

The Calix Society: Enhancing Spiritual Maturity in Recovery

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Zoom Webinar Information

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- ✓ Phone lines and mics are muted
- ✓ If you use the “Raise your hand” feature we can unmute your mic
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Learning Objectives

- ▶ Show how one Catholic Charities' Addictions Healing Services can be a conduit in enhancing sobriety and faith strengthening.
- ▶ Describe how the Calix Society provides spiritual growth to persons with addictions.
- ▶ Examine how Catholic Charities' agencies can be a bridge to the Calix Society and other Catholic movements





- ▶ Pope Francis tells us that all addicted persons continue to have, more than ever, dignity as persons and children of God
- ▶ Although there are many paths to recovery that provide addiction treatment and mental health services, they may not specifically discuss one's particular faith

Addictions Healing Services

- ▶ Parishes and faith communities are often the first encounter for many individuals and families who seek help
- ▶ Given the complexity of the addiction, parishes face challenges that leave clergy, parish staff, and volunteers to ask, “How?”



Addiction Healing & Recovery

- ▶ Being informed about what addiction is, journey with individuals and families non-judgmentally, compassionately and spiritually, Catholic Charities agencies can be pivotal in:
 - ▶ providing training,
 - ▶ dispelling misconceptions about addiction,
 - ▶ assisting in the development of parish addiction/healing ministries, and
 - ▶ helping parishes to connect with the Calix Society for those who seek recovery and healing in their Catholic faith



Models of Addiction & Modules of Addiction Treatment

▶ Models

▶ Moral

- ▶ Addiction results from individual's moral failing; weak character

▶ Medical

- ▶ Addiction is a chronic brain disease that clearly has serious physical and psychosocial components

▶ Spiritual

- ▶ A relational disconnect from God

▶ Modules

- ▶ Screening, Brief Intervention and Referral to Treatment (SBIRT)

- ▶ Medication-Assisted Treatment (MAT-MOUD)

- ▶ Behavioral Therapy (CBT, DBT, Contingency Management, etc.)

- ▶ Care Delivery. Integration of Mental Health Services, Telehealth, Case Management

