**Jesus, Addiction, and Recovery**

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**Opening Prayer**

**Introductions and Stories**

Container setting

* What is needed to be safe?

My story

Others’ Introductions

**Jesus Came to Heal Us**

“I came that you may have life and have it abundantly.”

* John 10:10

“And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.”

* Mark 6:56

We join in that ministry of healing.

Letter from Carl Jung – *(sent to read before the class)*

Alcohol and other substances/activities of addiction serve to fill the hole inside of us and provide the union we desire with God…they just do a really bad job.

*Group Discussion:*

* *Self-Assessment - https://www.aa.org/self-assessment*
* *What are some of our rather less than overly healthy coping mechanisms?*
* *What are some ways we seek to fulfill that longing for connection with God and people?*

**About Addiction**

Everything you know about addiction iswrong – *(seen before the class)* [*https://www.youtube.com/watch?v=PY9DcIMGxMs*](https://www.youtube.com/watch?v=PY9DcIMGxMs)

* Affliction of Body, Mind, and Spirit
* Not all addiction is the same…look for the similarities
  + *Group discussion: Who is an addict?*
* *Consider three hypothetical people with differing degrees of drinking*
* *Table discussion on which need recovery and abstinence*
* Some have severe physical addiction from the start
* For some, it’s not so bad that you’d notice
* For all, it is progressive
* The substance of addiction is really a symptom of the other problems
  + The physical addiction cannot be cured – once addicted to the substance/behavior, the addiction is going to remain
  + Some seem born with it.
  + Some gain it over time.
  + With the physical addiction go the mental and spiritual maladies
* Why the addict drinks, uses, etc.
  + Resentment, fear, self-pity, self-seeking, dishonesty, self-will, anger, worry, shame, depression, difficulty fitting in, agitation that all does not go as desired, solace-seeking, etc.
  + For some, you fix these things, and they’ll never become an addict.
  + For others, they’ll be an addict regardless, but fixing these things allows recovery and sobriety.
* Abstaining from the substance of addiction allows work on the mental and spiritual maladies – healing
* Strength not possessed by the addict, reliance on a higher power, is needed to keep sober from the substance of addiction and to keep sober in mind and spirit (living the 12 Steps)

*Table discussion:*

* *How does the above mesh with the TED Talk, “Everything You Know About Addiction is Wrong”?*
* *Any changes to thoughts on the previous Table Discussion about which need recovery and abstinence*

**Recovery**

* Addressing this for you and for your parishioners
* Many kinds – not all are 12 step recovery
* I’m addressing 12 step recovery
  + A spiritual program of recovery – not religious
    - Any and all faiths (or non-faiths)
    - The higher power can be many things
    - Many develop faith in a God through working and living the steps
  + Briefly about the 12 steps

1. We admit we are powerless over others, over our sins, over our addictions, over our past traumas; that our lives have become unmanageable.
2. Come to believe that a Power greater than ourselves can restore us to sanity, to peace, to healing, to love, and to wholeheartedness.
3. Decide to turn our will and our lives over to the care of God as we understand God.
4. Make a searching and fearless moral inventory of ourselves.
5. Admit to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Are entirely ready to have God remove all these defects of character.
7. Humbly ask God to remove our shortcomings.
8. Make a list of all persons we have harmed and become willing to make amends to them all.
9. Make direct amends to such people wherever possible, except when to do so will injure them or others.
10. Continue to take personal inventory and when we are wrong, promptly admit it.
11. Seek through prayer and meditation to improve our conscious contact with God as we understand 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 try to carry this message to others, and to practice these principles in all our relationships.

**Expectations and Requirements of Clergy**

Clergy Manual:

<https://28f7fb3fa1a43717a53b-cb342165bfeaa4f2927aec8e5d7de41f.ssl.cf2.rackcdn.com/uploaded/c/0e14037728_1649187179_clergy-manual-april-2022.pdf>

**Section 2: Clergy Addiction and Recovery**

**Section 9 – Addiction and Gambling Policy**

**Section 10 – Alcohol Policy**

Clergy and Recovery – good advocates with Bishops

Wellness and Care team with diocese.

