



Awareness Window

A newsletter for those in recovery and their families

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Points to Ponder:

Step One—ADMISSION

We admitted we are powerless over alcohol (and other drugs)—that our lives had become unmanageable.

"For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight." Psalm 51:3-4

When we begin to work STEP ONE, we admit our broken state. In this broken state we have reached

1. An honest place where lies cannot live.
2. A calmness so we need no longer hide.
3. An honesty so we can begin to trust.

Although our spirit is crushed, the Lord through his Word assures us, "You are my child. I will never leave you or forsake you."

In our broken state, God will begin our healing, our restoration. Yes, HE is our salvation.

Greg Miller and Mark Laser, in writing about the fundamental principle of recovery and emotional healing, talk about telling "Your Story." That is what Step One really is talking about. Each individual has to personally admit that alcohol or other drug use is a problem and is part of the STORY. No longer will denial be an escape route. Finally, with admission, honesty and peace can grow and a God-pleasing life exist.

Our unmanageable life is manageable with Christ living in us. Our powerlessness now rests in the power that God gives us to lead a clean and decent life. Knowing our faults, confessing our weaknesses, and relying on the promises of God's forgiveness bring us back to the day-by-day life of sobriety.

Prayer: Dear Father, how grateful I am to know your promises to accept, forgive and save me. I admit I am not what I should be, or even what I could be. Thank you for helping me so that I am not what I used to be. Each day supply me with the power to live as your child. In Jesus' name. Amen.

Please share your story or materials you find helpful in your walk of recovery.

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Your Story

If you have ever sat through a recovery Twelve Step meeting, you understand the concept of your story. A good First Step meeting has one or more people telling "My Story."

Recovery and emotional healing can only happen when the individual is willing to tell the personal story. Each person's story is different, although some may be similar to that of others. In his newsletter, Mark Laser outlined the complete steps of revealing your story.

The Christian steps are as follows:

Telling your story is **reporting the facts.**

Embracing your story is **owning the reality of those facts.**

Feeling your story is **connecting the emotions with the facts and events of your story.**

Integrating your story is **realizing the grace of our Lord that speaks to you** and says "[My son, My daughter], be of good cheer, your sins are forgiven."

Reflect on the importance of the word *and*—meaning you are neither good nor bad, but good and bad, sinner and sinless, sick and healthy. Realizing this is part of the honesty and acceptance of self we need for recovery.

As you walk HIS paths in recovery, studying HIS Word, God's grace daily renews your spirit. As you share your recovery with others, your story becomes revealing HIS STORY.



So Do Not Fear

As I was reading an AACC newsletter, an article talked about a book by Jeanette Elisabeth Menter called *You're Not Crazy—You're Codependent*. Following the summary of the book, some Scripture verses were added for us to treasure in regard to codependency. Perhaps you would like to read them and think how they play into your codependent thinking:

- ✓ **Exodus 20:3**
- ✓ **Romans 1:25**
- ✓ **John 8:32**
- ✓ **Matthew 11:28-29**
- ✓ **Isaiah 41:10**

I'd like to share my thoughts about Isaiah 41:10. In facing codependency, the comfort and strength that God promises can be lost. So much is on "my shoulders." Yet here God is giving me FIVE wonderful promises:

- 1. I am with you.**
- 2. I am your God.**
- 3. I will strengthen you.**
- 4. I will help you.**
- 5. I will uphold you.**

Comfort and strength for each day is found in these words. We can be dependent on God.

"You Have Changed Me, Lord"

Sung to the tune of *The Lutheran Hymnal* #390 ("Drawn to the Cross")

Subject: JUSTIFICATION

- 1. The good I seek, I do not do The evil I would shun, I do
I find corruption through and through But You can change me, Lord.*
- 2. Only God's Spirit from within Can heal this helpless heart of sin
And make me wholly new within Yes, You can change me, Lord.*
- 3. This change, I find, is not from me It was my Lord who set me free
My sins were paid on Calvary So You can change me, Lord.*
- 4. With daily sins I struggle on But sin no more my soul has won
Its pow'r by Christ has been undone For You have changed me, Lord.*
- 5. The joy of hea-ven I shall see From all sin's troubles I'll be free
All on account of CHRIST FOR ME Thus You will change me, Lord!*

This hymn text was written by Pastor Bruce Naumann to encourage those who struggle with addictions.

