

ADDICTION & FAITH CONFERENCE

A conference for faith communities,
clergy and care givers.

FROM THE WORLD OF CHURCH:

clergy, synod staff, deacons and deaconesses, parish nurses,
youth leaders, addiction awareness teams, congregants,
and the community of people in recovery.

FROM THE WORLD OF ADDICTION TREATMENT:

treatment center staff, healthcare professionals.

September 20, 21, 22, 2019

DoubleTree by Hilton
Bloomington, MN

www.addictionandfaithconference.com

<https://addictionandfaithconference2019.sched.com>

addictionandfaithconference@gmail.com

ACKNOWLEDGMENTS

HOSTED BY

Fellowship of Recovering Lutheran Clergy
Recovery Ministries of the Episcopal Church
Transfiguration Lutheran Church

OUR SPONSORS

Dungan Family
Fairview Health
Allina Health
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Rosecrance
MN Recovery Connection
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Shepherd of the Lake
NuWay
Christian Science

ENDORSED BY

Minneapolis Area Synod of the ELCA
St. Paul Area Synod - ELCA

CONFERENCE PLANNING COMMITTEE MEMBERS Addiction and Faith Team

MEMBERS

Rev. Dr. Ed Treat - director
Joanne Kittridge
Norma Macdonald-Ockwig
Peggy Malinowski
Rev. Melanie Martin-Dent
Linda Meyer
Rev. Arthur Murray
Louise Olson
Rev. Dorothy Sandahl
Rev. Karen Treat
Rev. Beth Walch

OUR EXHIBITORS

- Portico • Bethany Wellness Group • Hazelden Betty Ford Foundation
- Nystrom • Loyola • The Retreat • Traverse • Project Turnabout
- Volunteers of America • Northstar Problem Gambling Alliance
- Spiritual Awakening Journaling • Spirit of Hope Counseling • Faith Partners
 - MN Adult and Teen Challenge • Wayside Recovery Center
 - FRLC • RMEC

ADDICTION & FAITH CONFERENCE 2019

Transfiguration Lutheran Church
11000 France Ave South, Bloomington, MN 55431

www.addictionandfaithconference.com

Welcome

TO THE 2019 ADDICTION AND FAITH CONFERENCE

PURPOSE

With the growing concern over the devastation of all forms of addiction, including the ever-increasing opioid crisis, the Fellowship of Recovering Lutheran Clergy (FRLC) and Recovery Ministries of the Episcopal Church (RMEC) present this conference on addiction and faith to raise awareness of the terrible addiction problem we face and how the church and people of faith can help to address it.

CONFERENCE OBJECTIVES

- Link congregations and congregation leaders with information and resources that can help them fight addiction in their local congregations and communities.
- Discover proven, innovative and creative ways colleagues are successfully ministering to those addicted and their loved ones.
- Improve knowledge of ways to create healing addiction ministries for the benefit of the church, the communities we serve, and humankind.

FELLOWSHIP OF RECOVERING LUTHERAN CLERGY

This conference is hosted by the Fellowship of Recovering Lutheran Clergy (FRLC). FRLC is an anonymous group of Lutheran pastors in recovery seeking to carry the message of recovery. The FRLC recognizes addiction as primary, progressive, predictable, chronic, and terminal. Addiction can be arrested at any stage of its development. Recovery from any and all addiction is a spiritual process. FRLC members bear witness to this truth at every level of Church. All Lutheran clergy struggling with any form of addiction are welcome. For more information see www.FRLC.org

RECOVERY MINISTRIES OF THE EPISCOPAL CHURCH

Recovery Ministries of the Episcopal Church (RMEC) is a membership organization with a mission to minister to those who have lost their health and freedom through the disease of addiction. Recovery Ministries is an independent nationwide network of Episcopal laity and clergy, dioceses and parishes, schools, agencies and other institutions - all with a common commitment to address the use and misuse of alcohol and other drugs in relation to the church's mission.

