



## What NOT TO SAY to Your Loved One in Addiction Recovery

...and how you can offer support around the holidays. Ready?

Here is what NOT TO SAY to your friend or loved one in addiction recovery this holiday season, along with some suggestions and guidance to help you show up in a thoughtful and supportive way:

### 1. Would you like a drink?

Instead, try this: Here is our selection of non-alcoholic beverages and mocktails. Help yourself!

### 2. How much longer are you going to be sober?

Recovery is a lifelong journey and everyone's path can look different. Assume that recovery is a process and that your loved one doesn't have an end date in mind. Instead of asking how long, maybe try saying something like I'm so happy for you. Life change looks great on you!

### 3. You can have just one drink now, right?

This question highlights the fact that you don't know much about addiction—or recovery. Instead of putting this on the person in recovery to answer during the holidays (which may add more stress), you can take responsibility for learning more about what recovery is.

### 4. One won't hurt.

This statement can be very harmful and not supportive. Refrain from making judgments or suggestions about someone else's journey.

### 5. [say nothing but hand them a drink]

Instead, you can point out where the NA or mocktail options are. If there are other substances in the home (not alcohol), make sure that these substances and the use of them (Aunt Doreen's famous pot brownies, for example), are done privately and not offered to folks in recovery. It's also important to note here that not everyone practices abstinence-based recovery, though that is my preferred path. Some folks practice what's known as harm reduction. They may have stopped the use of opiates, for example, but still drink alcohol. Respect everyone's individualized journey.

### 6. Is it okay with you if I have a drink?

This question may be one of my least favorite now that I have a couple 24-hours of recovery strung together. Why? Well, it assumes that the person in recovery is not only responsible for their own behavior, but yours as well. How about we each stay in our own lane and focus on

our own actions? The intention in saying this is usually a kind one, but remember, if we are uncomfortable, it is our responsibility to leave a situation—or not go in the first place. When I was very early in recovery, I only stayed at gatherings with alcohol present for a short time. Over time, I'm more comfortable in my own skin and not as focused on the substances around me.

### 7. It's not going to be a problem if we have alcohol here, right?

Re-read the above explanation. It's your choice if you serve alcohol or other substances at your holiday gathering.

Those of us in recovery can make sure we make healthy decisions for ourselves like having an exit strategy (this plan usually involves having our own ride home when we need it), celebrating with other sober folks, and being honest with ourselves and others about how we are feeling.

Of course, would it be amazing to have a substance-free holiday party? YES! But that is up to the host—those of us in recovery can choose how to respond, if to attend, and what we need to make it a sober and successful holiday season.

*Written by FUMCOR member Caroline Beidler, MSW from "Circle of Chairs." For more of Caroline's writing, go to [carolinebeidler.substack.com/subscribe](http://carolinebeidler.substack.com/subscribe).*

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## Year-End Financial Update

Our Finance Committee is pleased to inform you that we have now received 210 estimates of giving for our 2024 "Earn, Save, Give" financial campaign, or 84% of our goal of 250 estimates. The total amount from these 210 estimates is \$1,097,213, reaching 90% of our \$1,210,000 goal.

We remind those who have not yet submitted their 2024 estimate of giving that our church offices will be closed the week following Christmas. The last chance this year to contact our Finance and Administration Office with questions will be Thursday, December 21. All year-end donations postmarked by December 31 will be counted towards the giving for 2023. Any year-end donations postmarked or handed in after December 31 will be counted towards the giving for 2024.

Your generous participation in our financial initiative significantly contributes to our church's mission. We are grateful for your ongoing support and for being part of our caring and inclusive community.

## Christmas Eve

4:00 p.m. Christmas Pageant

7:00 p.m. Contemporary Service

11:00 p.m. Traditional Service

## In Sympathy

We ask for prayers for the family of **Don Roe**, who died on December 19. Arrangements are incomplete at this time.

## In the Hospital

Bobby Dodd - MMC

## Discharged

Cara Weigel, Ann Snow, Rae Smith, Carole Stoops, Darlene Agee (wife of Dana Agee)

## Our Giving:

Weekly offering:	\$ 17,171
2023 YTD offering:	\$ 1,274,167
2022 YTD offering:	\$ 1,279,273
Mission offering:	\$ 1,215

# Worship for December 24

## Fourth Sunday in Advent

Scripture: Luke 1:26-38

## Sermon: A Christmas Story

11:00 a.m. Combined Service - Sanctuary

Preaching: Rev. Denna Hornby



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## Early Deadline For January's Senior Adult Luncheon

Because our church office will be closed for all of next week, do not miss the reservation deadline for our Senior Adult Luncheon on January 10. The last day to reserve your spot is Thursday, January 4, 2024. The program for the day will be presented by Mark Diemer, the leader of our Willing Workers Ministry. Though Mark and his team work behind the scenes, their efforts significantly impact the lives of seniors requiring occasional assistance with household tasks.

The New China Palace will be providing our meal, featuring chicken, vegetables, rice – and, naturally, egg rolls. Participation comes at a cost of \$15, and everyone is welcome to join us!

## Narcan Kits Installed

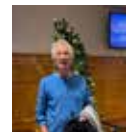
New overdose aid kits containing Narcan have been installed next to our wall-mounted automated external defibrillators (AED) devices located on the walls outside the parlor, fellowship hall, and Keystone activity room. Narcan nasal spray is a safe and effective way to reverse opioid overdoses.



## A Christmas Shoppe Thank You

A big "thank you" to everyone who made this year's Christmas Shoppe happen! This past Saturday, we were able to serve 104 children and their families, providing gifts, food, clothing, gift cards, and the knowledge that they were cared for and cared about. Because of your many donations, time, shopping, and encouragement, we were able to live out our prayer for these families, that they feel God's love and find respite during this Christmas week. Thank you, Church.

- Christmas Shoppe Leaders



**Pastors** Mark Flynn, lead • Jenny Caughman, spiritual care • Denna Hornby, associate  
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