

**Pillars: A support system for  
Journey to Wholeness  
Facilitators**



Session 1

**Thursday April 23, 2020**



Seventh-day Adventist Church  
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

## Today's session

1. Introduction & Prayer  
*(Angeline Brauer - 10 mins)*
2. How to run a JTW meeting - Basic Start  
*(Frank Sanchez - 15 mins)*
3. Tips on how to run a JTW meeting via Zoom  
*(Stephen Eccles - 15 mins)*
4. Q & A  
*(15 mins)*
5. Wrap-up & Prayer  
*(Angeline Brauer - 5 mins)*

## How to run a JTW meeting - Basic Start

presented by

**Frank Sanchez**

## How to run a JTW meeting - Basic Start

*Documents we'll discuss in today's session:*

1. *Meeting Agenda*
2. *Serenity Prayer*
3. *Group Guidelines*
4. *'How It Works'*
5. *Christ-Centered 12 Steps*

## Meeting Agenda

1. Introduce Self by first name and New Creature in Christ  
Recovering From \_\_\_\_\_
2. Open Meeting with Prayer
3. *Serenity Prayer (All)*
4. Ask if any new attendees, if they would like to introduce self
5. All in Attendance Introduce self by first name and Recovery Greeting
6. Members read *How it Works, 12 Steps, Traditions and Promises*
7. *Read Guidelines for Meeting*
8. Announcements etc.
9. Do Step Study (JTW booklet) or Pressing Issue, etc.
10. Pass Basket around per Tradition 7
11. Close meeting with Sentence Prayers, Prayer List, Lords Prayer

## Serenity Prayer

God grant me the serenity to accept the things I cannot change;  
The courage to change the things I can,  
And the wisdom to know the difference.

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*Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking 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*

## Group Guidelines

1. Group is to be confidential and safe place (what is said here or heard here remains here!!!)
2. Talk only about yourself
3. In Participation, we try not to intellectualize or preach, share our strength, hope and experience to the best of our ability
4. Do not interrupt someone else's sharing
5. If you wish to speak, raise hand to be recognized by the leader, use greeting with first name
6. Limit sharing to 3-5 minutes so all can have time to share.
7. No "Cross-Talk please! (Cross talk is when individuals engage in conversation excluding others)
  - a. Do not make comments or give opinions about what other people share
  - b. Do not give advice (share your own experience)
  - c. Do not sermonize
8. We are here to support one another not FIX another.
9. No foul language
10. No Smoking in meeting or in buildings.

## How It Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it — then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with compulsions, obsessions and addictions — cunning, baffling and powerful! Without help it is too much for us. But there is One who has all the power — that One is God.

Half measures availed us nothing. Our best efforts got us to this place We stood at a turning point. We asked His protection and care with complete abandon.

The steps we took were the 12 steps...

Note the power of the very words: (read 12 steps associated scripture and biblical principle).

## Christ-Centered 12 Steps (1-6)

1. We admitted we were powerless over our (compulsions, obsessions and addictions) that our lives had become unmanageable. **(Honesty)**  
*"I know nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." Romans 7:18*
2. Came to believe a power greater than ourselves could restore us to sanity. **(Hope)**  
*"For God hath not given us the spirit of fear, but of power, and love, and of a sound mind." 2 Tim 1:7*
3. Made a decision to turn our will and our lives over to the care of God. **(Faith)**  
*"Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." Luke 22:42*
4. Made a searching and fearless moral inventory of ourselves. **(Courage)**  
*"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40*
5. Admitted to God, to ourselves, and another human being, the exact nature of our wrongs. **(Integrity)**  
*"Therefore confess your sins to each other, and pray for each other so that you may be healed." James 5:16*
6. Were entirely ready to have God remove all these defects of character. **(Willingness)**  
*"With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word have I hid in mine heart, that I might not sin against thee. Blessed art thou, O LORD: teach me thy statutes." Psalm 119:10-12*

