychiatry and explains what foods positively affect brain health and improve mental wellness.

Dr. Ramsey distills the most cutting-edge research on nutrition and the brain into actionable tips you can start using today to improve brain-cell health and growth, reduce inflammation, and cultivate a healthy microbiome, all of which contribute to mental well-being. He explores the twelve essential vitamins and minerals most critical to your brain and body and outlines which anti-inflammatory foods feed the gut. He helps readers assess barriers to self-nourishment and offers techniques for enhancing motivation. To help us begin, he provides a kick-starter six-week mental health food plan designed to mitigate depression and anxiety, incorporating key food categories like leafy greens and seafood, along with simple, delicious, brain nutrient-rich recipes.



HMS to HMP

33 Years of Gambling Addiction

By Andy Gallie
INDEPENDENTLY PUBLISHED

This is my story, warts and all, to share my journey and battle with a 33 year long gambling addiction.

I wish it was a story, I wish I had exaggerated and falsified parts of it, but unfortunately, it is my life, I have lived it, and those around me have lived it and experienced every bit of hurt.

From the age of 9, my life was dominated and I was controlled by gambling. My teenage years and young adulthood seen the beginning of behaviors that would cause hurt and anguish for those I loved. I joined the Navy at 18 and could have had an amazing career had it not been for my addict. I had many opportunities to change and ask for help but I ignored them as my addict's ego was huge. This ego would win along with my addict to take me to what I believed would be my lowest point by being sent to prison in 2018 but this wouldn't be the end of the hurt.

For the addict reading this, I try to explain the thought processes, the feelings and the emotions that drove my behavior, as well as identifying areas that you, yourself could identify and work on to avoid these same behaviors.

Many of the book descriptions are taken from the publishers or promotional releases. If you have a book you'd like featured or have an old favorite you'd like to share with others, please contact us at phoenix@thephoenixspirit.com and we may include it in an upcoming issue.



NO ONE SHOULD HAVE TO CHOOSE BETWEEN RECOVERY AND A COLLEGE EDUCATION.

StepUP® at Augsburg University helps students thrive in recovery while succeeding in college. The StepUP program offers full-time addiction counselors on site, an engaged community of support and accountability, and on-campus recovery residences.

For more information, visit augsburg.edu/stepup.

IN THE SHADOWS

How Gambling Addiction Impacts Loved Ones and Communities

by Minnesota Alliance on Problem Gambling



Photo from Minnesota Alliance on Problem Gambling ad

Imagine walking into a living room filled with overturned furniture, strewn belongings and piled-up bills. A close-up shot reveals shards of glass surrounding a family photo. You look up to see an elephant standing before you, looming amid the ruins.

This scene isn't the aftermath of a break-in or a tornado. It's the premise of an upcoming public service announcement (PSA) from the Minnesota Alliance on Problem Gambling. The PSA highlights the devastating impact gambling disorder, also known as gambling addiction, can have on the loved ones of those struggling. The "elephant in the room" symbolizes an unspoken reality: Gambling addiction remains shrouded in stigma and shame. Even those closest to the harm may not grasp the extent of the damage.

The National Council on Problem Gambling (NCPG) designates March as Problem Gambling Awareness Month (PGAM) to raise public awareness and promote prevention, treatment and recovery services. This year's theme is "Seeking Understanding," which emphasizes the need to build empathy and recognize gambling disorder as a serious public health issue. In Minnesota, we can deepen that understanding by addressing the challenges faced by spouses, children, friends and colleagues of those navigating gambling disorder.

Now is an opportune moment to foster these conversations. As the state legislature deliberates legalizing sports betting, its impact on concerned others is often overlooked. Any expansion of gambling, like sports betting, will draw in more players – and more affected individuals will likely need support.

Senate Finance Committee Chair John Marty convened a hearing at the start of this year's session to outline the economic, health and social harms of sports betting. The hearing sought to elevate local voices who've seen how gambling addiction has disrupted their personal and professional lives.

Lauren, a 37-year-old Duluth mom,

bravely shared written testimony about how her gambling addiction, which spanned eight years, changed her relationships. She wrote, "Gambling became my best friend – my addiction mattered most." Though she acknowledged going six months without placing a bet, she was still working to rebuild connections with her family, former colleagues and community. Guilt and shame still color those relationships in her recovery.

Lauren took drastic measures to chase the highs from gambling, including relying on others' money to fuel her betting. She stole from friends, her parents and even her daughter's piggy bank. She tried to sell her parents' wedding rings and tools to pay off debts. She asked her grandmother to co-sign her private school loans, securing a direct stream of funds to play. And because Lauren gambled alone at the casino, she was able to cover her tracks for a long time. Yet the deceit and desperation caught up with her.

Problem gambling also can have far-reaching impacts on colleagues and the workplace, straining relationships and eroding trust. Unchecked gambling problems can lead to diminished job performance and absenteeism. In some cases, employees may resort to ethical violations to sustain their addiction. For Lauren, her remote position during the COVID-19 pandemic provided more time to gamble, accelerating her addiction. She played slots while answering work calls. When she needed more money to play, she forged business checks. The fallout severed professional relationships and had ongoing legal consequences.

Ultimately, gambling problems take an economic toll on our communities. NCPG estimates the national social cost of problem gambling is \$14 billion. This total includes healthcare spending and gambling-related criminal justice costs, such as investigating, prosecuting and incarcerating individuals charged with embezzlement or theft. Excessive gambling can result in eviction and bankruptcy, which ripple through society.

Much like an individual struggling with gambling, concerned others can experience a distinct progression:

- **Denial:** A concerned other dismisses the severity of the gambling. They normalize the behavior and even share in winnings like payouts or trips. The concerned other accepts remorse from the gambler and "picks up the slack," ignoring their own concerns.
- **Stress:** As tension builds in the relationship, the concerned defends the gambler or tries to control their habits. During this phase, the concerned other might shield the gambler from consequences by paying their late bills.
- **Exhaustion:** Mental and emotional fatigue sets in, resulting in resentment, rage and panic. The concerned other feels overwhelmed and struggles to think clearly or cope. Physical symptoms may emerge.
- **Hopelessness:** As the relationship deteriorates, feelings of despair and shame take over. The concerned other may withdraw. Depression and suicidal ideation can occur in this stage, as divorce or estrangement becomes a possible reality.

