

12 Steps of Alcohol Anonymous, Bible Scripture Christian Principles & Spiritual Tools

Christian Principles Walked out in the 12 Steps	The Twelve Steps (Adapted from the Twelve Steps of Alcoholics Anonymous)	Biblical Comparisons (NIV)	Spiritual Tools
<p style="text-align: center;">Surrender (Steps 1-3)</p> <p>These steps bring us (recovering addicts) to a relationship with our Higher Power by recognizing that we are unable to continue an unmanageable life, but that there is hope in surrender.</p>	1. We admitted that we were powerless over our addictions, that our lives had become unmanageable.	Romans 7:18 ...For I have the desire to do what is good, but cannot carry it out. Philippians 2:13...It is God who gives me the desire and willingness.	Powerlessness Desire Willingness
	2. We came to believe that a Power greater than ourselves could restore us to sanity. "JESUS is our HIGHEST POWER"	John 1:12 But as many as received him, to them he gave Power to become the sons of God, even to them that believe on His name. Acts 1:8 But you shall receive Power after the Holy Ghost has come upon you...	Power Open-Minded Hope
	3. We made a decision to turn our will and our lives over to the care of God as we understood Him	Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.	Willingness Decision Faith
<p style="text-align: center;">Confession and Repentance (Steps 4-7)</p> <p>By self-examination, we (recovering addicts) recognize where we have harmed ourselves and others. We acknowledge our own defects of character, making them real. Then we decide to turn these specific problems over to our Higher Power and ask God to take control to remove them.</p>	4. We made a searching and fearless moral inventory of ourselves.	Lamentations 3:40 Let us examine our ways and test them, and let us return to the Lord. Jeremiah The heart is deceitful...	Inventory Honesty
	5. We admitted to God, to ourselves and to another human being the exact nature of our wrongs.	James 5:16 Therefore confess ... and pray for each other so that you may be healed 1 st John 1:9 If we confess...he is faithful ... will forgive and cleanse us.	Admission Honesty
	6. We were entirely ready to have God remove all these defects of character.	Isaiah 1:19 If you are willing and obedient, you will eat the best from the land.	Willingness

	7. We humbly asked Him to remove all our shortcomings.	James 4:10 Humble yourselves before the Lord, and He shall lift you up. Psalms 51:10 Create within me a clean heart ...	Change Surrender Willingness
Reconciliation and Restoration (Steps 8-9) In these steps, we (recovering addicts) begin to relate honestly and appropriately to others and to rebuild the human relationships which have been broken by addiction.	8. We made a list of all persons we had harmed and became willing to make amends to them all.	Matthew 5:23 Leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.	Honesty Open Minded Willingness
	9. We made direct amends to such people wherever possible, except when to do so would injure them or others.	Luke 6:38 Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.	Honesty Open Minded Willingness
Continual Growth (Steps 10-11) By a daily program of applying the Twelve Steps, emotional balance is maintained, a crucial requirement for maintaining sobriety. As this "one day at a time" program is lived, power is drawn from feeding the spiritual self through improving conscious contact with God.	10. We continued to take personal inventory and when we were wrong, promptly admitted it.	Romans 12:3 For by the grace given to me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.	Change Honesty Prompt Action
	11. We sought, through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.	Psalms 19:14 May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock, and my Redeemer.	Willingness Deep Spiritual Power Guidance
Sharing and Serving (Step 12) As a result of the spiritual awakening occurring in steps 1-11, we (recovering addicts) seek to share what has been learned with others.	12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.	Galatians 6:1 Brethren, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.	Willingness Service Sharing

12 Steps: 3 Relationships

Relationship to God

Step 1, Step 2, Step 3, Step 11

Relationship to Self

Step 4, Step 5, Step 6, Step 7, Step 10

Relationship to family, friends, others

Step 8, Step 9, Step 12



The 12-Step Program of Alcoholics Anonymous is designed to confront and help you work to build 3 new Vital relationships.

