

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.

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 – OttoBSchultz@Outlook.com.