



January 16, 2022

## From the Addiction & Recovery Taskforce: Resolutions and Relapses

Many of us have made New Years resolutions that we have not kept. The idea is good but the follow-through is not there. In a few weeks we are back to the old habits again. We may be disappointed but go on. There is always next year.

For those suffering from the disease of drug addiction, it is not as easy as making a resolution to keep away from the addictive substance. Drug addiction is a chronic disease and like other chronic diseases like asthma or hypertension must be managed for life. The National Institute on Drug Abuse tells us that "Treatment enables people to counteract addiction's disruptive effects on their brain and behavior and regain control of their lives."

But because addiction is a chronic disease, some people will have relapses that will need to be treated. The relapse rate for substance abuse disorder is 40%-60% as compared with 50% to 70% for hypertension and asthma. Relapse can be very dangerous in drug addiction. Relapse does not mean failure; it means more treatment is needed.

### Promote YOUR Church Events

The PSEC Website (psec.org) has a section devoted to the events YOUR church is having. BUT, you have to let us know. To advertise your church event simply go to : psec.org, place your mouse on the tab "Events & News" and then on the subtab "Local Church Events" - another subtab "Submit An Event" will appear. Simply click "Submit an Event" and complete the form and your church event will be publicized on our website for all to see!

## Message from Conference Minister—Covid 19

For almost two years we've been adapting to pandemic challenges. To say the toll on our emotional, spiritual, and congregational health has been high is an understatement. And yet we are not free from the need to be vigilant. The last two weeks have been a time of extraordinary uptick in the prevalence of COVID-19. The prevailing wisdom offered by infectious-disease experts is that the Omicron variant will sweep into and out of our communities fairly quickly. We certainly pray that will be in the case. In the meantime, we strongly recommend that churches return to remote worship and meetings for the next four to six weeks as infections and hospitalizations in PA soar.

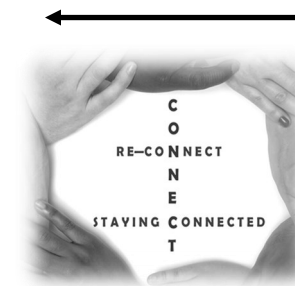
We express love of family, friends and neighbors—and especially health care workers and emergency response professionals--by taking simple, direct action to reduce the spread of illness. We have honed our remote ministry skills over the past year and a half, and now we need to lean into those skills again. Better days ahead. Trust in that and keep the faith.

With Prayers for the Ministry We Share,  
*Pastor Bill*

Rev. William Worley, PSE Conference Minister

\*\* Note

The Conference has changed all meetings and/or trainings that are occurring in January to a Zoom format.



**Connect,  
Reconnect,  
Staying Connected**  
w/ Rev. Cean James

**January 22nd—VIA ZOOM**

Register at: <https://psecconnect0122.eventbrite.com>

**January 29th—This "in person" event has been cancelled to help keep all safe. Please sign up for the event on January 22nd.**