(1) Relationship to God

- Step I We admitted we were powerless over alcohol - that our lives had become unmanageable.
- Step II Came to believe that a Power greater than ourselves (Christ) could restore us to sanity.
- Step III Made a decision to turn our will and our lives over to the care of God as we understand Him.
- Step XI Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for the knowledge of His will for us and power to carry that out.

(2) Relationship to Self

- Step IV Made a searching and fearless moral inventory of ourselves.
- Step V Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
- Step VI We were entirely ready to have God remove all these defects of character.
- Step VII Humbly asked him to remove our shortcomings.

(3) Relationship to Others

- Step VIII Made a list of all people we had harmed, and became willing to make amends to all of them.
- Step IX Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step X Continued to take personal inventory and when wrong promptly admitted it.
- Step XII Having had a spiritual awakening as a result of these steps, we tried to carry the message to alcoholics and to practice these principles in all our affairs.

WHAT IS DENIAL

Denial is a psychological mechanism or process by which human beings protect themselves from something threatening to them by blocking knowledge of that thing from their awareness.

The denial that this thing exists in their lives is below the level of awareness. It is done subconsciously. In other words the person doesn't know or is unwilling to admit that it exists.

The problems overshadow or cloud a person's ability to realize or recognize that the thing, set of circumstances, events, or phenomenon are actually happening in their lives.

It impairs judgement and results in self-delusion which locks the individual into an increasingly destructive pattern of living.

This process of denial has many faces which may manifest or characterize themselves in any one or more of the following ways:

1. Simple Denial -- maintaining that something is not so, which is indeed a fact and very obvious to important others in the person's life.
2. Minimizing -- admitting superficially to the problem, but will not admit that it is serious in scope.
3. Blaming (also called projection) -- denying responsibility for certain behavior and fixing the blame on someone or something else.
4. Rationalizing -- offering alibis, excuses, justification, or other explanations for behavior. The behavior is not denied, but an inaccurate explanation of its cause is given.
5. Intellectualizing -- avoiding emotional, personal awareness of a problem by dealing with it on a level of generalization, intellectual analysis, or theorizing.
6. Diversion -- changing the subject to avoid discussion of the topic that is threatening.
7. Hostility -- becoming angry or irritable when references are made to the problem causing conflict. This is a defense to back the challenger off the problem.

Denial is progressive - the affected individual sets up such an elaborate system of denial mechanisms that they pervade the entire personality and become so enmeshed that they are extremely difficult to penetrate.

Denial is automatic - it's operated below the level of awareness - the affected individual does not really know that he/she is engaging in the acts of denial.

Step 1 (The Problem)

We admitted we were powerless over _____
and our lives had become unmanagable.

POWERLESSNESS

Physical Allergy/Craving

Mental Obsession

Complete Defeat is Total

Step one summary

“...ye shall know the truth ,and the truth shall make you free.” (John 8:32)

***The 1st step is about surrender,
the surrender involved in facing the truth...
it's about finally facing the truth of a situation***

Thing I learned:

****** Pray for that moment of truth***

******Surrender in facing the truth***

******grace allows us to finally see (face) the truth
of a situation.***

***When I see the truth ,
I am able to make a decision
to give up on self-will.***

**character
deficits**

1. Lack of self-control
2. Lack of self-discipline
3. Lack of self-respect
4. Lack of self-esteem
5. Lack of self-confidence
6. Lack of self-worth
7. Lack of self-love
8. Lack of self-compassion
9. Lack of self-acceptance
10. Lack of self-assertiveness
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A Christ-Centered 12-Step Recovery Program for Addictions

WHY WE ARE HERE

Addictive agents are those persons, places, or things (choices) on which we form an excessive dependency, consequently causing our lives to become unmanageable.

A "Blessed moment of truth" from a *Divine Power* greater than ourselves leads to rigorous honesty, open-mindedness and willingness to

CHANGE !!