HELPFUL INFORMATION

ONLINE CONFERENCE APP

Access the conference program on your mobile device here:
<https://addictionandfaithconference2019.sched.com/mobile>

Free Internet service is provided in the Ballroom, the hotel lobby, and in guest rooms. Service is **not** provided during keynote and plenary sessions, nor in any of the Breakout session Vista, Plaza and Atrium rooms. Please put your phones down and listen; phones can be an addiction too.

REGISTRATION TABLE HOURS

You can find help and assistance at the conference registration table in the Grand Ballroom foyer on the 2nd floor.

Friday: 3:00 - 9:00 PM

Saturday: 7:00 AM - 9:00 AM & 4:45 - 6:00 PM

During all breaks Saturday and Sunday.

The conference pastor is Rev. Karen Treat. If you have any pastoral needs, please call Rev. Karen Treat at 763 442 4057.

For emergencies, please contact:

Peggy Malinowski 952 237-1069 or Rev. Arthur Murray 646 479-6788

ACCESSIBILITY ASSISTANCE AND MOTHERS' ROOM

Please stop by the DoubleTree main reservation desk area for assistance with disability parking, elevator access, Mothers' Room access and other needs.

BREAKOUT SESSIONS

Some breakout sessions will be presented twice. Please see session descriptions for details to best select the sessions for you.

PRESENTATION SLIDES AND HANDOUTS

Breakout session handouts and presentation slides are online as session presenters have made them available. They will remain on the conference website after the event for one month. Printed handouts may also be available at each breakout session.

EXHIBITS AND BOOK SALES

Exhibit tables can be found in the back of the Grand Ballroom (center-west) Friday and Saturday. You will have an opportunity to visit with exhibit staff after you check in on Friday until dinner, before Saturday breakfast and during conference breaks.

Books for this conference are provided by Moon Palace Books, an independent bookstore in Minneapolis, Minnesota. Our thanks to them. See your registration materials for a list of available books.

FREE TIME ACTIVITIES

Throughout the conference spiritual practice activities are presented for your enjoyment, but also as examples of recovery ministry that could be offered in your congregation. Please check your conference schedule for times and locations.

Also offered are Spiritual Direction One-on-One Meetings (\$30 fee) and Therapeutic Chair Massage (\$30 fee). Pre-registration is available on line prior to the conference. Check at the registration table for possible options.

CEU CERTIFICATES

General Continuing Education Units (CEU) hours are available for up to 9.75 contact hours. Certificates will be available through Saturday night for 8.5 hours and for 9.75 hours following the final session of the conference. Pick up your certificate following the final Keynote address of the day Saturday and after the final session on Sunday at the registration table.

FRLC & RMEC HOSPITALITY ROOM

Hospitality is provided by the Fellowship of Recovery Lutheran Clergy (FRLC) & Recovery Ministries of the Episcopal Church (RMEC) in Cabana Room 215. Hospitality is offered from 3 to 5 P.M. on Friday and during breaks. Stop in, meet some members, pick up a brochure. Complimentary refreshments will be available. We look forward to meeting you!

PHOTOGRAPHS & VIDEO TAPING

Typically photographs are taken at a conference like this for education and promotional materials. Please be aware that all events in the ballroom are being video taped. However, we are sensitive to the fact there is still too much stigma associated with addiction. We have decided we will not take photographs. We ask that if you take photos, please be aware of others in your pictures and be mindful where you may post them. Thank you.

A NOTE ON WORSHIP

A liturgical recovery worship service with Holy Communion will follow the general session on Friday. An evening devotional worship will be held on Saturday evening. Worship with Holy Communion will be celebrated on Sunday morning at the end of the conference. All services are designed to be inclusive and ecumenical. All are welcome to these services and all are welcome to receive Communion. There will be the option of gluten free wafers and juice for those who prefer.