The hidden nature of gambling addiction often shocks concerned others. Many express disbelief that a loved one drained accounts or maxed out credit cards.

There is hope at any stage, even if a gambler isn't ready for help. MNAPG has partnered with Lutheran Social Services Financial Counseling to offer up to six free, confidential financial counseling sessions. Concerned others can meet in person, by phone or online to assess

Any expansion of gambling, like sports betting, will draw in more players – and more affected individuals will likely need support.

their finances, make a budget plan and discuss long-term goals. Families can also access in-person or virtual counseling through an approved statewide provider, generally at no cost. Free support for anyone impacted by gambling is available 24/7 at the Minnesota Problem Gambling Helpline: 1-800-333-HOPE. Find all these resources and more at MNAPG.org.

Minnesota Alliance on Problem Gambling (MNAPG), Minnesota affiliate to the National Council on Problem Gambling, is a non-profit, gambling-neutral organization dedicated to improving the lives of Minnesotans affected by problem gambling. MNAPG is a coalition of individuals and organizations sharing the belief that problem gambling is a serious public health problem that is both treatable and preventable.



MINNESOTA RECOVERY CONNECTION

connect. recover. advocate. serve.



Connection
is the *opposite* of **ADDICTION**

MRC connects you with:

Recovery navigation | Peer support | Volunteer opportunities
Training and education | Sober social fun | And more!

Let's connect! www.minnesotarecovery.org
800 Transfer Rd., Suite 31 | Saint Paul, MN 55114 | 612-584-4158

F-E-A-R has two meanings:
 'Forget Everything And Run' or
 'Face Everything And Rise.'
 The choice is yours.

ZIG ZIGLAR

GAMBLING HOTLINE
 1-800-333-HOPE

OUTPATIENT SERVICES for Problem Gambling Disorder



Recovery is Possible
 VinlandCenter.org

- The state of Minnesota has funding available to pay for this treatment—at no cost to the client!
- Rule 82 Gambling Assessments conducted
- Vinland employs a holistic approach to problem gambling, valuing the 12-step approach and understanding that “one size does not fit all.”



Get help immediately!

Call 763.479.4881 for an assessment appointment today.

675 Stinson Blvd., Suite 200 | Minneapolis, MN

Creative Recovery

Reclaim Your Wellness

An art therapy group for those in addiction recovery

- Empower your recovery journey with a fresh creative approach
- Enhance your program and increase motivation
- Actively process the 12-principles of the program through art-making
- Learn creative coping strategies



ART LAB RX
 Create · Explore · Transform

1613 99th Lane NE, Blaine, MN
 Learn more at www.artlabrx.com
 Insurance accepted

NUWAY
 Alliance

NUWAY Alliance Residential Treatment and Housing Support Programs

NUWAY Alliance Residential Treatment and Housing Support Programs are open and accepting referrals.

All residential programs:

- Gender specific addiction treatment
- Use evidence-based practices
- LGBTQIA friendly
- MAT-friendly
- Offer on-site nursing (non-prescribing)
- 24-hour staff support/supervision
- Accept Medicaid



NUWAY I & NUWAY II
 Minneapolis
 Medium-Intensity Treatment
 Serving Adults Identifying as Male



NUWAY III
 Minneapolis
 Medium-Intensity Treatment
 Serving Adults Identifying as Female



Cochran Recovery Services
 Maplewood
 High- and Medium-Intensity Treatment
 For Adults Identifying as Male



The Gables
 Rochester
 High- and Medium-Intensity Treatment
 For Adults Identifying as Female

Housing Support Programs — individuals qualify if they:

- Have a basis of eligibility through General Assistance (GA) or Supplemental Security Income (SSI)
- Apply — individuals need to submit both the Arrigoni Housing Support Application and Professional Statement of Need to Residential Admissions
- Have had their application approved



Arrigoni East in St. Paul



Arrigoni West in Minneapolis

Recovery-focused Housing Support with Supplemental Services (formerly GRH) programs for Adults identifying as Male

For more information or to make a referral, contact us at:

Phone 612-767-0309 | **Fax** 612-870-3796 | **Email** residential.admissions@nuway.org

Driggs from page 1

Early childhood exploitation has wired such adult's brains to continually relive the traumatic patterns of childhood.

ings of overwhelming failure and inexplicable shame. They remain infinitely guarded and self-conscious in all adult interactions for fear that others will see them for who they really are – defective. Pretending and people-pleasing are their customary ways of relating to everybody. They live only to serve.

Ultimately, the loss of childhood, internalized shame, and pretending all make such persons selfless. They themselves often don't know what they feel, need or want. They may be invisible to themselves, have a hard time describing themselves to others and cannot say who they really are. Typically they remain stuck in avoiding relationships altogether or else repeatedly choose uncaring partners in their adult romantic lives to caretake. Often they're very likable but highly unreachable.

SIGNALS OF SELFLESSNESS AND SERVITUDE

Although the past may have harmed you, it's never too late to heal and grow. For every winter, there's a spring. Start by seeing how you lack a self and how you allow people to walk all over you. Things need to be seen before they can change. Do any of the following apply to you?

- Are you often worried about what others think of you?
- Is it difficult to say no to or disagree with people you like?
- Do you constantly pretend so that nobody knows the real you?
- Do you shape yourself to conform to what you feel people want from you?
- Are you typically uncomfortable with disappointing people?
- Do you sometimes not know what you think, feel or want?
- Are you terrified of being rejected by someone you like?
- Do you typically underachieve in or avoid romantic relationships?
- Have you allowed romantic partners to walk all over you?
- Do you dread your own selfishness or being seen as selfish?
- Do you derive most of your self-worth from making others happy?

WHY DO I CONTINUALLY ALLOW PEOPLE TO EXPLOIT ME?