The catalog of addictive agents includes: Agents Behaviors and Choices

- 1) Alcohol or drugs
- 2) Work, achievement, and success
- 3) Money addictions, such as overspending, gambling, hoarding
- 4) Control addictions, especially if they surface in personal, sexual, family and business relations
- 5) Food addictions
- 6) Sexual addictions
- 7) Approval dependency (the need to please people)
- 8) Rescuing patterns toward other persons
- 9) Dependency on toxic relationships (relationships that are damaging and hurtful)
- 10) Physical illness (hypochondria)
- 11) Exercise and physical conditioning
- 12) Cosmetics, clothes, cosmetics surgery, trying to look good on the outside
- 13) Academic pursuits and excessive intellectualizing
- 14) Religiosity or religious legalism (preoccupation with the form and the rules and regulations of religions, rather than benefiting from the real spiritual message)
- 15) General perfectionism
- 16) Cleaning and avoiding contamination and other obsessive-compulsive symptoms
- 17) Organizing, structuring (the need always to have everything in its place)
- 18) Materialism

Fowler, Dr. Robert and Dr. Richard Hemfelt. Eds. Serenity: A Companion for 12 Step Recovery. Nashville; Thomas Nelson, Inc., 1990. Pages 13-14.

Codependency is a type of dysfunctional behavior prevalent in society as a whole, as well as in Christian families. There are four basic dysfunctional situations, which may cause a person to exhibit codependent behavior:

- 1) Persons who are currently in a close relationship with an addict or alcoholic
- 2) Persons with an addictive parent or grandparent. This includes addictive disorders such as chemical dependency, workaholism, compulsive overspending, sexaholism, and child abuse.
- 3) Persons suffering significant childhood loss due to reasons other than addictions, death, divorce, physical or mental deprivation.
- 4) Persons from an emotionally out of touch or extremely repressive family background.

Codependency, like chemical dependency, is a disease that is chronic, progressive and fatal.



Youth 12-Step Recovery Ministries

REGEN-TEEN PREAMBLE:

Regen-teen is a Christ-centered 12-Step recovery program, a fellowship of young people whose lives have been affected by an addiction in a family member or loved one.

We help each other by sharing our experience, strength, and hope in weekly meetings, retreats, and conferences.

The primary purpose of Regen-teen is to provide a safe, quiet and supportive atmosphere so that teens may express themselves and what they are feeling.

We use Bible scriptures, 12-Steps, and slogans adapted from AA as character-building resources.

Many of us come from homes where our feelings, wants and desires were not important. Some of us have taken on the feelings, attitudes and behaviors of others. Maybe it is difficult for us to express ourselves at first. In God's time, even the most withdrawn teenage may begin to share. Our group acts as mirror of validation. We can begin to trust and feel safe. Young people like everyone else want to be heard. Acceptance of other's sharing is an expression of love and emotional support. Silence is a powerful gesture of support and acceptance.

A parent grandparent, close relative or friend in the cycle of an "out of control" spiral.

The way parents act and how they treat each other and their children has an influence on the children growing up in the home.

There can be challenges for us to develop healthy relationships to God, with self, and others.

What about the children...possible challenges?

- ✚ mood disorders
- ✚ learning challenges
- ✚ child abuse and neglect,
- ✚ abandonment issues

Codependency related to people places or things
Chronic progress and fatal without recognition and intervention
Unfortunately, without help, high probability as other wounded adults:

- ✚ jails
- ✚ institutions
- ✚ death

*The risk is higher for us but it does not have to happen... therefore we believe:
We can become willing, get help, get better and change!*

THE SEVEN "C's"

I didn't CAUSE it

I can't CURE it

I can't CONTROL it

I can take CARE of myself

I can COMMUNICATE my feelings

I can make healthy CHOICES

I can CELEBRATE life!