Notes

KEYNOTE & PLENARY SPEAKERS



REV. DR. BRIAN MCLAREN

SATURDAY: "Addiction, Stories, and Church"

SUNDAY WORKSHOP: "Making Church Services an Asset in Recovery"

Brian D. McLaren is an author, speaker, activist, and public theologian. A former college English teacher and pastor, he is a passionate advocate for "a new kind of Christianity" – just, generous, and working with people of all faiths for the common good. He is an Auburn Senior Fellow and a leader in the Convergence Network, through which he is developing an innovative training/mentoring program for pastors, church planters, and lay leaders called Convergence Leadership Project. He works closely with the Center for Progressive Renewal/Convergence, the Wild Goose Festival and the Fair Food Program's Faith Working Group. His most recent joint project is an illustrated children's book (for all ages) called *Cory and the Seventh Story*.



DR. GEORGE E. VAILLANT

FRIDAY: "The Language of the Heart"

Dr. Vaillant will offer a reformulation of the 12 steps and why together with home group attendance, they lead to lasting sobriety.

Dr. Vaillant is a Professor of Psychiatry at Harvard Medical School and the Department of Psychiatry, Massachusetts General Hospital. Dr. Vaillant has spent his research career charting adult development and the recovery process of schizophrenia, heroin addiction, alcoholism, and personality disorder. He spent 35 years as Director of the Study of Adult Development at the Harvard University Health Service. The study has prospectively charted the lives of 824 men and women for almost 70 years. His published works include *Adaptation to Life, 1977*, *The Wisdom of The Ego, 1993*, *The Natural History of Alcoholism-Revised, 1995*, and *Aging Well, 2002*, *Spiritual Evolution, 2008* and *Triumphs of Experience, 2012*.



KAREN CASEY, PH.D.

Plenary Session #1: "Codependency, Addiction & Spirituality"

Karen Casey has more than 44 years as an active member in AA and AL-Anon. She made a commitment to women and men in recovery from the moment she walked through the doors of a 12-Step meeting in the fall of 1974. Her work as a writer and workshop leader has broadened to include books for people on any spiritual path. *A Course in Miracles* has been an added focus for nearly thirty years.



SAMUEL SIMMONS

Plenary Session #2: "Trauma Across Generations: Addiction and Race"
Including panel Q & A with Dr. Monteic A. Sizer, Samuel Simmons, Rev. Brian Herron & Jamie Monson

Mr. Simmons has over 29-years' experience as an alcohol and drug counselor and behavioral consultant specializing in practical culturally sensitive trauma-informed strategies addressing chemical dependency, interpersonal violence, historical trauma and working with African American males. He has established a working relationship with Minneapolis Health Department, Ramsey County, SAMHSA and other organizations around the state of Minnesota and the country.



THE REV. BISHOP PENROSE HOOVER

Bishop Hoover served as bishop of the Lower Susquehanna Synod of the Evangelical Lutheran Church in America (ELCA). Born in Harrisburg, PA., Hoover received a bachelor of arts degree in 1968 from Gettysburg College, Gettysburg, PA, and a master of divinity degree in 1972 from the Lutheran School of Theology at Chicago (LSTC). He shares his own personal story of hope and personal journey of recovery from addiction and will preach at our closing worship service on Sunday.

BREAKOUT SESSIONS

Equal but Different: “Secret Addictions” in the Faith Community

Brenda J. Iliff, M.A., L.A.D.C., C.A.C., C.M.A.T.

Addiction is addiction. The pain, hopelessness, and despair that people have with alcohol and drugs can also be part of the experience for many with sex, food, money, gambling etc. addictions. The “secret addictions” have triple the stigma and shame in our society and particularly in the faith community. As people and their families suffer in silence, those who have found freedom are fearful to come forward because of the shame. There is hope in recovery from all addictions.

Electronics Addiction HELP! Technology is taking control of our communities!