It's essential to realize that adults who were caretakers as children don't really enjoy being in pain by having people walk all over them; it's just that they can't resist it. The only way they know how to attach to others is to be involved with uncaring persons. Early childhood exploitation has wired such adult's brains to continually relive the traumatic patterns of childhood. It's what feels normal. Sheldon Kopp, a famous psychoanalyst, said it best: "We prefer the security

of known misery to the misery of unfamiliar insecurity."

Moreover, there's a perverse sense of safety in repeating destructive habits. If an adult caretaker were to get involved with a more loving person, there'd be great risk of the adult caretaker feeling exposed, seen as defective and rejected. Many adults stay in harmful patterns because they don't want to run the risk of being truly loved. In their eyes, true love – what they felt as children toward their selfish parents – always results in psychic annihilation. Small children's hearts get crushed when selfish parents reject them, and the memory of that experience lasts a lifetime. It's like touching a hot stove. You never forget it, and you remain stuck in keeping love away. Finally, adult caretakers are so filled with shame that they feel undeserving of caring partners and, in fact, may seek out people to punish them. They feel they deserve to be treated badly because they are bad. All of these ways of feeling, thinking and behaving constitute the damage of children being used as parental comforters.

BREAKING TRAUMATIC PATTERNS

A wise saying relates to recovery: "You already have everything you will ever need to handle any suffering sent to you." You may be unaware of your inner strengths and personal support from others already available to you. You've already survived growing up with a selfish parent. Now's your time to grow and break old patterns.

Read, *Trapped in the Mirror* by Elan Golomb, Ph.D. Examine the survey above and notice when and how you're being selfless. Work on one pattern at a time and change it. For example, if you regularly act like the "yes man" to all your friends, rock the boat and disagree with them sometimes. If you typically pretend, stop pretending. You may be very anxious before and after such encounters. Get support from trusted friends, support groups like Al-anon, Adult Children of Alcoholics and competent professional helpers.

Keep breaking selfless patterns. Give yourself a lifetime to try. The sky's the limit. With support you can take major risks and conquer the unconquerable. Your victories in asserting yourself with thrill you beyond your wildest dreams. You won't have to get people to like you because people will pick up on how much you like yourself, and they won't leave you alone.

When you have a self, you have a life.

John H. Driggs, is a retired Licensed Clinical Social Worker, living in St. Paul and co-author of Intimacy Between Men.



JOIN US FOR

SPRING FUNDRAISER 2025 Reaching for the Stars

Recovery Café Frogtown (RCF) serves individuals seeking recovery and healing. We believe that the opposite of addiction is not just sobriety— it is connection (Johann Hari). Through peer support, structured programming, and a welcoming community, RCF provides a foundation for lasting recovery. This spring, we invite you to join us in sustaining and expanding our work by sponsoring our Spring Fundraiser 2025: Reaching for the Stars. This year's theme embodies the aspirations of our members as they strive for a brighter future. Together, we can build a stronger, more compassionate community.

TOGETHER, WE SHINE BRIGHTER.

Thursday, April 10th 2025 from 5-8PM
Faith Lutheran Church Gym,
home of Recovery Café Frogtown
\$50 per person to enjoy dinner, testimonies,
keynote speaker, and a silent auction!

Help us reach our \$10,000 goal to support recovery and connection in our community by attending or sponsoring our event, or donate an item to our silent auction.



YOUR
SUPPORT
MAKES A
DIFFERENCE

CONTACT

Bobby Yang at
bobby@recoverycafefrogtown.org
or 612-217-1075

LEARN MORE AND REGISTER

www.recoverycafefrogtown.org

FROM THE STATE OF MINNESOTA

Protecting Youth From Growing Influence of Gambling

by *Teresa Steinmetz*

When we think about gambling, we often picture seasoned adults at casino blackjack tables or perhaps cheering on horses at the track. However, an alarming trend is emerging, as young people are becoming increasingly at risk of developing gambling problems.

The intersection of technology, the normalization of gambling in the media, and peer pressure are contributing to a new wave of young gamblers. According to a 2020 study by Wilder Research, 18% of Minnesota gamblers reported gambling for the first time when they were younger than the legal age limit. Since that study, gambling has only become more accessible for young people.

As we observe this concerning shift, it is important for parents, educators, and community leaders to understand how young people are particularly vulnerable to problem gambling, and to know what resources are available to help.

Adolescence and young adulthood are critical periods of brain development. The prefrontal cortex, the part of the brain responsible for decision-making and impulse control, is still maturing during these years. This means that young people are more likely to engage in risky behaviors, including gambling, without fully considering the long-term consequences. Gambling can seem exciting or harmless at first, but for some, it quickly escalates into a serious problem.

Peer pressure also plays a significant role. With the increasing availability of online gambling platforms and social media, young people may feel the pressure to fit in by participating in gambling activities. They may not realize the potential for addiction and negative financial or emotional consequences. What starts as a casual bet with friends, or a quick online game can snowball into something more dangerous, with

long-term effects on mental health, relationships, and finances.

Constant exposure to gambling in the media — whether in advertisements, sports, or entertainment — can also make it seem like a normal, even glamorous, activity. The boundaries between entertainment and real-life gambling can be blurry, especially with the proliferation of online gambling apps, which are easy for young people to access on their phones. This normalization makes it difficult for many to see the warning signs of problem gambling until it's too late.

Problem gambling can have devastating consequences for anyone, but it's particularly troubling for young people. It can affect academic performance, damage relationships, and lead to financial instability. Additionally, the emotional toll can be severe — feelings of shame, guilt, and depression can worsen as the addiction deepens.

Young people who gamble are also at an increased risk of co-occurring mental health challenges, such as anxiety and depression. In many cases, gambling becomes a way to cope with other issues, which only amplifies the problem. It's crucial that young people recognize the signs of unhealthy gambling behavior before it reaches a crisis point.

It's important for all of us — parents, teachers, counselors and community members — to stay vigilant and proactive in addressing gambling risks. If you're concerned about a young person in your life, open the conversation. Let them know that gambling can become an addictive and harmful behavior. Encourage them to seek help if they experience any negative consequences from gambling.

