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# The ABC's of Recovery

Ask for aid, Build better boundaries, Carry on crucial conversations

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July 16 & 17, 2011

## **A: Ask**

"No problem can be solved by the same consciousness that caused it in the first place."  
Albert Einstein

"The problem isn't sinning, nearly as much as our unwillingness to admit that we have sinned, or at least as Jesus does, to engage honestly with darkness and our capacity for evil. To put it simply, it was not accidental or unimportant that Jesus was 'tempted.' Those who pretend to be above it all are the ones to worry about." Richard Rohr, p. 167, *Things Hidden*

### **Ask what? Ask for help.**

*By grace you notice, nothing to do with good deeds, or grace would not be grace at all. Romans 11:6*

### **Why can't I just "do it" on my own?**

*It is by grace that you are saved, through faith, not by anything of your own, but by a pure gift from God, and not by anything you have achieved. Nobody can claim the credit. You are God's work of art. Ephesians 2:8*

**Our sin is beyond our capacity to manage...God is both willing and able,  
but we must ASK**

*Happy are those servants whom the master finds awake. I tell you he will put on an apron, sit them down at the table and wait on them. Luke 12:37*

*Yahweh, Yahweh, a God of tenderness and compassion, slow to anger, rich in kindness, and abounding in faithfulness. For the thousandth generation, Yahweh maintains his kindness, forgiving all our faults, transgressions and sins." Exodus 34:6-7*

**Pitfalls, Dead Ends, and root sins** – primary emotional compulsion holding the false hope of life significance, but in reality create loneliness, absurdity, and emptiness; separate us from God, self, and others; and prevent us from reaching the goal of our lives, which should be reconciliation with God, ourselves, and others

1. **Hypersensitivity** – anger versus cheerful tranquility (patience)
2. **Flattery** – pride versus humility
3. **Superficiality/Vanity** – deceit versus truthfulness/honesty
4. **Melancholy/Depression** – envy versus consistency or balance
5. **Emotional stinginess** – avarice/greed versus objectivity
6. **Cowardice/recklessness** – fear and anxiety versus courage
7. **Scheming** – gluttony versus courage
8. **Revenge** – shamelessness/lust versus genuine joy, innocence

**Lethargy/comfort – laziness versus action**



## RECOVERY

IT'S A GOD THING

Welcome to NorthStar Community

Call us 804 677 7825 or 800 908 2377

Email us [Info@NorthStarCommunity.com](mailto:Info@NorthStarCommunity.com)

Write us 2531 Buford Road, Richmond, VA 23235

Visit us [www.NorthStarCommunity.com](http://www.NorthStarCommunity.com)

### Christ-centered 12 Steps

**Step 1** We admitted that we were powerless over our dependencies - that our life had become unmanageable.

**Step 2** We came to believe that a power greater than ourselves could restore us to sanity.

**Step 3** We made a decision to turn our life and will over to the care of God.

**Step 4** We made a searching and fearless moral inventory of ourselves.

**Step 5** We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Step 6** We were entirely ready to have God remove all these defects of character.

**Step 7** We humbly asked him to remove our shortcomings.

**Step 8** We made a list of all persons we had harmed and became willing to make amends to them all.

**Step 9** We made direct amends to such people wherever possible, except when to do so would injure them or others.

**Step 10** We continued to take personal inventory, and when we were wrong, promptly admitted it.

**Step 11** We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of his will for us and the power to carry it out.

**Step 12** Having had a spiritual awakening, we tried to carry this message to others and to practice these principles in all our affairs.

### Go to Facebook



and



The NorthStar  
Community page!

## SERVICES AND GROUPS

### SUNDAY MORNINGS at NORTHSTAR AT BON AIR BAPTIST CHURCH (BABC) *Child care available*

*(Summer schedule JUNE 12 – SEPT 18 then back to Bon Air Elementary)*

9:30 a.m. Women's group in room 339 at BABC

9:30 a.m. Men's group in EINSTEIN'S STONY POINT

11:00 a.m. **Message** by Teresa McBean in The Commons

### SATURDAY NIGHTS at NORTHSTAR at BABC *Child care available (infants through 5<sup>th</sup> grade)*

5:00 - 6:00 p.m. Women's Addiction Recovery rm 342

6:30 - 7:30 p.m. **Message** by Teresa McBean

7:30 - 8:30 p.m. Spirituality & Recovery Men's group gathers in The Commons then moves to room 341

### MONDAY SPIRITUALITY & RECOVERY GROUP

Men's Sexual Addiction - Call 804 512 2625 for details

### TUESDAYS & THURSDAYS AA at BABC *No child care*

Noon - 1:00 p.m. AA Meetings in rm 348

### WEDNESDAY SPIRITUALITY & RECOVERY GROUPS at BABC *Child care available*

6:15 - 7:30 p.m. Men's group in rm 302

6:15 - 7:30 p.m. Women's group in rm 342