Mathew Meyers, MA, LMFT & Chris Klippen, MA.

It has become a new developmental task for all of us in the 21st century to establish a safe, healthy and balanced relationship with technology. Parents often describe feeling as though technology is running and ruining their children and family life. Faith leaders are in a unique position of working closely with families to hear the struggles that families are experiencing with this emerging concern. This presentation will assist faith leaders in feeling more confident in knowing when it could be a problem and understanding how to support a family when they are experiencing challenges related to this issue.

Gratitude and Addiction Recovery: Theory, Research, and Practice

Amy R. Krentzman, MSW, PhD

Gratitude is a prevalent theme in 12-Step programs and positive psychologists have begun studying gratitude empirically. Yet there has been little scientific study of gratitude in addiction recovery, until now. Associate Professor Amy Krentzman, PhD, of the University of Minnesota School of Social Work, will present the results of three of her research studies including implications for personal gratitude practices and for counseling others in their use of gratitude.

Aligning Recovery Activities with Values

Amy R. Krentzman, MSW, PhD

Behavioral activation is a cognitive-behavioral therapy which has been shown to reduce depression. Recently, it has been applied to addictions. One aspect of behavioral activation therapy is the identification of important life areas and the expression of one’s values for those areas. From this expression of values, achievable actions are identified which represent feasible steps toward aligning one’s life with what one feels most strongly about. In this workshop, we will identify important life areas and with easy-to-follow prompts, delve into our values for these life areas. Then we will articulate actionable steps toward living these values.

Healing Our Codependency Is Our Pathway to Peace

Karen Casey, Ph.D.

As long as we are in the grip of codependency, we cannot experience the peace we deserve in our life.

Understanding the Grief Process of Addiction-related Death

Gloria Englund, MA

This presentation will utilize video case studies and various handouts mapping the grief process as well as participant reflection groups. The stigma and shame of Substance Use Disorder (SUD) that often keeps clients from seeking support after addiction-related deaths can be lessened through education and understanding the role SUD plays in the grief process.

Family Crisis in the Church Part I

Micheal Borowiak, MSW, LICSW & Emilee Rodriguez, MA, LMFT

Traverse Counseling and Consulting will lead faith leaders, including clergy, ministry directors and lay leaders within congregations to realize the magnitude of the substance abuse problems in our community and help them to understand the impact of substance abuse on families and common patterns that emerge; learn how faith communities can constructively support families who struggle with substance abuse and work preventively to mitigate risk in your community; realize the core competencies for Clergy and other faith leaders in addressing alcohol and drug dependence and the impact of families. Substance use impacts not just an individual but all those that are connected to that individual.

Family Crisis in the Church, Part II (advanced training)

Micheal Borowiak, MSW, LICSW

This session will apply the information presented in Part I. Participants must have participated in Part I (Those who attended Part I at the first Addiction & Faith Conference 2018 could attend part II).

Developing Leaders For Addiction Ministries

Drew Brooks & Rev. Dr. Monteic Sizer

Research has linked religiosity and spirituality to positive prevention, recovery, and behavioral health outcomes, but little theory and practice focuses on faith communities themselves. This interactive workshop describes the Faith Partners model of congregational readiness and capacity-building that moves faith leadership from rare conversations about behavioral health to active involvement in community prevention and recovery support activities. We will highlight the partnership with NEDHSA (a community-based organization) and Faith Partners (a faith-based organization) through the Faith Partnership Initiative to equip the faith community to address behavioral health issues. Participants will receive tools, strategies, and a spiritual basis to initiate an effective ministry in their congregational communities.

Breakout Sessions cont.

The Recovery Ready Church

Deacon Priscilla D. Wodehouse

This workshop will focus on the specific steps parishes and dioceses can take to become a recovery-ready, safe place friends and relatives of the addicted can find help. The 8-10 Steps the Recovery Commission of Western North Carolina identified to begin a thriving recovery program in a church will be presented. The booklet, *Close to Home*, written by this Commission, will be available for reprint with suggestions to adapt statistics necessary for specific local parishes and dioceses.