In Minnesota, resources are available for those who need support. The Minnesota Department of Human Services has a youth-focused website — justaskmn.org — that provides resources

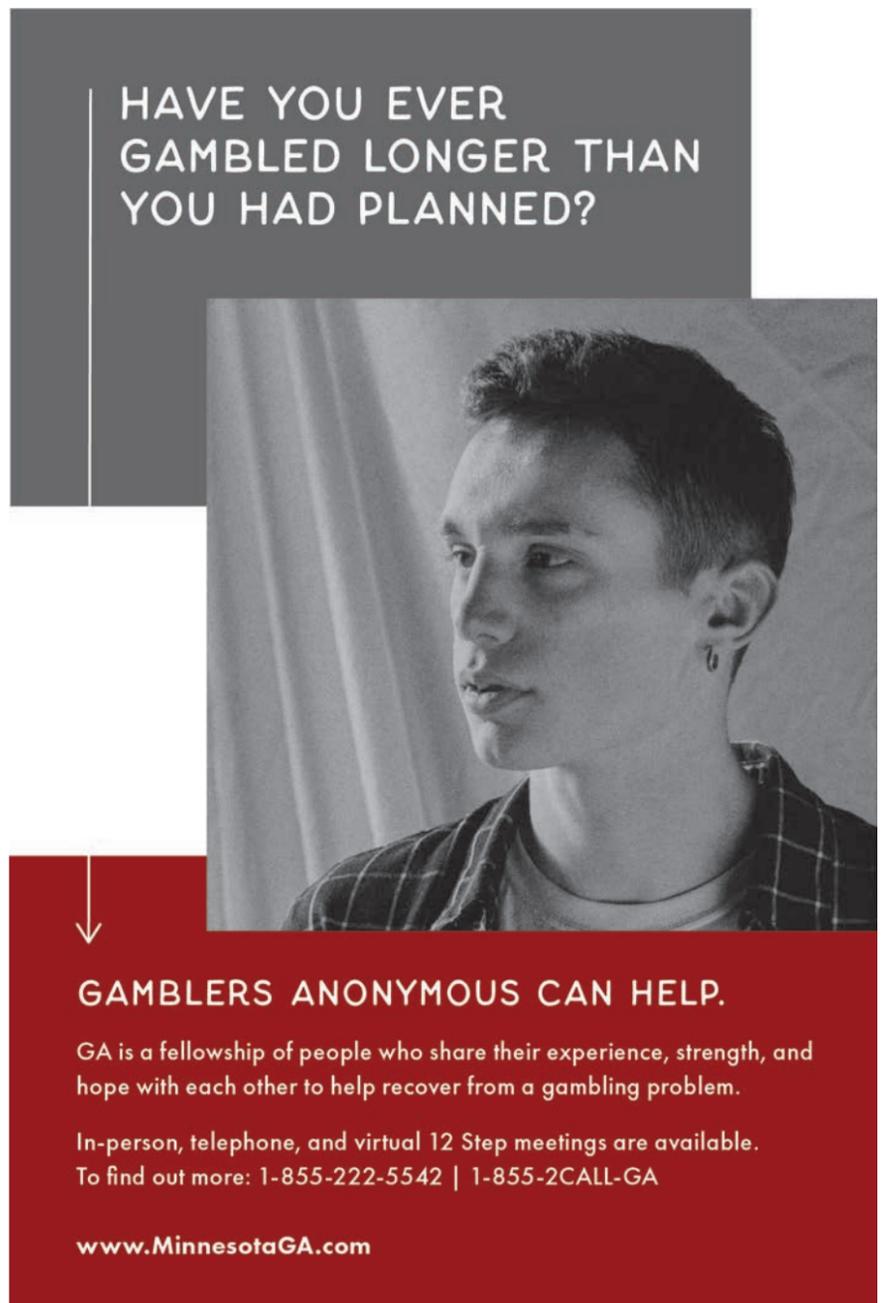
for individuals and families to better understand problem gambling. It offers advice on how to talk to young people about the risks and provides information on where to find help. Whether you're seeking guidance on how to prevent problem gambling, looking for signs to watch for, or need support yourself, justaskmn.org has helpful tools and resources available to guide you through the process.

By raising awareness about the risks of problem gambling, especially among young people, we can help prevent serious consequences before they arise. We all have a role to play in educating the next generation about responsible choices and the potential dangers of

gambling. Together, we can reduce the impact of problem gambling and support healthier, happier lives.

Teresa Steinmetz is the assistant commissioner of the Behavioral Health Administration at the Minnesota Department of Human Services.

CRISIS TEXT LINE
TEXT "MN" TO
741741



HAVE YOU EVER GAMBLED LONGER THAN YOU HAD PLANNED?

GAMBLERS ANONYMOUS CAN HELP.

GA is a fellowship of people who share their experience, strength, and hope with each other to help recover from a gambling problem.

In-person, telephone, and virtual 12 Step meetings are available.
To find out more: 1-855-222-5542 | 1-855-2CALL-GA

www.MinnesotaGA.com



Come Make Memories With Us At

Waldheim Resort

Your Vacation Destination in Minnesota's Northwoods on the Sandy Shores of Big Pine Lakes

• Cabins • RV Camping • Events •

www.waldheimresort.com

(320) 321-9096

7 miles West of Finlayson
1/2 way between Twin Cities & Duluth West of 35N
9096 Waldheim Lane Drive, Finlayson, MN 55735

SUPPORT GROUPS

MONDAYS

1900 Mens Al-anon, Monday 5:45-7:15pm, 12-Step meeting, step presentation and small groups, fellowship. 1900 Nicollet Ave., Plymouth Congregational Church. Tom W., 612-281-5230. Enter at parking lot.

CHOW – Culinary Hospitality Outreach and Wellness: Monday (also Tuesday & Wednesdays) at 7pm CST. CHOW is an organization led by culinary and hospitality peers. We believe in a future where our community never loses another person to addiction, burnout, or mental health concerns. We create safe and supportive opportunities for the industry to connect and discuss problems they're facing with others who "get it." Working in the hospitality industry is tough. Let's talk about it. Meetings are currently in virtual format via Zoom. Please visit our website or Facebook page for codes to join in or contact: outreach@chowco.org.