**Jesus, Recovery, and the Church**

* The value of recovering addicts in your congregations
* 12 Steps follow well the way of Jesus
* Recovery Sunday:
  + Good for folks in recovery in your congregations to know you are with and or them (even if you don’t know they are in recovery.
    - They may let you know they are in recovery and that they would like to be a resource or contact for others in the parish if they need recovery help
  + Good for folks who are addicted and not in recovery – helps open a door to recovery in a place they already belong
    - May start a conversation for one needing recovery (I think I may have a problem…)
  + Good for folks who aren’t addicted and aren’t in recovery – destigmatizes recovery and addiction, helps with compassion, lessens fear, and opens eyes to what may be going on in their families or with their friends (or what may happen in years to come)
* The Church and Addiction – Hosting Recovery groups in the church is a very small part of what we are talking about.
  + Recovery Sunday - <https://www.epicenter.org/recovery-sunday-resources/>
  + Celebrating recovery anniversaries with other birthdays and anniversaries
  + Feast of Sam Shoemaker
  + Talk about addiction and recovery in your sermons
  + Have material about recovery freely available in your church
  + Clergy and lay leadership modeling of appropriate behavior
  + “Diet Coke Is Not Enough” - <https://erinjeanwarde.com/2021/06/07/ejws-mocktail-favorites/>
* Parishioners and Recovery – how to be of service

**Resources**

Symptoms of alcohol disorder - <https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-Symptoms-Of-Alcohol-Use-Disorder.aspx>

Self-Assessment - https://www.aa.org/self-assessment

Neuroscience of Addiction: <http://sm.stanford.edu/archive/stanmed/2012spring/article5.html>

<https://ajp.psychiatryonline.org/doi/epub/10.1176/appi.ajp.2018.17101174>

Approaches to Recovery:

Substance Abuse and Mental Health Services Helpline: <https://www.samhsa.gov/find-help/national-helpline>

[CelebrateRecovery.com](http://celebraterecovery.com/) – A Christ-centered 12-step program

[Lifering.org](http://lifering.org/) – Secular, peer support, abstinence

[SMARTrecovery.org](http://smartrecovery.org/) – “science based, self-empowered addiction recovery”

[WomenforSobriety.org](http://womenforsobriety.org/) – non-profit abstinence based program for women

[SOSSobriety.org](http://sossobriety.org/) (Secular Organizations for Sobriety) – secular/humanist program for recovery

<https://www.aa.org/> - Alcoholics Anonymous

Learning to Forget: <https://www.youtube.com/watch?v=t7Dsg1ZObFo>

Thomas Keating on Divine Therapy and Addiction <https://www.youtube.com/watch?v=Gq1m0kGQtic&t=1475s>

<https://buddyc.org/> - Taoist approach to recovery

**2 - Expectations of Clergy**

**Expectations of All Clergy**

Clergy Addiction and Recovery

Clergy who experience chemical abuse or dependency are responsible for their own recovery. The Diocese of Texas will provide resources for assessment, recovery, and support, [www.epicenter.org/wc-recoveryresources/](http://www.epicenter.org/wc-recoveryresources/). Addiction is a progressive condition; it will not get better or go away without treatment. Therefore, clergy who think they may have an addiction issue are strongly urged to seek diocesan guidance and support through the Bishop for Pastoral Care ([jfisher@epicenter.org)](mailto:jfisher@epicenter.org) or the Canon for Wellness and Pastoral Care ([lburns@epicenter.org](mailto:lburns@epicenter.org)).

Reports of clergy intoxication at parish/school activities are taken very seriously and will be addressed pastorally through exploratory questioning about chemical abuse or dependency and consideration of a formal chemical dependency assessment from a credentialed chemical dependency treatment specialist. Should addiction be diagnosed, rigorous pursuit of recovery is expected by--and will be supported by—the diocese. Unaddressed, untreated addiction imperils parish communities, as well as clergy families and is unacceptable.

A clergyperson dealing with addiction of any kind, who might wish to be considered for transition or employment, will be assessed after a recovery period in the range of two to five years, depending on the following: motivation to obtain assessment and treatment, response to treatment of not less than two years, achievement of sobriety or cessation of the addictive behavior, and a record of relapse prevention.

**9 - Addiction and Gambling Policies**

**Addiction Policy**

The Diocese of Texas will follow the outlined guidelines for clergypersons who experience chemical abuse or dependency:

* Exploratory questioning about chemical abuse or dependency;
* Consideration of a formal chemical dependency assessment from a credentialed chemical dependency treatment specialist;
* For consideration for employment, the person will be assessed after a period in the range of two to five years, depending on the following:
  + motivation to obtain assessment and treatment
  + response to treatment of not less than two years of sobriety
  + achievement of sobriety
  + record of relapse prevention

**Gambling Policy**

Gambling is defined as participation in any game or activity where money or objects of value may be won by chance.