COMPARISON OF THE TWELVE STEPS:

	The Twelve Steps (Adapted from Alcoholics Anonymous)	The Twelve Steps for Children (Adapted by Ephesians Life Ministry, Inc.)
1	We admitted that we were powerless over our addictions, that our lives had become unmanageable	I can't – I am powerless over alcohol, drugs and other people's behavior
2	We came to believe that a Power greater than ourselves could restore us to sanity	You can – God, you can help. I am not alone. Jesus is my Highest Power.
3	We made a decision to turn our will and our lives over to the care of God as we understood Him	Please, do – I have made a decision to let God and my friend Jesus, help me. I turn over my feelings, thoughts, ideas, plans and actions.
4	We made a searching and fearless moral inventory of ourselves	I talk, write, and draw pictures about the things I like and don't like about myself, my resentments, fears and harms. How am I being selfish, inconsiderate, fearful?
5	We admitted to God, to ourselves and to another human being the exact nature of our wrongs.	I share my feelings and thoughts with God and someone I trust. Share my inventory with God in prayer, my sponsor, counselor, significant person
6	We were entirely ready to have God remove all these defects of character	I am ready to become a healthier person. Use the self-will/ God's will personality traits tool chart

THE TWELVE STEPS FOR CHILDREN
(composed by Ephesians Life Ministries)

1. I can't – I am powerless over alcohol, drugs, and other people's behavior
2. You can – God. You can help. I am not alone.
3. Please, do – I have made a decision to let God and my friend, Jesus, help me.
4. I talk, write, and draw pictures about the things I like and don't like about myself.
5. I share my feelings and thoughts with God and someone I trust.
6. I am ready to become a healthier person.
7. I ask God to help me become more like Him.
8. I become aware of the people I hurt. I am willing to say, "I am sorry."
9. I ask people to forgive me when I hurt them. I ask God to forgive me, too.
10. I look at myself everyday to see the things I think and do. When I am wrong. I say so.
11. I ask God, "What do You want me to do?" I listen for His answers, His directions, and seek His power to do His will.
12. I believe in God and His love for me. I try to show His love in my actions all the time

Recovery Prayer

Dear God, I am powerless and my life is unmanageable without Your help and guidance. I come to You today because I believe that You can restore and renew me to meet my needs today. Since I cannot manage my life or affairs, I have decided to give them to You. I put my life, my will, my thoughts, my desires, and my ambitions in Your hands.

I give you all of me: the good and the bad, the character defects and shortcomings, my selfishness, resentments, and problems. I know that You will work them out in accordance with Your plan. Such as I am, take me and use me in Your service. Guide and direct my ways and show me what to do for You.

I cannot control or change my friends or loved ones, so I release them into Your care for Your loving hands to do with them as You will. Just keep me loving and free from judging them. If they need changing, God, You'll have to do it; I can't. Just make me willing and ready to be of service to You, to have my shortcoming removed, and to do my best.

Help me to see how I have harmed others and make me willing to make amends to them all. Keep me ever mindful of the thoughts and actions that harm myself and others, and which separate me from Your light, love, and spirit. And when I commit these errors, make me aware of them and help me to admit each one promptly.

I am seeking to know You better, to love You more. I am seeking the knowledge of Your will for me and the power to carry it out.

Lord, teach me patience, and remind me that it is hard work, but well worth my labor. Guide me in all I do to remember that waiting is the answer to some of my prayers, and that when I need You, You will be there to help me.

By the power of the Holy Spirit, in the name of Jesus, Amen.

Anonymous

A Miracle Statement

Walked out in (Steps 1 thru 12): **HOW ? Honesty...Open-mindedness...Willingness**

We are truly grateful for a *Blessed moment of truth!* The crucial change in attitude begins as we become *willing* to admit that we are powerless: over other peoples' behavior, toxic relationships, mood altering chemicals, food, gambling, emotional challenges or anything that causes our lives to become unmanageable. God promised us "*You shall know the truth and the Truth shall set you free.*" Therefore, we embrace the "Gifts of desperation" we receive at the bottom of our pits. We learn to accept the fact that our habits have us whipped. We surrender daily... as a result of our *Heavenly Father's Grace and Mercy.* God gave us the willingness to open our minds and hearts and to seek a Power greater than ourselves – *His Holy Spirit. (Steps1-3)*

