

## **With Gratitude**

*Shared in the PSEC eNews email on August 16, 2022*

We would like to thank everyone for taking the time to get a deeper understanding of the Twelve Steps over the past several weeks. Although the Twelve Steps are not the only way to recover, our recovery journey has brought us closer to God and literally saved both of our lives.

Being given the privilege of writing this series, has resulted in revisiting our past experiences while recognizing the growth within. We try our best to live our lives according to the principles we learn about in these steps. God-given principles much like the lessons taught in churches on Sunday. Selfless love, caring for one another, humility, and service to others are the heartbeat of recovery. Many of these programs are held in church buildings. Perhaps your church might consider supporting local recovery programs by offering safe meeting spaces.

If you or someone you know needs help, please contact the Addiction and Recovery Taskforce by visiting our page on the [psec.org](http://psec.org) website and contacting any of the task force members. Additional resources and links are also available.

Again, we thank everyone for this opportunity and are so grateful to be in service within the PSEC of the United Church of Christ!