Overeaters Anonymous: Monday mornings, 10-11am. 3rd floor, handicapped accessible. Minnehaha United Methodist Church, 3701 50th St Mpls 55407. For more info call Ana 651-592-7510

Online Gamers Anonymous and Olganon: Mondays at 6:30 at the Cavalier Club, 7179 Washington Ave. South, Edina. Cavalier Club is located on the corner of Valley View and HWY 169.. Plenty of free parking! If video games or other excessive tech use is making your life unmanageable or if someone you care about is gaming excessively, we'd love to meet you. More info on this emerging 12 Step Movement at www.olganon.org

Understanding Eating Disorders, Treatment, and Recovery: Second Monday of each month, 6-8:30 p.m. The Emily Program staff provides answers to common questions and concerns of families and friends "new" to eating disorders, treatment and recovery. 2265 Como Ave, St. Paul, 55108. Free, drop in. Visit www.emilyprogram.com or call 651.645.5323.

Friends and Families of Suicide: a place of support and comfort where those that have lost a loved one to suicide will be comfortable talking about their own loss as well as hearing about the losses of others. Meets the 3rd Monday of every month 7-9pm, Twin Cities Friends Meeting, 1725 Grand Ave., St Paul, 55105. For info email ffosmn@yahoo.com or call Tracy at 651-587-8006.

Debtors Anonymous: Offers hope for people whose use of unsecured debt causes problems and suffering. See debtorsanonymous.org or www.danorthernplains.org to find a meeting online, in person or hybrid (both online and in person).

Anonymous: Alanon 12-Step Group. We meet Mondays at 1:30pm in person at Minneapolis United Methodist Church at 3701 E. 50th Street, Minneapolis, MN 55417. Open to men and women. We are a kind, compassionate group and welcome all.

TUESDAYS

Recovering Couples Anonymous: 7pm. We are a 12 step group for couples wanting to find new ways to communicate. The only requirement for membership is a desire to maintain a committed relationship and develop new intimacy. We provide strong couple support and model healthy couple-ships. Currently meeting via zoom only. Contact Allan at 651-295-9268 or Diane at 651-295-8179 for details

Families Anonymous (FA): First and third Tuesday evening of each month, 7pm. Support group for families and friends of those dealing with drug, alcohol or other behavioral issues. Is someone you love destroying family harmony by using drugs or alcohol? Free help exists! Join us at St. Timothy Lutheran Church: 1465 N. Victoria Street, St. Paul, MN 55117, or contact Dave E: 612-701-5575.

Recovery International Meeting at Mary Mother of the Church, 3333 Cliff Road, Burnsville, rm 9 at 3pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Contact Rita at 952-890-7623.

Emotions Anonymous: For those dealing with emotional stress, depression, etc. 7:30pm at Christ the King Lutheran Church, Room 106, 8600 Fremont Ave., Bloomington. Take Penn Ave. south to 86th. Turn left and go to Fremont, just east of 35W. Brian at 952-888-6029.

Nicotine Anonymous: No Tuesday or Saturday in-person meetings yet. More details: www.nicotine-anonymous.org.

Overeaters Anonymous Roseville: Meetings are held from 10-11am (and Saturday's from 8-9) at St. Christopher's Episcopal Church, 2300 N. Hamline

Ave., Roseville, Room 218 Call Janie 651-639-4246 for more info.

A.C.A., 5:30-7 pm, Dakota Alano House, 3920 Rahn Rd, Eagan (Hwy 13 & Cedarvale Shop Ctr). 651-452-2921.www.dasinc.org/

A.C.A. 7pm, Saint Michael's Lutheran Church 1660 W City Rd B (at Fry). Roseville. Open to all. Step and Traditions meeting.

Get a Fresh Start! 12-Step AA group, open meeting Tues., 7pm, at Kingswill Church, 1264 109th Ave NE, Blaine. Denny, 763-757-6512.

Adult Survivors of Child Abuse -Anonymous Peer Support Group Online: Meets 1st and 3rd Tuesday of every month at 7PM CST. Speaker topic and time for discussion. All may listen and/or share. Email knestingen@earthlink.net for the meeting link if you are a survivor.

WEDNESDAYS

AA Meeting, 6:30 – 8:30pm St. Christopher's Episcopal Church, 2300 N. Hamline Ave., Roseville. Call 651-639-4246 for more info.

CHOW – Culinary Hospitality Outreach and Wellness: Wednesdays (also Monday & Tuesdays for Spanish speakers) at 8pm CST. CHOW is an organization led by culinary and hospitality peers. We believe in a future where our community never loses another person to addiction, burnout, or mental health concerns. We create safe and supportive opportunities for the industry to connect and discuss problems they're facing with others who "get it." Working in the hospitality industry is tough. Let's talk about it. Meetings are currently in virtual format via Zoom. Please visit our website or Facebook page for codes to join in or contact: outreach@chowco.org.

Overeaters Anonymous: St. Paul Midway: Wednesdays 7-8 PM, Hamline United Methodist Church. Two blocks east of Snelling & Minnehaha. Park in south parking lot, use south entrance to education building. Press buzzer. For more info contact Susan at 651-295-7854.

Adult Children of Alcoholics: Wednesdays @ 7-8:30pm. St. Mary's Episcopal Church, 1895 Laurel Ave, St. Paul. Meets downstairs, sign in the lobby. For more information call Mary at 612-747-0709 or Tom 651-894-3523.