Recovery Worship

Pastor Tom Scornavacchi, M.Div. & Paul Brunsberg

Paul Brunsberg will discuss separating religion and spirituality in worship, setting the mood, and worship topics appropriate for the recovering community. The Rev. Tom Scornavacchi, a recovery ministry pioneer, will share his experience, strength and hope in building dynamic recovery worship communities.

Tools and Best Practices for Addiction Ministry

Pastor Tom Scornavacchi, M.Div. & Paul Brunsberg

Pastor Scornavacchi will talk about how many addicts and alcoholics who manage to stop using substances and behaviors addictively fail to realize "The Promises" because they cannot, or will not, engage in the spiritual practices that lead to peace and freedom. Faith-based recovery communities can provide a solution. Paul Brunsberg will discuss how to educate adults and youth around the disease concept, treatment, and hope. He will offer appropriate intervention processes for church leaders and how to best identify and use local resources.

Trauma Across Generations: Addiction and Race

Samuel Simmons, Rev. Dr. Brian C. Herron & Jaime L. Monson, MSW, LICSW

This breakout provides a panel conversation and Q&A as a follow-up to the Samuel Simmons plenary.

Beyond Addiction and Trauma: A Healing Journey

Twyla Wilson, LCSW

Our advanced ability to study the brain has revealed much new information to assist persons in their recovery from addiction. Research and clinical experience indicate a high incidence of trauma in the lives of people with addictions. Trauma may precede active addiction, or occur during active addiction. Science has now shown the impact of both addiction and trauma on the brain. This workshop will shed light on why recovery might be a more difficult path for those who have trauma in their history.

ELCA Advocacy, Engaging US Opioid/Drug Policy in Health Care

John B. Johnson

ELCA Advocacy in Washington DC works to promote the Social Policies of the ELCA to Congress and the

Administration by engaging Lutheran advocates around the country for advocacy engagement with policy makers. Advocacy is a vital ministry of the ELCA that works to support or change policy that impacts a wide array of issues at home and abroad including health care, mental illness, and hunger. The intersection of addiction and the opportunity to advocate for better recovery, mental illness, and wellness in healthcare is a way to address the systemic challenges in US healthcare.

PTIONAL ACTIVITIES

These events are presented for your enjoyment, but also as examples of the kinds of ministries and activities that could be done in any congregation and would appeal to those in recovery from addiction.

12-STEP MEETINGS

12-Step meetings have been found to be the most effective means of recovering from addiction.

OPEN MEETING

Open to the public. Anyone is welcome to come and experience a 12-Step Meeting whether you are in recovery or not. Come and just listen or participate. Open meetings are for people recovering from any type of addiction.

DROP-IN MEETING

Attendee are welcome to arrive and depart any time they like.

CLOSED MEETING

For any person anywhere who has or thinks they may have a desire to stop drinking. One need not have attended any meetings previously to attend a 'Closed' meeting.

CLERGY ONLY MEETING

For clergy only.

INTRODUCTION MEETING

The 12 Steps were created by the founders of Alcoholics Anonymous, Bill Wilson (Bill W.) and Dr. Bob Smith (Dr. Bob), in 1938 to establish guidelines for the best way to overcome an addiction to alcohol. The program gained enough success in its early years for other addiction support groups to adapt the steps to their own needs.

AL-ANON MEETING

For people who are worried about someone with a drinking problem. Its purpose is to help families and friends of alcoholics find hope and encouragement to live joyful, serene lives. It is a spiritually based organization that helps the families and friends of alcoholics connect and support each other through meetings, information, and shared experiences and find hope and encouragement to live joyful, serene lives.

