At the recently concluded NAD Health Summit, the new Journey to Wholeness guides were showcased. These materials were developed by Jackie Bishop and Shelley Weaver. This issue of Journey to Life contains a letter from Jackie’s heart about the Journey to Wholeness guides. She planned to attend the NAD Health Summit in order to orient the attendees on the use of the materials. Unfortunately, a major snowstorm interfered with her plans, so she shared her heart in this letter. I believe that you will be touched by her testimony and commitment to recovery.

Journey to Wholeness (JTW) is a Christ-centered Twelve Step Recovery program. Each of the four guides covers three of the twelve steps. The subtitle “A Life Travel Guide” implies that each of us is indeed on a journey to a wholeness that can only be completed when we have such a deep personal experience of Jesus that his perfect plan for us will be fulfilled. “For God is working in you, giving you the desire and the power to do what pleases him” (Philippians 2:13).

Each of the twelve steps is covered each day for four weeks. Each week focuses on four elements: 1) Map-Gazing and Compass Reading – A Peek at the Journey Ahead (an introduction to the step to be studied); 2) Travel Log – A Look at the Book (biblical teaching related to the step); 3) Archeological Tour – Dig & Discover (examination of our beliefs and issues to see how they might be limiting God and hindering our own growth); and 4) Wish You Were Here – Putting Ourselves in the Postcard Picture (the intentional moving forward by faith in the direction of God’s leading). A faithful daily use of the guides will take travelers 48 weeks, a good beginning to a journey of recovery. Weekly meetings using this format can take much longer depending on the needs of the group.

There is also a Facilitator’s Guide that describes a facilitator as “A Compassionate Travel Companion.” It gives a detailed “Job Description” for a facilitator; instructions on how to set up, prepare for, and conduct Journey to Wholeness meetings; and a guide for conducting a meeting based on each day’s material.

These materials are wonderful resources that should be used far and wide in the Seventh-Day Adventist Church. They can be obtained on the Adventist Recovery Ministry website www.adventistrecovery.org. Traveling this journey with Jesus makes a difficult trip enjoyable!
Focus on the Recovery Process

The Healing Value of the 12 STEPS

The Journey to RECOVERY begins with the first step we take!

Step 1 — “We admitted we were powerless over dependencies — that our lives had become unmanageable.”

Upcoming Events

On May 7 – 10, the Institute for the Prevention of Addiction is hosting its 2012 annual addiction training event titled “Families and Addiction: Codependency, Enabling and Treatment.” Experts in the field of addiction are presenting the latest technology in the treatment of the family addictive process. To register for this event, contact Alina Baltazar at baltazar@andrews.edu

12 STEPS to Recovery – STEP 1

The key to recovery is a profound understanding that I am at my wits end. The term used is “Hitting Bottom”. The problem we have is - who wants to admit complete defeat? Practically no one, of course. We have practiced the self will approach for so long and failed so often that we must accept defeat to gain the victory. The folks in recovery programs have through experience and sharing (James 5:16) learned many lessons. One is that if you try and you fail enough times you can finally not try anymore. The first step, however, needs to be accomplished in order to build on the Rock not shifting sand.

The Honesty that there is a problem that needs to be addressed is the key to working step 1. Proverbs 23:29-35 can be related to any dysfunctional dependency, not just alcohol or drugs. You see the same pattern of behavior continuing over and over as it says in verse 35 “They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again.” Denial keeps us from identifying the problem which is our self will. You see it’s a selfish thing that has to be admitted and that is: I want what I want when I want it and that is NOW! It is hard to accept this sort of thing about myself, however, if I don’t, the benefit of step 1 may be missed.

Paul in 2 Corinthians 12:7-10 accepted the fact that he had a problem (the thorn) and He asked for help out of weakness and got the answer in verse 9 “And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.” My thorn may be alcoholism and someone else may have pornography or drug addiction as their personal thorn but it will always come back to that Self-centered nature as the root of the problem.

The way to be willing to honestly accept the problem with all of its devastating results, is to see the unmanageability that is taking place in my life. Paul explains it perfectly in Romans 7, he shows the powerless condition he is in and how evil can dominate when he is acting out his self reliance. I want to do right but just don’t seem to be able to do it. Remember what the Lord said to him about the thorn? What do I need to do to overcome? Admit I am powerless over my thorn - that my life has become unmanageable. The areas of unmanageability in each of our lives caused by dependencies are in our relationship with God and others, work related issues, financial issues etc. One of the ways that God helps us is to provide His grace and lead us to people who have practiced step 1 and are on the recovery journey. His will is that He wants us to have everlasting life and He has proved it by sending His Son our Savior in a completely surrendered condition to redeem us. Praise God!

Frank Sanchez
Southern Union Coordinator
Adventist Recovery Ministries
gailileo1@yahoo.com

Journey to Life | Mar / Apr 2012 | Adventist Health Ministries | North American Division
A Word from the JTW Author

Dear Fellow Travelers,

I’m so sorry not to be there with all of you. Getting to spend time talking about recovery and its impact on so many lives as well as share a new resource with you would have been so special.

The materials that many of you may already hold in your hands have literally been in the making for 25+ years. By now, no doubt you have heard of their beginnings and roots founded by Hal Gates and the Regeneration Ministry. It has been a great privilege to join together with Adventist Recovery Ministries and help create a brand new tool.

