



**STAFELL FYW CAERDYDD**

YN AGOR Y DRWS I FYWYD NEWYDD

**LIVING ROOM CARDIFF**

OPENING THE DOOR TO A NEW LIFE

# A SERVICE FOR **RECOVERY** **SUNDAY**

**28 OCTOBER 2018**



[WWW.LIVINGROOM-CARDIFF.COM](http://WWW.LIVINGROOM-CARDIFF.COM)



## **NOTES TO THE SERVICE:**

1. The service is in sections, with an introduction and a conclusion. Each section contains an introductory reflection, a Bible reading, a time of silence, a prayer and a hymn or Taizé chant. There is no sermon.
2. There may be churches which cannot use this service on 28th October, for whatever reason. Any of the sections or the intercessions, may be used in other contexts, eg, prayer group, Bible study, or as a short devotional slot in another kind of meeting. It would be appropriate to do this at any time during the ten days from 18th October to 28th October. 18th October is St Luke's Day, when we pray for the ministry of healing in all its forms.
3. The service is reflective. Please lead it slowly and meditatively. One minute is recommended for the time of silence. It is impossible to estimate the length of a period of silence, but whatever you use as a timer, make sure it does not beep!
4. Provide a piece of paper and a pen for everyone in the congregation.
5. The numbers alongside the Welsh hymns are from Caneuon Ffydd. The music for the Taizé chants can be found at [www.Taizé.fr/en\\_article10308.html](http://www.Taizé.fr/en_article10308.html)
6. Readings and prayers may be led by members of the congregation.



## INTRODUCTION

**Leader:** Welcome to this service to mark Recovery Sunday. The framework of the service is based on The 12 Step Programme, which has formed the basis of recovery from addiction of whatever kind for countless numbers of people. The programme shares a shape and a pattern with other spiritual paths, and four of these common elements form the four sections of the service.

1. First of all, we reflect on our human powerlessness and weakness.
2. Then we shall turn to God, who alone can forgive and save us.
3. The third section will help us to consider how we grow and deepen our relationship with God.
4. Finally we shall consider what all this means for our relationship with other people and God's world.

You have been given a sheet of paper and a pen. During the periods of silence, you might like to write down any insights or challenges which God gives you. What you write is between you and God, and will not be shared with anyone, unless you choose to share it at a later time with someone you trust.

Anyone who uses The 12 Step Programme, as well as anyone who claims to be a follower of Jesus, needs a mind and heart open to the Holy Spirit. And so we pray:

Lord our heavenly Father, you are a God who surprises us, and leads



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us into unexpected places. Give us your Holy Spirit, guide our minds and hearts into your truth, and give us the courage to go where you lead us. In the name of Jesus we pray. Amen.

### ***Hymn:***

Be still, for the presence of the Lord; *or*  
Come down, O Love divine

### ***or a Taizé chant:***

Bless the Lord my soul, and bless God's holy name,  
Bless the Lord my soul, who leads me into life.

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## **PART 1 – WE ACKNOWLEDGE OUR WEAKNESS**

***Leader:*** The starting point for recovery and the starting point for all personal transformation or conversion is the acknowledgement of our own powerlessness, weakness and sinfulness. Step 1 states, “We admitted we were powerless over our addiction, that our lives had become unmanageable.” All periods of change and transformation are preceded by a sense that something is not right, and can be times of acute suffering. It is important to find someone with whom we can share this inner turmoil. A sensitive and insightful soul-friend can ease the pain and help us to articulate it. Have you experienced this kind of turmoil? Was it the beginning of your recovery from addiction, or from a way of life which rejected God? Did it precede a major life-changing decision of some kind?



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The apostle Paul knew this inner turmoil.

Romans 7:14-25

## **SILENCE**

Lord God, we acknowledge our powerlessness, and our weakness. We know that we cannot change ourselves. We know that we cannot change so many things in our world which are contrary to your will. With St Paul, we want to do what is right and be transformed, but we cannot do so. Give us clear sight to acknowledge the truth of ourselves, and the courage to accept ourselves.

