

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. Living one day at a time; enjoying one moment at a time; accepting hardships as a pathway to preach; 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

Samaritans Companion

Why we do this:

The goal of Samaritans Companion is to provide resources for men and women in recovery from sex addiction, to help maintain their sobriety. Samaritans Companion work is focused on providing education, support and referral in a confidential manner.

Why It Matters

Nothing destroys a family or relationship faster than addiction. Oklahoma ranks #2 in the nation in the number of individuals with addiction or abuse disorders—about 11.9% of the adult population.

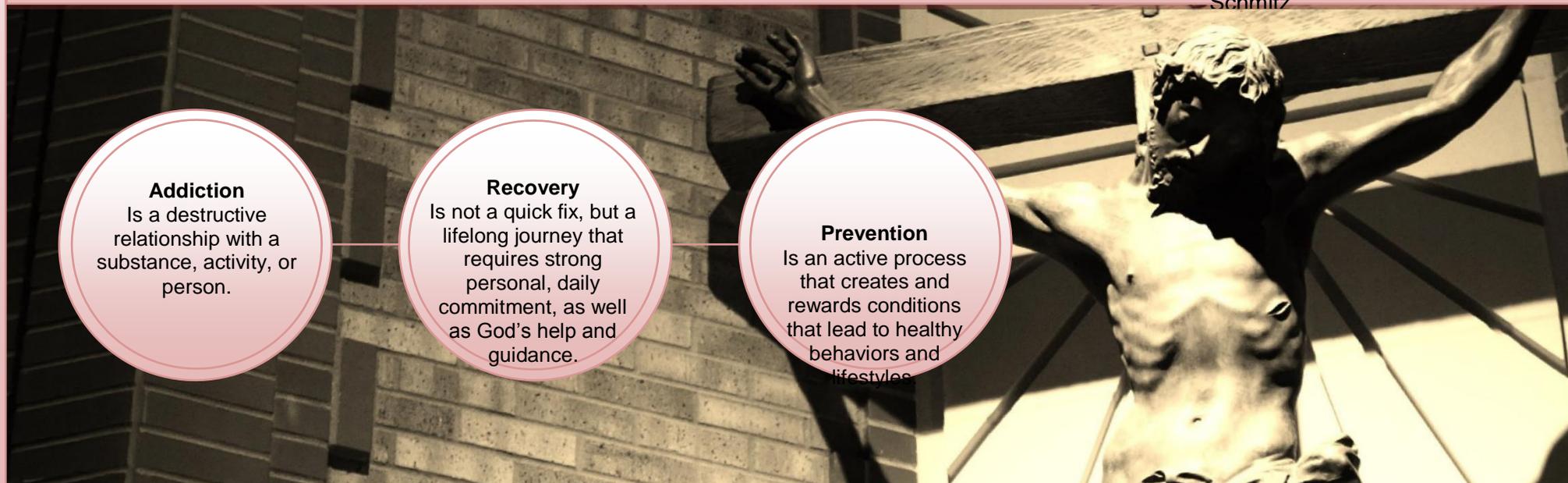
Our Parish began Samaritans Companion to provide a supportive, familiar and confidential environment for healing. It is modeled after work developed by the Calix Society and several other Catholic, faith-based substance addiction ministries. We believe in the benefits gained from 12 Step programs like Alcoholic Anonymous, Al-Anon and Narc-Anon and works to complement these programs with deeper spiritual development. Our work is aimed at helping participants enrich their spiritual life, which statistically enhances success in the never-ending fight against their addiction.

Where and When

Samaritans Companion meetings are held weekly at Christ the King Parish on Wednesday evenings from 7:00-8:00 p.m. in the ECDC basement off of Quaker, door next to garage, look for the S.C. sign. These meetings are open to anyone.

Samaritans Companion meetings are designed to complement and not replace counseling, treatment, or participation in a 12-step program. These meetings incorporate scripture readings, prayer, and Catholic faith-based readings.

“Wounds can be God’s access points to our hearts”
-Father Mike Schmitz



Addiction
Is a destructive relationship with a substance, activity, or person.

Recovery
Is not a quick fix, but a lifelong journey that requires strong personal, daily commitment, as well as God’s help and guidance.

Prevention
Is an active process that creates and rewards conditions that lead to healthy behaviors and lifestyles.

Addiction

When the life of someone we love is at risk and the quality of life for those

close to them is threatened, we have the responsibility to respond in a direct and loving way.

Sex addiction is an epidemic that affects not only the addicted person, but also their entire family. It is an illness emotionally and spiritually.

One characteristic of addictive disease is denial, based in shame and maintained by a conspiracy of silence.

The first step in addressing the problem is to begin talking about it, which reduces shame and opens the door to treatment and recovery.

I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die.

-John 11:25

Helpful Resources

- Internet Accountability Software
 - Covenant Eyes
- H.A.L.T. Model
 - Hungry, Angry, Alone, Tired

Media Resources

- Bishop Barren
 - FREE on YouTube
 - Check out his video on "Wealth, Pleasure, Power, & Honor"
- Ascension Presents (Fr. Mike Schmitz)
 - FREE on YouTube
- Formed
- St. Michaels Abby
- Scott Hahn
- David Anders
- EWTN



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Samaritans Companion

Parish-based addiction recovery

For confidential information, contact:
samaritan.companion.ctk@gmail.com

Samaritans Companion is an addiction recovery ministry at the Parish of Christ the King; that works to provide a gentle path of hope and anonymity to sobriety.

Take the next step...