## Christ-Centered 12 Steps (7-12)

7. Humbly asked Him to remove our shortcomings. **(Humility)**  
*"Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. Hide thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God; and renew a right spirit within me" Psalm 51:6-10*
8. Made a list of all persons we had harmed and became willing to make amends to them all. **(Brotherly Love)**  
*"And as ye would that men should do to you, do ye also to them likewise." Luke 6:31*
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. **(Self Discipline)**  
*"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First, go and be reconciled to your brother, then come and offer your gift." Matthew 5:23-24*
10. Continued to take personal inventory and, when we were wrong, promptly admitted it. **(Perseverance)**  
*"So, if you think you are standing firm, be careful that you don't fall." 1 Corinthians 10:12*
11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out. **(Awareness)**  
*"For it is God which worketh in you both to will and to do of his good pleasure." Philipians 2:13*
12. Having had a spiritual awakening as the result of these steps, we tried to carry the message to others, and to practice these principles in all our affairs. **(Service)**  
*"If any man speak, let him speak as the oracles of God; if any man minister(serves), let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever." 1 Peter 4:11*

## Tips on how to run a JTW meeting via Zoom

presented by  
**Stephen Eccles**

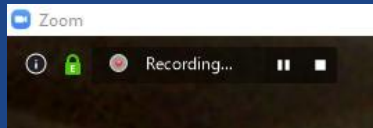
## Review of Group Guidelines

1. Group is to be confidential and safe place (what is said here or heard here remains here!!!)
2. Talk only about yourself
3. In Participation, we try not to intellectualize or preach, share our strength, hope and experience to the best of our ability
4. Do not interrupt someone else's sharing
5. If you wish to speak, raise hand to be recognized by the leader, use greeting with first name
6. Limit sharing to 3-5 minutes so all can have time to share.
7. No "Cross-Talk please! (Cross talk is when individuals engage in conversation excluding others)
  - a. Do not make comments or give opinions about what other people share
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8. We are here to support one another not FIX another.
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10. No Smoking in meeting or in buildings.

## Group Guidelines adapted for Zoom meetings

1. Group is to be confidential and safe place (what is said here or heard here remains here!!!)

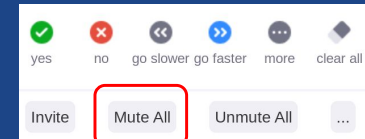
*Meetings are not recorded*



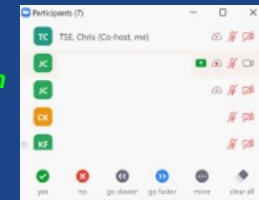
## Group Guidelines adapted for Zoom meetings

4. Do not interrupt someone else's sharing

*Use "Mute all" feature*



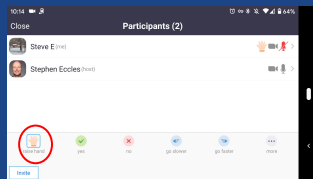
*Only unmute people when it's their turn to speak. Mute them again when they are finished.*



## Group Guidelines adapted for Zoom meetings

5. If you wish to speak, raise hand to be recognized by the leader

*Use Zoom "Raise Hand" feature*



*Or use traditional "Raise Hand"!*



## Group Guidelines adapted for Zoom meetings

1. Limit sharing to 3-5 minutes so all can have time to share.

- Divide time between number present
- Consider having a person volunteer to be timer
- Or have a timer on the screen

4m 51s

Whether to time shares is an example of a decision that should be agreed by the group at a Group Conscience meeting

## Summary of Group Guidelines adapted for Zoom meetings

1. Group is to be confidential and safe place (what is said here or heard here remains here!!!)  
*Meetings are not recorded*
2. Talk only about yourself
3. In Participation, we try not to intellectualize or preach, share our strength, hope and experience to the best of our ability
4. Do not interrupt someone else's sharing  
*Use "Mute all" feature. Only unmute people when it's their turn to speak*
5. If you wish to speak, raise hand to be recognized by the leader  
*Use Zoom "Raise Hand" feature - or use traditional "Raise Hand".*
6. Limit sharing to 3-5 minutes so all can have time to share.  
*Divide time between number present. Consider having a person volunteer to be timer / have a timer on the screen. (Group decision)*
7. No "Cross-Talk please! (Cross talk is when individuals engage in conversation excluding others)
  - a. Do not make comments or give opinions about what other people share
  - b. Do not give advice (share your own experience)
  - c. Do not sermonize
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## Other Zoom meeting tips

- Options for readings (e.g. 'How It Works')
  - Display documents using "Share Screen"
  - Circulate documents to attendees in advance (or via link in Chat)
- Host should open all documents that will be used on screen before the meeting to ensure a good flow
- Lord's Prayer
  - Use "Mute all" if it is a large meeting to reduce interference/noise
- Choose a meeting host familiar with Zoom
  - Can be the meeting leader or another person

## Pillars: A support system for Journey to Wholeness Facilitators



## Q & A



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