

A Bite of The Casserole #11

4/29/22

What A Deal!

Three for the Price of One

Have I got a Deal for you!! Three fun, learning events for the price of one.

Well, actually, they're all free. "WRAP & Hats" will be at Eastridge Pres 56th & Margo, (a long block north of A Street). The Place for Quarterly Meeting – tell us your preference below.



#1 Quarterly Team Meeting

May 17, 6:30-8:00 p.m. This is a time for learning from other teams and sharing. Use this one question Google poll to tell us your preference for this meeting – Zoom or In Person -

Link: <https://forms.gle/bsTvQpsvFYKRvRa58>

#2 WRAP Training - Wellness Recovery Action Planning

WRAP answers the questions, "What is your self-care plan for handling ordinary stresses and for handling extraordinary stresses? Faith Partners and Region 5 Prevention Systems are sponsoring two **FREE 8-hour training experiences** in **WRAP**. Fridays, May 6 and 20 from 12:30-4:30 or Saturday, May 7 from 8:30-5:00. In person only. I don't have much of a self-care plan myself, so I'm going.

Register Ctrl + Click 2 Friday afternoons

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwhtcab7050f9>

Register Ctrl + Click Saturday All Day:

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwhead5efd4e5>

#3 Hold on to Your Hats – Faith Partners Skill Building Workshop

June 11 – 9-12:30 This will be a fast-paced morning of engaging programs led by a variety of trainers. There will be 17 different programs to sample in 5 sessions. Free hats, prizes and snacks. How can you go wrong? In person only.

Register Ctrl + Click

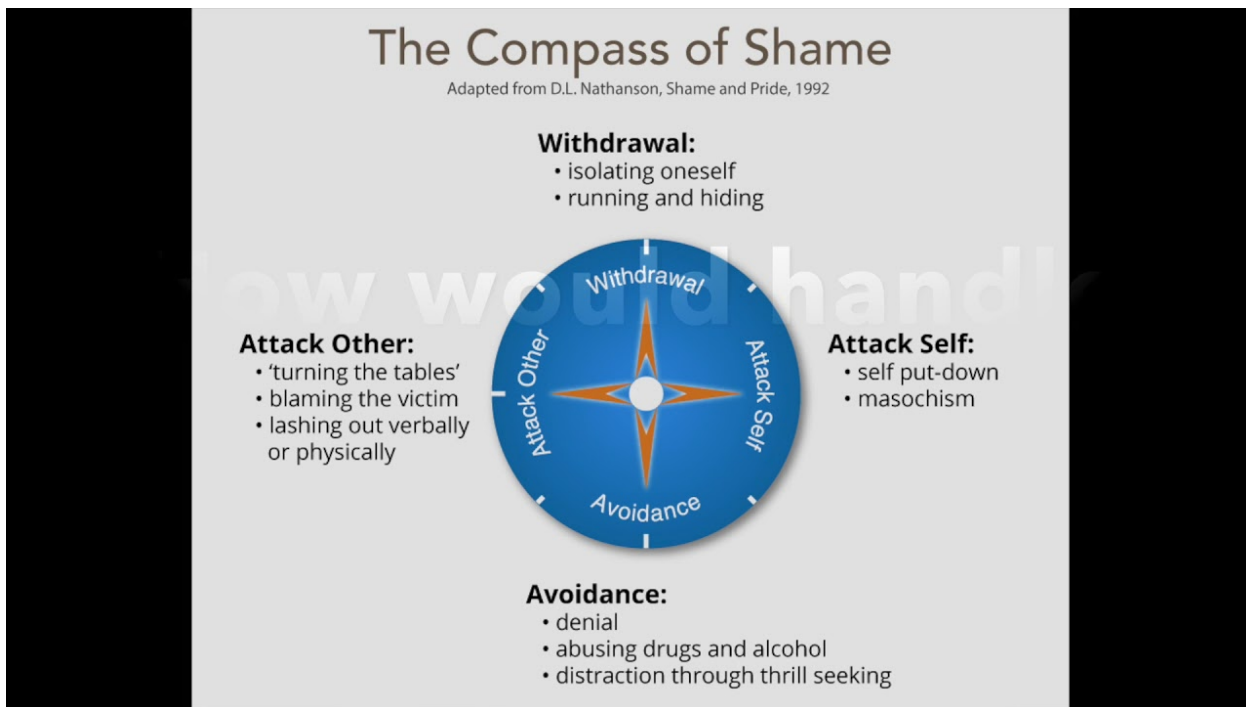
<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1kyh8kb1e639a1>

