

Family Light



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The Family
That Prays Together
Stays Together™

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EDITORIAL

Gerald G. May wrote a book titled *Addiction and Grace* (1998) based on his experience as a psychiatrist. He describes the addictive process as it affects our minds, bodies, and spirits; he details the variety of addictions from which we can suffer and not just addictions to substances such as alcohol or drugs, but to ways of living, such as work, success, intimacy, belligerence, power, fantasies, beliefs, understandings and nearly all other dimensions of behavior and experience. He feels that only with God's help – by surrendering our will to divine grace – can we hope to overcome the power of addiction and come to terms with ourselves and the world.



This issue of Family Light focuses on addiction to alcohol and substance abuse and the impact it has on the addict and his/her family. As you go through this issue you may think of a family member, a friend or a neighbor and know how real these challenges are. A very large number of families in India have been affected by the addiction to alcohol and substance-abuse.

Dr. Yolande Pereira, a physician and psychiatrist, presents how the addictive behavior begins. She shares with us how the *"repeated use can alter the way the brain looks and functions."* She points out how the addictive behavior of the person creates stress, anxiety and helplessness within the family. We need to pay attention to the myths about drug abuse and addiction. Addictive personalities can be very clever and imaginative to get their way through.

The personal testimonies of Raghavendra and Caetano Fernandes are very touching. The Centre for Treatment Rehabilitation & Education of Drug Abuse (TREDA) has given a second life to Raghavendra Raju. Caetano Fernandes shares with us how Alcoholics Anonymous (AA) helped him to come out of his addiction after 20 years. We need to allow God's grace to work in us so that we will recognize and overcome our addictive behavior. Gerard May is proven right in these two cases.

Addiction is an illness. In order to experience healing, we need to stick to things that are required for a treatment. Sister Lilly, who has been in this ministry as the director of TREDA for many years, provides steps for the prevention of addiction. She stresses on the single goal of being holistic in our growth and how we need to take necessary steps for that.

The interview with the mother of an addictive person testifies that what the person needs is love. She was firm and vigilant and gave him the help needed. It is admirable to see how she followed through and showed her motherly care and concern while it was hard for his family members to give help. Fr. Agi explains what addiction is and how an addictive personality gets developed. He will continue to share, in the coming issues, the causes of addiction and the process of recovery.

What do sick people need? They need good treatment and good care and love from the family members and especially from the spouse. We need grace to come out of it. Gerald G. May believes that it is only with God's help, by surrendering to grace, and the understanding that comes through "prayer and spiritual warfare" that we can come to terms with ourselves and attain harmony with the world. Prayer experience can heal us. The unconditional love of God can heal us. "The Family that prays together stays together". May this issue of Family Light help you and your family to pray with and for each other, thereby strengthening your bonds and leading you to wholeness.

Fr. Gali Arul Raj, csc
Director.

UNDERSTANDING SUBSTANCE ABUSE AND ADDICTION

ITS IMPACT ON WELLBEING AND FAMILY



People experiment with drugs or alcohol for different reasons. Many try drugs out of curiosity, to have a good time, because friends are doing it, or in an effort to improve athletic performance or ease feelings of stress, anxiety, or depression. Often they continue to use them because the substance makes them feel good or stops them from feeling bad. Use doesn't automatically lead to abuse, and there is no specific level at which drug use moves from casual to problematic. Very few recognize when they have crossed that line. Drug abuse and addiction is less about the amount of substance consumed or the frequency, and more to do with the **consequences** of drug use. No matter how often or how little you're consuming, if your drug use causes problems in your life—at work, school, home, or in your relationships—you likely have a drug or alcohol addiction!

Drug addiction and the brain

Addiction is a complex disorder characterized by compulsive drug use. While each drug produces different physical effects, all abused substances share one thing in common: repeated use can alter the way the brain looks and functions.

- Taking a recreational drug causes a surge in levels of dopamine in your brain, which triggers feelings of pleasure. Your brain remembers these feelings and wants them repeated.
- If you become addicted, the substance takes on the same significance as other survival behaviors, such as eating and drinking.
- Changes in your brain interfere with your ability to think clearly, exercise good judgment, control your behavior, and feel normal without drugs.
- Whether you're addicted to inhalants, heroin, Xanax, or Vicodin, or alcohol, the uncontrollable craving to use becomes more important than anything else, including family, friends, career, and even your own health and happiness.
- The urge to use is so strong that your mind finds many ways to deny or rationalize the addiction. You may drastically underestimate the quantity of drugs you're taking, how much it impacts your life, and the level of control you have over your drug use.

