

Addictions and Recovery Ministry: Our Principles in Action

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OUR MISSION

The UU Addictions and Recovery Ministry Team journeys with congregations and religious professionals to educate and support individuals, families, congregations and communities affected by addictions and celebrating recovery.

THE INHERENT WORTH AND DIGNITY OF EVERY PERSON

Challenges Faced

- Stigma
- Shame
- Invisibility

ARM Responses

- Creating visibility in the physical space: informational literature, space on website and social media, materials in library
- Demonstrating inclusion: themed worship, prayer
- Addressing issues specific to youth, creating conversation on own and familial substance use and the variety of addictions (in RE and otherwise)

ACCEPTANCE OF ONE ANOTHER AND ENCOURAGEMENT TO SPIRITUAL GROWTH IN OUR CONGREGATIONS

Challenges Faced

- Stigma
- Insufficient context for encouragement
- Insufficient understanding of how to address substance use concerns and the variety of addictions

ARM Responses

- Expanding pastoral care capacities: trainings for and conversations with ministers and lay pastoral care leaders/teams
- Creating inclusive “first responder” team
- Creating youth “first responder” team or inviting youth onto congregational team

THE RIGHT OF CONSCIENCE AND THE USE OF THE DEMOCRATIC PROCESS IN OUR CONGREGATIONS AND IN SOCIETY AT LARGE

Challenges Faced

- Silence
- Lack of connection
- Substance use, raffles, etc., at congregational events

ARM Responses

- Seeking out those affected by substance use and the variety of addictions for inclusion on board and committees
- Including recovery voices when considering matters such as alcohol use policy or responses to youth substance use

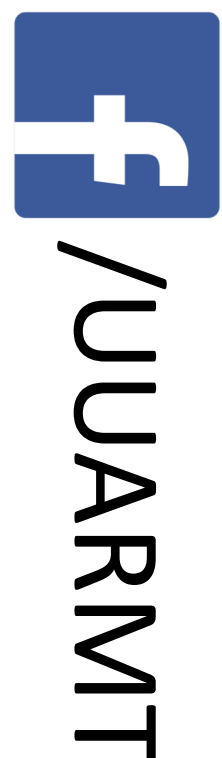
RESPECT FOR THE INTERDEPENDENT WEB OF EXISTENCE OF WHICH WE ARE A PART

Challenges Faced

- Isolation/lack of connection
- Barriers to participating in community

ARM Responses

- Creating ARM or strengthening existing ARM with the goal of including the entire congregation, not just those affected by substance use and the variety of addictions
- Intentionally reaching out to those in or seeking recovery and encouraging involvement in programs, activities and service opportunities that create connection



Have an ARM in your congregation? Let us know!
Booth #516 or uua_amt@gmail.com



CONSIDER: JOUREVING TOWARD SPIRITUAL WHOLENESS BY WORKING TO BUILD A DIVERSE MULTICULTURAL BELOVED COMMUNITY BY OUR ACTIONS THAT ACCOUNTABLY DISMANTLE RACISM AND OTHER OPPRESSIONS IN OURSELVES AND OUR INSTITUTIONS.

Challenges Faced

- Inadequate understanding of who is affected by substance use and the variety of addictions
- Overpolicing of communities of color and differential enforcement and sentencing on drug charges
- Mass incarceration and felon disenfranchisement of people of color

ARM Responses

- Educating ministers, staff and members
- Advocating for recovery community priorities at the legislative and community levels
- Following the lead of people of color in our movement in working to dismantle the system of mass incarceration

JUSTICE, EQUITY AND COMPASSION IN HUMAN RELATIONS

Challenges Faced

- Silence
- Invisibility
- Insufficient context for compassion

ARM Responses

- Eliciting and honoring stories of those affected by substance use and the variety of addictions
- Offering space for recovery meetings: SMART Recovery, LifeRing, Narcotics Anonymous, Alcoholics Anonymous, Al-Anon, Gamblers Anonymous, Overeaters Anonymous (among many others)
- Holding congregational events: speakers/panels, film screenings/discussions, book discussions
- Expanding capacity for addressing youth concerns about substance use and the variety of addictions, including alcohol-free social events and issue-specific mentoring

A FREE AND RESPONSIBLE SEARCH FOR TRUTH AND MEANING

Challenges Faced

- Insufficient understanding of the rich variety of recovery paths and experiences
- Invisibility or insufficient understanding of UUism in the larger, including recovery, community

ARM Responses

- Creating intentional recovery-specific groups: discussion, support, book, covenant
- Amplifying the message beyond our walls: material on newcomers' section of website, advertising in recovery-specific publications and websites, utilizing social media

THE GOAL OF WORLD COMMUNITY WITH PEACE, LIBERTY AND JUSTICE FOR ALL

Challenges Faced

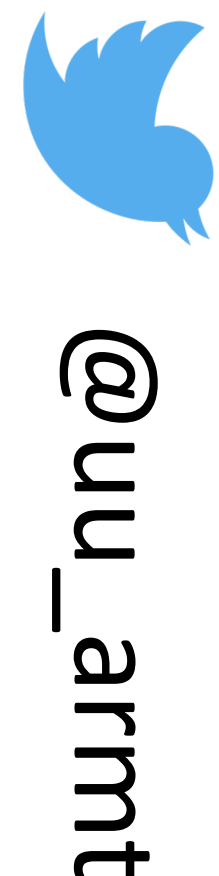
- Nascent and under-resourced recovery advocacy movement
- Barriers to help-seeking in some communities of color, Native communities and immigrant communities

ARM Responses

- Getting informed about the impact of substance use, the variety of addictions and oppressive practices in the US and worldwide
- Celebrating recovery within our movement
- Working with local recovery community organizations (RCOs) on recovery community priorities



ARMT members Rod Richards, Hanje Richards and Therissa Libby



ARMT members Harriet Altman and Barbara Meyers