A whole casserole is too much so we offer **A Bite of The Casserole** every week or two. We welcome ideas for short articles of interest to people working in their faith congregations on issues of addiction and mental health. Working together we will defeat stigma and shame. Faith Partners is a program of Region 5 Prevention Systems 1645 N St. Lincoln, NE. This piece is edited by Otto Schultz, so when something is wrong, blame him – Ottoburgess@icloud.com

A Bite of the Casserole #10
A Newsletter from Faith Partners Nebraska
The Compass of Shame
4/20/22



Shame is the sense that I am a mistake, un-fixably broken, unfit for human or divine company. Oddly, people often refer to shame as pride. “She was too proud to ask for help,” or “He was too proud to admit he was wrong.” This is false pride. Real pride asks for help and admits mistakes. Issues like depression, schizophrenia, alcohol dependence and other addictions are often described with shaming words like “junkie, drunk, nut case, crazy.” These words can lock people out of the very human and divine acceptance that we need.



Check out the Compass of Shame to see how it applies to you. Personally, I hit 3 out of 4; Withdrawal, Avoidance, and Attack Self. We can't fix how others shamed us in the past or even currently. We can change our perception of the past and our self-talk so as not to shame ourselves and others. “I'm a person with alcoholism.” “You are a person with bi-polar disorder.”

Acceptance is the key to releasing shame. People aren't shamed by words like “drunk” or “junkie” in recovery groups, since they find acceptance there. No one turns away or looks askance when people claim those words for themselves. An old hymn begins with the words, “Just as I am, without one plea.” That's right. Both divine and human acceptance are available for us to release our shame.

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The Casserole Bite #9

3/29/22

EAT GOOD. SLEEP GOOD. AND WRAP

In the early days of my recovery, an old-timer asked if I knew the first two laws of sobriety. I was befuddled for a few moments, then the old guy said, “Eat good. Sleep good.”

Of course, sound self-care is much more than eating and sleeping well, though they are certainly critical. Recently, in a team meeting at Messiah, Ralston we were asked “What is your self-care plan?” I had more to say this time. Still, as others spoke, it became clear there were many gaps in my self-care plan. I had never thought it through.

One of Christianity’s foundational laws is “Love your neighbor as you love yourself.” Good self-care is half of this law. Other faiths have similar exhortations to self-care. In the Messiah meeting, we were only talking about ordinary days. We didn’t get into those times of intense emotions like hurt, anxiety, or grief nor did we discuss the challenges of personal or professional conflict.

I need help in the area of self-care which is why I have registered for the **WRAP** training (**W**ellness **R**ecovery **A**ction **P**lanning) in May. Faith Partners and Region 5 Prevention Systems are sponsoring two **FREE 8-hour training experiences** in **WRAP**. Fridays, May 6 and 20 from 12:30-4:30 or Saturday, May 7 from 8:30-5:00 at Eastridge Presbyterian, 56th & Margo in Lincoln.

To register click on the link or snap the QR Code or email OttaBSchultz@outlook.com

2 Friday

afternoons: <http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwhdcab7050f9>



Saturday All Day:

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwhd4e5>



The Casserole Bite #8

3/15/22

A Newsletter from Faith Partners Nebraska

Teams Tackle Stigma and Shame Making Mental Health Issues and Addictions Casserole Diseases



Every public thing a Faith Partners Team does helps decrease shame and stigma. Worship, classes, newsletter articles, and social media stories all say that this topic is okay for conversation in our congregation. When someone is physically ill for a long period, we bring casseroles to their families. There is no shame or stigma with these illnesses. Decreasing shame and stigma is helping to make mental health issues, substance use disorders and other addictions casserole diseases.

HERES WHAT SOME TEAMS ARE UP TO:

Disciples Behavioral Health Initiative – This regional group is considering combining its Circles of Inquiry method with a Wellness Recovery Action Planning (WRAP) Seminar for their clergy.

