



UNITED FOOD AND COMMERCIAL WORKERS UNION

L O C A L 9 1 9

U.F.C.W.

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We all suffer from various forms of “Hurts, Habits, and Hang ups” There is help.

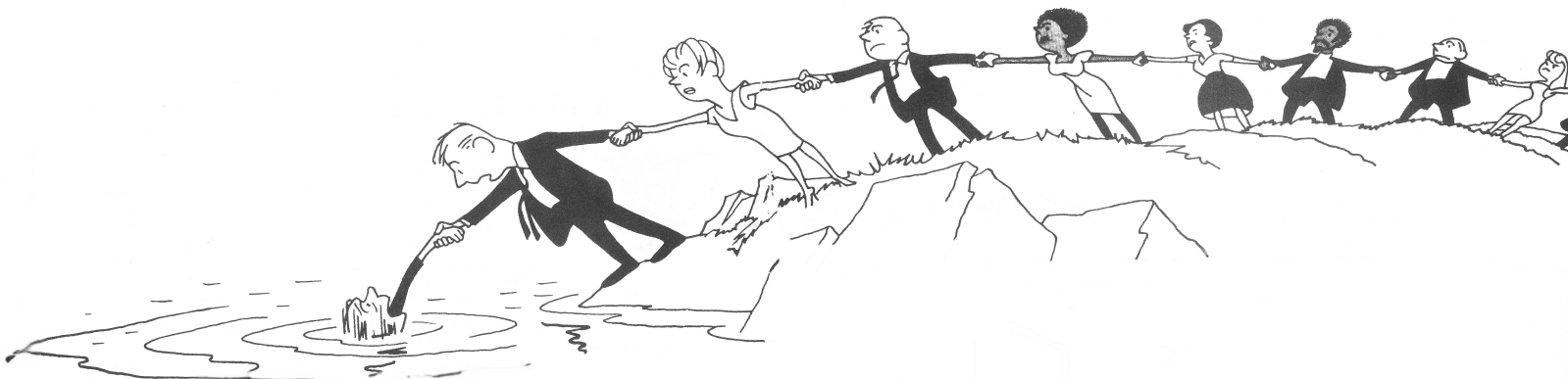
“A hurt, habit or hang-up is anything that hinders our relationships with other people and with God.”

<p>A “hurt” could be classified as any life experience that may have damaged your heart. Some offense against you that crippled your ability to deal with the world in a healthy way. Something that may have twisted your view of yourself, God or others.</p>	<p>“Habits” tend to be unhealthy patterns that often start as a perceived “remedy” for some problem in your life, but end up turning into a chronic bad behavior or addiction. Habits are the repeat default scripts you run to when the going gets tough. They are your grooved plays that continually lead to trouble in your life.</p>	<p>“Hang-ups” are those road blocks that keep you from progressing further in God’s plan for your life. They are often shaped by some bent thinking you may have received as a child, or some unhealthy attitude you may have adapted as a means of coping with life’s challenges.</p>
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“No one should have to face their pain alone”

“What are you struggling with? What is your hurt, habit or hang-up?”

**Prayer for Serenity;
God, grant me the serenity
To accept the things I cannot change,
The courage to change the things I can
And the wisdom to know the difference.**



Need to Clean Up a Mess?

Try **RAG**

Local 919 is pleased to introduce its

“Recovery Advocacy Group”

If you or a member of your family is “Sick and tired” of being “Sick and tired” then let us work in changing and achieving recovery, resolution and serenity.

Please reach out to Local 919 for further information and to set up confidential appointments.

There is no fee required except your willingness to accept recovery



Please Contact Mark Espinosa 860-677-9333 x179