

LDS Family Services Addiction Recovery Program

Meeting Schedule

Rexburg, Rigby, and Ashton

(Updated August 2015)

For the most up-to-date schedule, please visit: arp.lds.org on the internet

<i>All meetings are at 7:15 pm</i>			
<i>Sunday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<p style="text-align: center;">ASHTON <u>General ARP</u> N. Fremont High School Seminary Building 1032 Pine</p> <p style="text-align: center;">REXBURG <u>General ARP</u> 2nd & 5th Ward Building 170 W. 1st S. (north side of building)</p> <p style="text-align: center;"><u>Men's PASG</u> BYU-I Campus Kimball 138, 228, 268, & 292</p> <p style="text-align: center;"><u>Women's Support</u> BYU-I Campus Kimball 243 & 245</p> <p style="text-align: center;"><u>Spouse & Family Support</u> Madison High School Seminary Building 2420 W. University Blvd</p>	<p style="text-align: center;">REXBURG <u>Men's PASG</u> Madison High School Seminary Building 2420 W. University Blvd</p> <p style="text-align: center;"><u>Women's Support</u> Madison High School Seminary Building 2420 W. University Blvd</p>	<p style="text-align: center;">REXBURG <u>General ARP</u> 2nd & 5th Ward Building (North side of building) 170 W. 1st S</p> <p style="text-align: center;"><u>Women's PASG</u> BYU-I Campus Kimball 228</p> <p style="text-align: center;">RIGBY <u>General ARP</u> Rigby Stake Center (Relief Society Room) 258 W 1st N</p>	<p style="text-align: center;">REXBURG <u>Men's PASG</u> BYU-I Campus Kimball 138</p> <p style="text-align: center;"><u>Women's Support</u> BYU-I Campus Kimball 230</p> <p style="text-align: center;"><u>Eating Support</u> BYU-I Campus Kimball 243</p> <p style="text-align: center;">RIGBY <u>Men's PASG</u> Rigby HS Seminary Building (NW Classroom) 288 N 3800 E</p> <p style="text-align: center;"><u>Women's Support</u> Rigby HS Seminary Building (SW Classroom) 288 N 3800 E</p>

General ARP – For those seeking recovery and healing from addictive/compulsive substances/behaviors such as alcohol, tobacco, gambling, pain pills, addictive debtors, illegal drugs, etc. To phone in, call 1-855-537-4000, access code: 990 219 727#.

Spouse & Family Support - For family and friends of those struggling with addictive/compulsive substance/behaviors.

Men's PASG (Pornography Addiction Support Group) – For men desiring recovery and healing from pornography/sexual addictions

Women's PASG (Pornography Addiction Support Group) – For women desiring recovery and healing from pornography/sexual addictions

Women's Support – For **wives** of husbands struggling with pornography/sexual addictions

Eating Support – For those struggling with food-related addictions/compulsions such as over-eating, anorexia/bulimia, etc.

Nature of Addictions

ADDICTIONS. Some people consider addictions to be simply bad habits that can be conquered by willpower alone, but many people become so dependent on a behavior or a substance that they no longer see how to abstain from it. They lose perspective and sense of other priorities in their lives. Nothing matters more than satisfying their desperate need. When they try to abstain, they experience powerful physical, psychological, and emotional cravings. As they habitually make wrong choices, they find their ability to choose the right diminished or restricted. As President Boyd K. Packer of the Quorum of the Twelve Apostles taught: "Addiction has the capacity to disconnect the human will and nullify moral agency. It can rob one of the power to decide." (*Ensign*, Nov. 1989, p. 14).

SUBSTANCE AND BEHAVIORAL ADDICTIONS. "Addictions can include the use of substances such as tobacco, alcohol, coffee, tea, and drugs (both prescription and illegal), and behaviors such as gambling, codependency, viewing pornography, inappropriate sexual behavior, and disorders associated with eating. These substances and behaviors diminish a person's ability to feel the Spirit. They harm physical and mental health, and social, emotional, and spiritual well-being. (Guide, p. v)

HE DID DELIVER THEM. If you suspect you are addicted and you feel even the smallest desire to break free, we invite you to join us in studying and applying the principles of the gospel of Jesus Christ as they are taught in [these twelve steps]. (Guide, p. vi)

If someone you love struggles with addictive/compulsive behaviors, there is hope, "He did deliver them because they did humble themselves before him; and because they cried mightily unto him he did deliver them out of bondage; and thus doth the Lord work with his power in all cases among the children of men, extending the arm of mercy towards them that put their trust in him". (Mosiah 29:20). "In all cases" Christ will heal our weaknesses as we put our trust in Him.

