

# FAMILY SUPPORT

The Problem and Solution



## **We meet every Thursday night...**

6:00 p.m. Food & Fellowship

7:00 p.m. Worship Celebration

8:15 p.m. Open Share Groups

Classes

9:15 p.m. Coffeehouse

First United Methodist Church

212 3rd Street N

St. Petersburg, FL 33701

**727-894-4661**

*[www.crspete.com](http://www.crspete.com)*

This group will offer a community of Christian faith that understands your fears, anxieties, and feelings of helplessness as you watch a son, daughter, grandson or granddaughter struggle with a powerful, cunning and baffling disease of addiction or mental illness. We will offer each other encouragement, strength and hope as we learn to discern God's will not only for our lives but for our interactions with the people we love. We will help each other remember that the one we love has a God and a Savior and "it is not me". We will remind each other that God has a greater capacity to love those that we love and that God has no "grandchildren".

I can't, God can, I think I'll let Him. (First three steps)

## **Serenity Prayer:**

God grant me the **serenity** to accept the things I cannot change, the **courage** to change the things I can and the **wisdom** to know the difference. **Living one day at a time**, enjoying one moment at a time, **accepting hardship as a pathway to peace**. Taking, as Jesus did, this **sinful world as it is, not as I would have it**, trusting that **You will make all things right, if I surrender** to Your will, so that I may be **reasonably happy** in this life, and **supremely happy with You forever in the next**. Amen.

**Three C's:** I didn't Cause this, I can't Control it and I can't Cure it.

## **Do's and Don'ts**     *(Adapted from Al-Anon Literature)*

**Do:**     Forgive  
            Be honest with yourself  
            Be humble  
            Take it easy – tension is harmful  
            Play – find recreation and hobbies  
            Keep on trying whenever you fail  
            Learn the facts about alcoholism (and other addictions)  
            Attend group meetings regularly  
            Pray

**Don't:** Be self-righteous  
            Try to dominate, nag, scold and complain  
            Lose your temper  
            Try to push anyone but yourself  
            Keep bringing up the past  
            Keep checking up on the alcoholic  
            Wallow in self –pity  
            Make threats you don't intend to carry out  
            Be over-protective  
            Be a doormat

***WE CHOSE TO ACCEPT JESUS CHRIST!***

## The 8 Principles

**Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.**

(Step 1)

**"Happy are those who know they are spiritually poor."** (Matthew 5:3)

**Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.** (Step 2)

**"Happy are those who mourn for they shall be comforted."** (Matthew 5:4)

**Consciously choose to commit all my life and will to Christ's care and control.** (Step 3)

**"Happy are the meek."** (Matthew 5:5)

**Openly examine and confess my faults to myself, to God, and to someone I trust.** (Steps 4, 5)

**"Happy are the pure in heart."** (Matthew 5:8)

**Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.** (Steps 6,7)

**"Happy are those whose greatest desire is to do what God Requires."** (Matthew 5:6)

**Evaluate all my relationships; offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others.** (Steps 8, 9)

**"Happy are the merciful." "Happy are the peacemakers."** (Matthew 5:7, 5:9)

**Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life, and to gain the power to follow His will.** (Steps 10, 11)

**Yield myself to God to be used to bring this Good News to others, both by my example and by my words.**

**"Happy are those who are persecuted because they do what God requires."** (Matthew 5:10)

Hagar and Ish'mael (Genesis 16:1-16 & 21:1-21) When Hagar surrendered herself and her child in the desert, God heard the cries of the child. "Fear not; for God has heard the voice of the lad where he is. Arise, lift up the lad, and hold him fast with your hand; for I will make him a great nation. Then God opened her eyes, and she saw a well of water." When we surrender, accepting our powerlessness, and turn our will and our lives over to the care of God, we are empowered through the most powerful source in the universe. Do "the next right thing" and then put God in the results department.

When fear and an obsessive feeling of urgency try to command your life, ask yourself, "Am I feeding my fears or my faith? What can I do right now to feed my faith?"

Put the oxygen mask on yourself before trying to assist another. "Love thy neighbor as thy self".

"When we long for life without...difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure." Peter Marshall

"If you hold a cat by the tail you learn things you cannot learn any other way." Mark Twain

## **Small Group Guidelines**

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group

## **Accountability Team Phone Numbers**

Sponsor: \_\_\_\_\_

Accountability Partners:

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