

Stauros



Recovery in Christ



Partnering in Prayer



Dear friends,

The Stauros Foundation works alongside vulnerable people who have been touched by addiction in one-way or another. The purpose behind this booklet is to help you understand some of the issues we face, give you clear insight into the work we do and, most important of all, provide you with relevant information to assist you as you partner with us in prayer.

We have included some staff details so that you can be encouraged at what God is doing through us as a group. Our hope is that this booklet will help you feel you are part of our wider team as we serve the Lord in our pastoral work. We hope you find the layout helpful as we have tried to

combine a prayer guide for people with general information about Stauros along with insight into the issues we face.

Above all please be encouraged in your praying! Sometimes when facing large, complicated difficulties like addiction it is easy to become overwhelmed and discouraged. When Jehoshaphat king of Judah was overwhelmed by the great multitude that came against him, he and all Judah who stood before the LORD who said,

“Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God’s.”
(2 Chronicles 20:15)

Thank you for taking this booklet and for your interest in our work.

Yours in Christ,

Roy Brown, Stauros General Director

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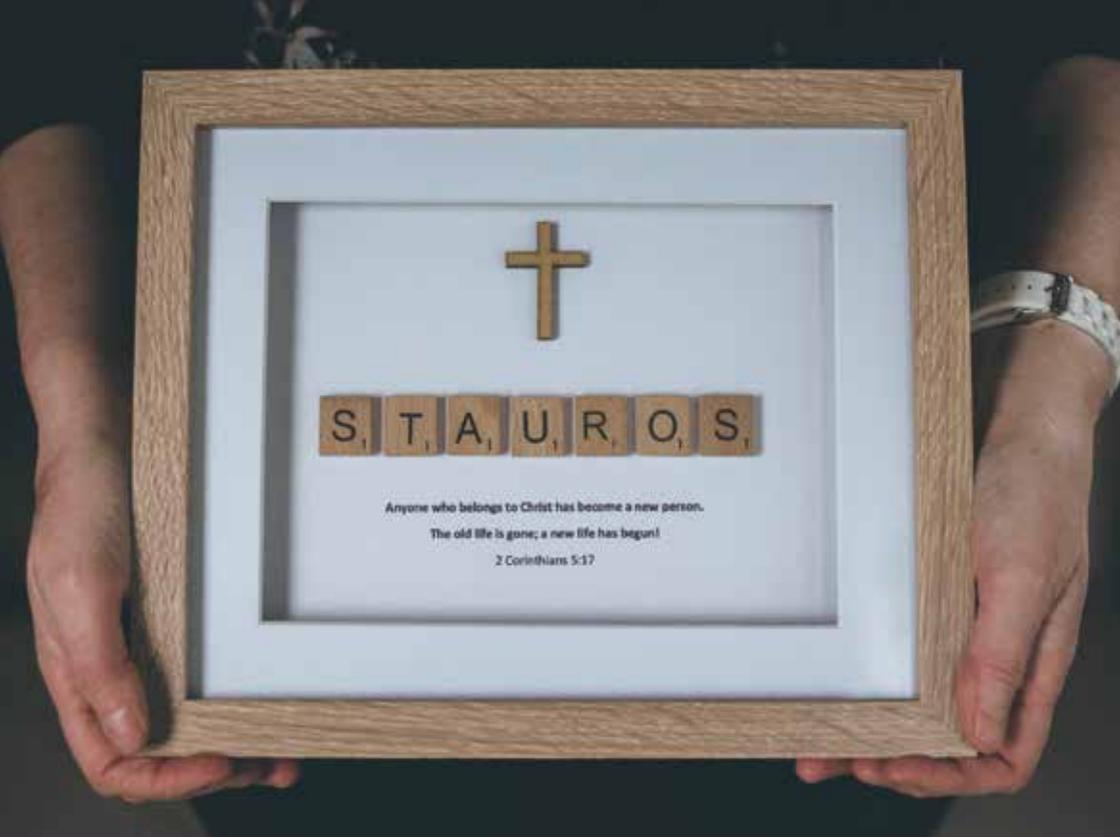
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What Stauros Does

The Stauros Foundation

The word “Stauros” is the New Testament Greek word for the cross of Christ. We are called Stauros because we believe that a right relationship with God in Christ is the foundation of healthy, sober living. Our experience is that Christ can set people free from addiction. Although we recognize the validity of other routes to recovery, Stauros believes that faith in God through commitment to Christ, constituting a conversion experience, marks the beginning of a journey to recovery. We believe this because it has been our experience.

Arthur G. Williams founded Stauros in 1980 when he was pastor of an independent evangelical church in Glasgow. Arthur grew up in a family where his father’s drinking was a constant source of anxiety, and he began drinking when he was 14 years old. By the time Arthur was 28 years old, he was suffering with alcohol addiction. In November 1970 he went through a Christian conversion experience when he accepted the truth that Christ was alive.

The agency now promotes the gospel of Jesus Christ among people suffering and/or recovering from addiction, and offers fellowship to the families of such individuals.

Mission, Aims and Support

Mission

Stauros extends the hand of fellowship to those who have alcohol or other drug related problems, with the view of helping them recover. Stauros promotes the Christian message of Jesus Christ as the means of that recovery.

Aims

The aims of Stauros set out the tasks adopted in fulfilling its mission.

Reaching out to people who have substance abuse and/or addiction problems.

Caring for people through one-to-one pastoral appointments using counseling skills.

Leading people into a living faith in Jesus Christ Helping people overcome the lifestyle challenges of addiction.

Teaching people Biblical truths and principles.

Training people in pastoral one-to-one ministry in the field of addiction.

Prayer Pointers

- ▶ Pray for everyone involved in the Stauros ministry that they will keep their eyes fixed on Christ.
- ▶ Pray for everyone involved in the Stauros ministry to be empowered by the indwelling Holy Spirit in all their ministry.
- ▶ Pray for everyone involved in the Stauros ministry to be protected in their life and ministry.

Who Does Stauros Help?

Between March 2004 and May 2008 Stauros undertook an in-depth research project in order to best understand the people who come to us for help. From this research we were able to draw up a rudimentary profile of a typical person who comes to us for help. We found that, typically, we support more men than women. The men who come to us have been drinking for between eight to twelve years, and the women for at least three years. Our contacts are most likely to be between 30 to 50 years of age and to be married or in a relationship. Individuals are as likely to be employed as out of work, and are most likely to describe themselves as semi-skilled, skilled or semi-professional people. Most declared they were middle, lower middle or working class by background. Perhaps most significant of all was that the majority admitted to having had to face an emotional trauma in life, and / or the death of a close relative or friend.

These are very broad generalizations, but this brief profile provides an initial understanding of the people who come to Stauros for help. It is important to us in Stauros that we concentrate on understanding the person just as much as their addiction. This profile illustrates the importance Stauros places on an holistic view of individuals, focusing on the person as much as the problem.

Prayer Pointers

- ▶ Pray for everyone, whatever age they are, when they make their first appointment to talk about their problems.
- ▶ Pray for people to have the ability to talk about things they have kept secret, perhaps for many years.
- ▶ Pray for those who instinctively hide the truth about themselves because they are afraid or ashamed.