About the LDS ARP Meetings

MANUALS: LDS Family Services Addiction Recovery Program provides meetings as well as: LDS Family Services Addiction Recovery Program: A Guide to Addiction Recovery and Healing, which can be purchased at Deseret Book, the Church's Online Store (found at lds.org under the 'more' tab), or downloaded from www.arp.lds.org

PURPOSE: The guiding purpose of the program/meetings is to assist individuals and families in overcoming and healing from addictive/compulsive behaviors, coming unto Christ by applying the gift of hope and healing that comes through the Atonement in daily life, and to more fully enjoy the blessings of Church participation and temple covenants.

MEETINGS/CONFIDENTIALITY & ANONYMITY: All meetings provided are Christ-centered, gospel based, conducted by Church Service Missionaries, and a Facilitator (typically someone with personal experience in addictive/compulsive behaviors). During the sharing portion of the meeting, group participants share their stories of hope and healing from addictive/compulsive behaviors. Information shared at meetings by group participants is confidential. Meeting attendees are asked not to repeat outside of the meeting what is shared in the meeting. Meetings provide a safe place to feel our Savior's love and find support. Meetings run about an hour and a half. The dress is casual.

No fee or referral is required for those wishing to attend meetings. Family, friends, and Priesthood leaders are welcome to attend. However, participants age 16-17 must be accompanied by a parent or legal guardian. Those under the age of 16 are not allowed at meetings.

For additional information, please contact Floyd Vaughn Simper at 208-317-2158 or simper@ida.net. You may also contact LDS Family Services at 208-529-5276, or the website www.ldsfamilyservices.org.

The Atonement of Christ...

"Restoring what you cannot restore, healing the wound you cannot heal, fixing that which you broke and you cannot fix is the very purpose of the Atonement of Christ... there is no habit, no addiction, no rebellion, no crime exempted from the promise of complete forgiveness."

President Boyd K. Packer, *Ensign*, November 1995, pgs. 18-21

LDS Family Services Twelve Steps

1. **Honesty.** Admit that you, of yourself are powerless to overcome your addictions and that your life has become unmanageable.
2. **Hope.** Come to believe that the power of God can restore you to complete spiritual health.
3. **Trust in God.** Decide to turn your will and your life over to the care of God the Eternal Father and His Son, Jesus Christ.
4. **Truth.** Make a searching and fearless written moral inventory of yourself.
5. **Confession.** Admit to yourself, to your Heavenly Father in the name of Jesus Christ, to proper priesthood authority, and to another person the exact nature of your wrongs.
6. **Change of Heart.** Become entirely ready to have God remove all your character weaknesses.
7. **Humility.** Humbly ask Heavenly Father to remove your shortcomings.
8. **Seeking Forgiveness.** Make a written list of all persons you have harmed and become willing to make restitution to them.
9. **Restitution and Reconciliation.** Wherever possible, make direct restitution to all persons you have harmed.
10. **Daily Accountability.** Continue to take personal inventory, and when you are wrong, promptly admit it.
11. **Personal Revelation.** Seek through prayer and meditation to know the Lord's will and to have the power to carry it out.
12. **Service.** Having a spiritual awakening as a result of the Atonement of Jesus Christ, share this message with others and practice these principles in all you do.

For the following information, the below Web Sites will be most helpful:

- Addiction Recovery Program (Worldwide listing of meetings and locations; ARP manual download) www.arp.lds.org
- Combating Pornography (Church site to assist members and leaders in dealing with pornography.) <http://combatingpornography.org/cp/eng>
- LDS Family Services (includes library of articles to assist with a wide variety of social-emotional challenges) <http://www.providentliving.org/familyservices/strength/0,1226,4,28-1,000.html>
- The Power to Change, by President Faust <https://www.lds.org/liahona/2007/11/the-power-to-change?land=eng&query=power+change>
- Submit a success story – Individuals who have a personal experience of recovery from a substance abuse or pornography addiction... or... Family and friends who have experienced their own healing as they have worked through the addiction of a loved one. <http://arp.lds.org>

