

# PRAY

If you would like to be on our prayer list or speak to a pastor, visit [tmumc.org/pray](http://tmumc.org/pray) or contact Rev. Doug Meyer at [doug@tmumc.org](mailto:doug@tmumc.org).

Visit our website for videos to guide you through two special prayers.

**Prayer of Examen** — guides you through the past 24 hours to discover the places you've felt God's presence and the places you've fallen short. [tmumc.org/examen](http://tmumc.org/examen)

**Breath Prayer** — Take five minutes to practice a Breath Prayer. [tmumc.org/breath](http://tmumc.org/breath)

## MEETINGS

Google "AA or Alateen or Alanon near me"

### Alcoholics Anonymous Local Meetings

- Trietsch — Carry the Message, [ctmaa.net](http://ctmaa.net)
- Flower Mound — A Daily Reprieve, Rockpointe
- Argyle — Cross Timbers Church
- Lewisville — Old Town Lewisville
- Denton — The Show Me Group
- Dallas — 12<sup>th</sup> Step Ministries, Lovers Lane UMC

### Al-anon (for familys affected by others' drinking)

- Awakening Alanon (Trietsch-Family Life Center rm 240) —Thursday 6:30pm or Saturday 9:30am
- <https://al-anon.org/al-anon-meetings/>

### Al-ateen (for teens affected by others' drinking)

- Awakening AlAteen (Trietsch-rm 136) —Sun, 7pm
- First Christian Church, Fulton St in Denton, Tuesdays 6pm
- AlAteen — Denton, contact Nan Hudson at 940-390-9975

## COMMUNITY ORGANIZATIONS

Denton Freedom House — [dentonfreedomhouse.org](http://dentonfreedomhouse.org)

Winning the Fight — [wtf-winningthefight.org](http://wtf-winningthefight.org)

Journey to Dream (Kyle's House) — [journeytodream.com](http://journeytodream.com)

## THE TWELVE STEPS OF AA

*We believe that the AA twelve-steps can be a set of guiding principles outlining a course of action for recovery from addiction, compulsion, or other behavioral problems.*

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him 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 knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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## WE ARE HERE FOR YOU

To speak to a pastor, or if you need additional resources, contact Rev. Doug Meyer at [DougM@tmumc.org](mailto:DougM@tmumc.org) or 972-539-8547 x242

972-539-8547



tmumc.org



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# RECOVERY and HEALING SUPPORT RESOURCES



TRIETSCH  
MEMORIAL UNITED  
METHODIST CHURCH  
TMUMC.ORG



Open to all whose lives  
have been touched by  
addiction and recovery

Gather weekly for  
worship, support and  
accountability

[tmumc.org/renew](http://tmumc.org/renew)

**Worship & Support**  
Wednesdays, 6:30pm  
Starts September 26  
Ministry Center (Room 273)



## TRIETSCH SUPPORT OPPORTUNITIES

**Women's Cancer Support** — Contact Sharon White for days and times. [sharon@sharonandtrety.com](mailto:sharon@sharonandtrety.com)

**Single Souls (Widows/Widowers)** — 1<sup>st</sup> Fridays, room 121. [nancyferguson1961@msn.com](mailto:nancyferguson1961@msn.com)

**Stretched to the Limit (Caregiver Support)** — 1<sup>st</sup> and 3<sup>rd</sup> Mondays, 7 pm, room 110. [halfmoon3@verizon.net](mailto:halfmoon3@verizon.net)

**Neighborhood Memory Cafe (Alzheimer's)** — 2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 2:30, room 111. [jamrushing@gmail.com](mailto:jamrushing@gmail.com)

**Stephen Ministers** — To get connected with a trained Stephen Minister, contact Rev. Doug Meyer at [dougm@tmumc.org](mailto:dougm@tmumc.org)

**Where to Turn** — Discuss life situations with a volunteer who has experienced similar issues. Contact Rev. Doug Meyer at [dougm@tmumc.org](mailto:dougm@tmumc.org)

## RECOVERY MINISTRIES at TRIETSCH

### RECOVERY MEETINGS AT TRIETSCH

- **Carry the Message, AA - Alcoholics Anonymous** — [ctmaa.net](http://ctmaa.net)  
Visit [ctmaa.net](http://ctmaa.net) for more info, room and times - some are closed meetings
- **Awakening Alanon** — Thursday 6:30pm or Saturday 9:30am, FLC 240
- **Awakening AIateen** — Sunday, 7pm, Main Building, rm 136
- **Renew Community in Recovery** - Wednesdays, 6:30pm, rm 273  
Starts September 26



**Coping With Loss Grief Recovery Seminars** — Held quarterly. Fall 2018 begins Oct 4., 7 pm, room 110. In this five-week seminar led by trained grief facilitators, you'll learn about the grief process, share with others, give and receive support and develop healthy coping skills and activities. RSVP to [jeanettet@tmumc.org](mailto:jeanettet@tmumc.org). Visit [tmumc.org/grief](http://tmumc.org/grief).

**Handling the Holidays Grief Seminar** — Learn how to celebrate a holiday while grieving, which can be bittersweet experience with mixed emotions. Nov. 10, 9:30 am - noon, room 110. RSVP to [jeanettet@tmumc.org](mailto:jeanettet@tmumc.org).

**Becoming One Again Divorce Recovery** — Sept 18-Nov 6, 6:30-8:30pm. Discover intentional steps toward healing and wholeness at any stage of separation/divorce or divorced up to three years in this eight-week divorce recovery class & support group, in conjunction with Flower Mound UMC. Class held at FMUMC. Taught by trained counselors and pastors who have been through divorce. Class is \$20. Register at [tmumc.org/renew](http://tmumc.org/renew). Childcare with 48-hour advance reservation to Jenny at [jtorson@fmumc.org](mailto:jtorson@fmumc.org).