We must be willing to do whatever is necessary to recover; half measures availed us nothing. Being open minded to learn God given Spiritual principles and discipline allow us the opportunity to change from the inside out. Honesty is the antidote for our diseased thinking. Rigorous honesty is the most important tool in learning to live for today. By self-examination using prayer, plan, pen and paper, we learn that we can become rigorously honest as we face our character defects and the exact nature of our wrongs. This process is followed by confession to God, ourselves and others. Surrendering our character defects break the power that they had over us. *(Steps 4-5)*

We humbly ask God to prepare us to live a *New life in Christ.* We ask him to do for us what we could never do for ourselves to – *remove these self-defeating mental obsessions and physical cravings. (Steps 6-7)*

By working the steps we learn how to **accept** an unconditional *love relationship with Jesus...*
Renew honest relationships with ourselves ...and share unselfish relationships with our loved ones.(Steps8-9)

We continue to do the work of checking out our motives, attitudes and actions. Ready and willing to promptly make amends.*(Step 10)* We are truly grateful for our daily reprieve ...contingent on the maintenance of our spiritual condition. We do this by *prayer, daily devotionals, meetings,* Bible studies and church services. **(Step 11)**

A Miracle happens! We become *Christ-centered , instead of self-centered !*

In order to keep it... we must live it... and give it away! (Step 12)

THE 23rd PSALM

The **Lord is my Grand sponsor:**

I shall not want.

He maketh me to go to many meetings and wherever His Word is shared:

He leadeth me to sit back, relax, and listen with an open mind;

He restoreth my soul, my sanity and my health;

He leadeth me in the paths of Sobriety, Serenity, and Fellowship By His Grace.

He teacheth me to think, take it easy, to live and let live, and to do first things first.

He maketh me honest, humble, and grateful;

He teacheth me to accept the things I cannot change, to change the things that I can,

And giveth me the wisdom to know the difference.

Yea thou I walk through the valley of despair, frustration, guilt, and remorse I will fear no evil:

For Thou art with me:

Thy Word, Thy Holy Spirit, Thy twelve steps walking out Christian Principles... They heal and comfort me.

Thou preparest a table before me in the presence of mine enemies—**Rationalization—fear—anxiety—self—pity—pride—and resentment:**

Thou anointest my confused mind and jangled nerves with knowledge, understanding, and hope:

No longer am I alone, neither am I afraid, nor sick, nor helpless, nor hopeless: My cup runneth over.

Surely Sobriety and Serenity shall follow me One Day At a Time, Just For Today!

As I surrender my will to Thine and carry Thy message to others:

And I will dwell in the house of my Lord and Saviour, as I surrender to Him, more daily and forever until Jesus comes.

By The Power of the Holy Spirit
In the Name of Jesus, Amen.

Twelve-Step Programs

**Adult Children of Alcoholics
World Service Office, Inc.**

P.O. Box 3216
Torrance, CA 90510
310-534-1815
www.adultchildren.org

**Alcoholics Anonymous World
Services, Inc.**

Box 459, Grand Central Station
New York, NY 10163
212-870-3400
www.alcoholics-anonymous.org

**Al-Anon/Alateen Family
Groups, Inc.**

1600 Corporate Landing
Parkway
Virginia Beach, VA 23454
888-425-2666
www.al-anon.alateen.org

Cocaine Anonymous WSO

PO Box 2000
Los Angeles, CA 90049
310-559-5833
www.ca.com

**Co-Dependents Anonymous,
Inc.**

P.O. Box 33577
Phoenix, AZ 85067
602-277-7991
www.coda.org

**Co-Dependents of Sex
Addicts**

P.O. Box 14537
Minneapolis, MN 55414
763-537-6904
www.cosa-recovery.org

Debtors Anonymous

P.O. Box 920888
Needham, MA 02492-0009
781-453-2743
www.debtorsanonymous.org

**Dual Recovery Anonymous
(DRA)**

World Services Central Office
P.O. Box 8107
Prairie Village, KS 66208
877-883-2332
www.draonline.org