Retreat 2013

The dates for Retreat 2013 are April 26-28, 2013. It will again be held at Monte Alverno Retreat Center in Appleton, WI. The theme will be "I HAVE A LIFE." The theme passage will be John 10:10.

Plans for speakers and activities are in the works. Sandy and Ruth, along with Dave and Steve, are planning our fellowship evening. Watch future Awareness Windows and our website at www.ChristianFamilySolutions.org for further information.



This isn't the prettiest tree in my yard, but it's one I walk by every day, and it has the best story. It came to us as a scrawny runt from a crowded, rejected place at my husband's parents' house.

Would it even live? YES! Now more than three times its adopted height, it gives me a frequent lesson about God's power of life, acceptance, strength in weakness...

And its branches lifted to the sky in praise to Almighty God who is my Friend and Savior, are joined by my raised arms of thanks.

—LLS

In Remembrance

Some of you may remember Jeb from our Retreat 2012. He had written how much he enjoyed the Retreat, especially the honest, open welcome he had experienced. It was his first time joining us at an A&DA retreat. His plan was to come again to experience the quiet and the friendliness. Instead, God's plan was different. Jeb passed away in his apartment in Milwaukee. We especially wish God's comfort to his family of friends at Grace Oasis in Milwaukee. We are glad we had the opportunity to share a brief time with Jeb.

A Bit of Trivia

Do you know that some of our common phrases originated in connection with alcohol use and sales? As I was reading some trivia material, I ran across some phrases that originated in English pubs and ancient Babylon and Rome. Here are just a few.

“Brand name” originated among American distillers, who branded their names/emblems on their kegs before shipping.

“Honeymoon” originally was “honey month” originating in ancient Babylon. This was the name given to the month of free mead (fermented honey beverage) that a father-in-law would give his son-in-law right after the wedding.

“Wet your whistle” found its origin in old England. The ceramic cups in the pub had a whistle baked into the rim or handle of the cup. When a patron’s cup was empty, the whistle was blown to get service.

“Mind your P’s and Q’s” also came from England, where drinks were served in pints and quarts. The bartender in an old English pub would advise unruly customers to mind their pints and quarts.

The word **“toast”** started in ancient Rome, where a piece of toasted bread was dropped into the wine.

A quote attributed to Abraham Lincoln probably summarizes the problems created by alcohol. He stated, **“It has long been recognized that the problems with alcohol relate not to the use of a bad thing, but the abuse of a good thing.”**

A&DA Meetings

	<i>When</i>	<i>Where</i>	<i>Contact</i>
Sunday	7:00 p.m.	St. Paul’s Lutheran*	Onalaska, WI (608) 777-6329
Monday	6:30 p.m. 7:00 p.m.	The Gardens of Hartford Mt. Zion Lutheran	Hartford, WI Missoula, MT (262) 224-0483 (406) 490-9345
Tuesday	7:00 p.m. Call for times	St. Mark’s Lutheran Ascension Lutheran	Watertown, WI Harrisburg, PA (920) 262-8500 (717) 319-5424
Thursday	8:00 p.m.	Bethany Lutheran	Manitowoc, WI (920) 684-9620
Friday	5:30 p.m. 7:00 p.m.	Salem Lutheran (East Side) Mt. Olive Lutheran Church*	Milwaukee, WI Appleton, WI (414) 964-7036 (920) 233-0437
Saturday	8:00 p.m.	St. Peter’s Lutheran	Fond du Lac, WI (920) 921-8075

*also have Al-Anon meetings; call for details