Gambling must not be a regular or frequent part of the activities of any congregation, school, or diocesan institution. Occasional special events or fundraisers that include bingo or a raffle are permissible, provided the value of any prize does not exceed the $600 IRS reporting threshold.

This policy applies to any event or activity of a diocesan institution, congregation, or church-related entity such as a school, youth group, outreach ministry, and the like, regardless of the location of the event or activity.

All congregations, diocesan institutions, schools, and church-related entities must comply with this policy if any form of gambling is permitted at all.

**10 - Alcohol Policy**

The Episcopal Church and the Episcopal Diocese of Texas acknowledge the dangers of alcohol abuse, the seriousness of the illness of addiction as a disrupter of family, economic, and social life, and the need to exercise a healing ministry and offer support to victims of addiction and to their families. Although the responsibility for drinking alcohol always rests with the individual, the Diocese intends by this policy to create an atmosphere where alcohol is not normalized as essential to celebrations, where people who do not drink alcohol feel fully welcomed into the community, and where leadership is encouraged to address the abuse of alcohol when it occurs.

It is the responsibility of the vestry or bishop’s committee of each congregation and the board of each school or other diocesan organization to develop, adopt, and publicize a policy in accordance with these guidelines for the use or prohibition of alcoholic beverages. The Recovery Commission of the Diocese of Texas and the diocesan office of Wellness and Care can serve as resources in implementing this policy.

**Use of Alcoholic Beverages in Institutions of the Diocese of Texas**

Unless otherwise provided, the following guidelines do not apply to the serving of wine at the Eucharist.

* + 1. The institutions of the Diocese of Texas must provide a safe and welcoming environment for all people, including people in recovery.
    2. All applicable federal, state, and local laws must be obeyed, including those governing the serving of alcoholic beverages to minors and those forbidding the sale of alcoholic beverages without an appropriate license.
    3. Some congregations, schools, or other diocesan organizations may decide not to serve alcohol at events or gatherings. Others may decide to permit a limited use of alcoholic beverages at sponsored events. Both can be appropriate if approached mindfully.
    4. When alcohol is served, it must be monitored and those showing signs of intoxication should not be served. Whenever alcohol is served, head of congregation, school, or other diocesan organization must appoint an adult to oversee its serving. That adult must not drink alcoholic beverages during the time of his or her execution of his or her responsibilities. If hard liquor is served, a certified server is required.
    5. Serving alcoholic beverages at events where minors are present is strongly discouraged. If minors are present, alcohol must be served at a separate station that is monitored at all times to prevent underage drinking.
    6. Alcoholic and non-alcoholic beverages must be clearly labeled as such. Food prepared with alcohol does not need to be labeled provided the alcohol is completely evaporated by the cooking process (although it is recommended that the use of alcohol in cooking be noted on a label even in such cases).
    7. Whenever alcohol is served, appealing non-alcoholic alternatives must always be offered with equal prominence and accessibility.
    8. The serving of alcoholic beverages at sponsored events should not be publicized as an attraction of the event, e.g. “wine and cheese reception,” “cocktail party,” or “beer and wine tasting.”
    9. Ministries inside or outside of congregations, schools, or other diocesan organizations will make certain that alcohol consumption is not the focus of the ministry and that drinking alcohol is not an exclusively normative activity.
    10. Food must be served when alcohol is present.
    11. In congregations, the groups or organizations sponsoring the activity or event at which alcoholic beverages are served must have permission from the head of congregation or from the vestry or bishop’s committee. 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 be impaired. Consulting with liability insurance carriers is advised.
    12. Recognizing the effects of alcohol as a mood-altering drug, alcoholic beverages shall not be served when the business of the Church is being conducted.
    13. Clergy shall consecrate an appropriate amount of wine when celebrating the Eucharist and perform ablutions in a way that does not foster or model misuse.
    14. We encourage clergy to acknowledge the efficacy of receiving the sacrament in one kind.
    15. It is expected that the leadership of each congregation will be aware of local resources and programs that can provide assistance to persons struggling with addiction and to their families.