Transitions: 7:30 to 9:30pm Support to men and women who are transitioning from incarceration to living in the community. Trained facilitators and peers provide emotional support in a safe, openly honest environment to discuss discouragements, frustrations, temptations. One of the trained facilitators is a woman. The Men's Center, 3249 Hennepin Ave. S. Minneapolis, 612-822-5892. TCM.org

Women's CoDA Group: Women's Only Codependents Anonymous Group. Meets every Wednesday at noon at Colonial Church of Edina, 6200 Colonial Way (Fireside room, S. end of bldg). For more information, call Valerie at 612.741.5281

Co-dependents Anonymous (CoDA): Wednesdays 9:15am and 6:30pm, Macalester Plymouth United 1658 Lincoln Ave, St Paul 55105. These meetings are open to men and women. For more info contact Joe S (6:30pm group) 612-978-4698; www.MinnCoDA.org

Marijuana Anonymous, Bloomington, 6-7pm, Minnesota Valley Unitarian Universalist Church 10715 Zenith Ave S. (2 Blocks south of Old Shakopee Rd, on the East side of Zenith) Contact: bloomingtonma@hotmail.com

THURSDAYS

Co-dependents Anonymous (CoDA): Thursdays pm, Crown of Glory Church 1141 Cardinal St. Chaska 55318. Open to men and women. For more info contact Rita 952-334-9206; www.MinnCoDA.org

Co-dependents Anonymous (CoDA): Thursdays 7pm, Immanuel Lutheran Church 16515 Luther Way, Eden Prairie 55346. Open to men and women. For more info www.MinnCoDA.org.

Co-dependents Anonymous (CoDA): Thursdays 7pm, NE Recovery Room at 520 NE Lowry Ave., Mpls 55418. Open to men and women. For more info contact Deirdre 612-619-7595; www.MinnCoDA.org

Workaholics Anonymous: 12 step group for finding balance between work, activity and fun. Meets every Thur. 6-7:15 pm. We are currently meeting by Zoom. Contact us for link at Email: wafindingbalance@gmail.com.

Red Book ACA/ACOA: Recovery Church, 253 State, St. Paul, 7-8:30pm. For more info call Jacob at 612-819-9370 or Bruce at 651.407.6336.

New CoDa East Metro Group: Rasmussen College, 8565 Eagle Point Circle N, Lake Elmo (exit north to Radio Dr. on I-94 E). 6:30-7:30pm. Joseph H. at 715-497-6227 or LaTosia 651-319-2554.

Recovery International Meeting, St Phillip Lutheran Church, 6180 Highway 65 N, Fridley at 7pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Ken, 763-571-5199.

Recovery International Meeting at Bethlehem Lutheran Church, 4100 Lyndale Ave S., Mpls at 7pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Ruth 612-825-4779.

Adults with ADHD Support Groups: (first time free) Every Thursday morning 10am-noon and every Thursday evening (except last Thurs of the month) 7pm 8:30pm. LDA Minnesota, 6100 Golden Valley Road, Golden Valley, MN 55422. Tel. 952-582-6000 or www.ldaminnesota.org.

FRIDAYS

Food Addicts Anonymous: a 12-step program dedicated to food addiction. Fridays 8-9pm, Living Table United Church of Christ, 3805 E 40th St., Mpls, 55406. LGBT friendly. For more info call Shea at 612-722-5064 or sheahnsn@gmail.com or www.foodaddictsanonymous.org.

Emotions Anonymous is a twelve-step program for emotional wellness and learning to live with unsolved problems. The meeting is at Twin Cities Friends Meetinghouse, 1725 Grand Ave. St. Paul at 7:00pm on Friday (or by phone at 240-591-0215#, then 722360#). Members attend for various reasons, among them depression, anxiety, relationship problems and other emotional difficulties. Like AA, Emotions Anonymous is led by volunteers, and founded on the principle of anonymity. For information, contact Paul at 651-402-6774. Additional information, including other Twin Cities meetings, can be found at www.emotionsanonymous.org.

Recovering Couples Anonymous: Friday Night @ Minnehaha United Methodist Church, 3701 E 50th St, Mpls, 55417, 6:30 - 8pm. 12-Step couples group meets as couples in recovery from any addiction. The only requirement is the desire to remain committed to each other, and find better ways to communicate and develop intimacy. Call Kathy 612-545-6200 or Allan 612-309-5632.

SATURDAYS

Overeaters Anonymous Meeting: Saturday morning at 9:00 AM at Macallister-Plymouth Church. For those still suffering from compulsive overeating, bulimia and anorexia.

Spenders Anonymous: Our purpose is to stop spending compulsively and work toward serenity in our relationship with money. 1-2 pm at Bethany Lutheran Church, 2511 East Franklin Avenue, Minneapolis, MN 55406; street parking or in the church lot; enter through the gate on Franklin and ring the bell; www.spenders.org

Northeast Minneapolis CoDependents Anonymous (CoDA) Group: East Side Neighborhood Services, 1700 2nd Street NE, Mpls, 55413 (corner of 2nd Street NE & 17th Ave NE). Park in lot behind building, use rear entry door. Saturdays: 1-2pm. Contact Ralph W. at rwink@aol.com or 612-382-0674.

CoDA Group: Saturdays 12pm-1:30pm, Suburban North Alano at 15486 Territorial Rd. Maple Grove 55369. Open to men and women. For more info contact Janine 763-458-0812; <http://www.MinnCoDA.org>

Overeaters Anonymous Courage to Change Meeting: Saturday mornings 8-9am at St. Christopher's Episcopal Church, 2300 Hamline Ave N. Roseville. Contact Donna with questions at 651-633-3144.

Clutterers Anonymous: St. Christopher's Episcopal Church, 2300 N. Hamline Ave., (Hwy 36) room 220, Roseville. 12 step support group meets the first, third and fifth Sat. of the month, 10-11:15am. www.clutterersanonymous.org.

Debtors Anonymous: Offers hope for people whose use of unsecured debt causes problems and suffering. See www.debtorsanonymous.org or www.danorthernplains.org to find a meeting online, in

person or hybrid (both online and in person).

Overeaters Anonymous: 8-9 am, Falcon Heights Community Church, 1795 Holton Street, Falcon Heights. Lisa 651-428-3484.

Obsessive Compulsive Disorder Support Group: 1st and 3rd Sat. of the month, 11am -1pm at Faith Mennonite Church, 2720 E. 22nd St, Minneapolis. Website: tinyurl.com/tcocdsg. Call before coming for direction. Burt at 612-547-6388.