Personal Challenges

It is important in Stauros work to be aware of the emotional wellbeing of people who ask for help. Adversity in childhood, in whatever form, is a contributing factor in poor mental and physical health, and one consequence of this fact is a significantly increased risk of substance use, abuse and addiction.

We have found that many of our people have had to face personal challenges or emotional hurdles of one kind or another. A high percentage (84%) reported to us they have had to deal with an emotional trauma. Some research has demonstrated that exposure to trauma increases the risk of substance abuse disorder (Danielson, C.K., Amstadter, A.B., Dangelmaier, R.E., Resnick, H.S., Saunders, B.E. and Kilpatrick, D.G. (2009), "Trauma-related risk factors for substance abuse among male versus female young adults", Addictive Behaviors, 34, pp 395-399). About one quarter of our people (24%) said they have had to come to terms with a prison sentence.

Regarding personal health, 21% said they have had to deal with a life threatening illness, and almost half (46%) identified that they have had mental health issues. Well over two thirds (77%) reported they have had to come to terms with the death of a relative and over half (54%) talked of the death of a close friend.

Personal challenges such as these are like the background noise that continues unabated behind the immediate difficulties of addiction.

Prayer Pointers

- ▶ Pray for those who suffer from mental health issues as well as addiction.
- ▶ Pray for those who have extremely unhappy memories that are a constant source of emotional pain in their life.
- ▶ Pray for all such people to find freedom in and through the love of Christ.

Pastoral Care in Stauros

The basic approach of the Stauros Foundation is one-to-one pastoral care using counseling skills. In Stauros there are six practical elements to our pastoral care.

First, we emphasize the importance of befriending. The key concept here is establishing a rapport with the client by actively listening, and establishing a "working relationship" that develops mutual respect and trust.

Second, we assess the client in two ways. Initially pastoral care may aim at helping the client answer the question, "Do I have a problem with drink?" Subsequently pastoral care involves

establishing an holistic view of the client's physical, emotional, rational, volitional and moral / spiritual condition.

Third, pastoral care also involves helping the client develop his or her own motivation to change.

Fourth, we help clients make the necessary plans to actually stop drinking or using illicit drugs.

Fifth, our approach includes addressing any underlying rational, emotional or behavioral patterns that may underpin continued drinking.

Sixth, pastoral care also involves building a Christian lifestyle that maintains change. In this phase relationship issues are explored, especially marital, personal and family relationships.



Prayer Pointers

- ▶ Pray for Stauros as we offer friendship to people with addiction problems.
- ▶ Pray for mutual respect and trust to develop quickly and to be focused on Christ.
- ▶ Pray for those clients who make a profession of faith to be able to go on to know Christ as Lord as well as Saviour.

Stauros Meetings

Stauros meetings are an integral part of the approach Stauros adopts. They are not in themselves an answer to people's problems. They operate best when the leader and/or volunteers who run the meeting care for those who attend in a pastoral way. As a pastoral relationship develops with a number of people it may become possible for them to meet together for mutual support.

A Stauros meeting has three clear aims. First, it provides the opportunity for a Bible based talk, which covers a theme relevant to people with substance addiction issues. Second, it provides an opportunity to encourage individuals who have been converted to Christ to develop their faith. Stauros does not proselytize people to any particular doctrinal school of thought, mode of worship or denominational affiliation. Rather the meeting is designed to ground individuals in the basics of the Christian faith, teaching them how to cope with life in a Christian way. Third, a Stauros meeting provides an opportunity for people to feel that others care for them, understand their issues and accept them for who and what they are.

With these aims in view, a Stauros meeting always has a time of open and honest prayer; it always has a reading from the Bible, which is then taught or preached from; it always has a time of open sharing around the themes presented in the talk.

Prayer Pointers

- ▶ Pray for the presence of the Lord to reign in all our Stauros meetings.
- ▶ Pray for those who lead the meetings to keep everyone focused on Christ despite interruptions.
- ▶ Pray for the faithful teaching and preaching of God's word, that it will be relevant and delivered in the power of the Holy Spirit.



The Problem with Alcohol

Alcohol Dependent Syndrome

The Alcohol Dependence Syndrome is a way of describing alcohol addiction. It includes seven symptoms.

First, there is a narrowing of drinking repertoire, which means that an individual repeatedly chooses the same type of drink for effect.

Second, alcohol becomes increasingly more important in the drinker's life, more important than other things such as marriage responsibilities and morality.

Third, the amount consumed needs to be increased in order to achieve the desired effect. This is necessary as the individual's body becomes tolerant to alcohol. When large amounts of alcohol, are consumed over long periods of time the body begins to shut down, so that there is a reverse tolerance, where smaller amounts of alcohol have a large effect.

Fourth, a drinker may experience withdrawal symptoms if the blood alcohol level drops below a certain level. Withdrawal symptoms can be both physical and psychological.

Fifth, drinking is often resumed to avoid withdrawal symptoms.

Sixth, the drinker experiences a strong inner drive to drink, sometimes called craving.

Seventh, the reinstatement of a dependent pattern of drinking is re-established quickly after a period of abstinence, even if this period has been some years.

Drinking History

A person's drinking history refers to when his or her drinking began, how it developed and when it became clear their drinking was problematical. Over half (56%) of our Stauros fellowship began drinking before they were 15 years old, indeed over one quarter (26%) began drinking before they were 12 years old. The majority (82%) began drinking before they reached 18 years of age.

By the time people realize they have an issue with alcohol over half (55%) were drinking every day, and over one third (37%) were drinking to excess once or twice per week.

It must be made clear, however, that having an issue with alcohol is not always obvious purely on the basis of how often people drink. Some individuals may have an issue with alcohol and only drink occasionally, but when they do, they seem powerless to stop!

People use a variety of terms to describe their drinking history. For example, some talk of problem drinking. Problem drinkers may use

Prayer Pointers

- ▶ Pray for people who experience withdrawal, often accompanied by an intense fear of stopping.
- ▶ Pray for people who want to stop that they will get good medical advice to keep them safe.
- ▶ Pray for those who want to stop but experience craving – sometimes people have said that the Lord takes craving away, but not all!

alcohol to take away emotional pain, or block out unhappy memories. They drink until they are drunk and they drink to excess regularly.

Heavy drinkers drink more alcohol than is healthy for them. The government guidelines for alcohol consumption is that men and women should not regularly drink more than 14 units of alcohol per week.

Prayer Pointers

- ▶ Pray for children and young people who experiment with alcohol, that churches or other youth organizations will reach out to them.
- ▶ Pray for people who drink every day, that the cycle of their self destruction might be broken.



Many Stauros people use alcohol as a coping mechanism. Many said they drank to cope with their insecurities (82%), with stress (71%) or to help them forget the past (68%).

Drinking Motives

“Why do people drink too much?” is a question many people ask. In Stauros we asked over 200 people and we found some interesting answers.

The majority of people, almost three quarters (74%), said they drank because all their friends drank socially, but over two thirds (69%) said they never felt pressurized into drinking.

Drinking was a shared activity among these people, as they wanted to conform to the peer group they identify with.