Patterns of Addiction and Its Impact on Self and Family

As the addiction and substance abuse progresses, it impacts the physical, intellectual, social, emotional and spiritual components of the individual and subsequently creates stress, anxiety and helplessness within his family. This results in family and relational dysfunctionality. Listed below are patterns of addictive behavior:

- You neglect your responsibilities at school, work, or home, falling grades, skipping work, neglecting your children and spouse because of your drug use.
- You use drugs under dangerous conditions and take risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex.
- Your drug use gets you into legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.
- Your drug use causes problems in your relationships, conflict with your partner or family members, an unhappy boss, or the loss of old friends. You tend to conceal your symptoms and downplay your problems. You become secretive.
- You have unexplained change of personality or attitude, mood swings, irritability, angry outbursts, periods of agitation and hyperactivity, or lack of motivation and lethargy which impact your relationships.
- You appear fearful, anxious and paranoid with no valid reason.
- You notice a change in appetite, sleep patterns, sudden weight loss and gain.
- You've built up a drug tolerance. You need to use more of the drug to experience the same effects you used to attain with smaller amounts.
- You take drugs to avoid or relieve withdrawal symptoms. If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.
- You have lost control over your drug use. You often do drugs or use more than you planned, even though you told yourself you wouldn't. You may want to stop using, but you feel powerless.
- Your life revolves around drug use. You spend a lot of time using and thinking about drugs, figuring out how to get them, and recovering from the drug's effects.
- You abandon activities you used to enjoy, such as hobbies, sports, and socializing, because of your drug use.
- You continue to use drugs, despite knowing it hurts you. It causes major problems in your life—blackouts, infections, stress on the vital organs, mood swings, depression, paranoia—but you use anyway. Your ability to stop using is eventually compromised!

It can thus be concluded that substance abuse impacts every aspect of life. Long term use can cause serious health

complications affecting every organ in the body including the brain, heart, liver and pancreas. It damages emotional stability, finances, career and your ability to build and sustain satisfying relationships. What began as a voluntary choice has turned into a physical and psychological need. The good news is that you can counteract the effects of substance abuse and regain control of your life. The first step is to admit and recognize you have a problem, or listen to your loved ones who are often able to see the negative effects substance abuse has on your life.

5 Myths about Drug Abuse and Addiction

- **MYTH 1: Overcoming addiction is a simply a matter of willpower. You can stop using drugs if you really want to.** Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will.
- **MYTH 2: Addiction is a disease; there's nothing you can do about it.** Most experts agree that addiction is a brain disease, but that doesn't mean you're a helpless victim. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise, and other treatments.
- **MYTH 3: Addicts have to hit rock bottom before they can get better.** Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Don't wait to intervene until the addict has lost it all.
- **MYTH 4: You can't force someone into treatment; they have to want help.** Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.
- **MYTH 5: Treatment didn't work before, so there's no point trying again.** Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or that you're a lost cause.

Dr. Yolande Pereira*

- * Dr Yolande Pereira is presently a counselor and practicing family therapist in Mumbai, working for the Archdiocese of Mumbai and the CCBI as resource person for the Family Commission. She also consults with four educational institutions in the city as Mental Health professional.

MY ADDICTION TO ALCOHOL

Testimony

From 2007 to 2011, I was a heavy drinker. I was addicted to alcohol and, during that period of addiction, I lost all my money, good friends and my self-confidence. Every day, during my drinking period, I felt ashamed and guilty, but I don't know how other people treated me, because alcoholics meet only alcoholics. While I was drinking, I used to run an Italian Café. I did not care for myself. So, I lost my business. Then I felt that I was losing my head, too. For me, only alcohol was important. In the long run, alcohol affected me completely. My body became numb and my hands started to jerk and shiver. I could not put my signature on check books. So, the bank rejected my checks and said that it was not my signature. I really did not know that there is a way to get out of alcoholism.

