

ARISE Addiction Recovery Inc.

Resident Handbook

Psalm 119:9-11

How can a young man cleanse his way? By taking heed according to Your Word. With my whole heart, I have sought You: Oh, let me not wander from Your Commandments! Your Word I have hidden in my heart, that I might not sin against You.

Ephesians 4:22-24

That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.

ARISE Ministry Summary

Arise is a Residential Discipleship Ministry of Machias Christian Fellowship, Machias, Maine. The ministry is divided into four phases and requires a minimum nine-month residential and three-month transitional commitment. Each phase has a specific focus with different goals, privileges and advancement responsibilities for the resident that all tie in to the primary goal of the ministry which is to make disciples of Jesus Christ. In order to graduate from the ministry, the resident must demonstrate attitudes and actions reflective of a disciple's heart. Graduation is not determined by length of stay.

Mission Statement

- To make disciples of Jesus Christ.

“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you...” Matt. 28:19-20a

- To minister to residents who are in need of discipleship by TEACHING, TRAINING, ENCOURAGING, MODELING for them a victorious life in Jesus Christ, and sending them out to also go make disciples.

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. II Corinthians 1:3-4

- To make disciples by training residents to die to themselves and live to serve God and others.

“Love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength. The second is: Love your neighbor as yourself. There is no other commandment greater than these.

Mark 12:30-31

Eligibility Criteria

While Arise is a great opportunity for many men, it is not for everybody. In order to help provide every candidate with the best help they can receive, the ministry seeks to accept men that are seeking to escape their addiction through a relationship with Jesus Christ.

In order to be considered as a candidate for the ministry, the applicant must meet the following criteria:

- Have a desire and willingness to follow Jesus Christ and to be challenged and disciplined both spiritually and practically in your walk with Christ.
 - Be physically able to participate in physical activity including but not limited to daily chores and practical Christian ministry opportunities.
 - Must not be on any prescription medication that is addictive or potentially abusive, including suboxone and methadone (as determined by the director.) Arise does not allow any psychotropic medications in the program. Any person requesting entry into the program and currently taking psychotropic medication must have a step-down schedule prescribed by their doctor to be submitted with this application
 - Must not have been charged with (past or pending) any sex crime.
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- A \$4,000.00 tuition will be turned in prior to your program entry. A money order, cashier's check or credit card through our PayPal or Venmo account is required. No personal checks will be accepted. This donation is nonrefundable. If the resident leaves the program for any reason, there will be no refund of any part of this donation. In situations of hardship, a financial contract may be negotiated with program administrator.

Arise is not equipped to help those in need of detoxification or those with mental illnesses, severe physical illnesses, etc.

Tobacco: This is a non-smoking program. No tobacco products or nicotine patches of any kind are permitted.

Acceptance Process

The following is the acceptance process:

1. Fill out and submit application.
2. Phone Interview. The Director will call the applicant. Eligibility criteria will be discussed and a decision will be made whether to move forward with admission.
3. PRAY! Applicant and Director will pray and seek the Lord as to whether it is His will for the applicant's future includes becoming a resident of Arise.
4. Follow-up phone calls by the director to check on the status of application. At this time, the applicant will be told if he is accepted as a participant and given further, specific instructions if he is accepted.
5. Day of entry. Apart from special circumstances, admissions are done Monday through Friday from 8 a.m. to 4 p.m.

INTAKE PROCESS

The following are the steps that will be taken during the actual intake process:

1. Drug Test. A drug screen will be performed.
2. Tuition. The applicant must make their \$4,000 entry fee at this time.

3. Paperwork. The applicant will sign the Ministry Commitment, General Release, & Ministry Agreement forms. Only upon successful completion of all of the above steps will applicants be accepted into the ministry!

Arise does not discriminate based upon race or ethnic background.

Program Phases

The program has been divided into four phases. Each of these phases is necessary for discipling men in the Lord. While each of them includes many teaching points, there is one main goal per phase.

Phase One - Sonship: The primary goal of this phase is introducing men to a pre-imminent relationship with God. Our hope is to teach men how to pray, read the Bible, and most importantly to hear from God the Father. This phase is highly restricted and regimented. Completion of a Biblical Foundations course involving personal study is required. This workbook must be completed prior to gaining workout privileges.

Residents are not allowed to have or use cell phones, iPods, computers or any other electronic devices.

No visits during this phase.

Phase Two - Servant:

The next four months the resident will build upon their Sonship with God through continued study and application of God's Word. Each resident will be taught to apply the words of Jesus to his life.

