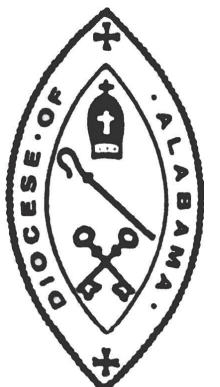


## The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have god remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with god as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.



*sponsored by  
the Department of Recovery Ministries  
Episcopal Diocese of Alabama*



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## Alcoholic Beverages in the Parish

*The 68th General Convention passed a recommended guideline on the service of alcoholic beverages in the local parish, which is reprinted below.*

The Episcopal Church has never endorsed the prohibition of using beverages containing alcohol among adult members. Scripture offers Jesus' example of the use and serving of wine of his first miracle at Cana and in the institution of the Holy Eucharist. If an adult member elects to use alcohol, however, moderate usage is expected. Church members should be educated regarding those conditions that might consequently compromise the health and safety of oneself or others. The Church also supports and has a responsibility to those people who abstain from the use of alcoholic beverages for whatever reason. Many churches do not serve alcohol beverages at social functions, but, for those which do, the following guidelines are given:

- o All applicable federal, state and local laws should be obeyed, including those governing the serving of alcoholic beverages to minors.
- o Alcoholic beverages and food containing alcohol must be clearly labeled as such.
- o Whenever alcohol is served, non-alcoholic alternatives must always be offered with equal attractiveness and accessibility.
- o The service of alcoholic beverages at church events should not be publicized as an attraction of the event.
- o The group or organization sponsoring the activity or event at which alcoholic beverages are served must have permission from the parish for this plan. Such groups or organizations must also assume responsibility for those persons who might become intoxicated and must provide alternative transportation for anyone whose capacity to drive may thus be impaired.
- o Recognizing the effect of alcohol as a mood-altering drug, it would be advisable to consider the nature of the function at which alcoholic beverages are proposed to be served.
- o Chemical usage other than alcohol is clearly controlled under federal, state and local laws and, as such, should be forbidden at any church function.

## Resources: Where Do We Go for Help?

### Pamphlets

- A. Acceptance: The Way to Serenity and Peace of Mind. Vincent Collins
- B. Alcoholic in the Family. Channing Bete
- C. Alcoholism: A Treatable Disease. The Johnson Institute
- D. Biblical Helps for the Twelve Steps. Phillip A. Parham
- E. The Enablers. The John Institute
- F. The Functional Alcoholic. Janee Parneg
- G. Hosting a Twelve-Step Group in Your Church. Conrad Selnick

### Videos

- A. The Enablers (How families enable addicted persons to continue using)
- B. A Hunger for Healing – Keith Misser
- C. Inbound Mercy (teenage drinking – Try Films)
- D. Is There an Elephant in your Sanctuary?

### Books

- A. Adult Children of Alcoholics. Janet G. Woititz
- B. Alcoholics Anonymous (The Big Book)
- C. Co-Dependent No More. Melody Beattie
- D. Facing Co-Dependence. Pia Melody
- E. Healing the Child Within. Charles Whitfield
- F. A Hunger for Healing. Keith Miller
- G. I'll Quit Tomorrow. Vernon E. Johnson
- H. Turning your Teen Around. Betsy Tice White
- I. The Twelve Steps for Christians. Recovery Publications, Inc. 1988
- J. The Secret Everybody Knows. Cathleen Brooks
- K. When God becomes a Drug. Leo Booth.

### Websites

- |                                 |  |
|---------------------------------|--|
| A. Alcoholics Anonymous         | <a href="http://www.aa.org">www.aa.org</a>                               |
| B. Narcotics Anonymous          | <a href="http://www.na.org">www.na.org</a>                               |
| C. Overeaters Anonymous         | <a href="http://www.oa.org">www.oa.org</a>                               |
| D. Al-Anon                      | <a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>     |
| E. Alateen                      | <a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>     |
| F. Adult Children of Alcoholics | <a href="http://www.adultchildren.org">www.adultchildren.org</a>         |
| G. Recovery Ministries          | <a href="http://www.episcopalrecovery.org">www.episcopalrecovery.org</a> |

## Introduction

Anyone whose life has been affected by addiction, either their own addiction or that of someone close to them, knows how deeply such diseases touch us. Whether the addiction centers on alcohol or drugs or relationships or gambling or whatever, the effect is not just a physical thing but a profoundly spiritual one as well. Physically it may bring us to or near death, and spiritually it takes our faith and our openness to God an ability to “see” clearly. Scott Peck calls it “the sacred disease” because it takes our spirit, and the only known way back is to put ourselves in the hands of Another and be led back.

