

Resources – Where to go for help

Alcoholics Anonymous
901-726-6750
www.memphis-aa.org

Cocaine Anonymous
310-559-5833
www.ca.org

Gamblers Anonymous
901-438-3695
www.gamblersanonymous.org

Narcotics Anonymous
901-276-5483
www.na-wt.org

Nicotine Anonymous
877-879-6422
www.nicotine-anonymous.org

Overeaters Anonymous
458-5261
www.oa.org

Sex and Love Addicts Anonymous
901-543-0811
http://slla-memphis.org/

Suicide Anonymous
901-383-1924
www.suicideanonymous.net

Help for Families and Friends

Adult Children of Alcoholics Anonymous
562-595-7831
www.adultchildren.org

Al-Anon/Alateen
901-323-0321
www.memphisareaal-anon.org/

Nar-Anon
800-477-6291
www.nar-anon.org

Serenity Prayer

God, grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

-Reinhold Niebuhr

Diocesan Commission Members

To learn more about The Addiction and Recovery Commission of The Episcopal Diocese of West Tennessee or if you or someone you know needs help, call any of the people listed below. If you are willing to be a representative from your parish, please contact one of our members.

Alison Dowd (305-409-1126)
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St. Mary's Episcopal Cathedral

Mary Fortin (901-359-0894)
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Church of the Holy Apostles

Mary Honey, Secretary (901-682-7371)
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Calvary Episcopal Church

(The Rev.) Tom Momberg (301-825-2846)
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Grace-St. Luke's Episcopal Church

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St. Elisabeth's Episcopal Church

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Calvary Episcopal Church

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St. Mary's Episcopal Cathedral

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Calvary Episcopal Church

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Holy Apostles Episcopal Church

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Constance Abbey

Freedom from Addiction ...

A Message of Hope



Addiction and Recovery Ministries



The Episcopal Diocese of West Tennessee

A participating member of
Recovery Ministries of the Episcopal Church

Recovery from What?

- Do you often seem to drink more than you planned?
- Is your use of drugs starting to hurt your life, your relationships or your work?
- Do you want to stop smoking cigarettes, but can't seem to quit?
- Do you find yourself constantly borrowing money or spending more than you can afford?
- Do you repeatedly eat too much or too little?
- Are you always worried about loved ones who have any of these compulsive behaviors?
- Do you find that you have a pattern of repeating bad relationships?

Addiction. It's a word with shadowy connotations. A problem of "other" people – not nice Episcopalians. Yet the common dependencies mentioned above are addictions. These are serious problems that affect many people in all walks of life.

Addiction causes great suffering, but its causes and solutions are often misunderstood. Even today, many believe that unhealthy behaviors can and should be controlled and changed by individual will and courage – bolstered perhaps by prayer – but ultimately dependent on self-reliance.

That has not been our experience. As people who are successfully recovering from alcoholism and other addictions, we have found that our new health comes directly from our surrender to God's love and care – and that our repeated efforts to "control" our compulsions were nothing more than misguided attempts to play God ourselves. The experience of many professions – both medical and clerical – confirms the effectiveness of this approach.

Episcopalians and Recovery

Because a spiritual solution is often their best hope, persons in recovery have an urgent need to develop and maintain a close relationship with a higher power of their understanding. Twelve step programs, like Alcoholics Anonymous support them to expand their spiritual life, and some also benefit from a new or renewed connection with a faith community.

Episcopalians enjoy a source of spiritual nurture and expression that can be life-saving to many who suffer from addiction. As Christians, we can offer a great deal of spiritual sustenance to many both within and outside our church.

Facts about Alcoholism/Drug Addiction

- An estimated 23.5 million persons aged 12 or older needed treatment for an illicit drug or alcohol abuse problem in 2009.
- The annual cost of alcohol-related crashes totals more than \$44 billion.
- One in ten of us will become chemically dependent in our lifetimes. In areas with high rates of alcohol consumption, that figure is one in eight.
- Less than three percent of those with alcoholism fit the stereotype of "skid row bum." In truth, alcoholics are functioning in every profession, every trade, and every parish.
- Over half of all American adults have a personal family history of problem drinking or alcohol addiction.

Common symptoms of addiction

- Unable to meet responsibilities at home, school or office.
- Continues to use substances or engage in behavior even when it is dangerous.
- The need increases to engage in behavior or use more of a substance to achieve the same effect or feeling.
- Has tried but failed to stop using the substance or end the behavior.

The Church's Position

Since the first Resolution on Alcoholism at the 66th General Convention in 1979, The Episcopal Church has been committed to actively supporting those suffering from addiction, in all its forms, and has worked to raise collective awareness on the national level.

Over the years, the Church has passed resolutions at General Convention calling for the establishment of Diocesan Recovery Commissions, educational programs and improved policies around addiction treatment. The Church has urged Episcopalians to set standards for the use of alcoholic beverages in parishes, including clear labeling of alcoholic and non-alcoholic food and drink, and the presentation of equally attractive non-alcoholic alternatives. At the 78th General Convention in 2016, The Church directed dioceses to work in partnership with Recovery Ministries of the Episcopal Church and others in order to address most effectively prevention, intervention, diversion, education, advocacy, treatment, and recovery and passed the first comprehensive national policy on alcohol and other substances which can be found on the website www.episcopalrecovery.org.

National Recovery Ministries

The Addiction and Recovery Commission of The Episcopal Diocese of West Tennessee has an ongoing partnership with Recovery Ministries of the Episcopal Church, Inc. This national ministry seeks to:

- Help the addicted, and those who love them, connect with spiritual resources and find lasting recovery.
- Witness to Christ's unfailing mercy by welcoming unchurched members of Alcoholics Anonymous and other twelve-step programs into the Episcopal faith community.
- Raise the awareness of bishops, other clergy and lay leaders about the disease of addiction and the redemption and grace found in recovery.
- Strengthen recovering Episcopalians in the work of their recovery, help proclaim the Gospel in the world and carry their recovery into the church.

For more information call toll free 866-306-1542 or visit www.episcopalrecovery.org.

Who We Are

The Addiction and Recovery Commission of The Episcopal Diocese of West Tennessee is comprised of caring men and women who share a concern over the growing problem of addiction. The combined knowledge, experience, and credentials, as well as sensitivity to the importance of the recovery process, makes the commission a valuable diocesan resource.

Our purpose

The purpose of the Addiction and Recovery Commission is to offer the Church as a resource for the education, care and support of people affected by the spiritual despair and disease of addiction.

We believe the Church must be seen as a community of compassion to all those whose health and freedom have been lost through addiction. In the Diocese of West Tennessee, The Addiction and Recovery Commission seeks to help the Church in its ministry to alcoholics and the addicted as well as those whose lives are affected by their disease. The Bishop has commended the work of the Commission to every member of this Diocese. Their goals of information, intervention and support are essential if we are to be responsible stewards of creation in the use of alcohol and compassionate in our efforts to strengthen our addicted brothers and sisters in recovery.