

**The**

# **Gabriel**

## CIR Member's News November, 2000 - Issue 16

**Theme for the Month:**

Step 4: We made a searching and fearless moral inventory of ourselves.

Theme: You Are Not Alone

"In this humanistic age we suppose man is the initiator and God the responder. But the Living God within us is the initiator and we are the responders. God the Lover, the accuser, the revealer of light and darkness presses within us. "Behold I stand at the door and knock." And all our apparent initiative is already a response, a testimonial to His secret presence and working within us."

From "The Light Within" by Thomas Kelly

### **Theme Scripture:**

Scripture: *"And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God."*

--Romans 8:27

### **FIRST THINGS FIRST: a devotional**

Step 3: We made a searching and fearless moral inventory of ourselves

Scripture: *"And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God."*

--Romans 8:27

### **Theme: You Are Not Alone**

The above step, Scripture and theme are an excellent amalgam of directions for a fourth step inventory. When I took my fourth step I was fortunate to not only have a good sponsor, who followed the directions in the Big Book, but one who had heard and seen enough fourth steps to understand my need at the time. On the surface it would appear that the fourth step is to be taken by me of my shortcomings but, a reading of the Big Book reveals that at that point in my sobriety I am filled with shame, self-loathing with a liberal dose of denial and delusion. Not a good place to start looking at ones shortcoming or sins of a lifetime. Therefore, I had to use the principle of the whole Big Book and the Bible of getting a heavy dose of reality before this could be effective.

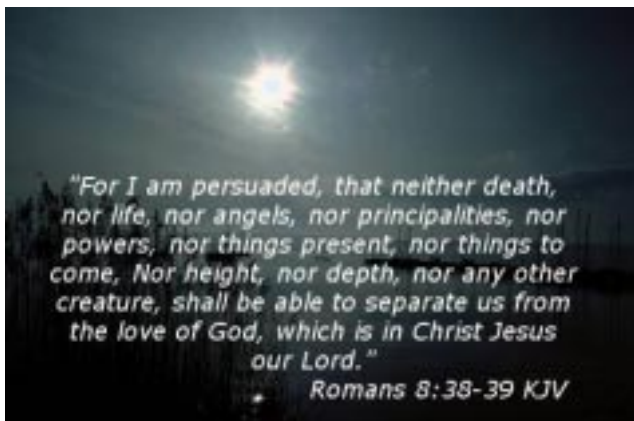
Fortunately for me I was able to get away (arranged by my sponsor) in a retreat-like atmosphere to do my fourth step. He had suggested I take a the Big Book of Alcoholics

### **IN THIS ISSUE:**

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Anonymous, a Bible and maybe a fourth step guide from Alanon or Hazelden and of course lots of paper. The first step was to pray and ask God to examine me and start from there. Then, following the directions in the Big Book, I just started writing. The words just flowed unto the paper as fast as I could write and after a few hours my first draft was finished. I took it to my sponsor and he read it over quickly and said; "well this is pretty good but I think you have taken an immoral inventory". I had only written down all the bad stuff I could think of. He said to go back and insert those areas in my life where I had done good things and had the right attitude about life, again asking God to guide me. That was a shorter list than previously done although I was pleasantly surprised to find out that I wasn't all bad.

I have since learned that when it comes to doing this sort of thing it is better to let God examine me since I seem to have an unlimited potential for rationalization and justifying my own behavior. I have also learned lately in my classes with my spiritual mentor that my wife is probably the best source there is to bring me to reality in these areas, that she was created for me for this purpose and is my gift from God to help me become more Christlike. My job is to give her the freedom to tell me these things without having to pay a heavy emotional penalty for doing what God has created her to do.



Romans 8 is one of the most powerful chapters in all of Scripture. The first 11 verses tell us specifically how to get free from indwelling sin. Notice the emphasis on the mind. The battleground is the mind, for from the mind

comes the thought, the thought produces behavior and the behavior produces feelings. If you live the other way around you will be forever chasing your feelings. It all starts with right thinking, thinking the way God thinks, seeing things the way God sees them. Gods ways are there for us to follow. He succinctly states that His ways are not our ways and His thoughts are not our thoughts. He also has said that there is a way that seems right unto man, but in that way there is death and/or destruction. Is it any wonder that we are always in so much trouble and turmoil all the time. Gods ways are plan A. There is no plan B. Man's ways that are by his reason are hardly ever God's ways. If they are it's usually for the wrong motive. It's not that God is unreasonable or irrational. He is very reasonable and very rational, but His ways are usually radically different than mine.