We say together:

**Heavenly Father, all hearts are open to you. No secrets are hidden from you. Purify us with the fire of your Holy Spirit, that we may love and worship you faithfully, through Jesus Christ our Lord. Amen.**

### ***Hymn:***

Just as I am, without one plea; *or*

Dear Lord and Father of mankind

### ***or Taizé chant:***

Lord Jesus Christ, your light shines within us,  
let not my doubts and my darkness speak to me.

Lord Jesus Christ, your light shines within us,  
let my heart always welcome your love.



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## PART 2 – GOD LOVES, ACCEPTS AND FORGIVES

**Leader:** In any situation of weakness, the only one who can help us is God. We often try to put our trust in anyone or anything that is not God. The addict puts his or her trust in alcohol, drugs, gambling, sex or whatever may be their addiction. All of us at sometime or another may replace God with another human being, our career, our home, gaining money or material possessions, fame or the good opinion of others. Step 2 acknowledges that only a Power greater than ourselves can restore our disordered selves to sanity and in Step 3 we decide to hand over to God all that we have and are. Steps 4-9 spell out the consequences of committing ourselves to God. They consist in rigorous self-examination, confession of all that has been wrong in our lives, asking God to change us, and making amends to those whom we have wronged.

The traditional Christian term for this is conversion. For some people this can be a sudden and dramatic turn-around. For others it can be a long, slow process. However it happens, it results in a change of direction, and the complete surrender of ourselves to the love of God in Jesus. It is a recognition that the true God loves us, accepts us as we are, and forgives everything that is contrary to his will.

Reflect on your conversion. Was it sudden or gradual, recent or a long time ago? Are you really sure that God loves, accepts and forgives you? *Romans 8:28,35-39*



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## **SILENCE**

Seek the Lord while he may be found;

**Call upon him while he is near.**

Let the wicked abandon their ways,

**And the unrighteous their thoughts.**

Turn back to the Lord, who will have mercy,

**To our God, who will richly pardon.**

**Almighty and merciful God, we have sinned against you in thought, word and deed. We have not loved you with all our heart, and we have not loved others as Christ loves us. We are truly sorry. In your mercy, forgive us. Help us to amend our lives, that we may delight in your will and walk in your ways, to the glory of your name. Amen.**

Almighty God, who forgives all who truly repent, have mercy on you/ us, and set you/us free from sin, strengthen you/us in goodness and keep you/us in eternal life, through Jesus Christ our Lord. Amen.

### ***Hymn:***

God is love, let heaven adore him; or

Love divine, all loves excelling

### ***or Taizé chant:***

The Lord is my light, my light and salvation,

in God I trust, in God I trust.



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## PART 3 – GROWING INTO GOD

**Leader:** True recovery, change, true conversion, is an on-going process. The process of recovery, of conversion, has to be renewed every day. In Step 10, the person in recovery continues to review his or her shortcomings, and continues to admit them. Step 11 is in three parts. The first part is a commitment through prayer and meditation to grow in conscious contact with God. The second part is a commitment through prayer to discerning God's will, and the third part is a commitment to seeking through prayer the power to do God's will. That is not only the on-going daily commitment of the person in recovery. It is the pattern of growth for anyone who commits her or himself to God, whatever their starting point.

When we set out on the path of discipleship, we need to review our life constantly. In confession, we trust the love and forgiveness of God which we receive in Jesus. In prayer and meditation, and in all other possible ways, including learning, spiritual reading, and spending time with others on the same path, we grow closer to God. As we get to know God better, we are better able to discern his will and to recognise and ask for his power to do that will.

What are the ways in which you develop your relationship with God?

*Ephesians 3:14-20*



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## SILENCE

Almighty God, who alone can bring order to the unruly wills and passions of sinful humanity: give your people grace, so to love what you command, and to desire what you promise, that among the many changes of this world, our hearts may surely there be fixed where true joys are to be found, through Jesus Christ, your Son, our Lord. Amen.

