

# Journey to Life

## Anchored in Christ



Click or scan the QR code for free access to the full newsletter.

*Journey to Life* is a publication of Adventist Recovery Ministries (ARMin), a ministry of the North American Division of Seventh-day Adventists.

JUNE 2025

## A New Vision for Adventist Recovery Ministries

David Sedlacek, PhD, LCSW, CFLE

Adventist Recovery Ministries (ARMin) began in 2010 when SDA Regeneration officially went under the auspices of the North American Division Health Ministries Department. Our vision was to expand the view of addiction from simply alcohol and drugs to any obsession, compulsion or addiction that had a crippling effect on human beings. This vision included multiple behavioral addictions such as food, gambling, media, sex, to name a few. Other “drugs” of choice include processes and activities that are out of balance in a person’s life. The powerful pull of addictive behaviors relative to “the lust of the flesh, the lust of the eyes, and the pride of life” (1 John 2:16) can all be referred to as “besetting sins” or “addictions.”

From the Christian standpoint, addiction can broadly be defined as a search for God’s love that has gone astray. Ever since the sin of our first parents in the Garden of Eden, there has been a disconnection between us and God, one another, and even an internal disconnection within a person...*(cont.)*

[Click or scan the QR code to continue reading.](#)

## A New Chapter

Angeline D. Brauer, DrPH, MHS, RDN

When I first began my service as Director of Health Ministries just over nine years ago, Adventist Recovery Ministries (ARMin) was going strong. In the previous five years, nearly 400 individuals had been trained in the Journey to Wholeness addiction recovery program. Many were leading the 12-step support groups we now call “Journey Groups.” But some, understandably, encountered obstacles—some couldn’t sustain a group, and others struggled to launch due to lack of support or resources. The work of ARMin was at risk.

There were many reasons for this, but it became clear: something had to change. We could not continue to operate this critical ministry in a way that was unsustainable. At a time when more and more people—including those in our churches—were struggling with addictions of various kinds, we needed to refocus and rebuild.

In 2021, we began developing a grief support program...*(cont.)*

[Click or scan the QR code to continue reading.](#)

Visit us at  
[AdventistRecovery.org](http://AdventistRecovery.org)



Seventh-day Adventist Church  
NORTH AMERICAN DIVISION

ADVENTIST RECOVERY  
MINISTRIES

"I so appreciated this class. It is what I needed at this time."

Seasons of Grief Facilitator Training Attendee



## Resource Updates

Click the orange buttons or scan the QR code to access these resources.

### Journey to Wholeness 2024 Revision

The updated version of JTW includes facilitator guides and participant workbooks that are easier to carry around with you, new Step 4 worksheets, and grammatical corrections. Available now through [AdventSource.org](https://AdventSource.org).

Find It On

[AdventSource](https://AdventSource.org)

### Seasons of Grief

This 10-week program provides peer support for those who are struggling with grief and loss. Facilitator training available through ARMin.

Find It On

[AdventSource](https://AdventSource.org)

### Recovery Network

Come together with other professionals and peer supporters of healing from trauma, addiction, grief and suicide. Press together for greater service.

Find It On

[AdventistRecovery](https://AdventistRecovery.org)

Lord, if you heal me, I surely will be healed. Save me, and I surely will be saved. Lord, I praise you! Jeremiah 17:14

# Jesus is Ready to Help!

Frank S.

My name is Frank, and I am a new creature in Christ (2 Cor 5:17). I am recovering from the malady of alcoholism, which is the misuse of self will. As you will hear from my experience, it runs riot if it is left unchecked. The only way I have found to keep it in check is to turn my will and my life over to the care of Jesus.

Step 3 of the 12 steps of recovery says we need to turn our will and our lives over to God as we understand Him-- and my understanding of this "higher power" is that it is Jesus Christ. I will try to share in this summary what it was like, what happened, and what it's like now in my recovery process to show how I have determined Jesus to be the only Highest Power.

I have been sober, one day at a time, through the grace of God for 39 years this March 2025. My family of origin are Hispanic, Polish and Russian. My mother and father were married during World War II, and my father and my four uncles fought overseas in that war--and survived by God's Grace. The families were God-fearing but not practicing Christians. Their motto was work hard to get ahead. Family was important and each week on Sunday we would be required to visit grandma's house: one week at the Hispanic side and next at the Slavic side...(cont.)

[Click or scan the QR code to continue reading.](#)

## Upcoming Trainings

**October 11-12, 2025 • Spokane, Washington**

Journey to Wholeness Facilitator

**October 13-14, 2025 • Federal Way, Washington**

Journey to Wholeness Facilitator

**November 14-16, 2025 • Virtual Health Summit**

Numerous trainings, including Journey to Wholeness Facilitator | Seasons of Grief Facilitator | Soul Shop | Trauma-Informed Church

Learn More

[NADhealth.org](https://NADhealth.org)