Very high percentages of Stauros people drank to overcome shyness (79%) and to help them relate to other people in a social context (87%). Sometimes individuals felt the need for confidence in a social context. Many Stauros people drank because it made them feel good (95%), indeed 80% reported they drank because it made them feel better about themselves. But many also said they drank to take away negative feelings. Over three quarters

(76%) said they drank because their mind was troubled, and even more (82%) because their feelings were troubled.

Many Stauros people use alcohol as a coping mechanism. Many said they drank to cope with their insecurities (82%), with stress (71%) or to help them forget the past (68%).

Prayer Pointers

- ▶ Pray for people who lack confidence and who drink because it makes them feel better about themselves.
- ▶ Pray for people who drink because they are unhappy for one reason or another, that they will find courage to share their problems and be set free in Christ.
- ▶ Pray for those who live in places where drink is the prevalent culture, for those who find it difficult to escape its influence.

The majority of people, almost three quarters (74%), said they drank because all their friends drank socially, but over two thirds (69%) said they never felt pressurized into drinking.

Drinking and Marriage

It is well known that excessive alcohol use can have a detrimental effect on marriage relationships and partnerships. Almost half of our Stauros friends (47%) confirmed that alcohol had contributed to the breakup of a former relationship. Furthermore, over three quarters (77%) said that alcohol had had a negative effect on the individual's marriage / partner relationship.

Almost without exception (92%) people who develop a problem with alcohol feel guilt about their behavior towards their spouse or partner.

It is not difficult to see that alcohol dependency not only impacts the drinker, but has a profound impact upon their loved ones as well. Initially, episodes of drunkenness may be considered as isolated incidents caused by tiredness, worry or stress - they may even be considered as normal. However, such episodes may become prolonged and occur more frequently, and as this happens

family tolerance weakens. Confrontation between partners often results when it becomes obvious that the individual's drinking is no longer normal or acceptable.

To avoid confrontation the drinker may become secretive while deepening his or her resolve to continue drinking as normal, planning when to buy alcohol and how to drink without others being concerned. Even when it is so painfully obvious that the individual has been drinking, the drinker and the family move into deadlock where denial causes stalemate.

Prayer Pointers

- ▶ Pray for marriages to be restored when people turn their lives over to Christ.
- ▶ Pray for people to have courage to face the truth about their drinking and to move away from denial.
- ▶ Pray for harmony in family homes where tension and fear can be so destructive.



Drinking and Families

Drinking affects whole families and especially children. Almost without exception (92%) Stauros people admitted that their drinking made family life unhappy, although a much smaller percentage (45%) admitted that their drinking had spoiled their relationship with their children. It was a common report that children felt that the persistent drinking of a parent meant that parent no longer cared about them. Not being cared for was the conclusion family members came to for a number of reasons. Although not in every case, it was common for them to have been lied to, abused in a variety of ways and to have suffered in ways few people who have not been close to such an individual can understand. It must be said that drinkers, in the majority of cases, do not intentionally cause such pain.

Sadly, drinkers can come to see their family as a hindrance to unrestricted drinking, and can choose to abandon family relationships to afford themselves the freedom to drink the way they

wish. However, when parents drink sometimes children suffer. Any type of maltreatment in the context of parental drinking has the potential to cause emotional and behavioral problems, lowered social competencies and self-esteem in their children.

Prayer Pointers

- ▶ Pray for the safety of children affected by the alcohol abuse of their parents, for them to find solace and comfort from other family members or close friends.
- ▶ Pray for emotional health of children growing up in hostile or toxic families, where they may hear and see things that are detrimental to their wellbeing.
- ▶ Pray for Stauros as we try to help everyone in a family affected by alcohol addiction.

Abuse and Violence

Violent behavior is closely associated with excessive drinking. Violence can take a variety of forms including physical violence and assault, abusive conversations, negative comments, sarcasm, other forms of verbal aggression and poor communication.

Abuse can take a variety of forms including emotional abuse, physical abuse, mental abuse and sexual abuse.

Some people are more vulnerable to these kinds of violence and abuse than others, for example, people who are marginalized with mental health issues, personality disorders, low educational values, who are unemployed and/or with children in care or who have a history of criminality.

Some research (Timko, C., Moos, B.S. and Moos, R.H. (2009), Gender differences in 16-year trends in assault and police related problems due to drinking, Addictive Behaviors, 34, pp

744 - 750) has highlighted three personal characteristics (alongside heavy drinking), which play a significant role in making violence more likely. First, when individuals tend to be impulsive, have low level of self-confidence in avoiding alcohol abuse or are in the habit of venting negative feelings they are more likely to engage in violent behavior. On the other hand, individuals who had well-developed problem solving skills, especially those that involved making plans before taking action, were so much less likely to engage in violent behavior.

Prayer Pointers

- ▶ Pray for victims of violence in family and social settings, which are attributed to alcohol abuse.
- ▶ Pray for perpetrators of violence that they will experience the change of heart Christian conversion can bring.
- ▶ Pray for people who speak cruel words to those who love them!

Consequences of Alcohol Abuse

There are some obvious consequences to alcohol abuse. First, there are consequences to physical health. For example, 79% of Stauros people found it necessary to visit a doctor because of their drinking, over two thirds (70%) had been prescribed medication and 64% found themselves so ill they needed to spend time in hospital. In general if people abuse alcohol long enough they are likely to experience health issues with their mouth, throat, esophagus, stomach and duodenum. They are likely to have

issues with their liver, blood pressure, heart and pancreas. Their brain will also demonstrate the stress of having alcohol in the bloodstream and a lack of thiamine or vitamin B.

Second, there are consequences to mental health. The most common negative mental health issue experienced by individuals who persistently abuse alcohol is depression. However, short-term memory loss is also common and is sometimes linked to blackouts, which refer to an inability to remember events, places or conversations. A blackout is not unconsciousness; rather the person may be functioning in an apparently normal fashion,

but later be unable to remember anything. Nightmares and horrors may also be experienced.

Third, there are consequences to emotional health. Over three quarters (78%) of Stauros people said that they used to feel good about themselves, but alcohol had robbed them of such feelings. Furthermore, 77% said that they had experienced irrational fear as a result of harmful drinking.

Family History and Harmful Drinking

Some research has suggested that people are led into problem drinking by events that occur in certain combinations and sequences (Bennett, L.A. and Wolin, S.J. (1990), Family culture and alcohol transmission, in R.L. Collins, K.E. Leonard and J.S. Searles (eds), Alcohol and the family, pp 194 - 219, London, The Guilford Press).

When family life is disrupted by alcohol inebriation in one member, family life changes. Family rituals, such as meal times, Christmas time and holidays, should help communication within the family.

These simple events provide times when healthy belief systems can be established, positive language can be used between family members, personal thoughts can be expressed in a positive and accepting atmosphere and for the nurture of meaningful relationships. However, the presence of a person with an alcohol addiction within this context means these rituals change. Meals deteriorate because of negative experiences;

Prayer Pointers

- ▶ As you pray for people with alcohol addiction, pray for their physical, mental and emotional wellbeing.

Christmastime and family holidays may become haphazard and disorganized. When healthy rituals are lost, there is a greater incidence of intergenerational continuity of an alcohol problem.

