

Sunday, April 26

Adult Enrichment at 11:10 a.m.: *“Life’s Transitions Await You”*

The death of a loved one, job loss, retirement, divorce, moving to a different home, even graduation are changes in our lives that can lead to bouts of uncertainty, depression and possible over-reliance on mood-altering substances such as food, alcohol or drugs. This educational program will focus on how we can navigate inevitable changes in life and avoid some of the pitfalls.

Youth Programs:

Faith Partners member Kelli Porthan will design programs related to addiction and recovery expressly for House of Hope youth. These programs will begin in the spring of 2009 and will be announced in the Anchor and youth newsletter.

House of Hope Faith Partners Resource List

GENERAL

UNITED WAY FIRST CALL FOR HELP tel: 211
Web: www.211unitedway.org Provides information about and referrals to human services for every day needs and in times of crises

RAMSEY COUNTY CRISIS MANAGEMENT/ ASSISTANCE
tel: (651) 266-7900 Provides mental health/ psychiatric help 24 hours a day, 7 days a week (on-call)

WALK-IN COUNSELING CENTER tel: (612) 870-0565
Web: www.walkin.org Address: 2421 Chicago Avenue Minneapolis, MN 55404

ALCOHOL AND OTHER DRUG RESOURCES

AA INTERGROUP tel: (651) 227-5502
Web: www.aastpaul.org Provides dates, times and places for AA meetings in the area for those who have a desire to stop drinking or using

ALANON and ALATEEN INTERGROUP tel: (651) 771-2208
Web: www.minnesotanorth-al-anon.org Provides dates, times and places for alanon and alateen meetings in the area for families and friends of alcoholics and addicts

SUMMIT HILL AA GROUP and ALANON GROUP meet every Monday evening at 6:00 pm at House of Hope Church

HAZELDEN TREATMENT CENTER tel: 1-800-257-7800
Web: www.hazelden.org Primary care, extended care, outpatient services and youth facilities for treatment of alcohol and drug addiction

FAIRVIEW RECOVERY SERVICES

Web: www.fairview.org and click on Services. Outpatient Chemical Dependency, Gambling & Mental Health Services telephone number (612) 672-2736. Detox, Mental Health Crisis and Inpatient services 612-672-6600. Offers a full range of chemical dependency and mental health programs.

THE RETREAT AT WAYZATA tel: (952) 476-0566

Web: www.theretreat.org Offers an immersion in the 12 Steps of alcoholics anonymous in an ideal setting for reflection and personal recovery

RAMSEY COUNTY DETOX CENTER tel: (651) 266-4009

Web: Ramsey County Chemical Dependency Services
www.co.ramsey.mn.us/hs/mhc/ChemicalDependencyServices.asp
A secure 50-bed facility provides up to 72 hours for detoxification from alcohol or chemicals

MINNESOTA RECOVERY Web: www.minnesotarecovery.info

A directory of resources for recovery from chemical addiction in Minnesota.

EATING DISORDERS RESOURCES

EATING DISORDERS INSTITUTE tel: (952) 993-6200

Web: www.parknicollet.com/edu Provides assessment and inpatient, partial inpatient, outpatient and residential care for treatment of eating disorders.

OVEREATERS ANONYMOUS tel: (612) 377-1600

Web: www overeaters.org Provides dates, times and places of meetings and information regarding this compulsion

GAMBLING RESOURCES

GAMBLERS ANONYMOUS tel: (888) 424-3577

Web: www.gamblersanonymous.org Provides information for treatment and 12-step meetings

SEXUAL BEHAVIOR RESOURCES

COSA tel: (763) 537-6904

Web: www.cosa-recovery.org 12 Step anonymous recovery program for people whose lives have been affected by compulsive sexual behaviors; provides meeting and program information

SEX ADDICTS ANONYMOUS (SSA) tel: (651) 646-1970

Web: www.sexaa.org 12 Step anonymous fellowships supporting recovery from compulsive and addictive sexual behaviors; provides meeting and program information

RECOVERING COUPLES ANONYMOUS (RCA)

tel: (612) 869-3866 Web: www.recovering-couples.org Provides 12 Step fellowship for couples recovering from any addiction


STOP IT NOW! MINNESOTA Helpline - 1-888-PREVENT

Web: www.stopitnow.org business office - (651) 644-8515
A public health campaign to prevent child sexual abuse before a child is harmed and before an adult, youth, or child acts in a sexually inappropriate way towards a child. The Stop It Now! helpline available for individuals and families to call for support and access to resources in a confidential setting.

