

# in RECOVERY

Fall, 2014

This is, hopefully, a randomly scheduled newsletter to the pastors and interested lay leaders of the California/Nevada Conference of the United Methodist Church. Its purpose is to help pastors and others in the Conference be aware of the issues and concerns regarding addiction and recovery, for themselves for their congregations. It is hoped that this production from CA/NV Conference Addiction/Recovery/Health Coordinator will provide direction, interest and information for your work with folks who might come to you needing recovery information and help. The information will come from the CA/NV Conference website under the tab of Addiction/Recovery. Other times the content will be gleaned from other sources such as the Methodist News Service, the Global Board of Church and Society (GBCS) or the Global Board Global Ministries (GBGM) and the United Methodist Special Programs Substance Abuse and Related Violence (SPSARV). And still other sources might include stories from you or your congregations. Please feel free to keep your identity anonymous if that is your preference.

## September is Recovery Month

For many individuals, spirituality and faith are necessary to achieving and maintaining recovery and emotional stability. Therefore, faith leaders are essential community partners in inspiring and assisting people with issues of mental and/or substance use. **National Recovery Month (Recovery Month)** increases awareness of behavioral health conditions. This celebration promotes the message that behavioral health is essential to health, prevention

works, treatment is effective, and people **do** recover.

The 25<sup>th</sup> annual **Recovery Month** theme, "**Join the Voices for Recovery: Speak Up, Reach Out**," encourages people to openly discuss mental and substance use disorders and the reality of recovery. It aims to foster public understanding and acceptance of behavioral health conditions, such as



depression, anxiety, or addictions, including ways that faith leaders

can speak up in their communities and reach out to offer support.

At the CA/NV Annual Conference this past June, the Conference resolved that each congregation promote Recovery Month by including the following activities that can assist pastors and congregations with addiction/recovery and prevention activities:

- Bulletin inserts\*,
- Pulpit announcements and programs\*,
- Bulletins on Congregation web sites, Facebook pages and Twitter accounts and other social media sites,
- Bulletins on bulletin boards\*,
- Church publications and newsletters,
- Sermons, pulpit programs, and homilies,
- Identifying community activities and events that support and publicize Recovery Month\*.

\*these resources are located on the Conference website

From the resolution Congregations are asked to promote Recovery Month

activities in their own local communities with a focus on prevention. The CA/NV Conference encourages congregations to use the existing Conference structures as well as local clergy and community associations to promote the enforcement of local laws relating to the posting of advertisements, sales and use of alcohol and other drugs including the use of nicotine, by youth and young adults. Congregational ministries are urged to continue to focus on Recovery Month activities within their communities that will prevent young people from using and abusing alcohol and other drugs and will help our youth develop into strong, caring, dedicated future church and community leaders. And, Rosie Bachand, the CA/NV Addiction/Recovery/Health Coordinator is available to consult with Clergy and Lay Leaders interested in developing or improving prevention and recovery ministries.

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### **Recovery Dialogue Is Valuable for Pastors**

#### **Mary Beth Coudal (SPSARV)**

Eleven people joined a one-hour conference call on Tuesday, August 12 to discuss their church ministry and recovery. More than a dozen additional people had hoped to join the call, but due to timing conflicts, looked forward to connecting in future calls.

"It was a great start. It was enriching and enlightening to hear about the efforts for recovery from all the callers and pastors," said Dave. Facilitated by Susan, a pastor in recovery, the online video-conferencing created a safe place for sharing. Some of the topics discussed included? How do I preach about my addiction or alcoholism? In what ways does my church offer recovery or prevention ministries?

Participants joined the call from across the U.S. United Methodist connection, including Texas, California, Ohio, Iowa,

North Dakota, and "I enjoyed the fellowship and got a lot of information and help," Rosie said. "There was one woman who was running a center for women addicts and alcoholics like the one I had and I was big time excited about that. The first meeting seemed to be one of getting to know each other."

Participants talked about their various positions in the church conference coordinator, substance abuse counselor, or local pastor. Their years of experience ranged from very little time to more than 30 years in 12 Step Fellowships.

The SPSARV team is already at work, considering the next possibility for an online meeting. We welcome ideas from pastors and people with recovery experience in the United Methodist Church to participate and contribute to the conversation.

Tell us how we can help you resource each another. **We support you!**

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### **Resources for Your Use**

- ❖ **Join "Young People in Recovery" on Facebook**
- ❖ **#recoveryworks**
- ❖ **Sobernation.com**
- ❖ ***Voices for Recovery***
- ❖ ***Pastors in Recovery* conference calls**
- ❖ **CA-NV Conference resources**
  - ❖ **[www.cnumc.org](http://www.cnumc.org)**
  - **Ministries**

### **Conference Addiction/Recovery Coordinator/Newsletter**

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