For a person growing up in a family influenced by harmful drinking, his or her drinking expectations often relate to either problem solving or celebration. This means that alcohol becomes associated with both the bad times and the good times. When things are bad alcohol is taken to ease the difficulties: when things are good alcohol is taken to enhance the experience.

Prayer Pointers

- ▶ Pray for family life among Stauros people, that there will be harmony and happiness in the normal routines of life.
- ▶ Pray for family members who feel afraid and tense when a loved one is drunk.
- ▶ Pray for there to be a renewal of family values throughout the nation.

Parental Alcohol Abuse

In Stauros we have found that many of the people who come to us for help have been brought up in homes where either mother or father have abused alcohol - in some cases from homes where both parents abused alcohol. For example, over half (53%) declared that their fathers abused alcohol, and almost one third (30%) declared that their brother, significant other (30%) and their grandfather (29%) abused alcohol. Almost one quarter (23%) declared that their mother abused alcohol.

It is a sad fact that when parents drink, sometimes children suffer. In our research we have found there to be a clear association between a father's alcohol abuse and the experience of both physical and emotional abuse by their children. In a similar way we also found a clear association between a mother's alcohol abuse and the experience of emotional abuse by their children.

Some other researchers (Shin, H.S., Edwards, E.M. and Heeren, T. (2009), Child abuse and neglect: relations to adolescent binge drinking in the national longitudinal study of Adolescent Health study, Addictive Behaviors, 34, pp 277 - 280) have demonstrated that when children experience abuse in this way, within the context of their own home, they are much more susceptible to engage in binge drinking than other adolescents who have not been subject to their home experience.

Prayer Pointers

- ▶ Pray for children growing up in difficult circumstances troubled by the drinking behavior of their parents.
- ▶ Pray for whole families to be impacted by the gospel through the work of Stauros.
- ▶ Pray the healing of the Holy Spirit to be evident in lives touched by negative experiences.



Different Types of People

In Stauros we have found a high percentage of the people who come to us for help have to face emotional difficulties on a daily basis. For example, a very high percentage (83%) have shared with us that often their moods go up and down, and that they would describe themselves as being a “worrier” (78%). Some have told us that they often feel “fed up” (69%), that they feel lonely (60%) and would call themselves a nervous person (51%). For people like this they are likely to be over anxious, to worry and frequently feel depressed. He or she is not likely to sleep well and will have other health issues. They find they over-react emotionally to things and find it difficult to stay on an even keel.

On the other hand, we have found people coming for help who are quite a different type of person. Around two thirds of our people described themselves as being “rather lively” (64%) and “a talkative person” (62%). They confirmed that, in

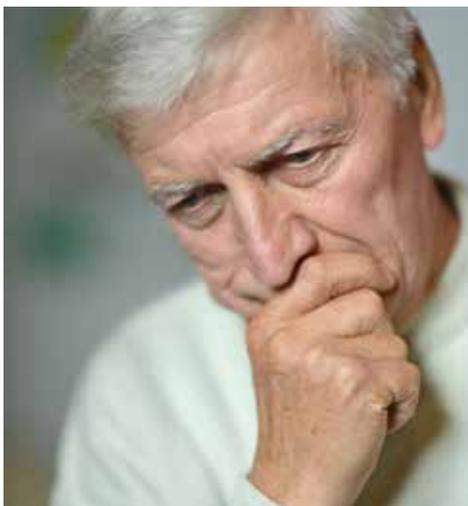
their opinion, other people think of them as being very lively, and that they could “easily get some life into a dull party”! This type of person has a strong draw towards being sociable. Alcohol plays an obvious role in social contexts and drinking as an activity helps facilitate the process of meeting with others. For people like this, finding a new social context to belong to, one where they are safe and secure from temptations is essential for their long-term recovery.

Prayer Pointers

- ▶ Pray for people who are natural worriers, that the Lord will help them think clearly about their hope of life in Christ.
- ▶ Pray for people who are sociable and lively, that the Lord will help them find a new set of friends with whom to socialize.
- ▶ Pray for Stauros staff as they try to help people who have quite different personality types.

Drinking Practice

Drinking practice refers to how individuals engage in drinking activity, and what their drinking behavior looks like in reality. An issue with alcohol may take various forms but one of the most obvious ways to identifying it is by considering an individual's drinking behavior. There are four aspects of drinking behavior which the majority of people in the Stauros fellowship identified with. First, 92% came to a point in their life where they admitted their drinking was out of control. Second, a considerable number (80%) reported that they craved alcohol. This highlights that drinking behavior often involves a sense of compulsion. However, it is important to point out that not



everyone with an alcohol problem could identify with craving. Indeed some (16%) reported that they had an issue with alcohol but had no craving! Third, it was also common for over three quarters (78%) of drinkers to experience a deep feeling of remorse. Remorse refers to deep regret or guilt and infers a moral dimension to drinking unhealthily. It is significant that, although many experience remorse, regret and guilt, these negative emotions in themselves are not enough to effect a change in behavior. Fourth, almost three quarters (74%) reported that they had to conceal how much they drank. This implies that drinkers are uncomfortable with others knowing the amount they drink or the extent of their drinking behavior.

Antisocial Behavior

The relationship between antisocial behavior and alcohol is not as straightforward as might be thought. It is not always easy to decide which comes first, the drinking or the antisocial behavior. For example, alcohol may cause or facilitate antisocial behavior. Alternatively, some individuals may already be antisocial and engage in a variety of behaviors that express it, one of which may be drinking alcohol to excess. Third, the relationship between antisocial behavior and alcohol may be a combination of these two factors.

Some research has shown that a tendency towards antisocial behavior is a causal predisposing factor to alcohol misuse. Among the Stauros people over half had been arrested for an alcohol related offence (59%), and slightly fewer had been convicted of a crime related to harmful drinking. Only a small percentage (17%) reported they had served a prison sentence for an alcohol related offence.

Prayer Pointers

- ▶ Pray for people who feel guilty about their drinking behavior, that the Holy Spirit will bring deep conviction that is more profound than regret.
- ▶ Pray for people who try to hide their drinking from others as well as themselves.
- ▶ Pray for people to come to the realization that their life is out of control and that they will turn to Christ for help.

Prayer Pointers

- ▶ Pray for communities and housing estates where antisocial behavior is prevalent, that the Lord will invade such places with grace and truth.
- ▶ Pray for Stauros staff who visit people in such areas, that the Lord will keep them safe and use them to bring light into difficult circumstances.