Verses 12 through 17 discusses our Sonship through the Spirit of God who indwells us and gives us assurance that we are the Sons (and daughters) of God and that we are heirs and joint heirs with Christ of the eternal kingdom. What a promise!

The last verses of this chapter show us that the sufferings of this life are nothing compared to the glorious future we have with God and that the promises listed here are for the most part in the past tense that God has already done for us. They are just statements of fact to be believed as to who we are and what God has done and if you read them with that in mind you'll be very blessed.

Here is a quote from the commentary of my New Geneva Study Bible that fits the theme for the month:

"In declaring the security of God's people it is better to speak of their preservation than, as is usually done, their perseverance. Perseverance means continued adherence to a belief despite discouragement and opposition. The reason that believers persevere in faith and obedience, however, is not the strength of their own commitment, but that Jesus Christ through the Holy Spirit preserves them".

He has promised to never leave us or forsake us. We must stand on His promise no matter

what the circumstances of our lives, or even unto death, for He cannot lie.

Jim S. from AZ  
[springjim@juno.com](mailto:springjim@juno.com)

## ***FOCUS ON CIR***

Print out the new Chat Calendar located:

<http://cir1.org/members/calendar.html>

Both calendar and text formats are available.

### **Weekly CIR Chat Schedule & Instructions**

(Sun) CIR 6:30PM  
(Mon) SLA 10:00PM  
(Tue) CIR 9:00PM  
(Wed) ANON 10:00PM  
(Thu) SLA 10:00PM  
(Fri) CIR 12:00 Noon  
(Fri) MHR 10:00PM  
(Sat) CIR 8:30PM

### **Where:**

<http://cir1.org/members/chat/chatnow.html>

### **Having Problems or a Newcomer to Chat??**

Make sure to read this website information on Chat before writing to us with problems. You're likely to find your answer here.

<http://cir1.org/members/chat/schedule.html#tips>

You can find General Information on Chat here:

<http://cir1.org/members/chat/chatindex.html>

The Chat Ground Rules are here:

<http://cir1.org/members/chat/rules.html>

### **Chat Calendar:**

<http://cir1.org/members/calendar.html>

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## ***FOCUS ON THE CIR WEB SITE***

If you loose or forget your CIR User ID and Password you can have them emailed to you \*immediately\* by going to:

<http://christians-in-recovery.org>

Scroll down the right hand page and you will find a grey box where you enter your email address and press the "Get Password" button.

Please let us know if we can be of further assistance. We are here to serve YOU.

Obie

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Join iGive.com and when you shop on the Internet part of your purchase price will be donated to Christians in Recovery. To learn more click here:



<http://www.iGive.com/html/shopwindow2.cfm?causeid=4725&n=c>

Just by signing up and filling out the form iGive will donate \$3.00 to CIR !! It takes about 5 minutes to join & get the Shopping Window. The process is completely invisible and automatic. You'll get these added perks:

-- Go directly to your favorite online stores get credit for your cause immediately!

-- FREE BONUS-- the Internet Accelerator comes built in!

Surf the Internet up to 100% faster with this great feature,

Click on this link:

<http://www.iGive.com/html/shopwindow2.cfm?causeid=4725&n=c>



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## **A Word from Obie**

### **Psalm 139:23-24 KJV**

*Search me, O God, and know my heart:*

*try me, and know my thoughts:*

*And see if [there be any] wicked way in me,  
and lead me in the way everlasting.*

The 4th Step, taking one's own inventory, can be quite intimidating. But like many other things in our lives as Christians, it should be approached first and foremost in prayer.

By literally getting down on our knees and praying, much in the same way as the Psalmist did above, several things happen.

First we open ourselves up to God. Like opening up a book, we open our souls to Him--exposing all the contents of all the pages from beginning to end. We ask Him to search us and know our hearts and thoughts. We ask Him to examine our hidden motives, our fantasies, our personalities and our deepest hidden secrets.

Secondly, by coming to God in prayer we make ourselves available to Him. By doing this we not only ask Him to look at us but we also offer ourselves to Him as children who are willing and eager to learn. We open ourselves up to receive the fullness of His power.

Thirdly, we ask for His guidance, His help. We

ask him if there is any wickedness in us and to help us to find it. On our own we are quite blind. But the Lord can remove the scales from our eyes, just as He did for Paul on the road to Damascus. Instead of seeing things through human eyes we will start seeing them through the eyes of God. We will not be judging ourselves by human standards, but by God's standards.

