

We provide an interconnected Recovery Ministry approach which we find is the best way to attain long term sobriety. We find that this helps individuals succeed and for families to experience healing.

1. **The Life Recovery Bible, The Upper Room, The Serenity Prayer (full version), and The 12-Steps of Alcoholics Anonymous.** We fully embrace the 12-Steps of Alcoholics Anonymous and encourage those in recovery to join and be active in traditional AA, Al-Anon, and/or NA group. The 12-Steps of AA were taken from the Oxford Group which was a Christian organization founded by the American Christian missionary, Frank Buchman. Before there was AA literature the written material used by AA was The Upper Room, The Bible, and The 12-Steps. These are the same materials we use in our Recovery Ministry. We also encourage use of the full version Reinhold Niebuhr's, Serenity Prayer.
2. **12-Step Bible Study.** This is held for one hour each week. Each month one of the 12-Steps is the topic (January – Step 1, February – Step 2, etc.). Also, each week a Bible passage is chosen to go along with the Step. We provide *Life Recovery Bibles* for the group and for any member that would like one to take home. Each meeting begins with the same format: The leader reads the Step, three members each read through the Bible passage one time, and then the Step is read again. The leader comments on why the particular passage was chosen. A short teaching is given on the background of the Bible passage. The group is then encouraged to discuss the Bible passage, the Step, and what is happening in their life. This group is open to everyone. Meets **Monday evenings at 7:00 pm.**
3. **Traditional 12-Step Groups.** We host AA, NA, and Al-anon. (AA meets **Friday nights at 7:30 pm**, Al-Anon meets **Wednesday nights at 7:30 pm** and **Friday nights at 7:30 pm**, NA meets **Sunday nights at 7:30 pm** and each Sunday night, Faith Community Church provides free childcare from 7:30 pm – 9:00 pm).
4. **Recovering Moms Helping Moms.** “Recovering Moms” is a non-judgmental group where moms in recovery can support each other by sharing their struggles, experience, and knowledge. This is a solution-based group sharing and offering local resource connections. Participants do not need to be part of any other group. The philosophy of this group is, “When mothers recover – children recover, and when children recover – the community recovers”! Meets **Monday mornings at 10:00 am** and Faith Community Church provides free childcare.
5. **12-Step Spiritual Direction.** This is offered by a pastor of Faith Community Church for anyone who is in recovery or a family member of an alcoholic or addict. Individual sessions are weekly for approximately 30-40 minutes. This Spiritual Direction is not intended to take the place of a 12-Step sponsor or professional counselor. Referrals for counseling are made when necessary.
6. **12-Step Counseling.** There is a licensed counselor available at Faith Community Church. Referrals are typically made through one of the pastors. Counseling is held at the church. Billing is done through individual's private insurance.

## **The Serenity Prayer** **by Reinhold Niebuhr**

*God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.*

*Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as He did, this sinful world  
as it is, not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him  
forever in the next. Amen.*

### ***Resources we recommend:***

1. *The Life Recovery Bible* (New Living Translation, Tyndale)
2. *The Twelve Steps for Christians*, updated edition (RPI Publishing, Inc)
3. *Breathing Under Water: Spirituality and the 12-Steps* (Richard Rohr: Franciscan Media)
4. *Addiction and Grace: Love and Spirituality in the Healing of Addictions*, revised edition (Gerald G. May: HarperOne Publishing)
5. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* (Melody Beattie: Hazelden)
6. *Alcoholics Anonymous*, 4th Edition (A.A. World Services, Inc.)