

Saturday 11th May, 2019

A photograph of two hands, palms up, holding a small, bright yellow flower with a dark center. The background is dark and out of focus.

hope
beyond
addiction

teaching.
& training
women

Wentworthville Presbyterian Church. McKern St Wentworthville

PROGRAM

9:00 Singing and welcome
Addiction – what is it? (Penny Wilkinson)
Q and A

10:30 Morning Tea
Hazel Nisbet & Ashlie Stephenson
What can help? (Penny Wilkinson)
Bible Talk (Sylvia Siu)

1:00 Close (Optional lunch)

WOMEN'S MINISTRY FACILITATOR

Anna Moss is currently working as Women's Ministry Facilitator for the PCNSW. Her role is aimed at supporting, resourcing and networking women who are employed in ministry roles throughout the state. This new role in the Presbyterian Church in NSW is for two days a week.

If you wish to financially support Anna in this role please go to
www.womenministry.org.au

Definitions

Abuse v. Dependence

The Doctors Opinion

- Why we can't stop once we start
- Why we can't stop starting

The Addictive Cycle

Who it affects

That WHY question

Overcoming HOW...

tolerating distress – it's about our window of tolerance

The Cycle of Change

A decision leading to action + maintenance

v. relapse

R's of Treatment

Regulation = window of tolerance

- Acceptance = AA
- Awareness = curious
- Acting "as if" Adult = compassionate, courageous, creative, confident, calm

Resourcing

- SEEDS – social interaction, education, exercise, diet, sleep

Resilience – the bounce back factor

- The Resilience Centre at Epping

Relapse – A DECISION to act is NOT action – 3 frogs

Shame

AA History

Penny's Story

Overcomers Outreach

www.overcomersoutreach.net

The Overcomers Place

www.theovercomersplace.com

Supporting others: www.pennywilkinsoncounsellor.com

Psalm 6**To the choirmaster: with stringed instruments; according to The Sheminith. A Psalm of David.**

- O Lord, rebuke me not in your anger,
nor discipline me in your wrath.
- ² Be gracious to me, O Lord, for I am languishing;
heal me, O Lord, for my bones are troubled.
- ³ My soul also is greatly troubled.
But you, O Lord—how long?
- ⁴ Turn, O Lord, deliver my life;
save me for the sake of your steadfast love.
- ⁵ For in death there is no remembrance of you;
in Sheol who will give you praise?
- ⁶ I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.
- ⁷ My eye wastes away because of grief;
it grows weak because of all my foes.
- ⁸ Depart from me, all you workers of evil,
for the Lord has heard the sound of my weeping.
- ⁹ The Lord has heard my plea;
the Lord accepts my prayer.
- ¹⁰ All my enemies shall be ashamed and greatly troubled;
they shall turn back and be put to shame in a moment.

The Big Picture: **Psalm 6**

Context

God (v1-3)

My Shame (4-7)

Jesus (8-10)

PRAYER POINTS

- Thank God for the forgiveness found in Jesus
- Thank God for His faithfulness towards His children
- Thank God for His goodness in knowing that we are unable to save ourselves but we can find salvation in Him
- Pray that everyone here today will be encouraged and challenged from the Bible talk on Psalm 43
- Pray that those struggling with addiction will find hope in Jesus
- Pray that we might all be equipped to help others who are struggling with addiction and that we might point our family & friends to look towards Jesus for hope and grace

RECOMMENDED BOOKS

You Can Change by Tim Chester - this is an encouraging Christian book about what it takes to change - its not specific to addiction but has solid theology

Growing yourself Up by Jenny Brown, the Director of Family Systems Institute - it encourages emotional maturity - which is often associated with addiction issues

The Gift of Being Yourself by David Benner - a book about self discovery, self understanding and knowing God - a beautifully encouraging book for anyone seeking to draw near to God

Addiction and Grace - love and spirituality in the healing of addictions by Gerald G May

Love is a Choice by Dr Robert Hemfelt, Dr Frank Minirth, and Dr Paul Meier - a general book on the impact of addiction and family systems

Co-dependence - healing the human condition by Charles L Whitfield

Contrary to Love by Patrick Carnes

Healing the Wounds of Sexual Addiction by Mark R Laaser - specific to sex addiction

Every Man's Battle by Steve Arterburn and Stoeker, F- specific to sex addiction

Addictions A banquet for the Grave - Finding Hope in the Power of the Gospel. By Edward T Welch

The Life Recovery Devotional by Stephen Arterburn and David Stoop (30 meditations from Scripture for each step in recovery) I got it from Koorong I think.

God has No Rejects by Betty Kelly. It is small and I expect cheap and full of a lot of personal godly experience with addicts in Australia. I think someone gave me this and I have not researched its availability.

You are what you love by James Sire

Unstuck by Tim Lane.

Addiction books - not specifically Christian literature but very helpful in understanding the mind that goes with addiction

Addictive Thinking - understanding self deception by Abraham J Twerski

Stage II Recovery - life beyond addiction by Earnie Larsen

Alcoholics Anonymous' This is available in a little book ('*The Little Big Book*') for \$5 at any Alcoholics Anonymous outlet.

COMING EVENTS

Presbyterian Youth – Winter Camps

June Long Weekend at Stanwell Tops

Our Camps present the Gospel at an age appropriate level, within temporary community, alongside mature Christians. Our Camps provide opportunities for new and strengthened friendships that last a lifetime.

5/6 Camp: for students in Years 5 and 6. Submitting to Jesus as their king.

Juniors: for students in Year 7 to 10. A journey through the book of Judges.

Young Adults: for Year 11 and older. Love: Who we are and who we are made to be. 1 John

There are opportunities to lead on our Camps for adults with leadership experience and a mature Christian faith. Serving on Camps is a wonderful opportunity to share your love for Jesus with youth and young leaders.

For more information go to <http://www.pynsw.org.au> or email camps@pynsw.org.au
Brochures are near the bookstall.

Teaching & Training Women - Seeing Past the Screen

What is a Christian response to technology? Nalini Pather will guide us.

Date: Saturday 19th October 2019

At: Wentworthville Presbyterian Church

Cost: \$20

Contact: Chris Quirk chris_a_q@yahoo.com.au

What is Teaching and Training Women?

In order to build up the body of Christ, we provide opportunities for women in the Sydney region to receive Bible teaching and training in ministry skills from other women.

Teaching and Training Women comes under the supervision of the *Women's Ministry Committee* of the Presbyterian Church of NSW.

“Like” our new **Teaching and Training Women** facebook page to stay updated about all our events.

You may also want to visit our website at: www.womenministry.org.au

For more information, email: teachandtrainwomen@gmail.com