
The ABC's of Recovery

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

August 13 & 14, 2011

Boundary Basics

Make a Decision – A necessary set point, centering...

¹⁴ "So now: Fear GOD. Worship him in total commitment. Get rid of the gods your ancestors worshiped on the far side of The River (the Euphrates) and in Egypt. You, worship GOD. ¹⁵ "If you decide that it's a bad thing to worship GOD, then choose a god you'd rather serve—and do it today. Choose one of the gods your ancestors worshiped from the country beyond The River, or one of the gods of the Amorites, on whose land you're now living. As for me and my family, we'll worship GOD." ¹⁶ The people answered, "We'd never forsake GOD! Never! We'd never leave GOD to worship other gods. Joshua 24:14-16, *The Message*

Make a Conscious Decision – Stay Alert! – A Boundary of Will

²¹⁻²⁴ But in our time something new has been added. What Moses and the prophets witnessed to all those years has happened. The God-setting-things-right that we read about has become Jesus-setting-things-right for us. And not only for us, but for everyone who believes in him. For there is no difference between us and them in this. Since we've compiled this long and sorry record as sinners (both us and them) and proved that we are utterly incapable of living the glorious lives God wills for us, God did it for us. Out of sheer generosity he put us in right standing with himself. A pure gift. He got us out of the mess we're in and restored us to where he always wanted us to be. And he did it by means of Jesus Christ. Romans 3:21-24, *The Message*

- **The law of scarcity is always a temptation** (see pp.34-36, *The Story of God, The Story of Us*)

"Sin is not just something I do. Sin is social; it always impacts the whole community. It impacts the whole universe...The impact of their actions touched every part of what it means to be human: The prohibition – not to eat from this one tree – is violated. The permission – the provision of land and food, and the gift of free will – is perverted. The vocation – to partner with God in the care of creation – is neglected. Community – with God and each other – is shattered."

A Surrender Into God's Grace and Mercy – for only He can save us from the pitfalls of our faulty thinking

Save from what? Our anger, pride, deceit, envy, greed, fear, gluttony, shamelessness, and laziness.

Save us for what? His capacity to lead us into growth, freedom (grace), hope in God's will, creative union with God, wisdom to know and do God's will, faith (trust in God), acceptance (cooperation with God), mercy (truth), and love – the greatest of all fruit of the Spirit. But it begins with a boundary: I chose my God or god.

I let go of my desire for power and control.
I let go of my desire for affection, esteem, approval and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any situation, condition, person or myself.
I open to you love and presence, God, and your action within.
I consent; I consent; I consent. Amen



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

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.

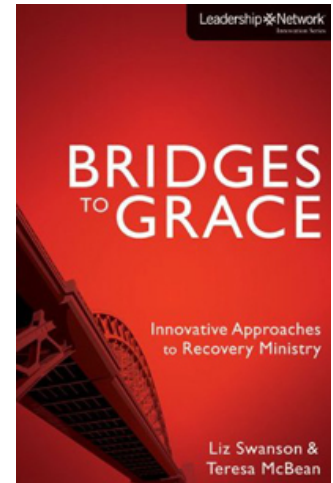
Step 12 Having had a spiritual awakening, we tried to carry this message to others and to practice these principles in all our affairs.

**THIS Friday,
August 19**

Open House
7 - 9 p.m.

**Positive Vibe
Café**

Strafford Hills
Shopping Center



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 School

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 NOT MEETING until FALL

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