This past November I celebrated my 10th year in 12 step recovery, a personal journey that began in 2001, at The Bridge, with Carol and Paul Cannon. I am an adult child of an addict, the wife, mother, sister and granddaughter of an alcoholic. I am a text book crazy co-dependent, who actively tried for 43 years to ‘fix’ the ones I love. The 12 steps literally saved me, blessed my life and my home, and provided me with an amazing picture of my Savior. The tools of the program provided me with the ‘how-to’ guide to depend on a God, so big, so powerful and so capable of doing for my family, what I could never do for them. Practicing the principals of this program has given me peace, a confidence in God’s timing, His ability and His perfect plan. It has also given me a growing understanding of the power of prayer, grace and unconditional acceptance.

As I attend Alanon, AA and NA meetings, I am overwhelmed with the miracles that I hear each week, within a group of shared experience, strength and hope. With each meeting I am more and more convinced that this is what ‘church’ was in early Acts, and it is what Jesus wants it to be today. A place where we all understand that we are sinners, in this together, holding hands, supporting each other as we claim God’s power over all the things that hold us captive.

So often our church families are at a place where we frantically struggle to hide our addictions, dysfunctions, pain or detours, out of a fear that we’ll be shunned, judged or ostracized. Journey To Wholeness was born out of a desire to raise the level of awareness within our church families, so begin to see and embrace the frailties that we all carry....we are all sinners, wounded, hurting, falling far short of God’s original intention. We are all sinners in need of a Savior....we are all in this together.

As we created Journey To Wholeness, we prayed that churches would use it to provide safe and grace-filled places where folks could be real, could grow, could join hands together in accepting others, while pointing each other to a God who is big enough to save anyone, from anything.

Jesus demonstrated so beautifully what happens when folks are first accepted and then loved and then shown a ‘better way’. Why do we need a recovery ministry? Because we all struggle with things that distract us from complete dependence on Jesus. What will Journey To Wholeness do to contribute to a church’s intentional approach to

continued on page 4
Director's Message

Pastor Dan Forbes, along with his congregation at Emmanuel SDA church, is forming a core group that will, through Adventist Recovery Ministries, help folks in their community.

Pastor Dan scheduled the January 21, 2012 Awareness Day and it was well attended. The Sabbath school lesson for the week was tailored to the Biblical principles of recovery, and Frank Sanchez (Southern Union Coordinator) led the class. The interaction of all who attended was great and the Holy Spirit was in charge for the entire event.

Mr. Sanchez gave the sermon and presented the afternoon seminar on what ARMin is, a review of the Biblical Principles of Recovery and how to get a core group started and active. Evie S. and Betty Campbell, who are members of ARMin attended and shared powerful testimonies during the afternoon session. The interest was there and one person was able to attend the Health Summit ARMin classes. We are praying that the group there will be a light to the community and an ongoing testimony for Jesus.

Building a recovery ministry? Journey To Wholeness is a one year curriculum, designed to help each participant begin to understand how events, family dynamics and personal weaknesses play a part in the addictions, struggles and pain they daily experience. The curriculum follows the 12 step model combined with scripture to identify personal struggles and tangible ways to learn to rely on God’s power rather than our own.

How does it work? When everyone in a recovery group commits to focusing on their own issues and their own need of God’s power, they serve as loving, listening support for each other, a perfect environment for God’s Holy Spirit to do the work of conversion, conversion and empowering change.

So, what if our churches became a place where anyone, with any type of addiction, whether it be alcohol, drugs, sex, pornography, food, work, religion, relationships, etc... could come, be welcomed and invited into a circle of discipleship? What if we began to see ourselves as all in the same desperate need of a Savior, what if we went back to our churches with an understanding that it’s not my job to take this tool and make it into another “program”....but what if our perspective began to change......and just for today, we have only one goal: providing a safe place where Jesus can be lifted up and draw folks closer to Him?

I believe that such a perspective shift could be the greatest evangelistic approach we could ever imagine. My prayer for Journey to Wholeness is that it could become just one of many, many ways, that Church leaders look honestly at their own personal distractions and then plan lovingly toward meeting the needs of hurting individuals and families all around them.

I know that God will bless and equip each individual, to help each participant begin to understand how events, family dynamics and personal weaknesses play a part in the addictions, struggles and pain they daily experience. The curriculum follows the 12 step model combined with scripture to identify personal struggles and tangible ways to learn to rely on God’s power rather than our own.

The nearly 30 attendees left inspired to initiate or continue to grow the Recovery Ministries in their congregations reaching members or church friends and neighbors who are seeking to live a life free from the habits that hurt. Harold Burden, Complete Health Improvement Program (CHIP) director who briefly attended the seminar, shared his enthusiastic response by stating, “Your premier issue of the Journey To LIFE recovery newsletter is attractive and heartwarming and timely too. My brief exposure to your recovery seminar was most encouraging. This email is a word of thanks to all who contributed to its message and production. Thanks again, with my prayers for an expanding ministry within our church which encourages increasing honesty, openness, and vulnerability among all who embrace the blessed hope of the soon return of our Lord and Savior, Jesus Christ.”

Indeed, the response and feedback we received from people was very positive, and we trust God will continue to grow this ministry. We want to encourage you, YES YOU!, no matter which ministry or gift you have, if you are impressed to become involved, speak with your pastor, or with your school Principal, or dean, and explore how your church or school could sponsor a support group to prevent and facilitate recovery for people of all ages, so we can experience the abundant life God intended for us to live. We are called to Choose Full life, and Tell the World of God’s plan for our complete recovery and restoration. Indeed, “He has shown to us the path of Life” Psalms 16:11.

Jackie Bishop,
Author, Journey to Wholeness

Katia Reinert
Katia Reinert, MSN, CRNP, FNP-BC, PHCNS-BC
NAD Health Ministries Director
Katia.Reinert@nad.adventist.org
www.NADhealthministries.org