

grm RESOURCE CENTER

VOLUME 2, ISSUE 1

MAY 2008

gambling recovery ministries
life saving outreach
to problem gamblers and their loved ones

P.O. Box 218
Dillsboro, IN 47018
812.926.1052
www.grmumc.org

This issue:

SPECIAL FOCUS MATERIALS!!

***Emotional & Spiritual
Wholeness***



ACCEPTANCE ... FAITH ... HOPE ...

One of the aspects of my work, as Director of GRM, that continues to serve as both a learning tool and an affirmation of hope is attendance at open GA and Gam-Anon meetings and conferences. From GRM's beginning, I have sought information and the wisdom expressed by persons involved in recovery through Gamblers Anonymous and individual treatment. In fact, one of our earliest projects was a workshop, wherein Cincinnati GA members were invited to share information about compulsive gambling to the GRM Advisory Board. It was an evening packed with **personal stories of recovery and hope!**

Recently, I attended a regional GA/Gam-Anon Mini Conference with the theme of *Acceptance, Faith, Hope*. The event's brochure included these words: "*ACCEPTANCE* of God's will for us, having *FAITH* in and following the 12 Steps, gives us *HOPE* once again." It was, indeed, a hope-filled weekend! Of particular interest was a handout entitled **Three Angles of Recovery** containing a large triangle with each of its corners labeled, respectively, *spiritual, physical, and emotional*. Two sentences asked the following questions: What have you done in the past to improve yourself spiritually? and What will you do in the future to improve yourself spiritually? Needless to say, the small group discussions were heart-warming!

Included in this edition is an emphasis on **spiritual growth**: a vital *and essential* part of all recovery work!

Blessings!

Janet

Reverend Janet Jacobs, Director

GRM IN NCPG FIRST ANNUAL PREVENTION SHOWCASE!!

The National Council on Problem Gambling will feature Gambling Recovery Ministries and seven other programs in its First Annual Prevention Showcase at the 2008 Annual Conference in Long Beach CA. Within this interactive session, the ministry and outreach work of GRM will be described to attendees from across the nation. It will be an excellent opportunity to provide an example of faith-based ministry to problem gamblers! FOR CONFERENCE INFO: www.ncpgambling.org

Inside this issue:

grm PowerPoint Special	2
Help Lines	2
So Glad You Asked!	2
Testimony to Recovery	3
Year at a Glance	4
More grm News!	4
Resource Materials!	



GRM is an Advance Special of the South Indiana Conference of The United Methodist Church.

GRM PowerPoint Series: NOTES!

Spiritual Issues in Recovery

Blame . Shame . Guilt . Forgiveness . Trust

- **Blame:** May be used to deal with one's anger about gambling losses ... The individual may blame God for the losses ...
Therefore, the question arises: why pray to the One who brought the *bad luck* ??
- **Shame:** Prayer: the gambler may think (s)he is not worthy of being (1) a pray-or (2) the object of others' prayers (3) family members can feel great shame too
- **Guilt:** Starts early, when the lying begins ... Can be-come obsessive (when in recovery, (s)he can't seem to apologize enough) ... If loved ones invoke guilt (or it is perceived that this is happening), chronic anger and fear can develop ... *Absolute thinking* patterns can accentuate feelings of guilt (e.g., God will never forgive me)
- **Forgiveness: Of oneself:** also, *is one even entitled to the forgiveness of others?* ...
Of others forgiving the gambler AND the gambler forgiving others:
Present & past anger issues *and* the need for a scapegoat can cloud the perception that forgiveness = a necessary step in recovery.
Of children of gambler parents: they have a particularly difficult time with forgiveness issues since this *invisible* addiction is less concrete and harder to understand ... **Of God's:** When *luck* is viewed in the light of God's favoring the gambler's successes, where do the losses fit into the picture? *Do the losses reflect God's disfavor /punishment... and thus, unforgiveness?*
Issues of God's favor/love/acceptance VS God's wrath/ punishment/abandonment.
- **Trust:** As lying becomes habitual and a way of life for the gambler, trust becomes a major issue with family, employers, and friends.
Therefore, trusting each other, in recovery, needs to be a process instead of an automatic step (*a process within a process*).