Anyone whose life has been affected by addiction and who has come from there into recovery also knows the wonder and the day by day gratitude of having health and hope and being thankful – of living in recovery.

So, the theme for our Recovery Sunday Resource Guide is Living Recovery. Since addition is such a deeply spiritual disease, what better place to celebrate the joy and wonder of recovery than in the Church. So many of us that you see at the Sunday morning liturgy have suffered in the sacred diseases of addiction and are now living recovery, and the paralysis of pain and fear and numbness that once so preoccupied us are now taken out and held up and let go. Loving recovery is to have not ourselves but rather God at the center of life.

The Resource Guide is designed to assist you in observing a Recovery Sunday in your parish or school. We suggest you do that on a Sunday in November since November is nationally recognized as the Month of Recovery. If, however, that is not a convenient time, please pick another Sunday at any time of the year to set aside as Recovery Sunday for your community.

You will find a variety of resources here. There are suggested sermon topics and texts from Holy Scripture that you might use. The list of suggested hymns includes a brief commentary on each. There are two forms of the Prayers of the People and a curriculum for church school teachers regardless of ages. Your parish staff will be interested in the suggestions for serving alcohol at parish functions – prohibition, incidentally, is not the solution we suggest.

## Prayer 56 Book of Common Prayer

O blessed Lord;

You ministered to all who came to you:  
Look with compassion upon all who through addiction  
have lost their health and freedom. Restore to them the  
assurance of your unfailing mercy; remove from them  
the fears that beset them; strengthen them in the work  
of their recovery; and to those who care for them, give  
patient understanding and preserving love. Amen.

### Serenity Prayer

God grant me,  
**Serenity**  
to accept the things I  
cannot change,  
**Courage**  
to change the things I can,  
**Wisdom**  
to know the difference.

### For the Victims of Addiction

BCP page 831

O blessed Lord, you ministered to all who came to you: Look with compassion upon all who through addiction have lost their health and freedom. Restore to them the assurance of your unfailing mercy; remove from them the fears that beset them; strengthen them in the work of their recovery; and to those who care for them, give patient understanding and persevering love. *Amen*

## Church School Curriculum

Grades K-6th

Theme: Living Recovery

Scripture: Luke 15:11-32 The Prodigal Son

### Goals: To learn to:

1. Rejoice with those who have made changes in their lives, especially those who are returning to physical, emotional and spiritual health from the disease of addiction.
2. Join Jesus in His love for all people, especially those who are addicted
3. Welcome home recovering people and celebrate with them their strides toward wholeness.

### Preparation:

1. Before class time read the scripture from the bible and then reflect on it. Examine your own reaction to the parable. With whom do you identify? Prepare to tell the story in your own words.

### Class time:

Explain today's lesson is a special celebration for all the people who are recovering from addiction to alcohol and other drugs. Say Prayer 56

### Story:

Gather the children and read the scripture text. Tell the story in your own words. Discuss that the prodigal son may have been addicted. Please point out the following about addiction

- ❖ Addiction is a disease
- ❖ Many times people who are addicted don't realize it.
- ❖ Addiction affects all kinds of people
- ❖ Recovery is the process by which people get well from the sickness.
- ❖ Families of people who are addicted or in recovery need support.

The father of the prodigal son wanted to celebrate his son's recovery. Explain to the children that we can help recovering people celebrate their recovery in many different ways: by telling them we are proud of their recovery efforts; by sending cards, by listening to them, by sharing ourselves.

### Creative Activity

1. Make copies of Prayer 56 and have the class decorate one with markers, glitter etc. Make a boarder for each prayer.
2. Make cards by using students hands in the shield.

# Prayers of the People

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Let us pray for the whole people of God in Christ Jesus, and for all people according to their needs.

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us prayer to the Lord.  
Hear us, Lord of life.

For all the clergy and people, let us prayer to the Lord.  
Hear us, Lord of life.

For our President, for the leaders of the nations, and for all in authority, let us prayer to the Lord.  
Hear us, Lord of life.

For this city (town, village...) for every city and community, and for those who live in them, let us prayer to the Lord.  
Hear us, Lord of life.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us prayer to the Lord.  
Hear us, Lord of life.

