



August 7, 2022

From the Addiction & Recovery Taskforce: Step Eight

We made a list of all persons we had harmed and became willing to make amends to them all.

Our experience tells us that we must become willing to make a list of all persons we had harmed. This step is not easy; it demands a deeper kind of honesty about our relationships with others. This begins the process of forgiveness, and we become ready to understand rather than to be understood.

In preparation of making our list, it is beneficial to define harm. Examples could be defined as physical or mental damage, inflicting pain, suffering, or loss. Addicts have difficulty admitting that they caused harm because we believed that we were victims of our disease. A separation of what was done to us from what we did to others removes our ideas of being a victim.

Working this step helps us to repair the wreckage of our lives. In writing our list, we admit that we hurt others. We honestly examine our wrongdoings and become willing to make amends.

Thoughts and fears of making our amends can be a major roadblock both in writing our list and in becoming willing. Listening to other addicts experience will help us through this process. When our willingness has grown, we are free to begin making our amends and continue to Step Nine.

Global Ministries Hosts Mission Dash!

This August, Global Ministries of the United Church of Christ and Christian Church (Disciples of Christ) is hosting its very first Mission Dash, and you are

invited to join us! Walk, roll, run, jog, advocate, or spiritually sprint wherever you are! You may choose to do the dash with your neighbors, friends, family, church, or on your own. The cost is \$25 per person, and each registrant will receive a collapsible water bottle and magnet.

Throughout the 5K month of August, there will be opportunities to participate in climate justice advocacy actions in solidarity with international partners. Part of the registration fee will also support the work of international partners in their climate justice efforts and additional fundraising opportunities are available.

You are encouraged to do the 5K anytime between August 1 and August 31, 2022.

Make plans to join us today! For information on Mission Dash go to the UCC.org website and search "Mission Dash". The download of information is free.



This will be a hybrid meeting. You will have the option to fully participate online or attend in person. Registration will open late summer.