Although people commonly turn to Al-Anon for help in stopping another's drinking, the organization recognizes that the friends and families of alcoholics are often traumatized themselves and in need of emotional support and understanding.

CONSULT US CONTACT

SPIRITUAL DRUMMING

Modeled after a 12-Step meeting but with the focus on spirituality, prayer and meditation. The meetings begin with sharing on the topic of spiritual growth and concludes with prayer and meditation through drumming. Come and listen, come and drum. Drumming has proven to have therapeutic effects on the brain.

PRAYING WITH THE BODY

by Saramarie Allenby

Praying with the Body is the psalms come to life. It is a quiet and meditative 11th step practice of prayer and meditation. It begins with a psalm, a reflection, and then gentle yoga poses while the facilitator reads and we consciously breathe. The practice then continues with a guided imagery sit, a contemporary psalm, and closing prayer.

REFUGE RECOVERY

by Saramaria Allenby

A Buddhist approach to healing from addictions of all kinds based in the four noble truths and the eightfold path. It comes from a practice and website www.refugerecovery.com and book by the same name. Through guided meditation, reading from the refuge recovery text, and open reflective sharing the practice invites the healing of suffering that addiction can cause.

DEEP AWAKENING JOURNALING

by Andrea Pavlicek, Melissa Drinkman

This facilitated journaling circle will use prompts and small group discussion to promote a better understanding of self and enhance spiritual wellness. At the end of this spiritual practice, you will experience first-hand the power of journaling as a modality on the path to greater spiritual well-being. An overall spiritually nourishing hour.

NARCAN TRAINING

by Randy Anderson, from Bold North Recovery and Consulting

Everyone should learn how to recognize and reverse an opioid overdose.

- What Naloxone (Narcan) is
- How it works when administered
- How to recognize the signs of an opioid overdose
- When to give naloxone

HEALING ADDICTION, A CHRISTIAN APPROACH

by Maryl Walters

Healing prayer in Christian Science takes the laws (or science) behind Jesus' words and works, and strives to heal as Jesus taught his disciples to do. This workshop discusses:

- Christian Science healing, its Biblical basis
- Examples from those healed of addictions
- The principles behind healing that enable everyone to be a healer like the disciples of Jesus
- Helpful and inspiring ways to join in prayer for a spiritually awakened sense of healing and service, with love for God and our neighbor as ourselves

Gentle yoga is done for the joy of stretching and stillness of mind, not for the calories burned. It describes a style of practice that focuses on stretching and breathing, not feats of strength or extreme flexibility.

INTENTIONAL FLOW GENTLE YOGA

by Alexandra Bane

Gentle yoga is a hidden gem of a yoga style. In general, poses will be held for a short or moderate length. You will work, but at a low-intensity level.

THERAPEUTIC CHAIR MASSAGE

by Gena Lplante

I definitely have my own unique way of massage. I blend Swedish with deep tissue and trigger point therapy so I can get down deep to the underlining issues. I'm definitely a heavier pressure therapist and can get very focused on finding problems. You never need to be afraid to talk during your sessions with me as that is sometimes the best way to help release stress.

(fee - \$30 for 30 minutes)

THERAPEUTIC CHAIR MASSAGE

by Michelle Lason

I like to describe the type of body work I do as focused, thorough, and result-oriented. My goal during each massage session is to make a difference by reducing pain, swelling, improving range of motion and promoting a feeling of overall relaxation and well-being.

(fee - \$30 for 30 minutes)

SPIRITUAL DIRECTION

Provided by Loyola Spirituality Center

Events in our lives may be leading us to deeper reflection on our path forward. How is the Divine present in what is happening? Spiritual direction provides a space to listen to and understand these events. They may feel like inner promptings or yearnings, a sense of being called to something greater, a desire to explore persistent questions. Spiritual direction is a safe and open space. 30-minute sessions. (fee \$30 per session)

A SPECIAL THANK YOU TO The Dungan Family

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Experience the Joy
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