

CATHOLIC IN RECOVERY MEETINGS

IMMACULATE CONCEPTION CATHOLIC CHURCH, PINE CITY MN

HEALING, HOPE & JOY SUPPORT MEETINGS ARE FOR THOSE STRUGGLING OR AFFECTED BY ADDICTIONS, UNHEALTHY RELATIONSHIPS OR ATTACHMENTS.

These meetings are not just for Catholics, but open to all denominations & faiths.

Where: Immaculate Conception Catholic Church, 555 8th St. SW, Pine City MN. in the St Mary's Room

When: Starting Sunday January 7th 2024. All future meetings will be held on Sunday evenings.

Time: 5:00 PM to 6:00PM; Family & Friends Support Meeting. (For those with loved ones that are addicted)
7:00 PM to 8:00PM; Catholic in Recovery Meetings: (For those that have addictions)

Registration: No registration is necessary; you just need to show up and will be welcomed.

Enter: South door (#5) of Immaculate Conception Church by the school.

IF YOU HAVE QUESTIONS PLEASE CONTACT: Deacon Gene Biever 320-223-9065,
Frank 651-779-2923, Mary 320-438-9121 or Mary Kay 320-629-7995

ADDICTION TOUCHES NEARLY EVERYONE

Either directly or through relationship with a loved one. Whereas addiction was previously used mostly in reference to substance abuse and dependency, we now know that it reveals itself in many other ways. Increased access to online pornography, heightened pressure to meet society standards, and fewer personal bonds have left our culture seeking God in all the wrong places. Families, which form the fabric of our nation and Church, have been devastated by these trends. 10% of American adults suffer from alcoholism. 91 Americans die every day from opioid overdose (most common cause of accidental death). 50% of Christian men and 20% of Christian women are addicted to pornography, which has been identified as a leading cause of divorce. Types of addiction are: substance abuse, pornography & sex, relationship attachment, gambling, overeating and other eating-related disorders, technology, codependency, and unhealthy attachment behavior.

THREE OBJECTIVES OF CATHOLIC IN RECOVERY & FAMILY & FRIENDS SUPPORT MEETING ARE:

FAITH: Admitting one's powerlessness and need for a savior/Jesus is a central focus of Catholic in Recovery groups. From this foundation, we lean on our faithful understanding of Jesus Christ as our Higher Power.

FREEDOM: The aim of each Catholic in Recovery Meeting is to provide support to help **free those struggling with addiction and unhealthy attachments.**

FELLOWSHIP: Uniting the body of Christ together allows members to **share experience, strength, and hope** with each other.

ZOOM MEETINGS: immaculate Conception Catholic Church Pine City MN. will not be starting Zoom meeting until March or April 2024. If you would like to join a Zoom meeting you can look at Catholic in Recovery www.catholicinrecovery.com for some Zoom meeting that are being held that you can join.

CATHOLIC IN RECOVER MEETINGS ARE FOR THOSE WHO ARE ADDICTED AND FAMILY & FRIENDS SUPPORT MEETINGS ARE FOR THOSE WHO HAVE LOVED ONES THAT ARE ADDICTED.

Catholic in Recovery and Family and Friends Meetings are a Twelve-Step program, proclaiming Jesus Christ as Savior and Higher Power. These programs were formed out of the need for a Catholic perspective on recovery principles and the Twelve Steps. **Catholic in Recovery meetings are for anyone seeking freedom from unhealthy attachments.** Integrating Twelve Step recovery principles with fellowship, Catholic Scripture, and an emphasis on the Sacraments have afforded many the opportunity to experience freedom from addiction and develop a personal relationship with Jesus Christ. **Family and Friends meetings are for those who have, or had loved ones suffering from** addictions and unhealthy attachments. Family and Friends is also based on Twelve Step principles. **Catholic in Recovery and Family and Friends meetings are open to everyone and all faiths.** The first meeting of Catholic in Recovery and Family and Friends will be Sunday January 7, 2024 at Immaculate Conception Catholic Church, Pine City, MN. Family and Friends will meet Sundays at 5:00pm to 6:00pm in the St. Mary's Room. Catholic in Recovery will meet Sundays from 7:00pm to 8:00pm in the St. Mary's Room. Meetings will be held weekly. **No registration necessary.**

CATHOLIC IN RECOVERY MEETINGS ARE FOR THOSE WHO ARE ADDICTED

Catholic in Recovery Meetings for those who are addicted. They rely on the faithful understanding of Jesus Christ as our Savior and Higher Power, who, aided by the Holy Spirit is accessible to us here and now. The Doctors and Fathers of the Church speak often of attachment. They seem to have nearly unanimously recognized that one of the fundamental obstacles to full communion with God in Christ is the number and strength of our attachments to created things, rather than to the creator. It is probably not an accident, then, why the Twelve Steps have such a Christian and Catholic "feel," that is, why they seem to mimic so closely the prescriptions for the healing of our souls. Addiction and unhealthy attachments such as substance abuse, pornography & sex, relationship attachment, gambling, overeating and other eating-related disorders, technology, codependency, loss of a loved one by addiction, and unhealthy attachment behavior are an attempt to heal the pain of broken relational attachments, and to make ourselves happy. Only a thorough surrender to God, coupled with a thorough examination and spiritual repair of our inner and our relational lives, offers any hope of escape. Catholic in Recovery employs the Twelve Steps, Scripture, and Sacramental understanding of God's mercy to allow addicts to grow and experience freedom, healing, hope and joy. **So, 'come and see' what a Catholic in Recovery meeting can offer you, in your own journey, towards recovery by Healing, Hope & Joy.**

FAMILY & FRIENDS SUPPORT MEETINGS

ARE FOR THOSE WHO HAVE LOVED ONES THAT ARE ADDICTED

The aim of Family and Friends Support meetings is to unite those impacted by the addiction of a loved one. We believe that our loved ones do not suffer alone, but that addiction touches every person in the family. Therefore, we gather to keep each other rooted in faith and personal freedom by uniting fellowship with a Sacramental understanding of God's mercy. As a result, we hope you can find a personal relationship with Christ as you grow in this journey, regardless of where you are today. **Our own personal freedom is dependent upon three guiding principles:** **1. Self-Discovery:** During these meetings, we seek to refrain from venting about our loved ones suffering from addiction. Instead, we turn inward to reflect upon our own behavior, seeking to change the one person we can control - ourselves. **2. Separate but Hopeful:** Our health and happiness are not dependent upon whether or not our loved one is engaging in addictive behavior. **3. Loving Detachment:** Just as the addict may think they can control their use; we suffer from thinking we can control the addict. Loving detachment means we stop trying to control while continuing to love those that are suffering from: substance abuse, pornography & sex, relationship attachment, loss of a loved one by addiction, gambling, overeating and other eating-related disorders, technology, codependency, and unhealthy attachment behavior.