One fine day, my best friend, Ms Bea from Germany, found TREDa (the Centre for Treatment Rehabilitation & Education of Drug Abuse) and she was very happy that I agreed to join Treda. Everyone has a father, a mother and a family. Now Treda has become my family. After I joined it, they took care of me as a small boy. Their care for me was amazing. That motherly care was smoothening. Then I stayed at the Centre 15 days. From the third day onwards, I started to feel that I was getting back my self-confidence. Before I came to Treda, I felt that I was dying and that my life would end soon. Then after 15 days of treatment, I did not touch alcohol for years. I got back what I lost. Now I have a construction company running successfully, and Mother Lily supports me all the way with her counseling. In the Centre I never felt I was a patient. Instead, I felt it is my family. Today, I am sober only because of Treda. The staff who work in there are all my angels. If I come to know that any of my friends is drinking, I will send him to Treda.

Finally, after my miserable time of drinking, my life is back to normal because of Treda. Even in the future, I would love to do some service for Treda. Now I am healthy mentally, physically and spiritually. Life is back. My dreams and aims are working successfully. My mother gave me physical birth, but Treda gave me a second birth. Now I am a new person, having faith in Jesus and ready to help others who are in need.

Raghavendra Raju
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A DRUG ADDICT IN THE FAMILY

Sometimes parents may have to deal with one of their children who has become a drug addict. Being worried, unhappy and ill-informed, they don't know what to do. They ask themselves: "How to help him/her get out of that bad habit? What should be our attitude towards him/her?"

The following interview was conducted by Fr Hervé Morissette, CSC with Mrs Sheela Fonseca (name changed), the mother of a drug addict.

Could you tell us what you did when you found out that your son had become a drug addict?

I always welcomed him back home. That went on for 11 years. I did it alone, since his father did not want to hear about that child who made him ashamed. From the time he started taking heroin at the age of 15, I took everything upon myself: the scandal given to the neighbors, his disgusting social condition, the frequent consultations with doctors, his many flights from a Rehabilitation Centre.

I also understood what had happened earlier at home: the money that disappeared from my room, his repeated lies, his fits of anger, his lack of appetite, his reluctance to get up in the morning, his swollen eyes, his failures in exams, and many other things.

I was afraid he would get AIDS, commit suicide or end up in jail. I was available to him 24 hours a day. I slept with my phone beside my pillow. Once it happened that I went out alone in the night to help him get his scooter out of a ditch. I never got discouraged. I used to think: "I cannot abandon him. As long as I am there, I will help him out of that." He finally decided by himself to stop taking drugs.

Do you mean to say that parents should accept whatever their child is doing?

Not at all, but it is very important to show that we will always love such a child. However, our love should be channelized. To love a drug addict does not mean that we are ready to accept anything he does. It is only by acting firmly that we can obtain results. The parents should refuse to facilitate their child's drug addiction. If they always intervene to pay his debts or to spare him trouble, why would he stop taking drugs?

There are very important rules to be respected. The parents may welcome their drug addict home and continue to feed him, if he really suffers, but not unconditionally. Violence, repeated thefts or intimidation towards his brothers or sisters should not be tolerated, especially when peace in the family is threatened. The parents have to be very vigilant, knowing that their child can do anything in order to get drugs. It is better to give him a sandwich or a bus ticket instead of money to buy it. He should not have easy access to valuable goods or the house vehicle. If the parents are to be absent, they should never leave their son alone at home.

What else could the parents do to help a drug addict in the family?

In many cases, it is only when they are utterly ruined and have hit rock bottom that drug addicts decide to react. Even if the parents' support is very important, it is often the help offered by outsiders that has more impact, because these people are emotionally neutral. Even though the parents may show great love to a drug addict in the family, they are not in a good position to help a child who tries to manipulate them and sows discord at home. In my own experience, it is better to keep a certain psychological distance towards such a child or entrust him to a Rehabilitation Centre.

In such cases, do you think that the parents should not have any more contact with their child?

A friend of mine, whose son was also a drug addict, told me that she did not want him to come and stay at home because, she said, "I did not want him to bungle everything up and turn home into hell." But I remained in contact with him by phone and, occasionally, I went to visit him. Today, he is 30 years old and has taken his courage in both hands. He is determined to get out of this problem."

Keeping in contact with the drug addict, remaining available to him within certain limits, helping him to take up the full responsibility of his life, these are essential rules that must be respected. On the other hand, to help a person become responsible does not mean to stand aside. It is not true to say that the parents cannot do anything, if their son goes on taking drugs. If they are well informed, they can do a lot. For example, if the drug addict feels that everybody in the family is mobilized to help him, he will know that he is not rejected by them. The family members should do everything they can to counteract the attraction to drugs and urge their son, brother or sister to get healed and support him in his efforts. It is like waging a war against that illness. The more people are allied against it, the better are the chances to win.

