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.

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!