The Stauros Family

Full Time Staff

Arthur and Beth Williams
Paul Murphy
Gordon Buist
Linda McCredie

Alex Newcomb
John and Peggy Burghauer
Roy Brown
Pamela Brown

Margaret Wallace
George Macgregor
Woody Price
Mike Williams
Gillian McQuillan

Volunteers

Ricky Wallace Glenn Jackson Laura Jackson



Arthur and Beth Williams *Northern Ireland*

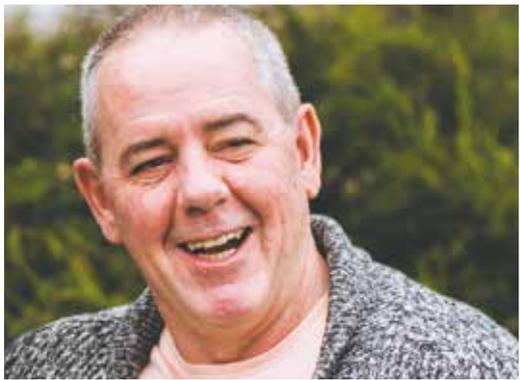
Many will not need to be introduced to Arthur and Beth! Arthur was the founder of the Stauros Foundation back in 1980, himself coming from a background of alcohol abuse and addiction. Although Arthur stepped back from the role of General Director in 2010, he and Beth continue to fulfill a vital role within the work. Together they help oversee the daily finances and keep a close eye on paying bills and salaries. They have served the Lord faithfully for over 40 years and have a depth and breadth of experience in this field second to none.

Arthur continues a pastoral ministry offering care and support to those needing help with addictions and some other challenges life raises from time to time. Regularly he travels down to the Republic of Ireland where there are a number of individuals he continues to support.

He preaches in Stauros meetings, Stauros events and churches as and when opportunities arise. Arthur sits on both the UK Board of Trustees and the Isle of Man Board and continues a pastoral ministry to many on the island. Words cannot really express what Stauros owes to Arthur and Beth Williams. They have both played such a pivotal role in the spiritual and personal development of all the staff, wherever they live, and are owed such a debt of gratitude. Only heaven will tell the full story!

Prayer Pointers

- ▶ Pray for the continued health and strength for Arthur and Beth.
- ▶ Pray for their family and their grandchildren.
- ▶ Pray for the Lord to continue to anoint their ministry wherever they go and in whatever form that takes.



Paul Murphy *England*

The work of Stauros in England centers on Paul Murphy. Paul was converted to Christ through the ministry of Lawrence and Iris Hennessey. He served as a volunteer in Stauros before joining the staff team in 1998. He is married to Lynne and has a grown up family. Paul and Lynne live in Bolton, Lancashire and are members of The Bridge Church in Bolton.

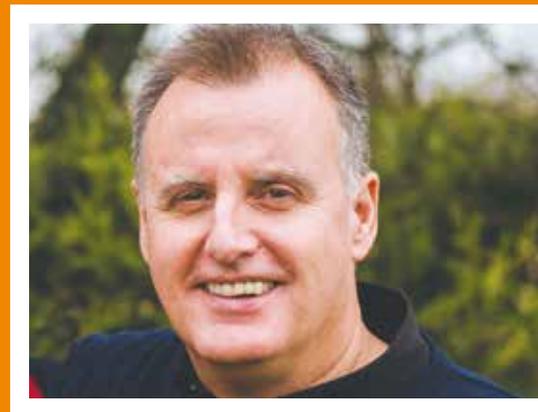
Paul's work requires him to cover quite an extensive area. He frequently visits individuals around Bolton and its outlying areas such as Horwich, Radcliffe, Smithills and Harwood. He covers Manchester to the south and often travels east to Barnsley and Rotherham. On a wider scale still his contacts take him to north Wales, Leicester and Coventry. The people Paul supports with pastoral care have a wide range of needs including many with substance abuse and addiction issues. His clients sometimes suffer

from on-going mental health issues such as depression, and life threatening illnesses such as cancer. When appropriate Paul is accompanied by his wife Lynne, and together they minister into the lives of Stauros people with effectiveness and love.

Part of Paul's work has led him into a number of prisons where he has the opportunity to offer pastoral support to prisoners. The prisons he visits are Buckley Hall, Garth Prison and Wymott Prison.

Prayer Pointers

- ▶ Pray for Paul's family including his children and grand children.
- ▶ Pray for his health to improve as he has ongoing health issues.
- ▶ Pray for his work in prisons and for safety as he travels widely to meet contacts.



Gordon Buist *Isle of Man*

The work of Stauros on the Isle of Man centers on Gordon Buist. Gordon was converted to Christ from a background in alcohol dependence. He served as a volunteer with Stauros Isle of Man before joining the staff team. He lives in Onchan and attends Living Hope Church, Douglas

Gordon works closely with Grah, which is a Manx word meaning love or charity. Grah is an independent charity but began as a Stauros drop-in, based at The Alpha Centre in Broadway Baptist Church. Grah provides some small rooms for men to receive a hot drink and something to eat and find someone to chat to. Gordon volunteers on a weekly basis to help in this ministry.

Part of Gordon's ministry also involves running a weekly Stauros meeting in the Alpha Centre. Each Thursday evening between 10 and 15 people get together for their Stauros meeting

which Gordon leads and where there is worship, prayer and a talk from scripture. Gordon is also involved in prison visitation where he has the opportunity to offer pastoral support to inmates with whom he has had some contact.

There is a local committee that oversees the Stauros work on the island: the chairman is Kevin Vondy, the treasurer Keith Allen and the other committee members are Vivien Teare and Mona Radcliffe.

Prayer Pointers

- ▶ Pray for Gordon and his family, those who live in Scotland and those on the island.
- ▶ Pray for Gordon's work in connection with Grah and the prison.
- ▶ Pray for the Stauros meeting on a Thursday evening, that those who attend will hear the voice of God and experience His grace.



Linda McCredie Scotland

The work of Stauros in Scotland centers on Linda McCredie. Linda was converted through the work of Stauros in the early days of the agency when Arthur Williams was pastor of the Findlay Church in Glasgow. She served as a volunteer with Stauros for some years before joining the staff team in 1999. She is a member of the Board of Trustees in Stauros UK and lives in Milngavie.

Linda's work focuses mostly, but not exclusively, on the needs of women. As a fully trained counselor, Linda brings enormous wisdom and practical know-how to all her one-to-one pastoral appointments. In her ministry she comes across many who have been touched by addiction, either personally, or within the family. She has ministered God's love and grace into many lives that have experienced deep childhood traumas.

Part of Linda's ministry involves running a weekly Stauros meeting in Whiteinch, Glasgow. Each Monday evening around 20 people meet for their Stauros meeting with praise, prayer and a message from God's word. Linda also organizes an annual weekend conference in the Macdonald Hotel in Aviemore, where around 100 Stauros people of all ages meet for praise and teaching from God's word.

Prayer Pointers

- ▶ Pray for the Stauros meeting in Whiteinch each Monday evening, that the presence and power of the Lord will minister into people's lives.
- ▶ Pray for Linda that the Lord will keep her healthy and strong so she can continue her ministry.
- ▶ Pray for the volunteers and friends of Stauros around Linda, that they will continue to enjoy fellowship and growth.



Alex Newcomb Republic of Ireland

The work of Stauros in the Republic of Ireland centers on Alex Newcomb. Alex is originally from London, but is married to Leah who is from Athlone. He was converted from a background of alcohol and drug addiction, having used and abused a wide range of substances before committing his life to Christ. He lives in Waterford with Leah and their two children. Alex's work focuses on various geographical locations. In Waterford he links with churches as opportunities arise. In Dublin he visits people with addiction issues and has well established contacts in Tallaght, a large borough south of Dublin. He makes regular trips to Cork to visit people there who are in need of pastoral support.

