

# NEWSLETTER

info@svvor.org

## Addiction & Spirituality by Vicar Michelle Knight

Vicar Michelle Knight has begun sharing her own story as an alcoholic/addict in recovery illuminating the importance of spirituality in the daily work of sobriety. Her focus of specialized pastoral care is in Addiction Ministry. She feels faith leaders across all denominations and theological backgrounds can make a significant impact on the spiritual health and overall success of an individual's sobriety by participating in a collaborated healing ministry.

**What is Addiction Ministry?** Addiction Ministry includes but is not limited to: providing pastoral and spiritual care to those who are suffering from addiction; raise community awareness of the need for the collaborated care in the areas of Body, Mind and Spirit in the recovery process; providing education and resources to congregations and lay leaders to rid the stigma of alcoholism and addiction; prepare congregations to be places of non-judgment and healing for those who are suffering from addiction and their families.

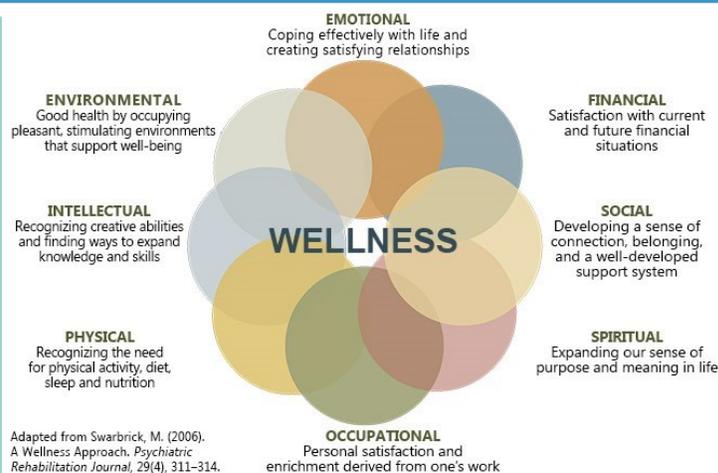
Vicar Michelle provides workshops along with practical tips for clergy and congregations in providing loving, compassionate and non-judgmental spaces for spiritual care and accompaniment for those who suffer from addiction. *"My own transformational process out of crisis has contributed to pastoral formation in which I viscerally understand the need to be in relationship with other human beings, and specifically that no one should be left alone in their suffering."* Even Christ did not suffer alone on the cross (John 19:25-27; Luke 23:48-19; Mark 16:37-41; Matt. 27:46-55 NRSV), *"Vicar Michelle.*

**Spiritual care opens hearts and minds to the life-giving responses to life's stumbling blocks.** Spiritual care involves accompaniment in this time of seeking, in this sacred space of transformation where one's Higher Power is most surely present but the individual in crisis is caught in a fog and unable to discern where the inner, critical voice ends and their Higher Power's healing voice begins.

Vicar Michelle is a third-year student at Wartburg Theological Seminary and is working towards a Master's of Divinity degree seeking ordination as a rostered leader in Word and Sacrament in the Evangelical Lutheran Church in America. She is currently serving St. Paul's Lutheran Church in Warren, IL as their intern pastor.

## RECOVERY 101

### 8 DIMENSIONS OF WELLNESS



#### What is Wellness?

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.

Remember that wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.

What Are the Eight Dimensions of Wellness?

Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life.

Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

#### The Eight Dimensions of Wellness are:

**Emotional**—Coping effectively with life and creating satisfying relationships

**Environmental**—Good health by occupying pleasant, stimulating environments that support well-being

**Financial**—Satisfaction with current and future financial situations

**Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills

**Occupational**—Personal satisfaction and enrichment from one's work

**Physical**—Recognizing the need for physical activity, healthy foods, and sleep

**Social**—Developing a sense of connection, belonging, and a well-developed support system

**Spiritual**—Expanding a sense of purpose and meaning in life

Article adapted from samhsa.org

## LIFESTYLE OVERHAUL

RECONNECT WITH YOURSELF & YOUR COMMUNITY

### Speaker Meeting

If you would like to share your recovery journey at a support meeting please let us know.. all are welcome.

shandra62@gmail.com

### Friday, March 6th

Moonlight Hike at Lowell Park 7pm.