"I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than receive.'" Acts 20:35

Leadership roles develop as the resident demonstrates his ability to serve others effectively. We emphasize serving the less fortunate in our community in this phase. Each resident will be assigned a prayer partner/mentor that will assist in their discipleship.

They are still not allowed to have or use cell phones, iPods, computers or other electronic devices. Phone calls to family will be on Sundays. Married men and men with children of speaking age will be allowed two extra phone calls per week.

See Visit section for visit schedules during this phase.

Phase Three - Steward: During this four-month period, the resident will adhere to all program rules and requirements. The goal of this phase is to enable the student to effectively transition into the community as an honest, responsible, maturing person of God.

The primary goal of Phase Three is to secure and maintain gainful employment. Learning to work and interact in the world without yielding to sin is evidence of a profession of new life in Christ.

Each resident will open a savings account at Machias Savings Bank to save towards their graduation. They will be required to complete an 8-week financial literacy course which teaches the fundamentals of finances. Residents will be taught the Biblical principal of giving to the church for the cause of Christ.

In the event a student is called by God to another ministry, Arise guidelines will remain in effect.

The students will be able to have a cell phone that will be monitored with no internet access.

Every student will be eligible for a CERTIFICATE OF COMPLETION of the residential program from Arise upon at the end of this phase.

Phase Four - Stability in Christ: This phase is the three-month transitional phase where residents return to life outside of the program with a plan and accountability. They will take all they have learned in the prior three

residential phases and apply them to live as a stable, disciplined man of God. Expectations of this phase include:

- Continuing with a daily devotional time with the Lord.
- Maintaining complete sobriety from all substances.
- Being a blessing in the community as a man of God.
- Regular attendance to church and weekly meetings.
- Serving in some capacity within the church.
- Working a job and being financially responsible.

Men will have the option of living in one of our two transitional houses in Machias, Maine if they choose. Men will be required to maintain a holy, biblical standard of living outside of the residential program and if successful, a public graduation will be held at Machias Christian Fellowship. The option to transition back into their home church is also available.

The purpose of this phase is to help men successfully transition back into the community while maintaining all they learned in the residential program.

Visits

Visits are a privilege and can be revoked at any time. Visits vary depending on each residents family circumstances. Visit forms must be submitted the Wednesday before the scheduled visit.

First Phase:

There are no visits during the first phase of the program.

Second Phase:

One Saturday visit and One Sunday visit

Saturday Visit: 11-8pm

Sunday Visit: Families are welcome to attend church and visit will resume after church until 2pm. If families don't attend church, they may pick up the resident after service until 2pm.

Third Phase:

In addition to visits allowed in second phase, one overnight per month is allowed.

Residents with family living out of state can arrange different visit terms at the Director's discretion.

Rules and Regulations

All residents are expected to adhere to the following rules of conduct and common courtesy while participating in the ministry:

1. A minimum commitment of one year is required.
2. No use or possession of drugs or alcohol.
3. Submission to random drug testing is required.
4. No use or possession of any tobacco products including patch, gum, etc.
5. No threatening or fighting.
6. No firearms or any type of weapon may be possessed.
7. No foul language, profanity or crass joking.
8. No pornographic or provocative material may be viewed or possessed.
9. No communication or relationships/friendships with the opposite sex. (This includes contact by phone, mail, visitation, third-party, etc.).
10. No sexual activity with yourself or others. If your struggle is mainly of a sexual nature, this program may not be suitable for you. We

recommend Pure Life Ministry for men or women struggling with sexual addictions.

11. Anything and anyone on the premises (including personal vehicles) are subject to search by the ministry team or anyone that they authorize to do so.
12. All are expected to dress modestly.
13. No gambling.
14. No borrowing or lending money.
15. No computer/video games. No laptops at any level. Radios must be kept at volume and content acceptable to anyone in the immediate area.
16. No secular music.
17. No incense, candles, lighters or matches may be possessed.
18. No touching another's food or property without their permission.
19. No sharing razor blades, nail clippers, toothbrushes or other items that may risk the spread of infectious diseases.
20. All personal property must be taken with students when they leave. Arise will not be held responsible for anything left behind. Abandoned items will be disposed of after 72 hours.
21. The church or Arise is not responsible for lost or stolen items.
22. Personal and common quarters must be kept neat and clean at all times.
23. No sleeping or lying anywhere except on your own bed.
24. Beds must be made daily.
25. All dishes must be washed immediately after meal preparation.

