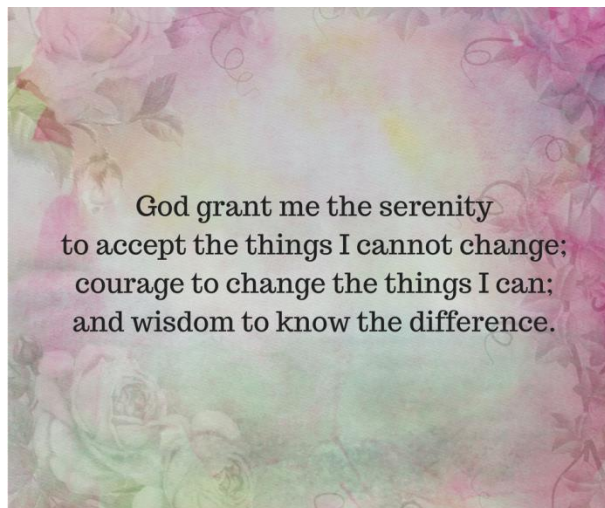


## Spirituality for the 21<sup>st</sup> century

A few months after the close of our recent Chapter, where the IHM community committed to “enter more deeply into the liberating mission of Jesus Christ ... our spirituality and our shared humanity compel us to respond collaboratively with others to the challenges of our beautiful yet fractured world ...,” we read daily about the devastation of the opioid epidemic. We hear of first responders carrying an antidote to overdose. We see accounts of drug-related arrests in our city. Young people are dying at an alarming rate as a result of this epidemic.



An appropriate response to this reality seems to be a reminder of the gift of 12 Step Spirituality as tool for recovery for those affected by this particular fracture in our world. This was drawn up by the founders of Alcoholics Anonymous soon after its beginning in 1935 and is a tool that has provided a vehicle for recovery for millions of alcoholics worldwide. In the years since, it has been adapted for use by those struggling to recover from drug addiction, eating disorders and from process addictions such as compulsive gambling or compulsive spending. Support groups for alcoholics and addicts are listed as

Alcoholics Anonymous or Narcotics Anonymous, meetings where in addition to shared reflection, there are many opportunities to meet people who have successfully beaten this formidable challenge. 12 Step Spirituality is also available for use by family and friends of alcoholics and addicts through groups listed as Alanon and Naranon.

The 12 Step program is a process of admission of powerlessness; a trust in a power greater than ourselves that will heal; recognition of the need to accept responsibility for our actions and to make needed amends; and to commit to living a life of faith, of prayer and outreach to those in need.

While such a program can be valuable to anyone facing any problem in their life, it seems particularly timely now when families, communities, are being torn apart by the effect of drug addiction. If you are being impacted by this epidemic, personally or with concern for someone you love, support groups based on the 12 Steps are available in almost every community in the United States and around the world. Connections for the addict can be made by finding the phone number in your local directory or online at <http://www.aa.org> or [na.org](http://na.org). Connection for family members or loved ones similarly can be found in the phone book or online at <http://www.alanon.org> or [www.naranon.org](http://www.naranon.org).

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