DEBT RESOURCES

DEBTORS ANONYMOUS tel: (952) 953-8438

Web: <http://www.debtorsanonymous.org> A 12 Step program for those who desire to stop incurring unsecured debt; provides meeting information



House of Hope Faith Partners
2008-2009

A ministry where *faith* and *recovery* combine
to help people affected by addiction

THE HOUSE OF HOPE PRESBYTERIAN CHURCH



HOPE FOR HEALTHY RECOVERY

Five years ago, House of Hope Presbyterian Church started a ministry to address addiction in our midst. Our church decided to move the issue of addiction from the church basement into the church sanctuary.

This ministry is called Faith Partners. House of Hope has joined more than 300 communities of faith around the U.S. who have decided to lift the veil of secrecy around addiction and offer hope for healthy recovery.

Faith Partners was created by The Rush Center of the non-profit Johnson Institute, based in Minnesota.

FAITH AND SUPPORT

Reliable research tells us that at least one in ten Americans suffer from a debilitating addiction such as alcoholism, drug abuse, overeating, gambling, smoking or sexual addiction. Health care providers, insurers, treatment facilities and law enforcement professionals offer daily evidence that the number who suffer is even greater.

People of faith who struggle with addiction – or their families and friends – often seek help from their church, synagogue or mosque.

WHAT YOU TOLD US

In our congregation-wide survey, conducted before Faith Partners was created, we asked members to tell us of their interest in a ministry focused on addiction and recovery. These are the highlights from that survey:

- 78 percent said they were interested in learning more about addiction, recovery and prevention.
- More than 80 percent said they were willing to reach out to those who suffer from the effects of addiction.
- Our members said that many forms of addiction troubled them including alcoholism, drug abuse, food addiction, excessive work and gambling.

EDUCATION, COMPASSION, SAFETY

House of Hope Faith Partners was created to respond to these needs voiced by our own congregation.

Our team is composed of 17 members and volunteers who know what it means to experience the pain caused by addiction in their lives or the lives of their family members and close friends. They also know what it means to experience God's healing grace.

Through the year, Faith Partners provides educational programs for youth and adults, an annual Recovery Sunday service, informative materials in the church library, individual support to addicts and families who are suffering and personal essays on addiction and recovery that appear in the House of Hope *Anchor* publication.

OUR MISSION

The House of Hope Faith Partners Ministry will serve the needs of our congregation and the broader community by addressing addiction in our midst. We will provide educational programs, resource information, outreach and support to people affected by addiction.

As members of the House of Hope Faith Partners team, we will be informed and active, always advocating for compassion, understanding and a safe, open setting in which to serve.

ADDICTION is a destructive relationship with a substance, activity or person.

RECOVERY is a life-long journey and not a quick fix, requiring – with God's help – a strong personal commitment and daily effort.

THE HOUSE OF HOPE FAITH PARTNERS TEAM

Chair: Kris Stenson	Cate Murphy
Dennis Anderson	Mary Cardinal Peterson
Jan Favorite	Carol Pine
Carey Favorite	Kelli Porthan
Debbie Jones	Rev. Darlene Stensby
Susan Koll	Nancy Stephan
Larry Koll	Don Vandenberg
Maren Mahowald	Doug Wakefield
Jean McCahey	

The House of Hope Presbyterian Church
797 Summit Avenue
St. Paul, Minnesota 55105-3392
651-227-6311 www.hohchurch.org



FAITH PARTNERS 2008-2009 PROGRAMS

Rally Sunday, September 7

Learn more about Faith Partners at our Rally Sunday table. Sample our 12 Step cookies!

Recovery Sunday, November 9

8:15 and 10 a.m. Worship

"The Pathway to Peace: Building a Relationship with God, Ourselves and One Another"



Karen Casey will speak at both worship services. She has spoken on spirituality, relationships and personal growth issues for more than 20 years. Ms. Casey is the author of 20 books, all devoted to the enhancement of one's personal and spiritual journey. Her first

book, *Each Day a New Beginning: Daily Meditations for Women* has sold more than 3 million copies. Combined sales of Ms. Casey's books now exceeds 5.5 million copies and her books have been translated and published worldwide. She is a former board member of The Hazelden Foundation.

Ms. Casey will be available for conversation during the 9 a.m. coffee and fellowship time

11:10 a.m. Adult Enrichment: a panel of people helped by Alanon, Alateen and ACOA (Adult Children of Alcoholics) 12-Step programs will share their experience, strength and hope. The panel will be moderated by Nancy Stephan, Faith Partners team member.

Sunday, January 11

Adult Enrichment at 11:10 a.m.: *"Emotions Run Amok"*

This educational program will focus on how feelings of rage, fear, hurt, sorrow and anxiety can overwhelm us and derail our lives. We will examine how otherwise healthy, balanced people can get stuck in self-destructive feelings and how we can cope more effectively.

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