26. No personal items may be left on bathrooms or kitchen counters, bureaus, coffee tables or other common areas.
27. Furniture may not be moved or rearranged by students without approval.
28. No hanging of posters, pictures or any other decorations.
29. All sickness must report to work leader and it is up to their discretion whether to send resident home.
30. Attendance at every church service, class, group and function for that phase is required. Bible, pen and paper must be brought to each.
31. All residents must remain on property when not attending a sponsored event or approved pass.
32. No asking volunteers, church staff, etc. for favors, money or anything else.
33. No unauthorized phone calls.
34. For safety and health reasons, shoes must be worn while outside. Outside shoes must be taken off when inside. Slippers or Inside Shoes are allowed.
35. Passes must be requested a week in advance for appointments during work days and need the Director's approval by initialing the pass.
36. The use or possession of energy drinks, energy supplements and/or fat burning/metabolism-boosting supplements by anyone is strictly prohibited.
37. No outside work is to be done on Sundays under any circumstance.
38. No murmuring or complaining. Grievances may be submitted to the ministry team.
39. All outside reading material must be approved by staff.

40. No sleeping in on days off.
41. All appointments, meetings or visitations with family or friends must be approved by the Director.
42. No lying down during morning devotional time.
43. Do what you are told when you are told to do it. Do not question or advise the overseer or work leader.
44. Do not go anywhere alone. Go in pairs. Be accountable to overseers or work leaders for your whereabouts 24/7.

Third Phase Phone and Internet Rules

A cellphone is a privilege and not guaranteed while in Arise. You will be informed if and when you will be allowed to have one. A cellphone is a privilege that can be revoked at any time. Arise will only allow flip-phone with no internet capability.

1. Before any cellphone is activated you must meet with Paul.
 - a. *Breaking this rule will cost you your phone for a minimum 2 weeks*
2. No access is allowed on your phone to the internet, app stores and social media (Facebook, Twitter, Instagram etc.)
 - a. *Breaking this rule will cost you your phone for a minimum 2 weeks*
3. The only internet access of any kind allowed to the internet is to be supervised on the designated computer. This access is available by appointment only. Social media is prohibited while visiting home or family while in Arise.
4. Your phone must be surrendered to any Pastor or designated leadership at any time for any reason. Your phone will be regularly checked by leadership.
5. Texting or calling any female that is not a family member is not allowed at all.
 - a. *Breaking this rule will cost you your phone for a minimum 2 weeks and possible dismissal from the program.*

No music is permitted on your phone.

Disciplinary Actions

Anyone who violates the rules and regulations of the ministry or disobeys its leadership will be subject to disciplinary action. All disciplinary actions for misconduct will be issued at the discretion of the Director and may include the following:

- A verbal warning
- A written report or assignment by the student
- Extra chores
- Dig a hole
- Dismissal. The following actions are grounds for immediate dismissal:
 - Use or possession of drugs, alcohol, nicotine or pornography
 - Failure to comply with drug or alcohol screening requests
 - Physical violence, fighting, or threats thereof
 - Blatant disregard for rules or authorities
 - Being foolish and endangering self or others
 - Stealing
 - Lying
 - Sneaking Out

“No discipline seems enjoyable at the time, but painful. Later on, however, it yields the fruit of peace and righteousness to those who have been

trained by it.” –Hebrews 12:11

Drug Screening Policy & Procedures

Upon Admission

In accordance with our mission to minister to those with “an evident desire to follow Christ,” a mandatory drug screen will be given at the time of entry.

Enrolled Students

For the sake of accountability, random drug screens will be performed on participants in all levels of Arise.

Upon prior knowledge or suspicion of drug or alcohol use, or upon a behavioral change in the participant (as noted by Arise students or staff, or Machias Christian Fellowship staff) an immediate drug screening will be performed.

Positive results will result in discipline up to and including dismissal.

Refusal to take a drug/alcohol screen or test at any time will be considered admission of drug/alcohol use and will result in immediate dismissal.

“Be sober! Be on the alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour. Resist him, firm in the faith, knowing that the same sufferings are being experienced by your brothers in the world.”–1 Peter 5:8

STATEMENT OF FAITH

1. We believe in what is termed “The Apostles’ Creed” as embodying all the fundamental doctrines of orthodox evangelical Christianity.
2. We believe there is one living and true God, eternally existing in three persons; the Father, the Son, and the Holy Spirit, equal in power and glory; that this triune God created all, upholds all, and governs all.