After the hike, join for s'mores at Woodcote. Snowshoes available to check out, or bring your own equipment.

### Saturday March 7th

Game Night

Food, Fun & Fellowship

1st Saturday Monthly

LSSI 1901 1st Avenue,  
Sterling 61081

**(815) 441-0055**

Cooking Classes with Chef Kassy Wells.

Date/Time TBD (more to come)

### Saturday, March 22

Artisan Cheese Making Class and Baby Goats

Gretta's Goats 498 N. Farwell Bridge Rd., Pecatonica, IL 1pm-3pm.

### SVVOR Presents...

St. Patty's Dance Party

Saturday March 14th

7pm-12am

DJ & Karaoke  
Traditional Irish Dinner  
Dessert pot luck \$3 suggested donation.

Open to anyone in recovery, their family and friends, all ages welcome!!

**Immanuel Lutheran Church 1013 Franklin Grove Rd, Dixon, 61021**

info@svvor.org  
(815) 677-7039

## UPCOMING GROUP EVENTS

### Art of Recovery 2nd Sunday March 9th.

Join Artist Michael V. Baker for art sessions at Rock U in Dixon, IL. No pressure to talk recovery but there is always someone who will listen. Meanwhile, allow your creative juices to flow. For more info check out the SVVOR Facebook page or call Michael V. Baker at (815) 440-7198



### Vision, Action, Grace Women's AA Meeting

Every Wed @ Noon - St Lukes Episcopal Church  
209 W Third St. , Dixon - For Info call (815)520-8856

### Manpower Employment Services

#### THIS AREA HIGHLIGHTS WORKFORCE DEVELOPMENT

Training platform provides actively assigned Manpower associates free online access to: Thousands of online courses covering a range of topics from software applications like Word or Excel, to business skills courses on topics such as communication or problem solving, to the most in-demand programming languages like SQL, JAVA and Certification prep courses like project management, human resources, or data management to name a few. Mobile friendly functionality so you can explore and learn on the go. Get started updating existing skills or exploring new ones to develop for future job opportunities today. (815) 288-7800 CALL FOR INFO.

## A VOICE FROM THE RECOVERY COMMUNITY - BY NEIL C.

My recovery journey has been quite the adventure since I first started in 2018. I have learned many great things, but nothing as important as the 8 Dimensions of Wellness. I didn't know how to cope properly with my emotions, I now know how to recognize the root cause of my feelings i.e. why I feel sad or angry. I can properly handle my feelings and communicate better in my personal relationships. Recovery has taught me how to create a stable healthy living environment, I had no prior plan to effectively handle my finances. I have learned money management, overcame my fear and looked at my debts and checked my credit score. I have worked on expanding my intellectual wellness to better enrich my life, I have started writing poetry and reading philosophy once again. I have worked on my occupation wellness to better satisfy my personal life. I volunteered for many different agencies and learned new occupation skills. My physical wellness was poor when I started my recovery journey, I now keep my sleep hygiene in check by keeping a consistent sleep schedule, and I no longer use electronics or caffeine prior to bedtime. I eat a healthier diet that consists of less processed foods and sugary drinks. I have improved my social skills by chairing meetings, working on co-dependency and effective communication skills. I have developed a sense of purpose and meaning in my life, I have been drawn to the principles of eastern philosophy which has helped me with acceptance. Recovery has taught me how to be a better well rounded person, and I am grateful for everything I have learned from all the wonderful people I have met from the recovery community. Finally, I will always remember recovery is a "we" thing and not a "me" thing.