The parents should never give up. They have to do everything they can to help their child who has become a drug addict. No question of taking refuge in silence. Moreover, it is not enough to pray. The parents have also to speak to others about their child's problem. They have to speak to relatives, other married couples, close friends, counselors, Directors of Rehabilitation Centers, while showing their child that they still love him very much. The drug addict should be led to think: "I'm worth it, because they are doing everything they can to help me out," and not, "I'm useless. I'll never get out of this."



THE HELP I RECEIVED FROM ALCOHOLIC ANONYMOUS

Testimony

My name is Caetano Fernandes, sobered down by the grace of God and with the help of Alcoholic Anonymous. I have been staying in a Rehabilitation Centre for the past twelve years. I consumed alcohol, because I wanted to and used to consume even when I didn't want to. AA fellowship says alcohol is uncontrollable. I agree it is 100% correct after attending the AA meetings.

Besides addiction to alcohol I had many other bad habits during my youth days. My life was a mess for twenty years. My behavior changed and I started making strange friends. Initially, I made friends with occasional addicts. But I didn't tell them I had a separate house in addition to my relative's house. I used to stay with my relatives, because I lost my father when I was a child and my mother worked for a Parsi family in Mumbai. Later she took up a job in Kuwait.

Next I made friends who were regular alcoholic addicts. They asked me where I lived and I innocently showed them my house. Since then my life was in a mess as they had the same vices as mine. I got jaundice several times, four times hallucinations, lost a good job, lost good and bad friends, and my character further degraded from bad to worse. I gave up my studies after XII Standard in commerce. I had been to Kuwait but was unsuccessful in getting a job as that country was invaded. After three months I had to return.

Back home I continued my addiction. I was jailed and I lost my home and family. Then one of my friends who previously enjoyed my company came to my help. He made me work in his workshop without any salary and made me sleep outside his workshop for quite some time. Later he sent me from Mumbai to Goa to my mother's house.

Within the period of twenty years mess, I had the desire to give up my bad habits, but I could not. Suddenly my mother died. My sister came from Dubai for her funeral of which I was not aware. I was totally in a black out. After ten days my sister admitted me in a Rehabilitation Centre. At the time of joining this Centre I had a balance of only three bad habits, viz drinking, smoking and chewing tobacco, which I was able to give up with the help of God. My incredible bad experiences stopped haunting me after some visits to a psychiatrist, sacrifices, AA meetings, action and lots more.



I have been sober for the past twelve years and the AA fellowship says that ultimately sobriety ends after one dies. Today what I am is a gift of God and what I make out of it is a gift to God.

Caetano Fernandes



Fifteen members of the COMPAS team including five married couples participated in the two-day training session held at St. Andrew's House, St. Mark's Road, Bangalore on 7-8 February 2014. The principal resource person was Fr. M.C. Abraham. In accordance with the vision of the project - building and strengthening families - this weekend's training focused on hands-on learning of some important tools and skills that can equip the participants as they endeavor to assist couples who come in contact with them.

These tools and skills were drawn from the well-researched cognitive behavioral approaches, enduring

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insights from transactional analysis and the fundamentals of interpersonal communication and were presented in a lucid manner. The selected tools were Rational Self Analysis and Cognitive-emotional Behavioural Therapy.

Following a quick roundup of what was already achieved through the COMPAS training sessions and assisting the participants to tie them all up together, the resource person explained the significance and usage of RSA as a tool to grow as a human person and to help others. The interactive session was followed by the participants applying the tool on their own life-events. A similar strategy was followed for CeBT too which helped the participants to gain an experiential knowledge of the tool. The participants expressed their happiness regarding the program as a whole and this module in particular and acknowledged the impact they have had on their professional and personal lives.



THE POPE WRITES A LETTER TO FAMILIES ASKING THEM TO PRAY FOR THE NEXT SYNOD

Vatican City, 25 February 2014 (VIS) – Pope Francis has written a letter to families asking them to pray for the next Synod of Bishops, which will be celebrated in the Vatican in October, and the theme of which will be "The pastoral challenges of the family in the context of evangelization". The letter, dated 2 February, Feast of the Presentation of Jesus in the Temple, is published in full below:

"Dear families,

With this letter, I wish, as it were, to come into your homes to speak about an event which will take place at the Vatican this coming October. It is the Extraordinary General Assembly of the Synod of Bishops, which is being convened to discuss the theme of "pastoral challenges to the family in the context of evangelization". Indeed, in our day the Church is called to proclaim the Gospel by confronting the new and urgent pastoral needs facing the family.