Eastridge – Presbyterian - Covid has been hard on the team’s ministry. Nevertheless, they had the evidence-based workshop “Your Family’s Good Stuff” and another speaker on alcohol/drug issues. They are now in the process of redeveloping their team.

Edenton – Disciples of Christ - is planning a series of worship services over the next year. The first one is a healing service which will feature some stories from several team members.

First-Plymouth – United Church of Christ – This new team is brainstorming ideas, identifying its mission and developing its relationships in the congregation.

Messiah – Lutheran – This team found a variety of training experiences for themselves early on. Now, they have a 12-month plan with a different project focus each quarter; alcohol, mental health, suicide prevention and drug awareness.

Our Saviors – Lutheran – The Faith-to-Face Recovery Team will begin regular visits with inmates and newly released people in the congregation’s FEAST ministry to discuss how recovery has worked for them and respond to questions.

St. Andrews – Lutheran – is bringing in two presenters for the Sunday worship services this spring. They will focus on mental health issues and substance use disorders.

St. John – Catholic – They are now getting interesting factoids into their parish newsletter. You can find over three dozen factoids in the book, Launching a Team p. 66*

St. Michael – Catholic – hosted a series of 4 workshops on Mental Health. There’ll be more on this ministry in an upcoming Casserole Bite.

*The book, Launching a Team, is available in electronic form for free. It is being updated continuously, so if your copy is a couple months old, you may want a new one.

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Tips on making referrals
WRAP Training

The Casserole Bite #7

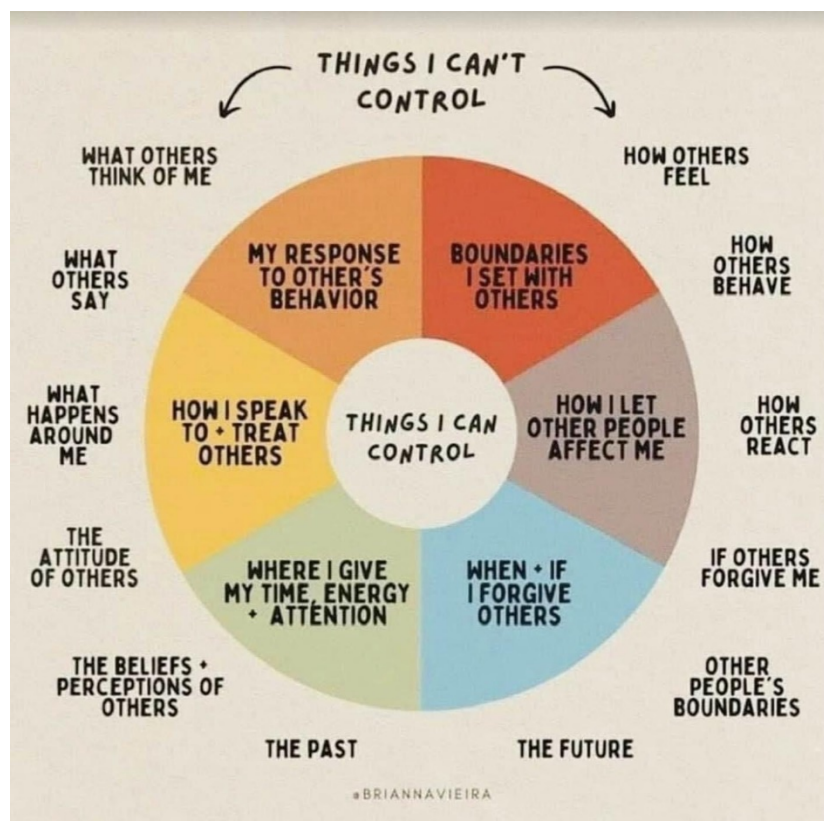
2/28/22

A Newsletter from Faith Partners Nebraska

Churches and other faith congregations have many people who have a tendency to codependency. It may be my primary “addiction.” If you care about people and you want to be of service, sometimes you’ll slip into the ditch of trying to control another person’s choices or feeling like you should. That’s codependency.



