

Vicar Michelle Knight
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on small groups and workshops that Michelle
facilitates.

Pastoral Care: Addiction & Spirituality

SPIRITUAL ACCOMPANIMENT

Lead worship with liturgy designed for those in recovery, and for those affected by alcoholism/addiction, on a regular basis. Host ecumenical Prayer Around the Cross services. Provide pastoral care and spiritual direction as part of the collaborated healing ministry of Body, Mind and Spirit.

CREATING SAFE SPACE

Create a space in your building, and within your faith community that allows others to honestly explore matters of faith, discover their own spirituality and ultimately make the decision to turn their will and life over to the care of God, as they understand God (Step 3*). Safe space also means walking with those who's thoughts of God differ from yours. Pastoral care and spiritual accompaniment are vital to the success of recovery.

HOST MEETINGS

Contact the local AA, NA and Al-Anon district office and invite them to hold meetings in your building.

OFFER SMALL GROUPS

Facilitate Big Book* readings, Daily Reflections* discussion, Faith Talk, Bible study times and loss & grief support groups.



HOW
SPIRITUALITY
PLAYS A ROLE
IN YOUR
RECOVERY

It is in the DNA of the Christian faith to reach out to a troubled world in the same manner in which Jesus did: Not afraid to include troubled and hurting souls in our fellowship, and not afraid to touch them physically and spiritually. (Hope Over Addiction)

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all.

Many recovery programs and 12-step programs believe that recovery starts when you admit that you need help from something greater than yourself. There are many forms of spiritual expression. Allow the individual to express their spirituality in their own words and imagery. Be sensitive to possible hurt from previous church or religious experiences.

RESOURCES:

BOOKS: Addiction & Grace Love and Spirituality in the Healing Process by Gerald G. May M.D.

Breathing Under Water Spirituality and the Twelve Steps by Richard Rohr

Everything Belongs The Gift of Contemplative Prayer by Richard Rohr

Prayer by Joyce Rupp

Coffeehouse Contemplative Spiritual Direction for the Everyday by Jeffrey A. Nelson

Recovery—The Sacred Art: The Twelve Steps as Spiritual Practice (The Art of Spiritual Living) by Rabbi Rami Shapiro

The 9 Arts of Spiritual Conversations by Mary Shaller & John Crilly

Alcoholics Anonymous Big Book by Anonymous

ONLINE:

Fellowship of Recovering Lutheran Clergy <https://www.Frlc.org>

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

12 Step.org <https://12step.org/>

Narcotics Anonymous meetings: <https://www.na.org/meetingsearch/>

Hope Over Addiction: <https://hopeoveraddiction.net/>

Adult Children of Alcoholics: <https://www.adultchildren.org>

Al-Anon Family Groups: <https://www.al-anon.alateen.org/>

Codependents Anonymous: <https://www.coda.org>

National Institute on Alcohol Abuse and Alcoholism: <https://www.niaaa.nih.gov/>

ELCA RESOURCES:

Living Lutheran Mercy and addiction by Wendy Healy 3/11/18 <https://www.livinglutheran.org/2018/05/mercy-and-addiction/>

Living Lutheran Recovery and the church by Alysa Offman 2/15/17 <https://www.livinglutheran.org/2017/02/recovery-and-the-church/>

Resurrection and Addiction: A New Paradigm by Rev. Carl Malin 5/01/03 <https://www.elca.org/JLE/Articles/870>