Lastly, we become willing to change. We ask that He guide us in His everlasting ways instead of our own crooked paths. We become willing to look in new directions--His directions; at new possibilities--His possibilities; with renewed spirits infilled with His incredible Holy Spirit.

When you sit down to take your inventory (whether it is for the first time or for the zillionth time) start out with a prayer. If you are having trouble praying, then repeat verbatim the Psalmists words. You will find a sense of freedom, purpose and renewal as you proceed with your own inventory.

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## **CLARA HERE SENDING BLESSINGS**

### **& "Double Dipping":**

Putting together the chips section this month, it appears that November/December is our biggest Anniversary AND Belly Button Birthday month. In America this is also the Thanksgiving Holiday month. In many face to face meetings the topic will be gratitude. Is there some kind of editorial connection?? Well that's not too hard to follow. Our greatest gratitude, maybe second only to our own recovery is gratitude for the recovery of our CIR friends and family. Without you, no matter whether you have 1 minute or 50 years of sobriety, we would not be here. Can you see it? A Christians-In-Recovery group with NO ONE in recovery. Somehow that seems as final as the day after the rapture.

So if you become discouraged because it seems no one is responding to your emails on the list, or you don't find what you (think you) need on the Discussion Boards or whatever the negative of the day is. REMEMBER THIS – I am dependent on hearing from you to make my day. You are dependent on hearing from me to make your day. We are dependent on each other. That is what a body is. An organization of different parts completely dependent on each other. No that's NOT co-dependence, that's wisdom and God's way. And something for which I, for one, am very thankful.



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Now for more mundane matters: The Gabriel staff and CIR administration have decided to publish THE GABRIEL bimonthly until we are able replace key staff personnel. The next issue will be a combined December/January Issue and will be sent to members December 15th in time for Christmas. The deadline for submission of articles will be midnight December 1. Please send in any artwork, articles, inspirational stories, testimonies, etc. that have a Christmas theme. Let's make it a glowing issue!

Beginning with the following issue – Feb/Mar 2001, the submissions deadline will move to January 15th and you will receive THE GABRIEL on Feb. 1. Thereafter the submission deadline will be the 15th of the month prior to publication and the new publication deadline will be the 1st of every other month.

Anyone who would like to become a regular contributor to the Gabriel, send a sample of your work to [clara@cir1.org](mailto:clara@cir1.org) for consideration. We are especially interested in continuing the

Beginner's Step Study series and Bible/Recovery Biographies (the Barnabas Series) but would consider any Christian Recovery oriented columns, poetry or stories. Material must be original and not copyrighted by another individual or organization.

### Upcoming Gabriel Themes:

December/January –

Step 5: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Scripture: *"Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."*

--James 5:16

Theme: Identify Don't Compare

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Feb/March - Step 6: We were entirely ready to have God remove all these defects of character. Scripture: ????? Theme: PART I - The Expectation:

What is a new person in Jesus Christ?

How do I expect recovery to change my life?

April/May – Step 7: We humbly asked Him to remove our shortcomings.

Scripture: ?????

Theme: PART II – The Reality:

What is the new person I have become in recovery like?

Do I like what I am or do I miss the old person?

Let's really look at these things folks. Let's honestly share our feelings and attitudes about how recovery has changed us for good or for bad. Remember it is that honesty that

helps the newcomer identify and understand his/her own feelings and attitudes in recovery. Can you submit ideas for scripture for these new year/new beginning topics??

## **IDEAS & ANNOUNCEMENTS**

As many of you know, our much treasured Email Administrator and Technical Advisor Gayle N. will be leaving CIR to pursue her other interests. Please join us in a hearty "Thank You Gayle!!" for all of her dedication and hard work over the years. She has been a true blessing to our CIR Family. You can email your thanks to her directly at: [email@cir1.org](mailto:email@cir1.org)

We welcome aboard Don W. and Sally W. (no relation). Don is a volunteer who is taking over part of the busy CIR mail room duties. Sally will be our new Email Administrator.

We are still in need of someone with Adobe Acrobat experience to take over the PDF formatting of The Gabriel each month. If you have experience with creating newsletters and Adobe Acrobat please contact: [obie@cir1.org](mailto:obie@cir1.org)

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Christians in Recovery is in need of qualified people to serve on its Board of Directors. Our Board plays an active role in the policies of Christians in Recovery. As a Board Member one must be knowledgeable on the computer (be able to send and receive emails with attachments, have and use the Adobe Acrobat Reader, be able to attend online meetings via a Web Browser and/or IRC).