(To be continued: *The Concepts of Hope and a New Life*)

FREQUENTLY ASKED QUESTIONS:

Is Gamblers Anonymous a religious program?

GA is based on the same principles as Alcoholics Anonymous. The 12-steps of recovery are a set of principles intended to help the member change the way (s)he thinks and lives so that (s)he can make a daily choice not to gamble. The program is considered to be spiritual, not religious, defining the word spiritual to mean embracing certain qualities such as kindness, honesty, and humility. The program does refer to a belief in a Higher Power; and each member defines that source of strength for her/himself. (*GA; NV Council on Problem Gambling*)

HELPLINES AND WEBSITES

State of Indiana Problem Gambling Referral Line

Provides information on Indiana (state-endorsed) problem gambling treatment centers and GA and Gam-Anon meetings (800) 994-8448

Regional GA and Gam-Anon Hot Lines

Provides meeting dates and times for GA and Gam-Anon Meetings

Indianapolis (all of Indiana).... (866) 442-8621
Cincinnati and Northern Kentucky (888) 746-4942
Dayton..... (937) 449-9911
Louisville (888) 442-0628
Chicago (866) 442-8620

Websites and Phone Numbers

- **National Council on Problem Gambling Helpline**
(800) 522-4700 www.ncpgambling.org
- **Indiana Council on Problem Gambling**
(800) 699-4274 www.indianaproblemgambling.org
- **Indiana Problem Gambling Awareness Program**
(812) 855-1237
- **Indiana Problem Gambling Treatment Providers**
www.ipgap.indiana.edu/providers.html

THE 12 STEPS OF GA AND *GAM-ANON

1. We admitted we were powerless over (**the problem in our family*) gambling—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.
3. Made a decision to turn our will and our lives over to the care of this Power of our own understanding.
4. Made a searching and fearless moral and financial inventory of ourselves.
5. Admitted to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have these defects of character removed.
7. Humbly asked God (of our understanding) to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.
12. Having made an effort to practice these principles in all our affairs, we tried to carry this message to (**others*) other compulsive gamblers.

(Gamblers Anonymous Combo Book and Gam-Anon)

TESTIMONY TO RECOVERY

“The Importance of Step 11 in My Spiritual Recovery Journey”

“Step 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

Hi, my name is Bob H. and I am a grateful recovering compulsive gambler. I haven't placed a bet since November 10, 1999. I would like to briefly share my recovery story with all of you. For the past 8 plus years I have been in recovery for a compulsive gambling addiction. In those 8 years I have learned much; shared much; and I have grown much as a redeemed and forgiven human being.

One of the most important parts of my recovery process has been the drastic change in my spiritual side of life. When I was in the clutches of my addiction back in the 90s, I was spiritually dead. I was totally focused on my gambling. Nothing else seemed to matter. My wife and children, my job, my godliness, and my physical health were tossed to the side while I chased “the big win.”

The spiritual low point of my life occurred when I asked my daughter to lie to my wife about impatient credit card companies that were calling and leaving messages about overdue payments. My wife finally heard one of the messages and my secret life of compulsive gambling was exposed. So I had to confess openly what was really going on in my life. It was at that rock bottom point that my wife and my Higher Power led me to the rooms of recovery. “I found a friend who offered ease; he suffered too with this disease.”

As I attended more meetings, the God in my life changed. Instead of praying to break even, I was praying to restore my sanity; I was praying for the recovery of others; and I was praying for serenity – a place and a time when helping and encouraging others were more important than finding money for the next bet. I continue to pray daily for those lost souls searching for serenity in their lives; searching for recovery in their lives; and those searching for forgiveness and restoration.

