
The ABC's of Recovery

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

July 24, 2011

A: Ask

"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*

**Our sin is beyond our capacity to manage...God is both willing and able - but we must
BE ALERT AND ASK FOR AID...**

¹⁻² I'm ready, God, so ready, ready from head to toe.

Ready to sing, ready to raise a God-song:

"Wake, soul! Wake, lute!

Wake up, you sleepyhead sun!"

³⁻⁶ I'm thanking you, GOD, out in the streets,

singing your praises in town and country.

The deeper your love, the higher it goes;

every cloud's a flag to your faithfulness.

Soar high in the skies, O God!

Cover the whole earth with your glory!

And for the sake of the one you love so much,

reach down and help me—answer me!

⁷⁻⁹ That's when God spoke in holy splendor:

"Brimming over with joy,

I make a present of Shechem,

I hand out Succoth Valley as a gift.

Gilead's in my pocket,

to say nothing of Manasseh.

Ephraim's my hard hat, Judah my hammer.

Moab's a scrub bucket—

I mop the floor with Moab, spit on Edom,

rain fireworks all over Philistia."

¹⁰⁻¹¹ Who will take me to the thick of the fight?

Who'll show me the road to Edom?

You aren't giving up on us, are you, God?

refusing to go out with our troops?

¹²⁻¹³ Give us help for the hard task;

human help is worthless.

In God we'll do our very best;

he'll flatten the opposition for good.

Psalm 108, The Message

**PITFALLS & DEAD ENDS & ROOT SINS
ON OTHER SIDE**



RECOVERY

IT'S A GOD THING

Welcome to NorthStar Community

Call us 804 677 7825 or 800 908 2377

Email us Info@NorthStarCommunity.com

Write us 2531 Buford Road, Richmond, VA 23235

Visit us www.NorthStarCommunity.com

Pitfalls and Dead Ends and root sins primary emotional compulsion holding the false hope of life significance, but in reality creating loneliness, absurdity, and emptiness, separating us from God, self, and others, and preventing 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
9. **Lethargy/comfort** – laziness versus action

Thank you Andy and Jill for a great concert!
Thanks to all who attended!



Thanks to all who HELPED!
We couldn't have done it without you!

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 5th 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

www.NorthStarCommunity.com/media



Coming soon Overeaters Group