The more codependent I am, the more life feels overwhelming. In codependency, a person may struggle with worry, resentment, toxic shame or depression because they can’t get someone else to do the right thing. Often, that someone has a substance use disorder. A cure for codependency is healthy boundaries. Teri Effle from



Region 5 Prevention Systems shared this model which makes clear where those healthy boundaries belong.

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The Casserole Bite #6

2/18/22

A Newsletter from Faith Partners Nebraska

QUARTERLY NETWORKING: The Quarterly Networking Meeting for Faith Partners is February 22 6:30-8:00.



<https://us02web.zoom.us/j/2440807898?pwd=b1ZVeIRhdzNtV21iODRZY3NsOFhDZz09>

ID 244 080 7898 PW 451 4626

Want to Help an Alcoholic/Addict?

Want to help an alcoholic/addict who is Struggling? Here's Your Chance.

Some of us joined Faith Partners Teams with the hope that being available would encourage individuals with alcohol/drug problems to reach out to us through our congregation. This happens occasionally, but not nearly as often as we would like. Two avenues for this service have opened up for us; **Transformations and Atlas Lincoln.**

TRANSFORMATIONS: Want to help some people who help some people? Check out the volunteer opportunities with Transformations Thrift Store. Sure, they're a thrift store but they also are a center for Relationships Restoration. You might be sorting clothes, working the cash register, or nurturing a person struggling. Contact Cece Robinson at transformations.lincoln@gmail.com. (402) 805-9675

ATLAS: LINCOLN serves people through relational, peer-support and mentorship. They are often people fighting addiction, mental health and many other issues. We work by pairing individuals with volunteer mentors they can meet and grow with over the course of a year. Atlas is something like Teammates or Big Brothers/Big Sisters for adults. Contact Brody Van Roekel brody@atlaslincoln.org or (712) 441-5403



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The Casserole Bite #5

2/15/22

A Newsletter from Faith Partners Nebraska

Quarterly Networking Meeting

Tuesday 2/22 6:30-8:00 Zoom



<https://us02web.zoom.us/j/2440807898?pwd=b1ZVeIRhdzNtV21iODRZY3NsOFhDZz09>

Meeting ID: 244 080 7898 Passcode: 4514626

Do you wonder what other Faith Partners Teams are doing?

Need some ideas to get your team rolling again?

Want some direction on what you can do as an individual in your congregation?

Then this meeting is for you whether you lead a Faith Partners team, you're a Team member, or you want to start a team in your congregation,

Then this meeting is for you. You'll find some fun, some inspiration, some education, some things to share.

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Ask re: what they want on a web page: links, resources and information

The Casserole Bite #6

2/18/22

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chrisallende@bellsouth.net

Shari.Page@amedisys.com

John/MaryLou Wells jwellsgnr@gmail.com

Cheryl Bledsoe cbledsoetools5@sbcglobal.net

The Casserole Bite #6

Do Team News – St. Matthews, St. Michael's Jerome's Ministry & Dennis Miller, QPR Feedback

For previous issues of The Casserole Bite, check out

<https://talkheart2heart.org/find-local-support/fp/>

The Casserole Bite

A Newsletter from Faith Partners Nebraska

#4 – February 4, 2022

Quarterly Networking Meeting Feb 22, 2022, 6:30-8:00 Zoom info below

What It's About: This Zoom meeting is a great time for you to connect with other Faith Partners Teams. Learn what others are doing, how they are facing today's challenges and share your own successes and challenges. Derek Effle will be on hand to engage us in a fun and useful learning experience.

Zoom Info: <https://us02web.zoom.us/j/2440807898?pwd=b1ZVeIRhdzNtV21iODRZY3NsOFhDZz09>

Meeting ID: 244 080 7898 Passcode: 4514626 Connection Troubles text 402-770-1974

Save the Dates: 2/22/22 Quarterly Networking Meeting 6:30-8:00
May 6 & 20 (two parts) Wellness Recovery Action Planning 12:30-4:30
May 7 Wellness Recovery Action Planning 8:30-5:00
June 11 – Hold on to Your Hats 9:00-12:30
August 11 & 13, (two parts) Team Training 6-8:30 and 9-4:30

About The Casserole Bite: This is the 4th issue of The Casserole Bite. If you have not received prior issues, check your spam filter since they came from MailChimp and went to several hundred people.

