

PROGRAM TO HELP OVERCOME ADDICTIONS AVAILABLE IN NE OKC

A "Community Outreach for Recovery 12 **Step Program**" is now being held at Fairview Baptist Church each Monday night from 8:00 p.m. to 9:00 p.m. This ministry is open to the community and relates to any type of addiction that one may be dealing with. The focus of the ministry is based on the Life Recovery Bible.

There are countless types of addictions. When we think "*addiction*" we tend to think of drugs and alcohol, but there are so many more. Think of it this way - anything that prevents you from dealing with your true life issues or your family could be an addiction. Some addictions are more physically dangerous than others, but they are all a way for us to avoid painful feelings.

People can develop addictions to substances, behaviors or activities. They all have the same basic symptoms: loss of control, starting slowly then building over time, and continued use in the face of negative consequences. Some of these behaviors or activities may be normal, everyday occurrences, such as eating or shopping, which can make it much harder to determine if there is really a problem, and make it easier for the person to mask the problem.

That some things are now classified as "addictions" show that we are changing how we think about types of addictions. In the past, "addiction" simply referred to physical and psychological dependence on a substance, such as alcohol or drugs. Previously, without a physical dependence on a drug, there could not be a diagnosis of addiction. One reason for this change is that research has revealed that psychological dependence has much more to do with the cycle of addiction than originally thought.

People may become physically and/or psychologically dependent on substances, behaviors or activities. These are only a few of the many identified addictions: Acting, adrenaline, adult movies, aerosol sniffing, alcohol, ambient, American Idol, amphetamines, amyl nitrate, animal torture, anime, anti-depressants, applause, arson, art, aspirin, athletics, attention, authority, auto racing, barbiturates, baseball, basketball, benzodiazapines, board games, buprenorphine, butyl nitrate, betting, bestialit, binge eating, blow, bodybuilding, bulimia, caffeine, candy, cannabis, card games, casinos, cheating, chips, chocolate, cigarettes, cigars, cleaning, clogging, clubbing, club drugs, cocaine, codeine, codependency, coffee, collecting, computer, computer gaming, cooking, cough syrup, cow tipping, crack, crank, crime, cross dressing, crystal meth, cybersex, D&D, dancing, danger, date rape, diazepam, dieting, dilaudid, diuretics, drugs, drunk driving, Dungeons & Dragons, DVDs, eating, ecstasy, email, endorphins, entertainment, ethanol, excessive hygiene, excitement, exercising, exhibitionism, fame, fantasizing, fashion, fats, fentanyl, fetishes, fetishism, fine dining, food, football, fortune, fried foods, Friends, futbol, gambling, game cube, gaming, gardening, GHB, glue, glue sniffing, golf, grain alcohol, greed, greenies, hair pulling, hallucinogens, hard-core pornography, heroin, hoarding, hobbies, Hollywood gossip, Hollywood news, hunting, hydrocodone, hydromorphone, hygiene, ice, illicit drugs, infidelity, infomercials, information, inhalants, internet, intravenous drugs, IV drugs, Japanese animation, job, jogging, joints, junk collecting, junk food, ketamine, kinky sex, kleptomania, Las Vegas, laughing gas, lawlessness, laxatives, la-z-boy, love, lust, magic mushrooms, Magic the Gathering, manga, marijuana, masochism, masturbation, meetings, men, mescaline, methadone, methamphetamines, methanol, methylphenidate, mischief, money, moonshine, morphine, MS Contin, muscle relaxants, narcissism, narcotics, nasal spray, NASCAR, news, nicotine, nitrous oxide, off-track betting, online gambling, online gaming,

opiates, opioids, opium, organization, organizing, OTB, overachieving, overeating, overworking, oxycontin, oxycodone, pain, pain pills, PCP, pedophilia, people pleasing, Percocet, perfectionism, performing, pipes, Play Station, pleasure, poker, politics, pornography, pornographic magazines, pornographic movies, pornographic novels, power, pranks, prescription medications, prestige, PS2, public sex, purging, QVC, queeloods, racetrack betting, reading, reading comic books, reality TV, relationships, religion, Risk, risk taking, Ritalin, Role-playing games, romance, rophies, rubber stamps, rugby, running, S&M, sadism, sado-masochism, Satanism, scrapbooking, sedatives, self-help, self-mutilation, Seinfeld, sex, sex toys, shopping, skateboarding, sleeping, sleeping pills, smokeless tobacco, smoking, sniffing solvents, snooping, soap operas, soccer, special K, speed, spending, sports, sports betting, steroids, stogies, street drugs, strip clubs, sugar, superstitions, Survivor, sweets, talking, television, THC, The Matrix, thrills, tramadol, tranquilizers, travel, trichotillomania, ultram, underachieving, valium, vandalism, vicodin, videos, video games, violence, voodoo, voyeurism, watching movies, wealth, weed, weightlifting, women, work, xbox, XXX movies, young love, zoophilia, Zoo sex. Among resources that provide a more extensive, yet partial, list of addictions with definitions is www.addictionz.com

Help is available! Step up and be a part of 12 Step Recovery. You're not alone.

The program will be under the umbrella of Fairview's Evangelism Ministry, led by Minister Cleo McGlory. For more information, please contact 12 Step Leader Felicia Nero at felicianero@ymail.com or 405-471-9494.

Fairview is located at 1700 N. E. 7th Street in Oklahoma City. Dr. J. A. Reed, Jr. is Senior Pastor.