

Newsletter ~ September 2009



DATES TO REMEMBER:

1st Wednesday

Spirituality Meeting
with Dick Rice

Wednesday
September 2nd
7:00 p.m.

3rd Wednesday

“An Evening with
Roger B.”

Wednesday
September 16th
7:00 p.m.

Lower Level Meeting
Room; Coffee, Cake &
Fellowship to follow

Spiritual Retreats at The McIver Center

Friday – Sunday,
September 11th – 13th

A FAMILY RECOVERY
WEEKEND

“Intimacy with
God, Myself, &
Others”

Ellie Hyatt &
Sherry Gaugler

IMAGINE 2009

SAVE THE DATE!

Saturday
November 14th, 2009

The Promises

“We are going to know
a new freedom and a
new happiness....”
p. 83-84

Metropolitan Ballroom
Golden Valley, MN

What's Going on?

(click on any underlined item below)

residential programs

[download a brochure](#)

family programs

[calendar](#)

[family transition series
brochure](#)

evening programs

[brochure](#)

[family program special offer](#)

weekend retreats

[calendar](#)

[upcoming retreats](#)

meditation classes

at the retreat - wayzata

Starting Tuesday, September 22nd

**call for more information
& to enroll - FREE
952-476-0566**

alumni events

[meeting schedule](#)

[calendar](#)

[newsletter](#)

online 12 step meeting

(you will need a web camera/mike)

“I do not believe...I know. I have had the
experience of being gripped by something that
is far stronger than myself, something that
people call God.”

-Carl Jung

from duane o. jackson - dj

Reminder For Today

I am one of those extra sensitive people who suffer from what is now called Sensory Integration Dysfunction; a dysfunction of the central nervous system, caused by my alcoholism. Therefore, I must control my life style to compensate for this dysfunction. Thus, for an example, the temperature of my body must be kept in a narrow range of cool comfort. My sleep, to keep me comfortable, must also be kept to specific hours. I should never allow myself to get too hungry, too angry, too lonely or too tired. In other words, I am a sensitive recovering alcoholic and *must* keep myself aware of and in control of such sensitivities. Other people of more normal persuasion may be able to exceed such limitations and experience only a minor discomfort. However, when I exceed my limitations, my discomfort can cause me major emotional reactions that need to be immediately recognized and corrected.

The consequence of not immediately correcting myself means the loss of my spiritual, intellectual, emotional, and physical well being. A price I should not be willing to pay under any circumstances.

-dj

The dj Collection - 5/12/02