This important meeting will involve all the People of God – bishops, priests, consecrated men and women, and lay faithful of the particular Churches of the entire world – all of whom are actively participating in preparations for the meeting through practical suggestions and the crucial support of prayer. Such support on your part, dear families, is especially significant and more necessary than ever. This Synodal Assembly is dedicated in a special way to you, to your vocation and mission in the Church and in society; to the challenges of marriage, of family life, of the education of children; and the role of the family in the life of the Church. I ask you, therefore, to pray intensely to the Holy Spirit, so that the Spirit may illumine the Synodal Fathers and guide them in their important task. As you know, this Extraordinary Synodal Assembly will be followed a year later by the Ordinary Assembly, which will also have the family as its theme. In that context, there will also be the World Meeting of Families due to take place in Philadelphia in September 2015. May we all, then, pray together so that through these events the Church will undertake a true journey of discernment and adopt the necessary pastoral means to help families face their present challenges with the light and strength that comes from the Gospel.

I am writing this letter to you on the Feast of the Presentation of the Lord in the Temple. The evangelist Luke tells us that the Blessed Mother and Saint Joseph, in keeping with the Law of Moses, took the Baby Jesus to the temple to offer him to the Lord, and that an elderly man and woman, Simeon and Anna, moved by the Holy Spirit, went to meet them and acknowledged Jesus as the Messiah. Simeon took him in his arms and thanked God that he had finally 'seen' salvation. Anna, despite her advanced age, found new vigor and began to speak to everyone about the Baby. It is a beautiful image: two young parents and two elderly people, brought together by Jesus. He is the one who brings together and unites generations! He is the inexhaustible font of that love which overcomes every occasion of self-absorption, solitude, and sadness. In your journey as a family, you share so many beautiful moments: meals, rest, housework, leisure, prayer, trips and pilgrimages, and times of mutual support... Nevertheless, if there is no love then there is no joy, and authentic love comes to us from Jesus. He offers us his word, which illuminates our path; he gives us the Bread of life which sustains us on our journey.

Dear families, your prayer for the Synod of Bishops will be a precious treasure which enriches the Church. I thank you, and I ask you to pray also for me, so that I may serve the People of God in truth and in love. May the protection of the Blessed Mother and Saint Joseph always accompany all of you and help you to walk united in love and in caring for one another. I willingly invoke on every family the blessing of the Lord."

THE ADDICTIVE PERSONALITY

It was not long ago someone came to me and said, "Father I need some help". An alcoholic addict, who had devastated his life through reckless drinking and terrible violence at home. Wife and children have deserted him, filed a case of harassment against him in the court. Addiction related problems, both in the family and the society, are a very common phenomenon today. Over the years addiction has been described in different ways – a moral weakness, a lack of will power, an inability to face the world, a physical sickness, a spiritual weakness etc. The term addiction comes from the Latin word *ad dicere*, which means to give oneself up or over. Nearly all human beings have a basic desire to feel happy and to find peace of mind and soul. Sometimes, we may feel sad, sometimes we may feel happy and sometimes we may feel dry. This is part of human life. To some extent we can help these cycles along, but for most part they are uncontrollable – all of us must go through them. We can either accept these cycles or learn from them or fight them, searching instead for distorted happiness.

Addiction can be viewed as an attempt to control the uncontrollable cycles of life. When addicts use substances or any object or even event to produce the desired mood change, they believe that they can control these cycles of life. In fact in the beginning they do. Addiction, on its most basic level, is an attempt to control and fulfill this desire for happiness (Craig Nakken, the Addictive Personality). Addiction then, is a habitual psychological or physiological dependence on a substance or practice that is beyond voluntary control and a progressive process. It is basically an illness which undergoes a process of development from a definite beginning towards a definite end point. The addict often craves for some situation which will grant him an experience of meaning and fulfillment with lesser amount of effort, pain or labor; a situation which will redeem him from unbearable boredom and anxiety; a fulfilling situation, no matter the social, moral or personal consequences (Adrian Van Kaam, The Addictive personality). Thus, in short, the addictive personality refers to a person whose personality is controlled by and formed through an addictive process that is gradual and progressive.