For the aged and infirm, for the widowed and orphans, for the sick and the suffering, let us prayer to the Lord.  
Hear us, Lord of life.

For those who through addiction have lost their health and freedom, for those who suffer as a result of another's addiction, and for those who minister to and care for them, let us prayer to the Lord.  
Hear us, Lord of life.

For those who are recovering from addiction, let us prayer to the Lord.  
Hear us, Lord of life.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us prayer to the Lord.  
Hear us, Lord of life.

For all who have died in the hope of the resurrection and for all the departed, let us prayer to the Lord.  
Hear us, Lord of life.

For the deliverance from all danger, violence, oppression, and degradation, let us prayer to the Lord.  
Hear us, Lord of life.

For the absolution and remission of our sins and offenses, let us prayer to the Lord.  
Hear us, Lord of life.

## An Official Definition of Alcoholism

A primary chronic disease with genetic psychological & environmental factors

Influencing its development & manifestations

The disease is often progressive & fatal

It is characterized by continuous.... impaired control over drinking, & preoccupation with the drug alcohol. or periodic.... use of alcohol despite adverse consequences & distortion in thinking most notably denial

*American Society of Addiction Medicine, and the National Council of Alcoholism*

## Addiction Myths & Facts

Addiction is NOT

- ✓ a bad habit
  - ✓ or a mental illness
  - ✓ or a sign of weak character
  - ✓ or a result of life's pressures
  - ✓ or a temporary loss of control
- Addiction is a treatable disease**

## Suggested Sermon Texts

Daniel 7:9-14	The son of man
Revelation 1:1-8	The Lord as the center of life
Mark 11:1-11	The Lord as King
John 18:33-37	Christ the King
John 1:1-14, 16-18	The word became flesh
John 3:16	For God so loved the world
Philippians 2:5-8	The example of Christ
2 Corinthians 8:8-9	The example of Jesus

## Suggested Hymns for Recovery Sunday

- 98 **Beneath the Cross of Jesus.** The writer senses her powerlessness as she confesses her unworthiness, and is content to let her pride go by.
- 304 **I come with Joy to Meet my Lord.** After the joy of communion, we go our different ways to live and speak God's praises.
- 339 **Deck thyself, my soul, with gladness.** Leaving the gloomy haunts of sadness, I turn my life over to Jesus in communion, asking to be a fit partaker.
- 376 **Joyful, joyful, we adore Thee.** In splendor of nature, as we understand God, we pray for God's will and power to teach us how to love each other.
- 390 **Praise to the Lord, the Almighty, the King of Creation.** In a wonderful vision of the King of Creation praised with psaltery, organ and song, I decided to let all that is in me adore Him!
- 396 **Now Thank We All Our God.** As we envision God's countless gifts of love, we see restoration to our sanity as he guides us when perplexed and frees us from all ills.

- 473 **Life High the Cross.** AS each new born servant...bears on his brow the seal of Him who died, a power greater than ourselves is triumphantly identified in the cross.
- 482 **Lord of all Hopefulness, Lord of all joy.** This happy prayer improves and enlarges our contact with God who is not only present in our crises, but also in our waking, work and sleep.
- 490 **I want to walk as a child of the light.** Coming out of the darkness of addiction, the author sings an unabashed love song to God, as she understand God, in Jesus
- 508 **Breathe on me, breath of God.** Recognizing feelings of apathy and impurity, and uneasy about death, the author asks humbly for God to breathe the Holy Spirit upon him.
- 537 **Christ for the World we sing:** The World to Christ we bring! This bold hymn celebrates our spiritual awakening, and our call to carry others in the world to God.
- 554 **Tis the Gift to be simple.** The lyrical k.i.s.s. to all of our grandiosity as we admit the exact nature of our wrongs. The more complicated we got the less we could "by turning, turning come round right."
- 593 **Lord, make us Servants of Your Peace.** In the paradox of opposites, St. Francis wonderfully expands the boundaries of our inventories: "Dying, we live." "May we not look for love's return, but seek to love unselfishly."
- 602 **Jesus, Jesus fill us with Your love.** This simple Ghanaian folk song lists friends, neighbors and those far away, whom loving puts us on our knees.
- 645 **The King of Love My Shepherd is.** In this beautiful paraphrase of Psalm 23, God as the Good Shepherd has led many into the arms of God as they understood God.
- 649 **O Jesus, joy of loving hearts.** St. Bernard's lovely prayer builds image upon image of our Lord, enlarging our spiritual awakening.

Recovery Ministries Logo