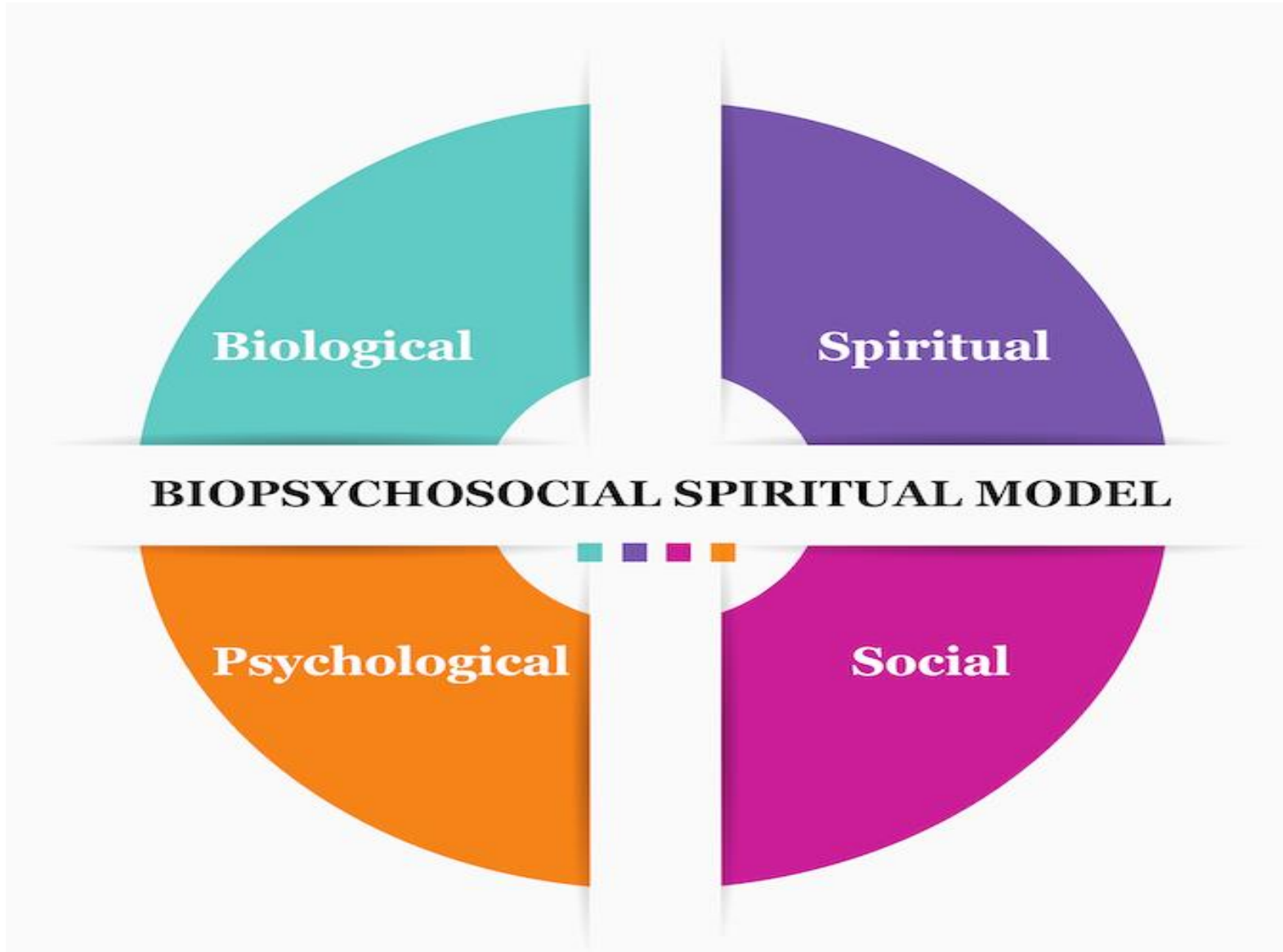
Biological

Spiritual

BIOPSYCHOSOCIAL SPIRITUAL MODEL

Psychological

Social





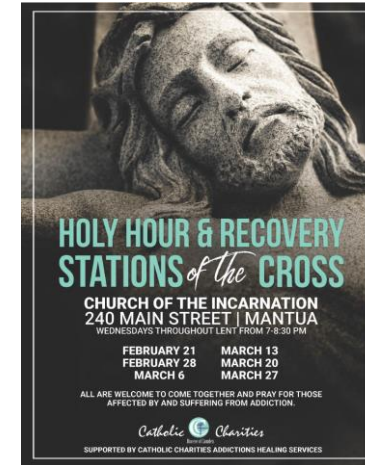
“Spirituality is a part of our human nature and an important part of the recovery process. However, each individual should be given the dignity to choose their path towards healing and encouraged and supported along the journey to health and wholeness”.

Nina Marie Corona, DMin

Addiction Healing Services, Catholic Charities, Diocese of Camden

▶ Services offered:

- ▶ Addiction Healing Helpline
- ▶ Training Sessions (We Thirst/I Thirst series)
- ▶ Customized Presentations for Parish Groups
- ▶ Monthly Newsletters to Pastors, Parishes
- ▶ Holy Hour; Recovery Stations of the Cross during Lent
- ▶ Referral resource to county Mental Health & Addiction services
- ▶ Catholic Local Support Groups:
 - ▶ **Calix Society - NJ Unit**
 - ▶ Community Connections
 - ▶ AFIRE (Active Faith Implementing Relief In the Epidemic) - We Thirst Ministries
 - ▶ Hope Zone - I Thirst Ministry



What is Calix Society?

- ▶ Calix is a Catholic association of persons in recovery
- ▶ Over 800 members internationally and 28 units
- ▶ Maintaining their sobriety through participation in the Catholic faith and a **12 Step program**
 - ▶ The 12 spiritual principles of recovery are as follows: acceptance, hope, faith, courage, honesty, patience, humility, willingness, brotherly love, integrity, self-discipline, and service. These principles are aligned with a particular step in Alcoholic Anonymous' (AA) 12-Step Program
- ▶ Although Calix draws from Catholicism, a member need not be a Catholic



Calix Credo

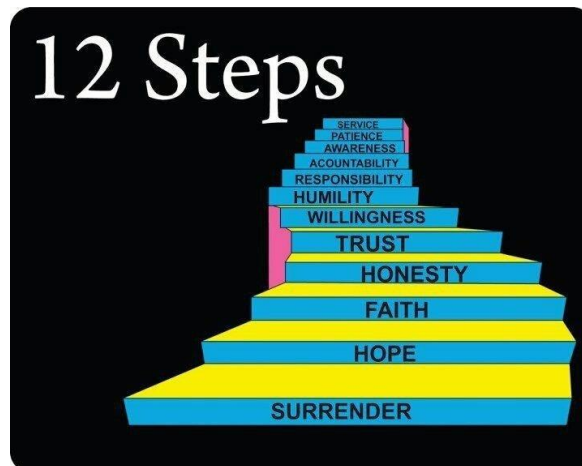
- ▶ “Calix is an association of Catholic alcoholics, drug addicts, and family members and friends affected by addiction, who are maintaining their sobriety through participation in their Catholic faith and a **12 Step program**.
- ▶ Our first concern is to interest Catholics with these problems in the virtue of total abstinence.
- ▶ Our second stated purpose is to promote the spiritual development of our membership. Our gathering today is an effort in this direction. Our conversation and our association together should be a source of inspiration and encouragement to each other, geared to our growth toward spiritual maturity.
- ▶ Our participation in all other spiritual activities of Calix, such as the frequent celebration of the Liturgy, reception of the Sacraments, personal prayer and meditation, Holy Hours, Days of Recollection and retreats, aids us in our third objective, namely, to strive for the sanctification of the whole personality of each member.
- ▶ We welcome others who are not members of our Catholic faith, and anyone concerned with the illness of alcoholism and addiction who wish to join with us in prayer for our stated purposes.”