Like all Stauros workers, Alex's work encompasses a wide range of issues that relate to addiction of one kind or another. Often when he is asked to visit one person, other members

of the family see the benefit of his visits and come forward to request help for themselves.

Another aspect of Alex's work is networking with Tiglin, a Christian rehab center near Ashford in County Wicklow. It is a rehab center that uses a Teen Challenge program, and Alex visits regularly to share God's word and fellowship with the team there.

Prayer Pointers

- ▶ Pray for Alex and his family as they grow up, leave school and go off to university.
- ▶ Pray for the Stauros work in Tallaght, for the one-to-one meetings Alex has and for net work of families he has contact with there.
- ▶ Pray for Alex's support base to grow in the Republic of Ireland.



John and Peggy Burghauser USA

Stauros Ministries, USA, centers on John and Peggy Burghauser who live in Baltimore, Maryland. The work developed from the visits carried out over many years by Tom Eakins, an employee and Trustee of Stauros before his retirement.

John and Peggy work alongside local churches reaching out to their community with the comfort and compassion of God, pointing people to Christ. Like all Stauros workers, their approach is based on the ministry of Jesus. He spent time with individuals, befriending them and their families in the midst of their struggles and sharing the saving grace and freedom of the Gospel.

Part of the ministry John and Peggy has been to help churches raise up disciple makers and mentors within local church congregations.

They have two main goals. First, they share what they do and how they do it, and secondly, they offer training courses and workshops. These courses are designed to aid churches "integrate" individuals who need their love and support into their church community.

A board consisting of Mike Kisner, John Zeigenfuss, Chris and Marie Spiess, John and Peggy Burghauser, Rock Stemple and Don Riffle governs the work in the USA.

Prayer Pointers

- ▶ Pray for John and Peggy as they minister into the lives of the volunteers in the fellowship of Stauros.
- ▶ Pray for the Holy Spirit to guide them in their connections with churches when they are invited to go and talk and/or train others about their work.
- ▶ Pray for the many people who have addiction problems to whom John and Peggy minister.



Roy Brown

Roy is the General Director of Stauros and he sits on the UK Board of Trustees. He lives with his wife Pamela at Straidhavern and they have two grown up children and three grandchildren.

Roy was converted through the work of Stauros as a resident in Ballyards Castle. His value was soon recognized and he worked as a volunteer for some time before joining the staff team in January 2005. His personal and professional development accelerated while he was manager of Ballyards, during which time he successfully completed his training as a counsellor.

Roy leads the daily running of the organization and is the staff's first port of call. Roy's breadth of experience and depth of understanding give him a perspective and a wisdom that Stauros benefits from on a daily basis.

Roy has a significant number of people whom he supports in a pastoral way, travelling from place to place or arranging personal appointments at home. He also preaches at Stauros meetings.

Prayer Pointers

- ▶ Pray for Roy and Pamela and for his family.
- ▶ Pray for his leadership influence throughout Stauros, that he will grow and develop personally and professionally in a Godly way.
- ▶ Pray for his personal ministry as he speaks at Stauros meetings, staff gatherings and carries on his one-to-one pastoral appointments.



Pamela Brown

Pamela is married to Roy and lives at Straidhavern. Pamela was converted from a background of alcohol addiction and volunteered for Stauros for a time before joining the staff team in September 1997. She was the first female member of staff to be employed in Northern Ireland. Pam oversees the Stauros meeting that takes place on alternate Monday evenings in her home at Straidhavern.

As a trained counselor, Pam also works with Christian Guidelines on a regular basis, and this compliments her Stauros ministry. The main focus of her Stauros work is among women, and she has a depth of experience and knowledge that makes her very effective in this field. Her other area of focus is marriage counseling. It is often pointed out that alcohol and drug addiction affect more than the individual who suffers the condition. Family members also suffer, especially spouses and partners, and their children, and Pam often works closely with Roy or other members of staff, dealing first with individuals, and then with couples.

Pamela also speaks at women's meetings, teaching God's word gently and effectively, reaching into hearts that hurt and lives that are overshadowed by trouble. She is one of the two trainers who deliver the Stauros courses "Tackling Addictions", "Family Dynamics" and "Relapse prevention."

Prayer Pointers

- ▶ Pray for Pamela and her family roles of wife, mother and grandmother.
- ▶ Pray for her counseling work among individuals and with couples, that the Lord will empower and infuse everything she says and does.
- ▶ Pray for her speaking and teaching gifts, that the Lord will develop them as she has opportunities.



Margaret Wallace

Margaret is married to Ricky and has two daughters, Courtney and Lauren. Margaret was converted from a background of drug and alcohol addiction in November 2010 and volunteered for Stauros for a time before joining the staff team in August 2018.

Margaret truly believes that God has given her a passion to help others, the lost and the broken (as she was) without hope.

Margaret is currently doing her Foundation Degree in Counselling and does her placement with Christian Guidelines. The main focus of her ministry with Stauros is among women who have a wide range of needs including many with substance abuse and addiction issues. She would come alongside and support these women in the community. Her depth, experience and knowledge make her very effective in this field. Her other area of focus is helping to oversee the

Stauros meeting that takes place on alternate Monday evenings in Straidhavern.

Margaret's heart would be that the women she would come alongside would be open to the truth of the gospel and they would accept Jesus into their lives and be set free from their lives of addiction.

Prayer Pointers

- ▶ Pray for Margaret's family, her husband and two daughters.
- ▶ Pray that the women she would come alongside would be open to the truth of the gospel.
- ▶ Pray for God's protection for Margaret as she would travel to minister to the women she sees.



George Macgregor

George is married to Valerie and they have two sons and live in Richill, county Armagh. George was originally from Scotland, north of Inverness, and was converted from a background in alcohol addiction. He came to Northern Ireland to spend time with us in Ballyards and later he stayed on as a volunteer. He joined the staff team in May 2002.

The main focus of George's work is pastoral visitation in the community. This requires him to travel all over Northern Ireland especially the counties of Armagh, Tyrone and Londonderry. He has a heart for people with alcohol issues and regularly shares his own experience of deliverance from alcohol addiction.

George is passionate about sharing God's word with people and loves discipling new believers. He also has an interest in helping people who have had to face life-threatening illnesses like cancer. He has had personal experience of having

to face cancer and, after his recovery, the Lord prompted him to seek further training in reaching people having to cope with this challenge. He successfully completed his course in 2016. This experience brings another dimension to George's pastoral insight, and one valued by many people. George also enjoys practical work, and oversees the garden maintenance work at Straidhavern.

Prayer Pointers

- ▶ Pray for George in his roles as husband and father.
- ▶ Pray for him as he travels around visiting people and sharing his experiences and encouraging his clients in their faith.
- ▶ Pray for George as he speaks at Stauros meetings from time to time and shares a word with staff members during team meetings.



Woody Price

Woody, originally from Baltimore, is married to Elaine who is from Belfast, and they have three daughters. They live in Banbridge and attend the local Baptist church there. After marrying they helped establish Stauros in 1995 in Baltimore. Woody and Elaine moved to Northern Ireland at the invitation of Stauros where he joined the staff team in November 1998.