Do you know that you have a seed of addiction in you? You may be surprised, right? The seed of addiction is there in every human being on earth. The seed of addiction is the natural tendency of any human being to reduce struggle and produce maximum pleasure. Is it wrong in itself? Not at all; this is natural. Why are there more alcoholics or drug addicts than any other sick person in this world? It is simply because the effort to achieve the result is easier with alcohol or drugs than the rest of the modes of addictions. Another question that we can ask here is, why some might take every day a small drink but never get addicted to it and while a person who might take just one drink in the company of his friends might soon become dependant on the addictive styles of life? This definitely means something.

Fr. Agi Kappiyarumalayil, CSC*

** Fr. Agi is presently on the staff of Father Peyton Centre of the Holy Cross Family Ministries in India, holding a Licentiate in Family Counseling from CANA, the Pontifical Institute John Paul II. He also conducts retreats.*

ADDICTION IS A DISEASE



Any sort of addiction to alcohol or drugs was declared a disease in 1956 by the World Health Organization. Addiction is causing damage in all six areas of one's personality such as the body, the mind, the emotions, the intellect, work and the family. This is a primary, progressive, terminal and permanent disease. An addict is responsible for his drinking as well as for his recovery. However, he is powerless to stop drinking without the assistance of others. Alcoholism is defined as alcohol dependence syndrome. Addiction is characterized by obsessive thinking and compulsive behavior on a periodical basis to experience its psychological and physical effects. Since it is a disease, do not punish the addict, but provide treatment for his recovery. The treatment does not consist only in medication, but also in individual and family counseling, group meetings, psychotherapy, awareness classes, yoga, prayer and meditation.

The main goal of the treatment is to free the addicts from their dependence on alcohol and enable them to change their lifestyle from a course of destruction to a more responsible and constructive manner of living with a new set of friends. Recovered addicts should have a long rehabilitation of one month with a longer follow up. One or two years are needed to remain sober. No social drinking is allowed. Attend AA meetings regularly. These directions are essential to keep sober.

There are three steps for the prevention of addiction:

1. The first step is to avoid an unhappy childhood and the situation of a broken family, in order to build a healthy family life.
 - Develop self-esteem and positive values.
 - Provide love, freedom, appreciation, recognition, recreation, discipline and career guidance.
2. The second step is to remove the ignorance about the ill effects of drug addiction by
 - Mobilizing the media and conducting role plays, awareness classes and seminars in schools, colleges, industries, villages, slums, parents-teachers meetings, etc.
 - Appointing counsellors in schools, colleges, industries.
 - Organizing group activities.
 - Providing occupations for the youth as they are vulnerable to negative influences.
 - Being aware that health professionals need orientation to handle addicts and their families in order to prevent and treat the disease properly.
3. Lastly, make an early detection of addiction and motivate the addicts for treatment.

The main intention of people indulging in psychoactive substances is to experience pleasure and avoid the painful realities of life like physical pain, frustration, boredom, anxiety, etc. Yet there are many factors causing addiction such as genetic predisposition, personality disorder, psychiatric disorder, hormonal and vitamin deficiency. Socio-cultural influences, such as the media, peer pressure, unemployment, hard work, broken family, etc. are other factors causing addiction.

Addiction to alcohol and drugs is on the increase due to social changes and stress in life. According to the World Health Organization, 1986, addiction is a major public health problem in all developing countries, including India. Addicts form a marginalized population, because of their personality disorder and behavioral problems, besides economic, social and spiritual deterioration. Drug addicts negate the wholeness of life. Let us liberate ourselves and others to experience wholeness in the midst of a maddening world



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Printed Matter



RETROUVAILLE PROGRAM

Retrouvaille - a program to help couples renew and heal their marriages.

Retrouvaille - India is organizing a weekend program aimed at enriching and healing marriages. This will be held from the 25th to 27th April 2014 at Bangalore.

We earnestly request you to share this information with couples in need and encourage them to benefit from this opportunity. We have publicity materials available, and couples who have gone through this program before are willing to share their experiences. Please contact us at the numbers below for more information.

Tel: +918277565096/080.25580352.

E-mail: retro_bangalore@retrouvaille.org

To read more about this program, visit
www.helpourmarriage.com