Adult Children of Alcoholics & Dysfunctional Families: Saturday at 10 a.m., St. Philip's Lutheran Church, 6180 Highway 65 NE, Fridley MN 55432-5106 (Enter at Door 3). Please see www.acafriday.com for info.

Men's & Women's Support Group: Meetings every Saturday (including holidays) at 9am. Prince of Peace Church, 7217 W. Broadway, Brooklyn Park. (north entrance.) Informal, safe place to share experiences of joy and concerns. We promote growth & positive change to meet the challenges of our lives. Call 763-443-4290.

Southside Men's Group: Saturdays, 8:30 to 10am Support for men working toward positive personal change. Saints Luke & James Episcopal Church, 4557 Colfax Avenue South, Minneapolis, MN 55419 (2nd floor). Visit www.southsidemensgroup.org.

SUNDAYS

Co-dependents Anonymous (CoDA): Sundays 6pm-7:30pm. Located at Unity Hospital 550 Osborne Rd. Fridley 55432. Held in the Boardroom on the lower level. Enter through main doors and take the West elevator down one floor. Open to men and women. For more info contact Aaron 763-670-4894; www.MinnCoDA.org.

Double Winners Anonymous: Closed meeting of alcoholic women who combine recovery with Alanon. 5:30pm. Wesley Rm, Lake Harriet United Methodist Church, 4901 Chowen Ave. S., Mpls. Take doors from pkg lot, turn left down the hall. LeeAnn J at 763-234-1054 or Margaret K at 612-823-8279.

Adult Children of Alcoholic/ Dysfunctional Families (ACA)-Big Red Book: 11:15am-12:45pm at the Cavalier Club. 7179 Washington Ave S, Edina, MN 55439, voicemail: 507- 312-9423, aca1115sunday@gmail.com.

Calix Society: A group of Catholic Recovering Alcoholics and their family/significant others who desire to strengthen their spiritual growth, meets the 3rd Sun. of the month at Cathedral of St. Paul. Mass at 8am., breakfast/speaker meeting at 9am. Call Jim B. at 651-779-6828.

Eating Disorders Anonymous: 5-6:30pm in Eden Prairie at Wooddale Church, 6630 Shady Oak Road, 55344. Room 291. Contact Nikki: nikkiahaven@gmail.com or call 612-227-4079.

Debtors Anonymous: a group of men and women who use the 12-Step program to solve problems of debt and other money issues: www.danorthernplains.org, 952-953-8438, 5:30 – 6:30 pm, Oak Knoll Lutheran Church, 600 County Rd 73, Minnetonka, MN, (Hopkins Crossroads, just north of 394, enter in rear of building, the Plymouth 2 Alanon).

Opiates Anonymous: Sunday Evenings at 7 pm at Unity of the Valley Spiritual Center, 4011 West Hwy 13, Savage, MN. OA is the first 12-step-based group in the state of Minnesota offering help and support for anyone with a desire to stop using opiates and all other mind altering substances. If you think that you may have a problem with opiates or other mind altering substances, attending one of our meetings may help you decide if you are an addict. If you want to tap into help and support from people and a program with proven success, this is the place for you. No sign up or registration is needed. Just show up at 7 pm on Sunday evenings. If questions contact Ron at 952-657-9119

ABOUT THE LISTINGS

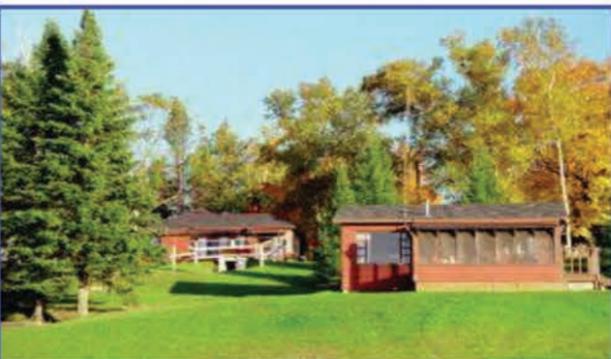
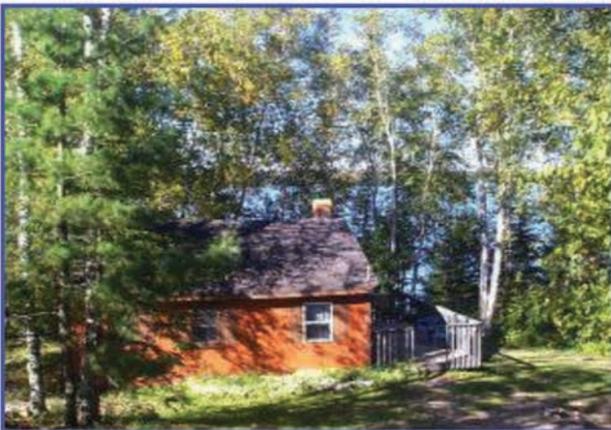
Every effort has been made to ensure the accuracy of the support groups on this page. However, we recommend that you contact the group before attending. If you have a listing and need to make a change OR you would like your group included (and on our website), please reach out to us at phoenix@thephoenixspirit.com. In-kind donations are appreciated to keep these listings published and updated at www.thephoenixspirit.com/support.

Lakeplace Guest House and Cabins for AA, NA, Alanon and Associated Couples

Courtesy of:

The Lakeplace Foundation Inc.

For Current Use



Imagine you and your friends from your own group being able to share your own strengths, hopes and experiences here in this highly spiritual, north-woods community.

With these three cabins and Guest House, your group can choose from several activities for fellowship, while being provided several areas for your meetings.

Please consider these many benefits:

- Advance Scheduling (*for current and future openings*)
- Weekend or Weekly Options
- Available for Groups of From 4 to 20 Persons (*4 to 10 in the winter*)
- On-Site 24/7 Staff for your convenience test
- Use of Lakeplace Amenities
- Summer or Winter Fishing
- Several Meeting and Community Areas
- Stunning "12-Step Wilderness Walk"
- Provided Without Cost (*guest donations appreciated*)

In the future, exclusive use of the Lakeplace Retreat Center campus may be provided by the Lakeplace Foundation for Alano Societies and independent AA, NA, Alano groups and their associated couples.