We say together:

**Take, Lord, all my liberty. Receive my memory, my understanding, and my entire will. All that I have or own is your gift to me. I return it all to you and surrender it completely; do with it what you will. Give me only your love and your grace, then I am rich enough and ask for nothing more. Amen.**

### ***Hymn:***

Take my life and let it be: *or*

Be thou my vision O Lord of my heart

### ***or Taizé chant:***

In manus tuas, Pater, commendo spiritum meum,

In manus tuas, Pater, commendo spiritum meum.



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## PART 4 – LOVING GOD’S WORLD

**Leader:** Love is for sharing, and when we know the love and transforming power of God, he calls us to share it with others. Step 12 is a commitment to share with those who have addictions the healing and freedom that following the 12 Steps brings. The 12 Steps lead to a spiritual awakening, and sharing the experience of following the programme helps others in a similar form of bondage to find transformation in God. Through the power of God, we move away from our sinfulness and our disordered attachments towards wholeness, and through the way we live we can share that with others. This is the path that all who experience conversion, transformation are called by God to follow, whether we have an addiction or not. This is service, and how we exercise it depends on our gifts, experiences and concerns. God uses all of these to call us to serve in a way which matches our gifts and personalities. Each of us is unique, and each of us has a calling from God which is unique. God will use us to bring his love and healing to others, in whatever way is most fitting for us.

*1 John 4:7-21*

### SILENCE

We say together:

**Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the**



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**renewal of our lives make known your heavenly glory, through  
Jesus Christ your Son, our Lord. Amen.**

***Hymn:***

Lord of all hopefulness: *or*

Make me a channel of your peace

***or Taizé chant:***

The kingdom of God is justice and peace, and joy in the Holy Spirit.

Come Lord, and open in us the gates of your kingdom.

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## **CONCLUSION**

***Leader:*** We have reflected on the path of recovery which someone with an addiction takes, and on how that informs the spiritual path of all who commit themselves to God. We draw our reflections together in prayer for all who are in recovery, for all who live by the love of God, and for all who need God's love.

The response to the intercessions is:

***Leader:*** Father, this is our prayer:

***All:*** **Help us to know and to do your will.**



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Lord our God, we pray that you will set free all who are in the bonds of addiction of whatever kind. Heal all those who are close to them, whose lives have also been damaged. Strengthen all who work at the Living Room to help addicts along the path of recovery. Give them all the resources they need, spiritual, practical and financial. We pray for each of the centres, in Cardiff, Carmarthen and Caernarfon, and for CAIS, the Living Room's parent company.

## **Response**

Lord our God, we pray that you will set free all who are in bondage to power, greed, wealth, prestige and self-interest. We pray for peace, where these false attachments bring conflict and aggression. We pray at this time for (name any current areas of conflict). May all those who have influence over the lives of others in politics, commerce or any other public area, know your love themselves and be able to treat other people with love and respect.

## **Response**

Lord our God, our self-interest threatens to destroy your world. Give us grace to tread gently, to have respect for all life-forms, and to care for the land, so that all people may have what they need, now and in the future.



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## **Response**

Lord our God, we pray for all people of faith, for those who know that true religion is concerned with love and healing. Strengthen all who try to live with love. Draw us close to you and fill us with the love you want us to give to others.

## **Response**

In complete trust and confidence in your love, we pray as Jesus taught us:

Our Father .....

## **Hymn:**

Will you come and follow me if I but call your name: *or*

One more step along the world I go

## **or Taizé chant:**

Laudate omnes gentes, laudate Dominum;

laudate omnes gentes, laudate Dominum.

**Leader:** May the God of peace, who brought back from the dead our Lord Jesus, equip you/us with everything good for doing his will, working in you/us what is pleasing to him; and the blessing of God Almighty, Father, Son and Holy Spirit, be among you/us and remain with you/us, now and for ever. **Amen.**



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## ACKNOWLEDGEMENTS

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This service was prepared by Reverend Margaret Le Grice and translated by the Reverend Denzil I John (apart from the Church in Wales texts).