3. We believe in God, the Father, an infinite, personal Spirit, perfect in holiness, wisdom, power, and love; that He concerns Himself mercifully in the affairs of men; that He hears and answers prayer; and that He saves from sin and death all who come to Him through Jesus Christ.

4. We believe in Jesus Christ, God's only begotten Son, conceived by the Holy Spirit. We believe in His virgin birth, sinless life, miracles, and teachings; His substitutionary atoning death; bodily resurrection; ascension into heaven; perpetual intercession for His people; and personal, visible return to earth. We believe that He is one and the same as God. He was fully human and fully God.

5. We believe in the Holy Spirit, who came forth from the Father and Son to convict the world of sin, righteousness, and judgment and to regenerate, sanctify, and empower in ministry all who believe in Christ. We believe the Holy Spirit indwells every believer in Jesus Christ and that He is an abiding Helper, Teacher, and Guide. We believe that Jesus Christ baptizes the seeking believer with the Holy Spirit and power for service, either at the time of or subsequent to regeneration, which is a separate work from the indwelling Spirit for salvation. We believe in the present ministry of the Holy Spirit and in the exercise of all biblical gifts of the Spirit as reflected through the fruit of that same Spirit.

6. We believe that all the Scriptures of the Old and New Testaments are the Word of God, fully inspired and without error in the original manuscripts, and that they are the infallible rule of faith and practice.

7. We believe all people are by nature separated from God and responsible for their own sin, but that salvation, redemption, and forgiveness are freely offered to all by the grace of our Lord Jesus Christ. When a person repents of sin and accepts Jesus Christ as his/her personal Lord and Savior, trusting Him to save, that person is immediately born again and sealed by the Holy Spirit, all of his/her sins are forgiven, and that person becomes a child of God, destined to spend eternity with the Lord.

8. We await the pre-tribulation rapture of the church, and we believe in the literal Second Coming of Christ with His saints to rule the earth, which will be personal and visible. This motivates us to holy living, heartfelt worship, committed service, diligent study of God's Word, regular

fellowship, participation in adult baptism by immersion and Holy Communion.

9. We are neither Five-Point Calvinists, nor are we Armenians. We adhere firmly to the biblical teaching of God's sovereignty and man's responsibility. We avoid any theological systems of belief that go beyond the written Word and thereby divide the body of Christ.

10. We do not believe in "positive confession" (the faith movement belief that God can be commanded to heal or work miracles according to man's will); human prophecy that supersedes the Scriptures; the incorporation of humanistic and secular psychology into biblical teaching; the overemphasis of spiritual gifts and experiential signs and wonders to the exclusion of biblical teaching; or that true Christians can be demon-possessed.

11. We believe in the universal Church, in the living spiritual body, of which Christ is the head and all regenerated persons are members.

12. We believe the Lord Jesus Christ committed two ordinances to the Church 1) baptism, and 2) the Lord's Supper. We believe in baptism by immersion and communion, both of which are open to all believers in Jesus Christ.

13. We believe in the laying on of hands for the sending out of pastors and Missionaries. Along with the anointing of oil by the elders for the healing of the sick.

14. We believe the only true basis of Christian fellowship is Christ's (*agape*) love, which is greater than differences we possess, and without which we have no right to claim ourselves Christians.

15. We believe worship of God should be spiritual; therefore, we remain flexible and yielded to the leading of the Holy Spirit to direct our worship

16. We believe worship of God should be inspirational; therefore, we give great place to music in our worship.

17. We believe worship of God should be intelligent; therefore, our services are designed with great emphasis upon the teaching of the Word of God that

He might instruct us on how He should be worshiped. We seek to teach the Word of God in such a way that its message can be applied to the individual's life, leading that person to a greater maturity in Christ.

18. We believe worship of God should be fruitful; therefore, we look for His love in our lives as the supreme manifestation that we have been truly worshipping Him.

19. We believe that the church government should be simplistic rather than a complex bureaucracy and we depend on the Holy Spirit to lead, rather than on fleshly promotion.

20. We believe that the Bible clearly delineates that spiritual gifts are for the edification of the body and that they are to be exercised in love. We believe that love is more important than the most spectacular gifts, and without love, all exercise of spiritual gifts is worthless. In our services, we focus on a personal relationship with God through worship, prayer, and the teaching of the Word of God. We do not practice speaking in tongues during worship or while a Bible study is in progress because we do not believe that the Holy Spirit would interrupt Himself. God is not the author of confusion. These gifts are encouraged in more intimate settings, e.g. afterglow services and small groups where their benefit can accomplish the purpose for which they have been given – the edification of the body of Christ.