I thank God for the rooms of recovery, and I thank God for those GA and Gam-Anon members who come to the rooms and reach out their hands to another lost soul in search of serenity. Thank you for letting me share. May God bless you, and as long as the rooms are here, I'll be here.

Submitted by Bob H.

more grm news!

a year at a glance:
2008 ... so far

January

GRM Board 2008
Planning Retreat

February

Columbus District Mis-
sions Conference *Work-
shop: Recovery Issues
and Problem Gambling*

March

Dearborn County IN
Hospital Health Fair;
Presentations: *A Look at
Problem Gambling and
Recovery:*

Methodist Temple UMC,
Evansville;

Rockport First UMC;
University of Evansville

April

Indiana Statewide
Suicide Prevention Con-
ference, Indianapolis:

Workshop *Teen*

Gambling;

Cleves OH Health Fair;
Franklin County IN

Ministerial Association
*Developing Outreach to
Problem Gamblers and
Their Loved Ones*

May

May 13 Indiana Public
Health Association State
Conference, Purdue Uni-
versity Workshop: *Stages
of Change: for the Gam-
bler and the Community*

June

June 5-7 SIC Annual
Conference: *GRM Infor-
mation Booth; June 26*
NCPG Annual Conference
*First Annual Prevention
Showcase*

August 20 Monroe
County IN Religious
Leaders: 10:30 AM *Out-
reach to Problem Gam-
blers and Loved Ones*

**** Throughout the**

Year: praying for and
supportive consultation
with individuals

MID-CENTRAL CONFERENCE ON PROBLEM GAMBLING & COUNSELING ISSUES

Completing the Cycle

September 17-19

Drawbridge Inn, Ft. Mitchell, KY (Greater Cincinnati)

An excellent continuing education conference presented by seven State Councils on Problem Gambling! Registration is \$90 (\$60: Council members); **13 CE units** from Certifying Agencies. Contact IN Council Director, Jerry Long, at (866)699-4274 or e-mail JLLongIndy@aol.com for more information. **Ten workshops!**

Keynotes: *Tim Fong, MD; Carl Braunlich, PhD; James Whlan PhD;*

Rob Hunter, PhD; David Ledgerwood, PhD. **Register at www.kycpg.org**

GA / GAM-ANON MINI-CONFERENCE

Join Us in the e.r. Emotional Recovery

June 27-29

Executive Inn, Louisville, KY

All are invited to this annual, open event featuring workshops, speakers, and open GA and Gam-Anon Meetings. Registration is \$30 for the Saturday, June 28, *day-only* event. *The Saturday workshops and plenary sessions provide an excellent opportunity to hear rewarding and encouraging testimonies of recovery!* Contact Gary B. at (502) 618-6995 for details on the full conference & scholarship info.

BOARD OF CHURCH & SOCIETY LUNCHEON: TOM GREY TO BE SPEAKER!

Thursday, June 5

South Indiana Annual Conference

11:30 AM

Reverend Thomas Grey, National Spokesperson for the National Coalition Against Gambling Expansion, will provide the program. Event co-sponsors are the Commissions/Committees on Christian Unity, Interreligious Concerns, Religion and Race, Racial Healing, and the Bishop's Initiative on Children and Poverty. Call (812)855-4224 for registration information. The event will be in the Frangipani Room, Indiana University Union Building and the price is \$14.50.

HEALTH FAIRS

Sharing the Words of Hope and Help

March and April found Gambling Recovery Ministries participating in two Health Fairs sponsored by Dearborn County Hospital. The events, held in Lawrencburg, IN, and Cleves, OH, included exhibits representing a wide variety of health issues. The GRM Booth provided *Warning Cards* and an array of brochures about problem gambling. Events like these, and the U.S. Census Bureau's Health Fair in Jeffersonville, IN, in which GRM has participated, are very special opportunities to share on a person-to-person level information on treatment and support groups!