To review this possible contingency, along with its video presentation, please enter the address indicated below on your search bar:

**Lakeplace Foundation
Website**

www.lakeplacefoundation.org

- | | |
|----------------------------|--------------|
| Home | Enhancements |
| Video Tour | Services |
| About Us | Information |
| Accommodations | Contact Us |

*We believe this offer by Lakeplace Foundation is consistent with our AA "Traditions" #6 and #7:
We are an independent corporation, seek no endorsement from AA, NA, Alanon or their financial support.*

**25704 County Road 338
Bovey, Minnesota 55709
218 910-0800**

River of Time

by *Mary Lou Logsdon*



"We must learn to live together as brothers or perish together as fools." — DR. MARTIN LUTHER KING

I left town mid-February, following the Mississippi as it twists and turns to New Orleans and the Gulf of Mexico. A life-long Minnesotan, I have stepped across that river over worn stones at its source in Itasca State Park. A slip lands you in ankle deep water.

That simple beginning is hardly a preview of what is to come as the river collects water from its many tributaries along the way. Itasca's pristine water turns murky as the river accumulates and holds in suspension silt from rich farmlands. The wide river that flows into the Gulf of Mexico is coffee brown.

As I see this change, I reflect on my own journey. We each collect tributaries along the way. Our parents, grandparents and ancestors brought us to the place where we were born, the community that held us, the traditions that formed us. We are held suspended in a network of family history and story.

I drive the north/south corridor of the Mississippi River, mindful of how large our country is. I chose this trip to remember our history and wonder about our future.

Never a student of history, I have always been more interested in what was to come than what had been. Now that my time past is longer than my time ahead, I find history engaging and even predictive.

This journey winds through time as well as place. I wanted to explore the Civ-

il Rights Era of the 60s, a time from my youth when the power of peaceful protest brought changes we could only imagine—the end of the Vietnam war, the outlawing of Jim Crow practices, the challenge to voter suppression for Black citizens.

I tour the Legacy Museum in Montgomery, Alabama. It explores our national story of enslavement, the human trafficking that brought millions of Africans to our young country to do physical, torturous work clearing thick, entangled growth in a hot mosquito infested land in order to build cotton plantations that fed mills in the north. Forced labor, cheap labor, Black labor feeding wealthy White elites.

The story takes us from enslavement to emancipation to failed reconstruction to battles for civil rights to mass incarceration. It's a hard story to hear, to see, to remember. Yet bearing witness to what was helps us understand what it is.

I listen to energizing heroic stories of people standing up to power. Though not new, I hear these stories afresh. Like the familiar tales of childhood, we listen again for our favorite parts—the hero's refusal to surrender, the heroine's walk away from the cinders of low status, the child outsmarting the tyrannical adult with the stone of a slingshot. I look for today's heroes.

I sat with Rosa Parks in Montgomery as she retold the story of how she refused to

give up her seat. She was sitting in the front of the Colored Only section in the middle of the bus. More Whites boarded the bus. The driver told the four Black riders, 2 men and 2 women, to move to the back of the bus. All the seats were taken so they were to stand for the remainder of the ride. Three of the four moved. Rosa stayed in her seat. The driver told her again to move. She told him she would stay, even as he threatened to call the police. He left the bus to walk to a pay phone. The police came shortly, arrested Rosa and removed her from the bus. The White people took those seats, and the bus moved on. So did she.

Rosa's act of courage energized the Black community. Their initial plan was to bypass the buses on a single Monday. That grew into an extended boycott which ended 381 days later, after the Supreme Court declared segregation on public buses unconstitutional.

I heard the story of Mamie Till Bradley who dared to have the mutilated body of her 14-year-old son, Emmett, shown in an open casket. Tens of thousands attended his Chicago funeral. Emmett had been visiting relatives in Mississippi when he spoke to a White woman and proprietor of a local grocery store, violating an unwritten code of behavior in Jim Crow south. For this breach of conduct, he was abducted, beaten, shot, and dumped in the Tallahatchie River, retrieved three days later.

I walked through the National Memorial for Peace and Justice which remembers more than 4400 Blacks killed in racial terror lynchings between 1877 and 1950. One of many brutal stories described the fate of a young man who registered to vote. He was kidnapped and lynched along with his mother and sister, a warning to other young men who might dare to claim their right to equality under the law.

I walked the New Orleans street where Ruby Bridges went each day to her first grade class, escorted by her mother and a US Marshal, to attend a previously all White school. She was the only child in her classroom, all the other children were pulled out by parents who would not let them be in a class with a Black student. A 6-year-old hero.

I walked the Edmund Pettus Bridge where a young John Lewis attempted to lead a peaceful 54 mile walk from Selma to Montgomery in support of voting rights for Black Alabama citizens. Lewis, along with 600 civil rights activists, was stopped by state troopers and armed White citizens. When ordered to turn around, Lewis told the marchers to pray rather than move. Troopers and sheriff deputies assaulted them. Lewis ended up with a broken skull and renewed energy for the path ahead, one that eventually brought him to the US Senate.

I walked through the Birmingham park where police with dogs and firehoses attempted to stop young students' peaceful protests for equality. This same park has a statue of the four girls killed in the bombing of the 16th Avenue Baptist Church, the bombing motivated by fear of change.

All these stories are our stories. We hold them in our collective. As I listen to first person accounts, I share tears with strangers. We know we are connected through these horrific national narratives.

We are all story makers, story sharers, story people. May the stories told and retold by our children and grandchildren describe how we made this world a better place, living together as brothers and sisters.

Mary Lou Logsdon can be reached at logsdon.marylou@gmail.com.

OUTPATIENT | LICENSED RESIDENTIAL | LONG TERM | TEEN | PREVENTION

Adult & Teen Challenge
Minnesota

612-FREEDOM (373-3366)
mntc.org

NOT JUST SOBRIETY

Compassion.
Community
Recovery.