Other basic requirements are:

- Have enthusiasm for CIR and its mission
- The ability to meet online for 1 1/2 to 2 hours per month on Saturdays
- Be able to dedicate approximately 5 hours per month to CIR business at hand
- Collect and respond to emails sent to you at least 2 times perday
- Be willing to serve on various committees

--Contribute to the strategic planning of CIR

--Take an active part in fund raising and capital development

--Promote CIR and its mission among your friends and associates

--Make a personal financial commitment to CIR each year

--Past experience on the Board of Directors of a nonprofit organization is helpful but not required

If you are interested in a position on the Board of Directors, please email your snail mail address and your intentions to: [admin@christians-in-recovery.org](mailto:admin@christians-in-recovery.org)

An application form will be mailed to you for completion.

If you have any questions contact [obie@cir1.org](mailto:obie@cir1.org)

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Service Work is an important part of everyone's recovery. It is also an essential element of being an active Christian.

So it is with faith: if it is alone and includes no actions, then it is dead. But someone will say, "One person has faith, another has actions." My answer is, "Show me how anyone can have faith without actions. I will show you my faith by my actions."

James 2:17-18

You can help out by volunteering to:

Be a Chat Host and encourage others to participate.

You can work with a present scheduled chat or volunteer to set up another one.

Be a Sponsor to Someone in CIR

You can sponsor someone by becoming the person they are accountable to. (See information on sponsorship) Post to the

Message Boards and email groups and let people know you are available.

You can financially sponsor someone who can not afford CIR Membership by Upgrading your Membership to the Barnabas or Foundations Teams.

Moderate & encourage participation in one of the Message Board areas. Pick any area of interest, let Obie know and your permissions will be set

Help Moderate one of the Email Groups. Pick any email group, let Obie know you want to help.

If you feel you can volunteer some time or help out otherwise please email: [admin@christians-in-recovery.org](mailto:admin@christians-in-recovery.org)

You can also help the ministry of CIR by:

\*\*\* Becoming a Monthly or Annual Supporting Member if you are not one.

\*\*\* Encouraging others to join CIR or by giving memberships as gifts to friends and family members.

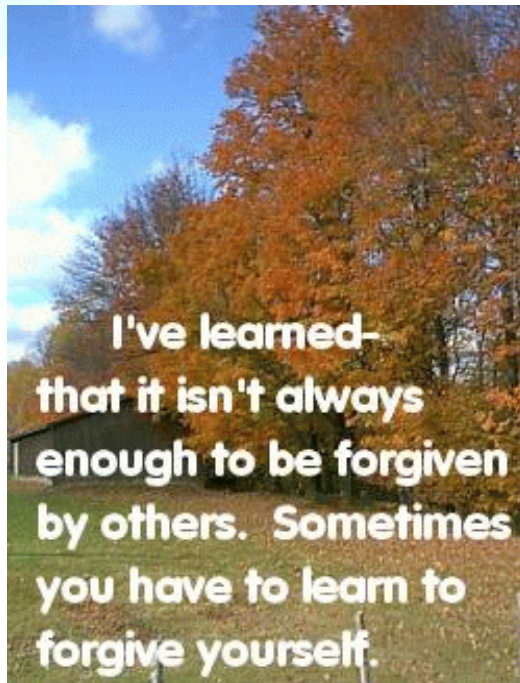
\*\*\* Making a donation. Note that all donations are tax deductible to the extent allowed by law. Membership dues are not tax deductible.

## **SHARING THE JOURNEY**

### **MEMBER'S TESTIMONIES AND CONTRIBUTIONS**

#### **CIR POET'S CORNER**

I've learned-



that you can do something in an instant that will give you heartache for life.

I've learned- that it's taking me a long time to become the person I want to be.

I've learned- that you should always leave loved ones with loving words. It may be the last time you see them.

I've learned- that you can keep going long after you can't.

I've learned- that we are responsible for what we do, no matter how we feel.

I've learned- that either you control your attitude or it controls you.

I've learned- that regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place.

I've learned- that heroes are the people

who do what has to be done  
when it needs to be done,  
regardless of the consequences.

I've learned-  
that money is a lousy way of keeping score.

I've learned-  
that my best friend and I can do anything  
or nothing and have the best time.

I've learned-  
that sometimes the people you expect  
to kick you when you're down,  
will be the ones to help you get back up.

I've learned-  
that sometimes when I'm angry  
I have the right to be angry,  
but that doesn't give me  
the right to be cruel.