INCLUDED IN THIS ISSUE!! On the Shelves ...

grm resource materials on Emotional and Spiritual Wholeness

If you wish to be removed from this newsletter mailing list, e-mail jjacobs@grmumc.org

Newsletter Inserts

(Printed on Both Sides)

SPECIAL FOCUS:

Emotional & Spiritual Wholeness

on the shelves . . .

grm resource materials

Flyers:

- Prayer for Serenity / Help & Hope from God
- Twenty Questions / What Can I and My Church Do?
- GA Letter to Clergy
- Profile & Treatment Planning / Recovery Chart
- Individual / Developmental Risk and Protective Factors / Pathological Gambling

Booklets:

- "Drawing on Faith to Fight an Addiction" (CareNotes)
- "Drugs, Brains, & Behavior: The Science of Addiction" (National Institute of Drug Abuse)

Videos/DVD's (to be used for GRM outreach programming)

- "Addiction: Why Can't They Just Stop?" (HBO Documentary Films)
- "Building a Healthy Self-Concept" (Minirth & Meier Clinic's Home Counseling Video Library)
- "Coping with Anxiety" (Minirth & Meier's Home Counseling Video Library)
- "Happiness Is a Choice" (The Minirth & Meier Clinic Series)
- "It's Not About Money" (Hazelden)
- "Personality Types and How to Cope" (Minirth & Meier's Home Counseling Video Library)
- "Spiritual Awakening" (Hazelden)
- "The Twelve Step Video Series" (Hazelden)

Training Programs:

- "Addiction: A Chronic, Relapsing, Treatable Brain Disease" (Prevention & Recovery Services, Topeka, KS) www.parstopeka.com
- Gambling Recovery Ministries: A Faith-Based Approach (includes *Spiritual Issues & Problem Gambling*) (Gambling Recovery Ministries)

WHAT CAN I AND MY CHURCH DO?

PRAY! Pray for God's guidance AND for courage to follow God's leadings. Outreach endeavors to problem gamblers and their families are groundbreaking in nature and on the "frontier line" of ministry. Still, the Lord will provide as you take each new step. There is a great need for this ministry!

Welcome speakers from Gamblers Anonymous (GA) and Gam-Anon to your church.

Gain knowledge of gambling addiction and recovery. Check out Gambling Recovery Ministries (GRM) website below.

Welcome GA and Gam-Anon Meetings to be held in your church

Initiate 12 Step Ministries: Sunday School/Sabbath Day Classes, Bible Studies, Support Groups

List GA and Gam-Anon Hotlines in Church bulletins

Set up a Lending Library with books, booklets, pamphlets and videos/DVDs that deal with problem gambling & other compulsive disorders.

Contact Rev. Janet Jacobs, Director of GRM, at (812)926-1052 or e-mail at jjacobs@grmumc.org for more information, programming ideas, resource materials, and prayer support.

GRM Website: www.grmumc.org

***THANK YOU FOR YOUR MINISTRIES!
TOGETHER
WE CAN MAKE A DIFFERENCE !!!***

GAMBLERS ANONYMOUS
INTERNATIONAL SERVICE OFFICE

Dear Clergyman,

This letter is being written to you so that you may know more about Gamblers Anonymous. In the past few years, an insidious type of compulsion has come to the attention of the public - compulsive gambling. Statistics show that there are more than 8,000,000 problem gamblers in this country, and with most areas now offering attractions such as major race track facilities, gambling casinos, bingo and card rooms, and lotteries, the problem is growing at an alarming rate.

In 1957, Gamblers Anonymous was started to help the compulsive gambler. Today, G.A. has chapters throughout the world.

As Gamblers Anonymous is structured in the same manner as Alcoholics Anonymous, it has become recognized by the judiciary, behavior specialists, the medical profession and the general public, as well as the "court of last resort" for the compulsive gambler - just as A.A. is recognized as such for the alcoholic.

