

Welcome to The Shalvah Program of Congregation Neve Shalom

Shalvah means "serenity" in Hebrew

Shalvah is dedicated to teaching the strategies to help individuals, their families, friends, and communities, work themselves free of the problems associated with addiction. Shalvah teaches an integrated approach, combining spiritual and psychological resources, acting as a bridge between the recovery model and the daily spiritual remedies of Judaism.

Shalvah was organized in 1998 as a project of Congregation Neve Shalom, to claim the healing work of recovery for the synagogue.

The purpose of this meeting is to connect the spiritual resources of Judaism with the Twelve Step model. We hope it helps.

There are no rules, only guidelines. Here are our guidelines: we encourage cross-talk [joke], please allow people to do their own work and talk through their stories in their own ways. Also, we are not here to give advice, we believe if we trust the process, the room we create for the truth to rise is always helpful.

In this series, we will meet here on the second and fourth Thursday evenings of every month, from 7:00 to 8:00. We are here to support and celebrate recovery. The only requirement for participation is willingness; begin by just being here.

We will use only first names here, and as always, we respect confidentiality. What we say here will need to stay here.

Let us open with the serenity prayer:

God, grant me the serenity
To accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference.

Closing:

Thanks for coming. If you would like to be on our mailing list, leave an e mail address. Also, you might want to sign on to the recovery listserv on the Neve Shalom web site: www.neveshalom.org, find the "recovery" button and register for the teachings.

We remind you how important anonymity is to the hard work that we do here.

Let us close with the serenity prayer:

Repeat the Serenity Prayer

Keep coming back.