The main focus of Woody's work is the word of God. He preaches and teaches on a regular basis and is often invited by churches to talk on the work of Stauros, or other related issues such as a pastoral care. He oversees the Stauros meeting in Banbridge, which meets on alternate Thursday evenings, and where around twelve people meet for support and prayer. He also speaks at other small groups elsewhere.

His pastoral work takes him all over Northern Ireland but mainly in the counties of Down and Antrim. He reaches out to people with the

variety of needs common among Stauros people. There are some with current addiction issues, some facing emotional challenges and some with on going mental health issues. On a regular basis and in a systematic way, Woody shares the word of God with each according to the need they present.

Prayer Pointers

- ▶ Pray for Woody in his roles as husband, father and church leader.
- ▶ Pray for his teaching opportunities, that the Lord will use him as he expounds God's word in his own unique way.
- ▶ Pray for him as he visits people who have ongoing health issues.



Mike Williams

Mike is married to Rosemary and has a grown-up family. He lives outside Ballymoney and attends Portstewart Baptist Church. Mike has been involved with Stauros from the very beginning, working as a volunteer in Glasgow when it was first founded in 1980. He joined the Board of Trustees in 1984 and became a full time member of staff in 2000. He was the General Director of Stauros from 2010 to 2017.

The main focus of Mike's work is preaching and teaching God's word, and writing about issues related to Stauros and the people it reaches. He has produced two dissertations, one entitled "Pastoral Care and People Addicted to Alcohol", and the other "Alcohol Dependence and Individual Differences."

As well as being a member of the UK Board of Trustees, Mike is also a member of the Isle of Man board. He oversees the annual days of prayer and the delivery of staff training, which

takes place four times per year. He is often invited to other churches to speak about the work of Stauros and to preach, and spends considerable time writing materials for Stauros people, volunteers and staff.

Prayer Pointers

- ▶ Pray for Mike in his roles as husband, father, grandfather and church teaching pastor.
- ▶ Pray for his writing that the Lord will guide and inspire the topics provided for use in Stauros in the years ahead.
- ▶ Pray for his walk with the Lord, that he will continue to listen for the guidance and inspiration of the Lord.



Gillian McQuillan

Gillian is originally from Scotland and volunteered with Linda McCredie in the Glasgow area in 2001. She met Tommy at a Stauros conference in Scotland in 2003 and later married in 2005. Tommy would have done a lot of voluntary practical work for Stauros over the years. They have two daughters: Beth and Anna. Tommy, Gillian and family live in Ahoghill, Co Antrim and attend church in Wellington Presbyterian Church outside Ballymena.

Gillian works part-time with Stauros and is involved with finance and administration. She is an asset to the team in the work she does.

Prayer Pointers

- ▶ Pray for their two girls: Beth and Anna.
- ▶ Pray for them as a family to become more involved in the life of their church.
- ▶ Pray for Gillian as she works in the Stauros office.
- ▶ Pray for Gillian to have opportunities to minister to people in the community.



Ricky Wallace

Ricky is married to Margaret and they have two daughters. In January 2013 Ricky made the best decision of his life, and that was to ask Christ into his life as his personal saviour. He would love to say from that day his life was great, but it wasn't there were issues in his life that he needed to work through from his past and that is where Stauros through meeting with Arthur Williams were able to help him. From meeting with Arthur, he was able to personally benefit from the one-to-one ministry offered by Stauros, this helped him to see the importance of meeting on a one-to-one basis.

Ricky believes the Lord give him a heart for hurting people and came on board as a volunteer for Stauros in December 2017. The focus of

Ricky's ministry would be to come along side men in the community sharing the love of Christ, and he also helps Glenn Jackson with the Stauros meeting in Conlig Bangor alternate Thursday nights.

Prayer Pointers

- ▶ Pray for wisdom and Patience as Ricky would minister to the people God brings across his path.
- ▶ Pray for more opportunities for Ricky to testify of what God has done in his life and his family.
- ▶ Protection on his marriage.



Glenn Jackson

Glenn is married to Laura and they live in Bangor, Co Down with their three boys. Glenn was converted in Ballyards Castle in May, 2011 while a resident addressing an addiction to alcohol. The Lord restored his life, marriage and family. Glenn volunteered with Teen Challenge in their bus outreach ministry for three years before joining Stauros in April 2017 as a volunteer. Glenn and Laura run a Stauros meeting in their home on alternate Thursday nights.

Glenn has a great heart for the addict and does one-to-one work in his spare time.

Glenn and family currently go to Newtownbreda Baptist Church.

Prayer Pointers

- ▶ Pray that God would touch and transform lives as we minister to people in the community.
- ▶ Pray for opportunities to disciple.
- ▶ Pray that people who attend the Bangor meeting would come to know and love the Lord.



Laura Jackson

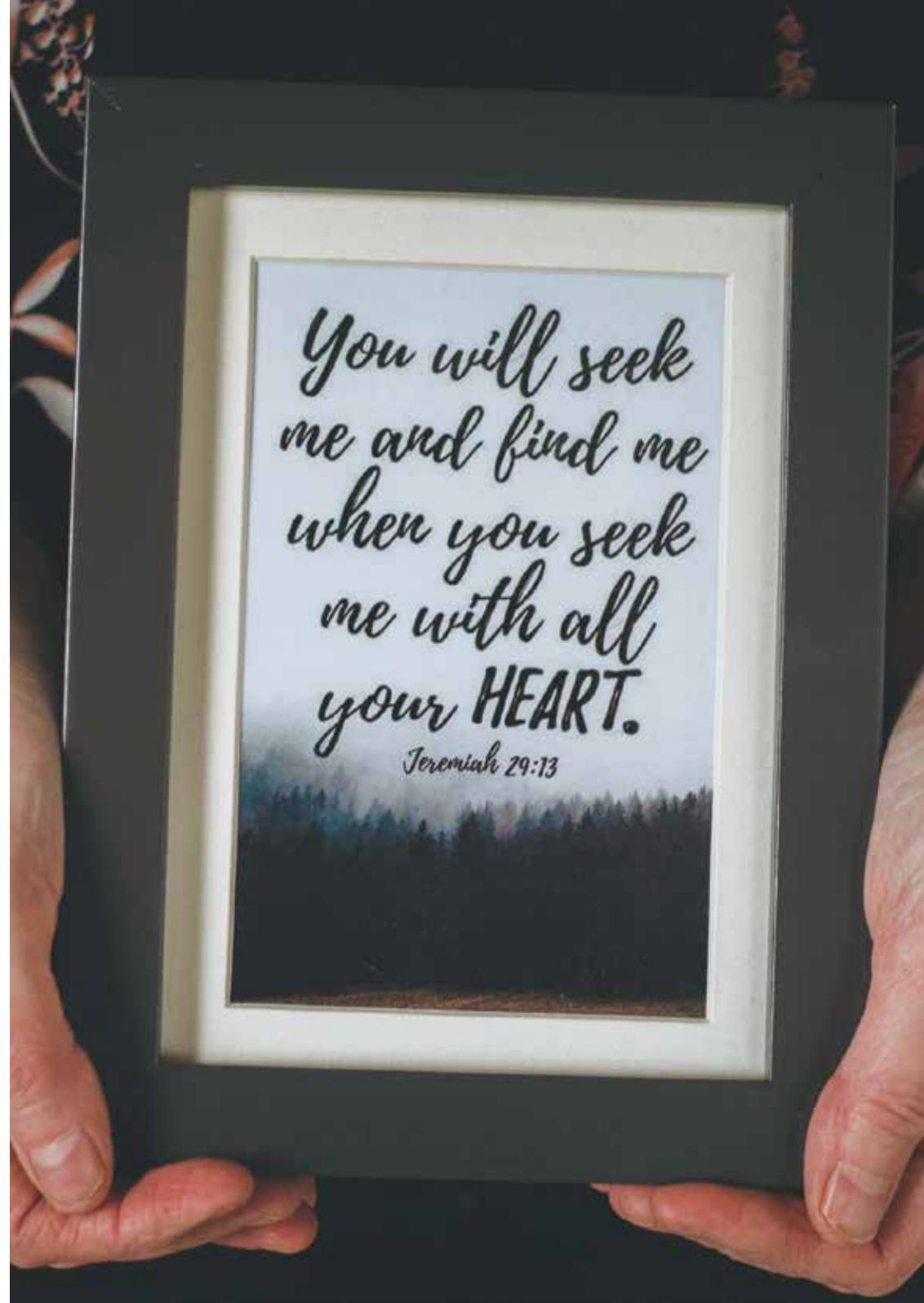
Laura is married to Glenn and they live in Bangor, Co Down with their three boys. Laura was converted at the age of 13 but drifted away. She came back to the Lord in 2012 after many years of struggle with Glenn's addiction to alcohol. After Glenn's conversion in 2011 Laura saw the transformation in Glenn's life and the support and love of Stauros staff. This started Laura on a journey to become a volunteer with Stauros in December 2017. Laura and Glenn run a Stauros meeting in their home on alternate Thursday nights.

