



August 21, 2022

From the Addiction & Recovery Taskforce: Step Ten

We continued to take personal inventory and when we were wrong promptly admitted it.

This step helps us to stay aware of our defects and frees us from the wreckage of our present. We form a habit of looking at ourselves, our actions, attitudes and relationships regularly.

Today we have a choice not to be trapped by old patterns. This step helps us correct our present problems and prevents recurrence. We take the time to examine our day and what our role may have been in any problems that arose. We admit when we are wrong so that issues are not left to fester.

We ask ourselves several questions about our physical, mental, or spiritual state and whether or not we are being drawn into old patterns. A lot of our problems are due to lack of life experience so we look to others for guidance.

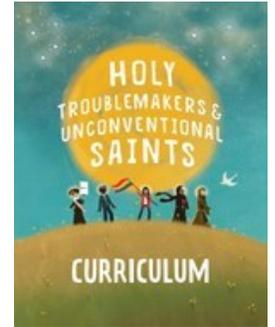
We take the time to examine our actions, reactions, and motives while it is still fresh in our mind. This may be done by writing at the end of each day. This step is preventative against repeating actions that make us feel bad.

It is just as necessary to examine the good times so that when we are hurting, we can use the things that helped us during those times. This step helps us to accept ourselves in the here and now and gives us personal freedom. With a better understanding of who we are, we move on to Step 11.

From the PSEC Racial Justice Initiative Curriculum Recommendation (ages 8-14)

With September quickly approaching, the Racial Justice Team would like to inspire you to consider this richly impactful Sunday School curriculum –

Holy Troublemakers & Unconventional Saints
by Daneen Akers.



This 12-lesson digital companion curriculum are designed for middle-grade children with activity options for younger and older participants. The lessons are designed to introduce children to the concepts of holy troublemaking as modeled by the people profiled in the book, *Holy Troublemakers & Unconventional Saints*, from diverse faiths, who worked for love, compassion, and justice, even when that rocked the religious boat. These lessons ask questions such as: What is holy and good trouble? What is not? What lessons can we learn from those who have gone before on this path? How do we keep our joy and inner peace while working for a world where all can flourish? What might my contribution be?

Some of the thirty-six “Holy Troublemakers” featured in the book range from Rumi, Harriet Tubman, Florence Nightingale to more modern folks like Thich Nhat Hanh, Rachel Held Evans, Brian McLaren, Rev. Wil Gafney and Fred Rogers, just to name a few.

There are three licenses available with corresponding pricing based on the size of your congregation. The lessons are written for either in-person or online, in church settings, or at home. They even offer a free digital version for whom funds are a challenge. The hardcover book, e-book and curriculum are published by Watchfire Media and are available on the following website <https://www.holytroublemakers.com>

The Racial Justice Team will be offering a curriculum tutorial/ training in the near future.

Daneen Akers’ second volume will be out soon and will feature “holy troublemakers” such as Deborah Jian Lee; Mary Magdalene, Sojourner Truth, Winona Laduke, Zhang Xin, and Bishop Yvette Flunder.