



## Lent Week One

Barry Steiner Ball interviews

Bishop Sandra Steiner Ball

As you view the video this week for the “What If” Lenten focus, you will discover that as a teenager, I enabled behavior that was not healthy for my brother. Later in his life, the multiplication of continued unhealthy choices led to substance use disorder particularly in relation to use of alcohol.

I often wonder... What if I had been more concerned with influencing my brother’s choices toward a more healthy direction rather than being concerned with “keeping him out of trouble?” What if conversations about substance use disorder, alcoholism, and addiction had taken place with more frequency in my communities or church as I was growing up? Would that have made a difference for me and my brother growing up?

What if conversations about substance use disorder, alcoholism, and addiction would take place with more frequency in our communities and churches so that youth, teens, and adults were more educated and more focused on interrupting the cycle of addiction? What if we enabled the sharing of stories in terms of how addiction has affected families as well as share the stories of transformation in regard to addiction so that people know they are not alone and that there is hope?

What if ...

Bishop Sandra Steiner Ball