



“You can’t live on yesterday’s Manna In Search of Recovery”

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Believe – trust God - as we understand a higher power

Belong – clean house - working on our hurts and hunger

Become – help others – giving away what we have received

Grateful Hearts

- Grateful hearts are here
- Restless – Irritable or Discontented
- P. 44 – Find the hidden steps
- 1. information about the problem
- 2. information about the solution
- 3. Decision to live into the solution --

Illness of the body and mind

- Illness of the body – allergic – can't use
- Illness of the mind – can't stop

Body that can't take it –

Mind that can't leave it alone –

Dammed if you do and Damned if you don't

Can't use – Can't quit!!!

Idea of God – on our own we can't change

- P. 55
- I had such self loathing
- Solution was part of me already – I did not see it!
- P. 62 – “Self will run riot”
- P. 64 – “Our addiction was but a symptom”
- Maladaptive relationships with people – places and things!

Spiritual healing – Pneumonia

- Prepare to get well -Steps 1-2-3
- Steps of Action 4-5-6-7-8-9 – “Transform us”
- Sustain and grow the new condition -
Steps 10- 11- 12 –
- P. 85 – “Suddenly and Vaguely”
- Pink Cloud of recovery – I feel great – and I am getting better -

From - Dali Lambda

“When you loose – Don’t
loose the lesson”

Manna

- Spiritually - food miraculously supplied to the Israelites in the wilderness. Ex. 16:14–36.
- Sudden or unexpected help, advantage, or aid to support success.
- Divine or spiritual food provided by God
- Wilderness of slavery into spiritual aid
- MANNA – came everyday – you could not hoard it! Day by Day – You cannot live on yesterday's recovery – MANA!

Why we drink and use

- Our mid brains, where the disease lives, will never change!
- Recovery appears to live in the limbic system of the brain, which is the home of music, poetry, spirituality and love.
- We ultimately stay sober in a ***fellowship*** of men and women who share their experience, strength, and hope in order to stay sober and help other alcoholics and addicts achieve sobriety. That ***fellowship*** of A.A.

What to do about it

- Relapse = “Re- Occurant” brain disease 3 times a winner for me!
- A.A. Chapter 5 best insight offered
- A) That we were alcoholics and addicts and could not manage our own lives.
- B) That probably no human power could have relieved our alcoholism and addiction.
- C) That God could and would if He were sought. (P.60)

Think of 12 steps as Spiritual Medicine

The dose of spirituality that is enough to get us sober isn't high enough to keep us sober as the years go by because the underlying disease of addiction gets stronger, not weaker!

WALL STEPS – RECIPIE FOR RECOVERY

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol and drugs are a subtle foe. We are not cured of alcoholism or addiction. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all our activities.

(p.85)

SPIRITUAL FITNESS

How I begin my day and invite you to do so:

Mine is short –

“Good morning, Jim. You’re in recovery – Pay attention!” Then, once I’m up, I ask God that my motives be divorced from selfish, self-seeking, and dishonest motives, as the Big Book describes on page 86.

Expound of this. – page 86!

My addiction wakes up 10 minutes before I get up and goes to sleep 10 minutes after I fall asleep!!

Prayer and Cussing

“Incompetence”.. *Imperfection*. Pray for the son
– of B...

Rankles some at first hearing, prayer and cussing
have an affinity for each other.

Both forms of discourse address what is out of
control: one with a destructive and the other
with a creative purpose” Both prayer and
cussing flow from frustration!

TURNING IT OVER

We are not GOD!

Early recovery – difference between justifying and rationalizing!

Impulse in early recovery - I would try to “rationalize” my behavior!

As we realize we have a God, rather than we are gods, we get to stop trying to **control** life and simply to **live** life! “Life’s Waiting”

WE ARE NOT GOD

As we realize we have a God, rather than we are gods, we get to stop trying to control life and instead get to simply ***live life!***

WE ARE CHILDREN OF GOD

To stay sober, we accept ourselves as children of God, worthy of dignity, respect, and recovery. We have value because our creator say's so!

Natural Rights:

We hold these truths to be self- evident, that all men and women are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.!

Anonymity

The principle of anonymity reminds me that we are forever, all alike in our need for one another and our need for God and this program.

RESENTMENTS AND ACCEPTANCE

When we resent life and blame God, it is impossible to surrender to the care of God, because we are mad at God for the ways in which the world is unacceptable to us. For good reason the Serenity Prayer is the most popular prayer among recovering people.

SERENTIY PRAYER

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

ACCEPTANCE

Acceptance is the key to all our problems today, and resentment – and the nurturing of our resentments – is the key to making all our problems forever unsolvable.

