

**UNITED SPIRITUAL
COUNCIL OF
NATIONS**

**(and educational institute)
FOUNDED BY REV. MAHALA D.
BACON, Th.D.**

**SPIRITUAL
SUPPORT
FOR
RECOVERY**

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MISSION STATEMENT

The United Spiritual Council of Nations has established a structure which will provide additional educational information through seminars, workshops, counseling, ongoing classes, and basic life skills to meet the continuing needs of the recovering community.

Our belief as spiritual leaders, and being part of the recovering community, it is important to have extended programs and resources available for those with spiritual support for recovering. It is not our purpose to replace the 12 Step programs or any other programs already in place for the recovery community. We offer and facilitate programs to enhance recovery.

We do this by educating the mind and by going into the heart (the life force) of our being. The longest journey any of us will take is from the head to the heart. The process of aligning our thoughts and our emotions to gain understanding can take a lifetime. This is an internal process. God lives within us; therefore, *all* healing begins within.

It is not our intent to endorse or oppose any religion but to teach and apply the spiritual concepts to enhance everyday living. This is done by learning about our strengths and weaknesses, our desires and our boundaries, for *knowing thy self* is where our power lies.

God is no respecter of persons. The Spiritual Laws apply to every person and thing. The Law simply means that no matter who you are, it is the principle that all things are subject under. Spirituality is contained within the heart not inside a religion. For all the great masters have taught us, "It's what is in a man's heart that counts."

It is our desire to open the heart through the education of the mind to accomplish expanded awareness's for the practical application in everyday living. We realize as educators of the recovery community that this is something you can't do alone but no one can do for you.

Rev. Mahala D. Bacon.
Th.D President and
Founder

The United Spiritual Council of Nations
offers experienced and professional staff.
These services are currently available:

Pastoral Care

Spiritual

Worship

Worship Services in

Spanish Prayer Circle

Meditation Groups

Bible Study

Spiritual

Workshops

Spiritual

Seminars

Spiritual

Lectures

Spiritual Classes

We open our doors to the
following 12 Step Programs:
(ongoing)
(AA, NA, CODA)

UNITED SPIRITUAL COUNCIL OF NATIONS (USCN)

PROVIDES:

- Facilitating organization
- Physical location
- Spiritual worship services
- Hispanic ministry
- 12 Step program meetings held in-house.
- Bible study
- Space for events/parking
- Healthy lifestyle contributor
- Activist for cultural diversity and inclusion
- Women's interest and input
- Spiritual referrals
- Spiritual supports for recovering and re-entry.

INVESTIGATING

SPIRITUALITY IN

OUR EVERY

DAY LIFE

The following are offered when we have the skilled instructors available. These programs are not to be confused with 12 step programs. We are not part of these programs although we hope it

enhances all programs dedicated to recovery. We do not oppose any programs, religious backgrounds, or ethnic group, we encourage unity of all and endorse all available help to all the people.

THE SPIRITUALITY OF CONSTRUCTIVE TIME MANAGEMENT

- I. BASIC COURSE OBJECTIVE - This class is designed to help the recovering individual identify procrastination. Organizing tasks and their importance to the individual will be targeted. Keeping tasks proportionate to the recovering individual's ability to complete them in a timely manner so as to avoid overwhelming and self-defeating situations. Minimizing stress by allotting appropriate time to meet appointments and other deadlines in order to keep mole hills from becoming mountains.
- II. DESCRIPTION OF SUBJECT MATTER - Teaching the recovering student organizational and appropriate time management skills through class assignments involving roll playing. Videos on time management and task organization will be presented. Pass out materials will also be provided.
- III. METHOD OF INSTRUCTION - Holy Scriptures, flow charts will be used to identify buzz words, key phrases and other self-defeating habits. Lectures, inter-active

role playing with the recovering students will be part of this class.

TAKING, BUILDING AND MANAGING RESPONSIBILITIES FOR SPIRITUAL GROWTH

- I. GENERAL COURSE OBJECTIVE - The objectives of this course are to help the recovering individual with responsibilities. Taking and managing responsibilities for their own person as they are building new responsibilities while going through the recovering process will help to build a strong foundation for a sound lifestyle.

- II. DESCRIPTION OF SUBJECT MATTER - The recovering individual will learn to identify existing responsibilities. Future responsibilities will be discussed and what the

individual is willing to accept. The ability to gradually build and restore relationships through education and responsible living will be discussed. By restoring financial, personal and parental relationships the recovering person can gain a newfound respect for him or herself.

- III. METHOD OF INSTRUCTION - Holy Scriptures, lectures, interactive roll playing, suggested reading materials and self-help techniques will be featured on the flow charts.

SPIRITUAL

EVOLUTION AS WE

GROW IN RECOVERY

- I. GENERAL COURSE OBJECTIVE - This class will provide the recovering students with the ability to recognize his or her own growth through good choices and better thinking. We will, as facilitators, make the connection that self-growth also contains

spiritual growth. As the recovering individual grows mentally and emotionally, the spiritual being within becomes easier to recognize.

- II. DESCRIPTION OF SUBJECT MATTER - It is important for the recovering student to begin this path in life for without this awareness, we move blindly in the physical world. This will be achieved by showing the student comparisons between the decisions they have made to the choices they are making today.

