

Welcome to The Shalvah Program

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 and other traditions.

Shalvah was organized in 1998 as a project to claim the healing work of recovery for the synagogue. Shalvah was preceded by an earlier effort founded in 1981 by Rose Mass z"l and James Goodman.

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

There are no rules, only guidelines. We try to allow participants to do their own work and talk through their stories in their own ways. 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 weekly on Mondays and Thursdays by Zoom at 7 PM. We are here to support and celebrate recovery. The only requirement for participation is willingness.

Our meeting is often well attended. We ask you to be sensitive to other members and to keep your comments a reasonable length. We have learned to listen first, then we learn to speak.

We have an hour for speakers, teachings, sharing, and let us also welcome silence. We consider silence a form of meditation or prayer.

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

Is there anyone here for the first time?

Are there any birthdays?

Any announcements?

We are always looking for volunteers for teams to help integrate ex-prisoners to new life post-prison. Please volunteer only if you can take your responsibilities seriously and fulfill your commitments.

We open with the serenity prayer:

G*d, 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.

Master of the Universe,

Having had a spiritual awakening as the result of these steps —
We are about to close the meeting.

Let peace rise from the kitchen
Let us repair the world from our seats at the tables.

Shall we save ourselves and not help others?

We want peace and we want it now
We are starving for it
For it and the living G*d
For everything that issues from Your mouth [Deut.8:3]

We will receive each of us to our own capacity [Ex.16:21]
Along this journey of secret destinations
Instruments of the working out of all things partial becoming whole
Schooled by nothing loftier than the poetry of our own lives

Because G*d entered through our wounds
The last place we expected

Amen

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

We close with the serenity prayer.

G*d, 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.

