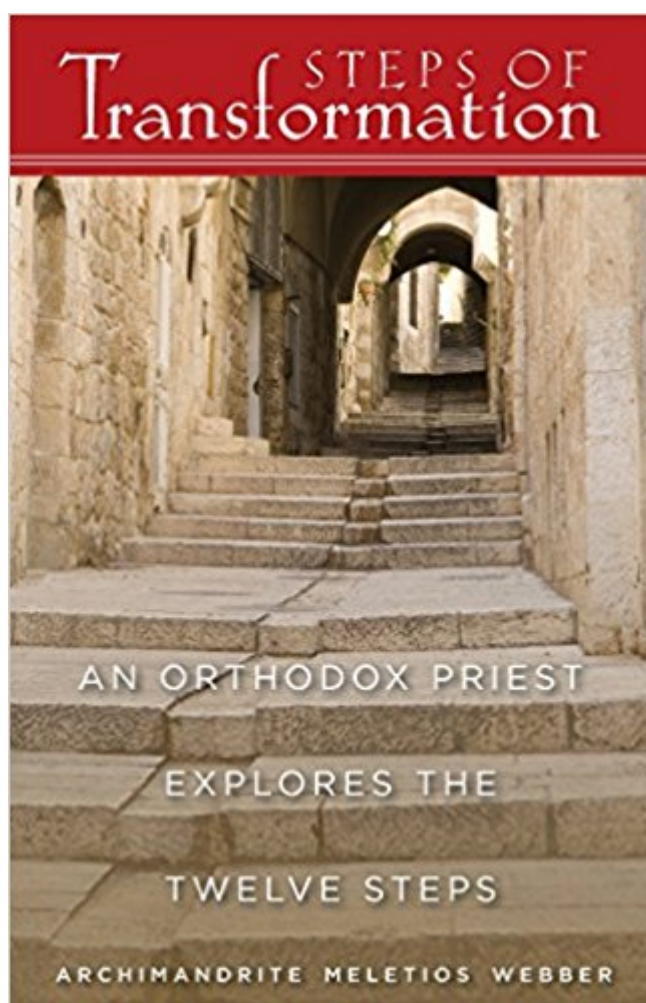


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# Steps Of Transformation: An Orthodox Priest Explores The Twelve Steps



## Synopsis

Addictions and struggles with the passions are rampant in our culture, and often in our families. Fr. Meletios Webber, a popular Orthodox priest with a doctorate in counseling, helps us to explore and understand an answer to overcoming addiction, through the Fellowship of Alcoholics Anonymous, as he clearly and skillfully explains the Twelve Steps. Fr. Mel takes a unique approach, and capably correlates the 12 Steps with basic Orthodox theology. The 12 Steps can be a valuable resource for our own spiritual journey, as Fr. Mel identifies implications for Orthodox, and all Christians, using examples from the life of the Orthodox Church. A unique and valuable book for everyone.

## Book Information

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## Customer Reviews

"...a humble and realistic book, full of hope, that bears witness to the immense patience and mercy of God. -- Bishop Kallistos Ware, author of *The Orthodox Church and the Orthodox Way* Fr. Meletios Webber's; relates the Steps to Orthodox Christian spirituality with clarity, conviction, and appealing personal engagement. -- Fr. Thomas Hopko, author and speaker *Steps of Transformation* is very simple, easy to read, and right on target about...alcoholism. -- Floyd Frantz, CAC, St. Dimitrie Addictions Treatment Center, Romania

Fr. Meletios Webber is an Orthodox priest, and (since this book was written) is now abbot of Saint John Monastery in Manton, California. He graduated with a degree in theology from the University of Oxford. Fr. Mel also has a doctorate in counseling and many years of experience as a therapist,

particularly in the areas of spirituality and addiction.

I wish I could give this 7 stars. Other five star reviews have expounded all the details of why this work is so thoroughly good so I won't go into that end of it. I'll just add my personal note as someone in recovery to another vice or two other than alcohol. This book digs deeper into the psychology and spirituality of recovery than anything I have read to date. As I was devouring these pages I came to understand why I wound up converting to Orthodoxy, but I also realized that while the spirituality that is distilled into the 12 steps may have roots in the Ancient Christianity it is universal in its healing power. I wish all my friends who are struggling with any sort of compulsive behavior could read this book. I also wish the loved ones of those friends could read it to better understand and support them in their struggle. Thank you so much Fr. Mel. This book is truly a gift. May God allow it to bring healing to many!!

This book is excellent for Orthodox Christians struggling in addiction (alcoholism or otherwise) that wish to follow a Twelve Step program. Father Meletios goes through each step carefully in great detail, and how to apply it. There is also a section that discusses what the addicted person is going through on a personal level, which may be helpful for friends and family of the addicted to understand some of the behavior and thought processes of the addicted. Father Meletios also assures the reader that Twelve Step Programs are not in conflict with Orthodoxy, but can indeed can and should be practiced by Orthodox Christians in addiction. The book offers hope to both those struggling in addiction and to friends and family of the addicted, and I believe the author offers a frank but compassionate discussion of addiction. Though the book focuses on alcoholism, I believe the book can successfully be used by those struggling in many other addictions as well--gambling, food addictions, drugs, etc.

This book is an excellent resource for the Orthodox priest or layperson who is not an alcoholic but who needs to work with and understand those who are. It is also a very good source for meditation for alcoholics who are Orthodox Christians; and for anyone who wants to know more about alcoholism, the nature of Alcoholics Anonymous, the Twelve Steps, and even about Orthodox Christianity. Every part of the book rings true. For those who are working the Twelve Steps in an AA group, at just about every page you will say, "Yes! Been there, done that!" But you will also see a deeper spiritual walk in Orthodoxy, augmenting the Big Book; and equally important, a stimulus for learning more about Orthodox Christianity, the ancient Christian ways of prayer, and a personal

walk through the Twelve Steps that comes close in so many ways to the monastic tradition of Orthodoxy. The author of this book speaks directly from experience, both as a recovering alcoholic and also as abbot of an Orthodox monastery. Refreshing and helpful!

This is probably the best book I have ever read on spirituality and recovery. It is right on the mark in every aspect. I have been in recovery for 17 years and found the information to be helpful and right in line with the teachings and philosophy of the AA program. There are some who hold the belief that recovery can happen through faith alone, that a 12 step recovery program somehow dilutes a persons faith. This book dispells that kind of belief and speaks to (at least) my experience and the experience of many others. It is stressed in the book that AA/12 step programs are not intended to replace religion or church. AA/12 step programs can and should be a bridge to a genuine faith and provide a greater understanding of the importance and benefits of a living faith. The descriptions provided in Part I are striking in their accuracy and would be good reading for non-addicted people such as family members to get a better understanding of the alcoholic/addicts mindset and the nature of the disease. AA/12 step programs may not be the answer for everyone, but it was the only thing that worked for me and millions of others. I highly recommend this book for those looking to broaden their spiritual understanding in the framework of recovery. Or put another way, those looking to do more work on the 11th Step.

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