- III. METHOD OF INSTRUCTION - Holy Scriptures, lecture, listing buzz words for thoughts and emotions on a flow chart. Allowing the students to create their own buzz words and interactive discussions on their own growth in making choices.

FINDING THE SPIRITUAL THREAD THAT CONNECTS US TO EVERYDAY LIFE

- I. GENERAL COURSE OBJECTIVE - The recovering student will gain insights into how situations are not random or hap hazard, but actually very carefully designed, and most often by us. The student will have an opportunity to see the Spiritual Law of Cause and Effect in motion through illustrations of real-life decision making.

- II. DESCRIPTION OF SUBJECT MATTER - By using real life situations, we will make very firm and concrete illustrations to reveal the connection of how everyday life choices affect the spiritual being. How we deny that voice within and the effect it has on our daily life.

- III. METHOD OF INSTRUCTION – Holy Scriptures, lecture and pass out excerpts from various books and spiritual literature. Recommended reading material and an inter active question and answer session.

GOING WITHIN – A SPIRITUAL EXPERIENCE (On Going Class)

- I. GENERAL COURSE OBJECTIVE – This class will provide the student to learn about the Spirit within. We will become aware of our innate intelligence, or the life force within, that provides guidance and direction in our journey through this physical life. We will show how the Holy Scripture communicates about our innate intelligence, or the Spirit within. We will learn the advantages of meditation and how to focus our mind and our energies to more fully experience the creative life force that dwells within each of us.
- II. DESCRIPTION OF SUBJECT MATTER – Students will learn to attune themselves to the unseen forces that guide and direct our every thought, word and deed. They will learn how their every action creates a reaction as they come to understand the Spiritual Law of Cause and Effect. Another awareness these students will achieve is the knowledge that we put many things in our mind through our five senses and the difference of something impressed on our minds by divine inspiration. We also will be demonstrating how the Spiritual Law of Attraction manifests in our daily lives. We will discuss the Spiritual Law of Order and how it applies to the entire universe.
- III. METHOD OF INSTRUCTION – Holy Scriptures, meditation tapes as a guide, demonstrations to show the student the magnetic force of attraction that is within us. Students will be given the opportunity to learn about the still, small voice within and how to recognize and utilize it for their individual spiritual path.

INCORPORATING THE
COURT SYSTEM
AND JUDICIAL
REQUIREMENTS WITH A
SPIRITUAL LIFESTYLE

A SPIRITUAL VIEW OF COMPLYING WITH AUTHORITY FIGURES

- I. GENERAL COURSE OBJECTIVE – This class is to help those under supervision, probation or the ones that have been paroled with court-imposed conditions to come to terms with the necessity of understanding that this is a continuing part of their paying the debt still owed to society. The individual entering this phase of release is extremely vulnerable and continues to think in old, destructive patterns of behavior. Bringing understanding to these people that the authority figures are easing them back into society through structure and exposing them to new avenues of living through required programs.

- II. DESCRIPTION OF SUBJECT MATTER – The individuals who are re-entering society will be able to identify the restrictions placed upon them by the authority figures. By doing this, it can bring out various levels of emotion and rebellion. At this point, it will give the individuals and facilitators an opportunity to examine those feelings and offer more constructive ways of handling them. Alternative ways of thinking of these rules and restrictions will be offered.

- III. METHOD OF INSTRUCTION – Holy Scriptures, lecturing and interactive discussions. We will use journaling and role playing as tools in providing individuals ways of sorting out their thoughts and emotions. Pass out lists of suggested reading materials, keeping a diary and encouraging daily entries so they can see progress.

TRANSFORMING ANGER AND DEFIANCE THROUGH CREATIVE THINKING

- I. GENERAL COURSE OBJECTIVE – This course is designed to show the student that a large portion of that anger and defiance is because their expectations were not met. Usually these expectations were unrealistic and, therefore, became the source of their anger and defiant behavior. The student will be guided into more realistic probabilities for their various situations.
- II. DESCRIPTION OF SUBJECT MATTER – As the students identify triggers points that are at the onset of their anger and defiant patterns, they will be able to experientially develop more creative ways of resolving and accepting the reality of situations involving their lives. Gaining ability to accept their present circumstances and focusing on the responsibility for growth and changes to come.
- III. METHOD OF INSTRUCTION – Holy Scriptures, lecture and inter active discussions, roll playing to act out different situations. Journaling and recommended reading materials. Flow charts to identify buzz words.

SUBSTANCE ABUSE AND DRUG COURT MANDATES

- I. OBJECTIVE OF THIS COURSE – This course is designed to help the participants understand the importance of mandated treatment and recovery programs for substance abuse. They will receive education in the value of these structured programs with their continuous use. Surrounding themselves with people who have successfully been through these programs can show them productive living skills.
- II. DESCRIPTION OF SUBJECT MATTER – The student will have greater understanding of the value of structure that the various mandated programs require. They will have the opportunity to see how these programs and restrictions are designed to create a firm foundation for new lifestyles.
- III. METHOD OF INSTRUCTION – Holy Scriptures, lectures and recovering speakers who have been through the court mandated programs will be featured. There will be open question and answer discussions, pass outs and suggested reading materials.