The Calix Society
substituting the cup that stupifies with the one that sanctifies

The Twelve Steps and Evidence-Based Treatment

- ▶ As they have risen in popularity due to proven outcomes over almost nine decades, the Twelve Steps have been hugely influential in addiction treatment programs and utilized as an evidence-based treatment modality
- ▶ The 12 Step treatment process involves admitting that you can't control addiction, recognizing that a higher power can give strength, admitting past mistakes, making amends, and developing an honest, helping, and forgiving lifestyle





The 12-Step Program

- ▶ The 12 Step program has been a successful and widely recognized practice supporting recovery from addiction, used successfully by millions of people worldwide. Today, it is implemented in various drug and alcohol addiction treatment programs as an evidence-based approach to helping patients find and maintain sobriety
- ▶ **The History of the 12 Steps**
 - ▶ In 1938, Bill Wilson, a former member of Alcoholics Anonymous, created the 12 Steps. They emerged from Wilson's effort to share his ideas and tips regarding recovery from drug and alcohol addiction. Once completed, the steps were recorded in AA's Big Book
 - ▶ Today, the 12 Steps are a model for AA, and millions of people in recovery utilize the Steps for support, with additional groups including Narcotics Anonymous and Gamblers Anonymous also utilizing the 12 Steps as a foundation for recovery from addictions

How is Calix Society Helpful When Working with Clients?

- ▶ It is an opportunity for individuals to connect with other Catholics in recovery
- ▶ The Calix support group environment:
 - ▶ Fosters faith and community
 - ▶ Builds a fulfilling life in recovery
- ▶ Spiritual maturity in recovery can provide significant benefits like a sense of purpose, meaning, connection to something larger than oneself, increased resilience, improved emotional well-being, greater compassion, and a stronger sense of hope, all contributing to a more sustained and fulfilling recovery journey!

Spirituality - Religiosity

- ▶ Spirituality refers to “personal views and behaviors that express a sense of relatedness to a transcendental dimension or to something greater than the self
- ▶ Religiosity refers to “participation in or endorsement of practices, beliefs, attitudes, or sentiments that are associated with an organized community of faith

Five Signs of Spiritual Maturity

1. They base their reactions on Scripture and God's character instead of their feelings and emotions
2. They listen more and talk less
3. They have a sense of humility to them
4. They have self-awareness
5. They have healthy boundaries and actual discernment

Assessing Spirituality Tools

- ▶ **The Brief Multidimensional Measure of Religiousness/Spirituality (BMMRS)**
 - ▶ Frequently used in research
 - ▶ It allows for evaluation of different dimensions (spiritual experiences, religious practices, meaning of life)
- ▶ **HOPE:** sources of Hope; Organized religion; Personal spirituality: Effects on medical care and end of life
- ▶ **FICA Spiritual History Tool:** Faith & belief; Importance; Community; Address in care
- ▶ **The Open Invite Mnemonic:**
 - ▶ Open the door to conversation - May I ask your faith background? Do you have a spiritual or faith preference?
 - ▶ Invite - Invite the client to discuss spiritual needs

Assessing Spirituality

- ▶ Two questions:
 - ▶ “Do you have spiritual practices, such as praying, meditating, listening to music, or reading sacred text, that you find helpful or comforting?”
 - ▶ “Are you part of a faith community?”



How can Catholic Charity Agencies connect?

- ▶ Attend a Calix meeting
- ▶ Become a member of Calix
 - ▶ Website: <https://www.calixsociety.org/>
- ▶ Encourage parishes to start a Calix Unit

“The Apostolate of Calix is concerned with supporting sobriety and spiritual growth by means of active participation in the Sacramental life of the Catholic Church”

How does a Parish start a Calix Unit?

- ▶ CC agencies and parishes contact through ‘want to start a unit on website’.
- ▶ A board member will walk them through the minimal requirements to start a unit.
- ▶ Committed clergy support, 3-5 core group members and a location, are the primary requirements to start a unit.
- ▶ Several new units across the country and Canada are in the action stage of starting a unit.
- ▶ The geographically closest board member can assist and meet with the identified individuals in person.
- ▶ Initial literature for the group is provided through the Society. Included are sample meeting formats, pamphlets and sample church bulletin copy,

Calix Society Annual Retreat Video

https://www.calixsociety.org/wp-content/uploads/2023/Calix_Video.mp4


Apostolic Letter from Pope Francis



*His Holiness Pope Francis
willingly imparts his Blessing
to the members of
The Calix Society
on the happy occasion of its
Seventy-fifth Anniversary.*

*In giving thanks to Almighty God
for the many graces bestowed during these years,
His Holiness prays that the Society
be confirmed in its noble task of bringing
Christ's healing to those in need
and entrusts them and the members of their families
to the maternal intercession of
the Blessed Virgin Mary,
Mother of the Church.*

From the Vatican, 8 December 2024


✠ Edgar Peña Parra
Substitute



Holiness Pope Francis so beautifully expressed it:
"We must fan the flame of hope that has been given us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision."

References & Recommended Readings

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Questions



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