Membership in Gamblers Anonymous is open to everyone. There are no dues or initiation fees. We are entirely self-supporting. The only requisite for membership is the desire to stop gambling.

Just as the alcoholic craves liquor, the compulsive gambler needs money. This constant need for funds usually leads him/her to the courts, either in domestic relations or on the criminal side. Since Gamblers Anonymous has been in existence, we have saved many thousands of compulsive gamblers from divorce, prison, or worse. People are referred to us by doctors, religious groups, counselors, mental hospitals, and countless other areas.

We do not crusade against gambling as such. Our purpose is to offer a fellowship of strength for those who wish to stop throwing away their self-respect and their very lives through compulsive gambling.

Gamblers Anonymous has speakers available worldwide to explain its principles. We sincerely ask for the opportunity to introduce these principles to you and your group through these speakers. After so doing, we are certain that you, in turn, will want to introduce our fellowship to those with whom you come in contact, either through your profession, or to help someone you may know who needs this assistance themselves. We ask only the opportunity to carry our message to those who still suffer from this debilitating compulsion.

Thank you for caring and for your support. We look forward to hearing from you if you have any questions about Gamblers Anonymous and/or wish further information. And if a compulsive gambler should come before you seeking help, you will know that you can refer them to us so that we might help start them on the road to recovery.

CALL OR WRITE:

GAMBLERS ANONYMOUS, P.O. Box 17173, Los Angeles, CA 90017

(213) 386-8789 Fax (213) 386-0030

Website: www.gamblersanonymous.org

E-Mail: isomain@gamblersanonymous.org

Individual /Developmental Risk and Protective Factors

Protective Factors

Religiosity - participation in religious activities and personal attitudes toward religious practices

- ▶ *Activity level* - regular physical activity
- ▶ *Perceived autonomy* - degree of perceived autonomy and sense of control over one's life

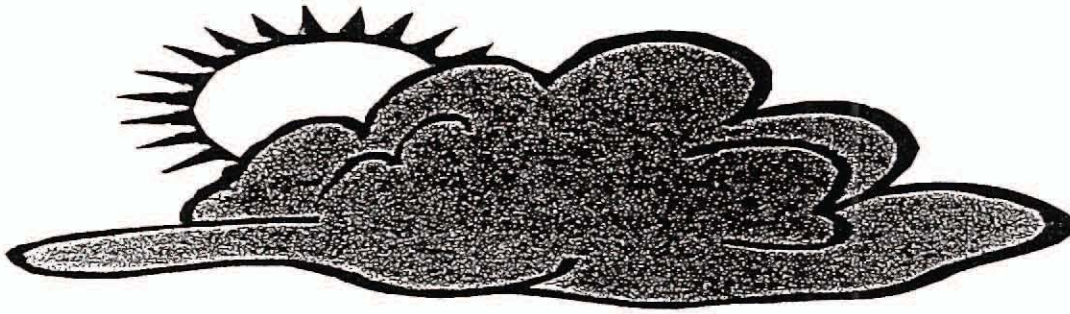
Risk Factors

- ▶ *Functional deficits* - inability to perform important life functions and activities of daily living due to cognitive, hearing or physical impairment
- ▶ *Affective disorders* - such as depression or anxiety
- ▶ *Transitional life events* - major transitions in life including death in the family, divorce, children leaving home, menopause, relocation, serious acute health event, retirement
- ▶ *Constitutional factors* - such as metabolic sensitivity to drugs of abuse, chronic pain, a diagnosis of chronic disease with poor prognosis, or long-term poor self esteem
- ▶ *Prior use history* - which is predictive of the likelihood of relapse
- ▶ *Socio-economic status* - low education, income and social status

Factors that may either enhance protection or increase risk of substance use problems

