

Healthy Faith Communities



What is Recovery?

Recovery is the process through which we seek to live healthier lives in every way. Life has its ups and downs, but we remain actively involved. Each new day brings new challenges.

What is Spirituality?

Spirituality encourages us to explore the meaning of our lives. We use our spiritual resources to develop healthier connections with God and with those around us. Through these connections we are able to think more clearly and are empowered to serve the purpose for which we were created.

What is Religion?

Religion helps us understand our spiritual experiences. It provides us with methods for exploring our spirituality, and it provides us with a community from which we can receive encouragement.

How can I recognize a healthy faith community?

Each faith community will be a little different, and none will do everything well, but here is a list of 10 things that you may look for when seeking a place get involved. Which of these items is most important to you?



- ☐ Provides a personally meaningful worship experience
- ☐ Helps me connect with others and feel like I'm part of the community
- ☐ Invites me to ask questions
- ☐ Promotes my creativity
- ☐ Helps me feel less anxious and/or less angry
- ☐ Teaches me how to enhance my spirituality
- ☐ May talk about the past and future, but focuses on the present
- ☐ Offers guidelines for making healthy decisions
- ☐ Offers ways for me to get involved in social activities and service projects
- ☐ Provides a reasonably high level of satisfaction from my involvement



Getting Involved in a Faith Community

What are some of the benefits to being involved in a faith community?

A healthy faith community will provide you with opportunities to engage in compassionate activities and connect with other people. You will learn how to think about life in a way that makes coping with problems easier.

What should I look for when I'm searching for a healthy faith community?

Look around you – do the people look happy to be there? If you have questions, you should feel welcomed to ask them. After you have attended a worship service, you should feel empowered or energized. In general, the focus should be on how to live life well.

What else should I know about faith communities?

Every faith community will have its own set of traditions and its own style. These are not right or wrong. You may need to visit several faith communities until you find one where you feel like you belong. You also may find that a faith community you enjoyed in the past is no longer the best place for you to attend now; it's okay to change.