The Casserole Bite

A Newsletter from Faith Partners Nebraska

#3 – January 28, 2022

Running Out of Serenity

A friend writes, "I have officially run out of enough serenity to accept the things I cannot change. There isn't enough stinkin' serenity to be found right now. Maybe this is a supply chain thing. I don't know."

Of course, her note made me smile, but, like most humor, there is a lot of truth behind it. Two years of a pandemic brings about just that kind of fatigue and frustration. Even if you haven't lost someone you love, your own health, or a job you needed, you've still faced extra restrictions, more challenges, difficult choices. Sometimes, all of us "run out of serenity."

Postponing a couple of training events till summer has caused me to "run out of serenity." That's a small thing but ongoing learning is critical to long term success.

Thirty years ago, Peter Senge popularized the idea of the Learning Organization. Organizations last because they keep learning and growing. This is true for giant corporations or small church teams. For this reason and many others, it has been a serious disappointment to us at Faith Partners Nebraska to have to postpone learning experiences like "Hold on to Your Hat" last week and the Team Training we planned for early February.

We will go on, naturally. We have Quarterly Team Networking on February 22 & May 17, 6:30-8 online. We're also planning to do Wellness Recovery Action Planning (WRAP) trainings for May. We'll "Hold on to Our Hats" on June 11 and do Team Training August 11 and 13.

Whether the pandemic hits us in big ways or small, it will cause us to "run out of serenity" from time to time. I guess that's when we need to borrow some from our God. Rumor is that God has plenty and doesn't even need to be paid back.

The Casserole Bite

A Newsletter from Faith Partners Nebraska

#2 – January 21, 2022

Why Can't Church Be More Like An AA Meeting?

and Other Questions Christians Ask about Recovery" by Stephen R. Haynes, Professor of Religious Studies at Rhodes College.

It's a dilemma. On Saturday night Stephen Haynes goes to a 12-Step meeting (Recovering Couples Anonymous) in a church basement, where he feels the Holy Spirit's healing and loving presence. On Sunday he goes upstairs to church and finds "fine clothes, polished smiles and careful choreography." So, he sets out to explore the difference and to find a way to bring that fresh and healing spirit of 12-Step recovery into church.

Haynes explores the Christian roots of AA, the Oxford Group that both founders of AA, Bill Wilson and Bob Smith, had earlier embraced. And he explains why they parted ways. He looks at churches' responses to the 12-Step phenomenon — reject, adapt or embrace. He acknowledges the feminization of AA, focusing on forgiveness, acceptance and the healing power of love.

He touches on the recovery revolution where the 12 steps stretched its arms to wrap around dozens of other addictions, reached out to cover the broad issue of codependency and joined hands with the therapeutic

community. The book will fascinate those in 12-Step recovery who know its simplicity, where struggle is the common ground and honesty the common language.

Haynes talks the languages of theology and recovery. He has found a few recovery churches, where people come together in humility, brokenness and honesty combining the liturgy and language of the 12 steps with their Christian faith. But primarily he offers a look at AA's intersection with American and Christian culture over the decades.

Thanks to Nancy Hicks-Rose for this review.

The Casserole Bite

#1 – January 14, 2022

A Newsletter from Faith Partners Nebraska

A CASSEROLE DISEASE

At our initial training, Drew Brooks, National Director of Faith Partners announced, "We want alcohol, drug and mental health issues to be casserole diseases." We were a little puzzled, to say the least. He explained, "Traditionally, if someone is hospitalized for a period, people in a congregation bring casseroles to their family." Physical diseases carry no shame or stigma. It is easy for families to be open about them and for congregation members to support them by various kindnesses, like bringing casseroles. So also, we want mental illness, alcoholism, and addiction to have no shame or stigma; to be treated like other "casserole diseases" in our congregations.

To help support you in making these issues casserole diseases, we are starting this very short newsletter. Every week or two, you can expect to receive, not a whole casserole, covering multiple articles, but just a bite of a casserole with one short article. Perhaps, it will have news about what some teams are doing, an idea that can help you, information about a book or article, and probably a little humor too.

We hope you'll enjoy these Casserole Bites and that you'll find them useful in your service and ministry.