- ▶ *Personal attitudes toward alcohol use, drug use, and medications* - about the amount and circumstances of use
- ▶ *Personal attitudes toward medical care* - attitudes toward medical practitioners and medical procedures that influence decisions about seeking medical care and compliance with practitioner instructions
- ▶ *Coping skills* - for dealing with the strains of daily life





prayer for

Serenity

God, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference. Living one day at a time, enjoying one moment at a time. Accepting hardship as a pathway to peace. Taking as Jesus did, this sinful world as it is , not as I would have it. Trusting that You will make all things right if I surrender to Your will so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen

Reinhold Niebuhr

Help & Hope from God

Scriptures of hope from the Psalms:

- **Afraid?** See Psalms 4, 56
- **Angry?** See Psalm 37
- **Anxious?** See Psalm 3
- **Broke?** See Psalm 34
- **Brokenhearted?** See Psalms 131, 147
- **Confused?** See Psalm 71
- **Depressed?** See Psalms 42, 43
- **Disappointed?** See Psalm 55
- **Helpless?** See Psalms 40, 146
- **Homeless?** See Psalms 84, 91
- **Lonely?** See Psalm 27
- **Morally Bankrupt?** See Psalms 32, 51
- **Ill or in Pain?** See Psalms 103, 116
- **Purposelessness?** See Psalm 139
- **Threatened?** See Psalm 25
- **Unappreciated?** See Psalm 142
- **Unloved?** See Psalm 86
- **Unemployed?** See Psalm 62
- **Unjustly Treated?** See Psalms 69, 94
- **Weary?** See Psalms 23, 121

GAMBLING RECOVERY MINISTRIES

South Indiana Conference Advance Special *Mission and Outreach of Hope and Help!*

INDIANA

*Ranks # 2 in the US for tax revenue generated from legalized gambling, second only to Nevada
Adult Problem and Pathological Gamblers = 278,685;
Adolescent (Grades 6-12) Problem and Pathological Gamblers = 168,493
Within 50 miles of a casino, the rate of Problem Gambling doubles!*

“What are the churches in southern Indiana doing to reach out to persons affected by compulsive gambling?” This question initiated what has become a unique ministry for South Indiana Conference and the only wide scale ministry in the country within the United Methodist denomination to problem gamblers and their loved ones.

Created in 2001 by the South Indiana Conference as a District pilot program, GRM – from its beginnings - has intended *and* has proven to be, a life-saving outreach, in Christ’s love, to persons directly and indirectly, affected by compulsive gambling. Now as a Conference Advance Special, GRM’s outreach extends throughout southern Indiana *and* points beyond. Described as a *frontier ministry* on the cutting edge of mission outreach, GRM carries a spiritual presence into a number of corners and conversations that many churches have not entered.

The outreach of GRM ranges from supportive and referral consultations with individuals and families to community information events, pulpit presentations, and providing professional continuing education (CEU events) for clergy, mental and public health professionals, and social workers. Materials have been sent throughout the State and across the nation to an increasing number of persons calling for help with problem gambling. Then too, GRM is a ministry of prayer: God’s messages of love, forgiveness, peace and strength have become steady points, along with requested prayer.

Totally funded by financial gifts and grants, GRM is very grateful for all contributions to continue the existing programs - and allow us to grow the ministry. As a result of previous gifts, we have been able to make a difference in people’s lives *and* to provide training to others in order that they, also, may extend hope and help for recovery to devastated individuals and families.

In closing, allow me to share with you a special story about GRM’s outreach. Some time ago, I spoke with a group of clergy members in a training session about problem gambling. Later, a phone call came. Of course, it wasn’t the first call for help to come to GRM; but the person seeking help had been referred by one of those pastors at the clergy meeting. Not only could I offer hope and help, but also, I knew, for certain, that the one asking for help would be upheld and supported by a pastor with new knowledge and understanding to affirm and assist this person to take those early, crucial steps of recovery.

I covet each of your prayers for this ministry ... consider, please, including GRM in your mission giving; for through GRM, lives have been changed, hope restored, and faith found!

In God’s Love,

Janet

Reverend Janet Jacobs

Director, Gambling Recovery Ministries