SURRENDER: LET GO AND LET GOD

When it comes to God, we have a lot of questions. What we don't have is a lot of answers. We don't need answers – we need relationships.

HALLWAY CONVERSATIONS

Once a patient came up to me in the hallway here at Rosecrance and said, “Fr. Jim, I want to understand God.” I blurted out, “Forget it. Understanding is overrated.” He asked what do you mean?” I asked, “Do you like women? He said, Yes, I’m in love with her! Do you understand her? He said, no. “There you are, I said, He got it.

SERVICE

In the book, wishful thinking, Frederick Buechner, wrote:

“The more you get, the more you have. The more you give away in love and service, the more you are.”

SPIRITUAL AWAKENING

How do you know you have had a spiritual awakening! I was once asked!

I reflected for a full minute!

“When you truly love all the alcoholics and all the addicts, including the unpleasant ones who are still drinking and drugging, then you will have had your spiritual awakening.”

If we keep coming back, that love will grow and we will continue to wake up.!!!

Religion

(Re – Ligion)

Church

Law

Catholic – Lutheran – Episcopal –
Christian – Jewish

Judgement – Rules – Shame – Guilt –
Institution

Community – family – big – confusing -

Faith

Hope – unknown – in my guts

Belief – trust – searching – conviction –
confidence – optimism

Spirituality

Relationship – family – open –
openhanded

Breath – life – fun – new – hope – life –
childlike

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Powerlessness

- Power is at best in weakness
- God makes sure that several things will come your way that you cannot manage on your own
- Spirituality, in one sense or another, is about letting go and unlearning

***Came to believe that a Power greater than ourselves
could restore us to sanity.***

Desperate Desiring

- #2 step is necessary longing, delaying, and backsliding that precedes the full blown leap of faith
- God comes to us disguised as our life
- Your heart needs to be broken, and broken open, at least once to have a heart for others

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Sweet Surrender

- Surrender will always feel like dying, and yet it is necessary path to liberation
- What makes so much religion innocuous, is that there has seldom been a concrete 'decision to turn our lives over to the care of God

Made a searching and fearless moral inventory of ourselves.

Light

- Begin some honest 'shadow boxing' which is at the heart of all spiritual awakening
- The goal is.. the struggle itself, and the encounter and wisdom that comes from it
- God uses our own sins in our own favor!

***Admitted to God, to ourselves, and to another human
being the exact nature of our wrongs.***

Accountability is Sustainability

- You cannot heal what you do not acknowledge
- Forgiveness is to let go of our hope for a different or better past
- God does not love us if we change; God loves us so that we can change
- The “unbound” ones are best prepared to unbind the rest of the world

Were entirely ready to have God remove all these defects of character.

What comes first? Chicken or the Egg

- We have to fully acknowledge that God alone can do the ‘removing’
- We must first fully own and admit – but then equally, step back and do nothing about it, as it were, until we are ‘entirely ready’ to let God to the job?
- It seems we must both surrender and take responsibility

Humbly asked Him to remove our shortcomings.

Asking

- We ask not to change God but to change ourselves. We pray to form a living relationship, not to get things done
- Prayer is.. a synergy which creates a result larger than the exchange itself
- Life is a gift, totally given to you without cost – life's waiting

Made a list of all persons we had harmed, and became willing to make amends to them all.

Payback

- It is a self-serving concern to alleviate just our own guilt; it is a loving question to say, 'How can I free others from theirs?'
- All healers are wounded healers

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Skill

- I'm afraid that common sense wisdom, or skillful means, is no longer common sense. We are a culture with many elderly people but not so many elders passing on wisdom
- One often needs time, discernment, and good advice from others before one knows the when, how, who and where to apologize or make amend

Continued to take personal inventory and when we were wrong promptly admitted it.

Overkill

- Most churches gave people the impression they would 'get' the Holy Spirit as a reward for good behavior
- Don't judge, just look can be our motto – and now with the eyes of God
- To be fully conscious would be to love everything on some level and in some way – even our mistakes
- People who know who they are find it the easiest to know who they aren't

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

A different mind

- Prayer and meditation – code for an entirely different way of processing life
- Positive widening of your lens for a better picture

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.

What comes around – goes around

- Energy cannot really be created or destroyed; it is merely converted to different uses
- Good religion keeps God free for people and keeps people free for God
- Awakening just happens, as certain as the dawn, when the two great freedoms meet
- We were made to breathe the air – that always surrounds us, feeds us, and fills us. Some call it God.

**WE ARE ALL
WOUNDED
HEALERS**

- **Be willing to let God change you**
- **Watch your thoughts; they become words**
- **Watch your words; they become actions**
- **Watch your actions; they become habits**
- **Watch your habits; they become character**
- **Watch your character; it becomes your destiny**