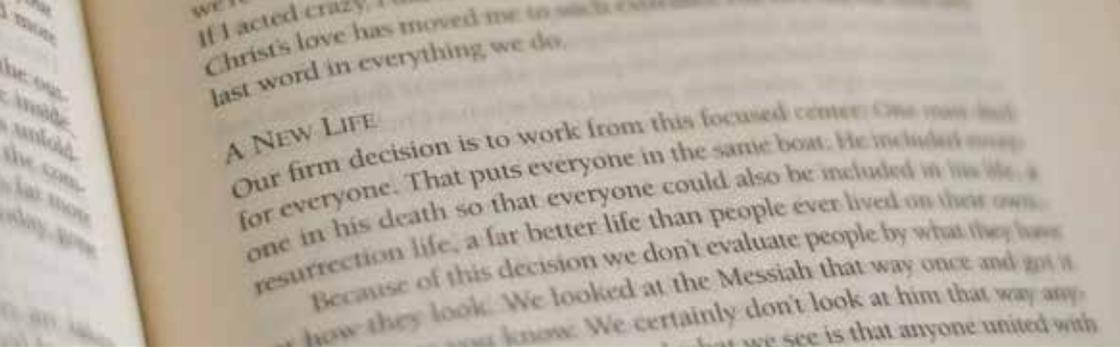
Laura has a good understanding of a spouse's point of view of addiction in the family and its impact.

Laura, Glenn and family currently attend Newtownbreda Baptist Church.

Prayer Pointers

- ▶ Pray for a healthy balance between family, work and volunteering.
- ▶ Pray for God's protection over our marriage and family.
- ▶ Pray that our family is a whole would continue to grow in Christ together.





How You Can Help

Stauros Partners

Sometimes when people hear about the work of Stauros they ask, "Is there any way in which I can be of some help?" Our answer is "Yes"!

Example

One of the most practical steps you can take is to commit to a lifestyle that is alcohol and drug free. There is no compulsion to be a total abstainer, but it is a practical step people sometimes take in order to set a good example for "the weaker brother".

Finance

Stauros is a faith-based agency that is supported financially by individuals and trusts who share our belief in the Christian message, and our burden for those touched by addiction. We do not receive government funding for any aspect of our work, and are totally reliant on the generosity of God's people. At the back of this booklet there is further information about giving to Stauros.

Prayer

Perhaps the most effective way you can help us is to pray for us. This booklet is designed to help you pray effectively for people and the problems they face. It is designed to inform your prayers with details to inspire depth and substance.

Financial information

Stauros is grateful to the Lord for all His provision over the years. We have been truly blessed. In the past we have benefited from people's generosity in three ways:

Donation

Sometimes individuals feel prompted to send a donation to the work. There is a form attached with a section for donations, which if completed allows us to receipt donations

Standing order

Sometimes individuals wish to give regularly to the work, either monthly, or annually. There is a standing order form attached for this purpose

Gift aid

Sometimes people who pay tax fill in a gift aid form (also attached), which allows Stauros to benefit from the tax paid on the amount received either as a donation or a standing order. For example, a gift of £100 with gift aid means Stauros would receive approximately £125.

Standing Order Form

Please complete this form and return to:

The Stauros Foundation
29 Straidhavern Road
Nutts Corner
Crumlin
BT29 4SN

Telephone Number: 028 9082 5058



Standing Order Form

Name:

Address:

.....

.....

Post Code:

Telephone:

Bank Details

To: Bank Limited

Address of Branch:

Account Number:

Sort Code:

You are hereby authorised to pay to the credit of The Stauros Foundation at:

First Trust Bank
English Street
Armagh
BT61 7LD

Account Number: 04815066 Sort Code Number: 93-81-65

The sum of: £ In words:

Per week / month / year on the first day of (month) and each subsequent week / month / year until further notice.

Signed:

Gift Aid Declaration

Please complete this form and return to:

The Stauros Foundation
29 Straidhavern Road
Nutts Corner
Crumlin
BT29 4SN

Telephone Number: 028 9082 5058



Gift Aid Declaration

Details of Donor

Title: Forename (s):

Surname:

Address:

Post Code: Telephone:

I want the Stauros Foundation to treat all donations I have made since 6th April 2008 and until further notice as Gift Aid Donations.

Signature of Donor: Date:

Notes:

1. You can cancel this declaration at anytime by notifying the Stauros Foundation at the address below.
2. You must pay an amount of IncomeTax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in any one tax year.
3. If in the future your circumstances change and you no longer pay a tax amount sufficient to cover the amount, which the Stauros Foundation intends to reclaim, you must notify us.
4. If you pay tax at a higher rate than the basic rate of tax (currently£0.28per£1.00 you are able to claim further tax relief against your donation on your own tax returns.
5. If you are unsure that your donations qualify for Gift Aid tax reclaim,please contact either the Stauros Foundation at the address below or your local tax office for leaflet IR113 Gift Aid.
6. Please notify the Stauros Foundation of any change of address or changes in any other relevant details.
7. This form should only be used for personal and not business/companydonations. For information regarding company/business donations please contact the Stauros Foundation at the address below or seek advice from your local tax office or tax advisers.

Declaration No. SFGA:

The Stauros Foundation is a registered charity No. SC014253

***“If anyone is in Christ,
he (or she) is a new creation”***

2 Corinthians 5:17



Contact Us

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