**Emotions Anonymous
International**

P.O. Box 4245
St. Paul, MN 55104
651-647-971
www.emotionsanonymous.org



Twelve-Step Programs

Gamblers Anonymous

P.O. Box 17173

Los Angeles, CA 90017

213-386-8789

www.gamblersanonymous.org

Incest Survivors Anonymous

P.O. Box 17245

Long Beach, CA 90807

562-428-5599

www.lafn.org/medical/isa

Marijuana Anonymous World Services

P.O. Box 2912

Van Nuys, CA 91404

800-766-6779

www.marijuana-anonymous.org

Nar-Anon Family Group World Service Office

22527 Crenshaw Blvd, Suite #200 B

Torrance, CA 90505

310-547-5800 OR 800-477-6291

Narcotics Anonymous

World Service Office, Inc.

P.O. Box 9999

Van Nuys, CA 91409

818-773-9999

www.na.org

Nicotine Anonymous WSO

419 Main Street, PMB# 370

Huntington Beach, CA 92648

Phone: (415) 750-0328

www.nicotine-anonymous.org

Overeaters Anonymous, Inc.

P.O. Box 44020

Rio Rancho, NM 87174

505-891-2664

www.overeatersanonymous.org

Recovering Couples Anonymous

P.O. Box 11029

Oakland, CA 94611

510-663-2312

www.recovering-couples.org

S-Anon International Family Groups

P.O. Box 111242

Nashville, TN 37222

615-833-3152

www.sanon.org



Twelve-Step Programs

Sex Addicts Anonymous

ISO of SAA

P.O. Box 70949

Houston, TX 77270

800-477-8191

www.saa-recovery.org

Sex & Love Addicts Anonymous

P.O. Box 338

Norwood, MA 02062

781-255-8825

www.slaafws.org

Sexaholics Anonymous

P.O. Box 111910

Nashville, TN 37222

866-424-8777

www.sa.org

Sexual Compulsives Anonymous

P.O. Box 1585

Old Chelsea Station

New York, NY 10011

800-977-4325

www.sca-recovery.org

Survivors of Incest Anonymous

P.O. Box 21817

Baltimore, MD 21222

410-282-3400 OR 410-893-3322

www.siaawso.org

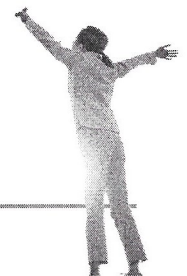
Workaholics Anonymous World Service Organization

P.O. Box 289

Melano Park, CA 94026-0289

510-273-9254

www.workaholics-anonymous.org



Other Resources

MD Network Against Domestic Violence (MNADV)

6911 Laurel-Bowie Road
Bowie, MD 20715
301-352-4574
www.mnadv.org

Substance Abuse & Mental Health Services Administration (SAMSHA)

1 Choke Cherry Road
Rockville, MD 20857
240-276-2000
www.samsha.gov

National Association of Children of Alcoholics

11426 Rockville Pike, Suite 301
Rockville, MD 20852
Phone: 888-55-4COAS
www.nacoa.net

**Montgomery County Department of Health & Human Services
Child Welfare Services**

1301 Piccard Drive
Rockville, MD 20850
240-777-3500
www.montgomerycountymd.gov

Childhelp

8415 Arlington Blvd.
Fairfax, VA 22031
703-208-1500
National Abuse Hotline:
1-800-4-A-CHILD
www.childhelp.org/

A Sequence to Change

PO Box 1842
Silver Spring, MD 20915
301-592-8076
www.asequencetochange.org

Adventist Regeneration Ministries

501 Sligo Ave.
Silver Spring, MD 20910
www.adventistregenerationministries.org/

Health Connection.org

55 W. Oak Ridge Drive
Hagerstown, Maryland 21740
1-800--548-8700
www.healthconnection.org

Kelly Foundation

2801 West Roosevelt,
Little Rock, AR 72204
1-800-245-6428
www.kellyfdn.com/

