

**Pamela J. Duncan,
Minister of Recovery**

- *15 yrs in the recovery community*
- *Solution oriented*
- *Understanding of 12 Step Program*
- *Member of the American Association of Christian Counselors with a focus on Addiction and Recovery*
- *Practical and Affordable*
- *Help in your time of need*



Ministry of Recovery

One of the greatest issues people are facing today is addiction. Statistics show:

- One out of eight Americans has a significant problem with alcohol or drugs.
- 27 million American either use illicit drugs regularly or are “heavy drinkers”. It is estimated that 16 million need immediate treatment.
- The LGBT community is at higher risk.
- Approximately 30% have problems with alcohol.
- 55% of gay men have a substance abuse problem in their lifetime. There is a lack of studies among lesbians but we know the percentage is higher than the general population

That is why Holy Cross MCC is working in partnership to offer hope and healing to those who want to experience freedom from addiction and begin the journey of recovery.

Limited Scope of Recovery Ministry

Ministers of Recovery do not provide professional counseling services but instead serve as lay ministers of Holy Cross Metropolitan Community Church, Inc. They have some measure of training and personal experience in addiction and recovery.



3130 W Fairfield Drive
Pensacola, FL 32505

Are You Tired of
Addiction Ruining
Your Life?

**Break
the
Chain
of
Addiction**



**Take Back
Your Life!**

The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners, and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor.

Luke 4:18-19

Do You Need to Make a Change?



- Is addiction causing problems in your relationships?
- Is your work suffering from your addiction?
- Has your addiction become too costly?
- Are you sneaking around to do it?
- Do you have a problem with God?
- Has your life become unmanageable?
- Is the bartender or drug dealer your best friend?

If you answered yes to any of these questions then you may need to admit that you need a change in your life. Admitting that your life is out of control will allow you to move closer to getting the help you need.

Are You Ready to do it?

Only you can decide if you are ready to make the change. Family and friends can try to force you to do it, but ultimately it's your decision to make. Courts can require it but it only works when you are willing and ready to do it.

If you wake up in the morning and have trouble looking yourself in the mirror then maybe you are ready for help. If you cry now more than laugh then maybe you are ready for help.

If you are tired of losing family and friends because of your addiction then maybe you are ready to get help. If you find yourself alone because your addiction has shut people out then maybe you are ready to make that change.

You Don't Have to do it on Your Own

Resources are available to help you get started and to support you on your journey. In addition to the many 12 Step Groups around there is also a Christian program called "Celebrate Recovery" and a number of churches offer weekly meetings.

The important thing to remember is that on the path to recovery you are not alone. You will find others who want to help you by listening to you, sharing their stories and being there for you.



Begin with a Prayer

Prayer is a free gift—and one that we can give ourselves. No matter where you are on your journey, prayer can help. Even if you do not believe, prayer is still an option for you. Begin to say this prayer at least once a day and you will find that it will help you. It will help you know that you have a problem. It will help you get ready to deal with your problem. It will help you begin to separate out the things you cannot change from the things you can. Prayer changes things!

Prayer for Serenity

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. Living one day at a time, enjoying one moment at a time, accepting hardships as a pathway to peace, taking this sinful world as it is, not as I would have it, trusting that You will make things right if I surrender to Your will so that I may be reasonably happy in this life and supremely happy with You for in the next. Amen.

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