I've learned-  
that true friendship continues to grow,  
even over the longest distance.  
Same goes for true love.

I've learned-  
that just because  
someone doesn't love  
you the way you want  
them to doesn't  
mean they don't love  
you with all they have.

I've learned-  
that maturity has more  
to do with

what types of experiences you've had  
and what you've learned from them  
and less to do with how many  
birthdays you've celebrated.

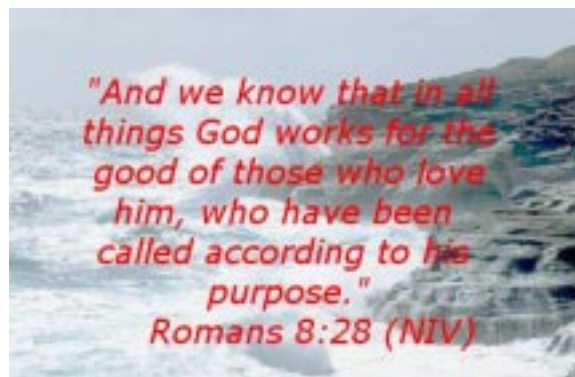
I've learned-  
that no matter how good a friend is,  
they're going to hurt you every  
once in a while and you must forgive  
them for that.

I've learned-  
that it isn't always enough to be  
forgiven by others. Sometimes you  
have to learn to forgive yourself.

I've learned-  
that no matter how bad your heart is broken  
the world doesn't stop for your grief.

I've learned-  
that our background and circumstances  
may have influenced who we are,  
but we are responsible for who we become.

I've learned-  
that just because two people argue,  
it doesn't mean they don't love each other  
And just because they don't argue,  
it doesn't mean they do.



I've learned-  
that we don't have to  
change friends  
if we understand that  
friends change.

I've learned-

that you shouldn't be so eager to find out a secret. It could change your life forever.

I've learned-  
that two people can look at the exact same thing and see something totally different.

I've learned-  
that your life can be changed in a matter of hours by people who don't even know you.

I've learned-  
that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

I've learned-  
that credentials on the wall do not make you a decent human being.

I've learned-  
that the people you care about most in life are taken from you too soon.

[Submitted by Gayle]

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In celebration of November as Women's History Month we have several submissions this month about women.

The following three were submitted by Dave O.

Beauty of a Woman -

The beauty of a woman Is not in

The clothes she wears  
The figure she carries  
Or the way she combs her hair.  
The beauty of a woman  
Must be seen from her eyes,  
Because that is the doorway to her heart,  
The place where love resides.

The beauty of a woman  
Is not in a facial mole,  
But true beauty in a woman  
Is reflected in her soul.  
It is the caring that she  
lovingly gives,  
The passion that she shows,  
The beauty of a woman  
With passing years -- only  
grows.

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### Beautiful Women

To all the beautiful women I know:

Did you know that it's Beautiful Month? Well, it is and that means you and me.

Did you know that if shop mannequins were real women they'd be too thin to menstruate?

There are 3 billion women who don't look supermodels -- and only eight who do.

Marilyn Monroe wore a size 14.

If Barbie was a real woman, she'd have to walk on all fours due to her proportions.

The average woman weighs 144 lbs and wears between a size 12-14.

One out of every four college aged women has an eating disorder.

The models in the magazines are airbrushed -  
- not perfect!

A psychological study in 1995 found that three minutes spent looking at a fashion magazine caused 70% of women to feel depressed, guilty, and shameful.

Models twenty years ago weighed 8% less than the average woman. Today they weigh 23% less.

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### The Images of Mother -

4 YEARS OF AGE ~ My Mommy can do anything!

8 YEARS OF AGE ~ My Mom knows a lot! A whole lot!

12 YEARS OF AGE ~ My Mother doesn't really know quite everything.

14 YEARS OF AGE ~ Naturally, Mother doesn't know that, either.

16 YEARS OF AGE ~ Mother? She's hopelessly old-fashioned.

18 YEARS OF AGE ~ That old woman? She's way out of date!

25 YEARS OF AGE ~ Well, she might know a little bit about it.

35 YEARS OF AGE ~ Before we decide, let's get Mom's opinion.

45 YEARS OF AGE ~ Wonder what Mom would have thought about it?

65 YEARS OF AGE ~ Wish I could talk it over with Mom.

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[And the following submitted by Clara is dedicated to all the phenomenal women in our lives, especially those not so good at picking up socks but great at picking up our spirits and our ideas!]

### Why I love my Mom....

Mom and Dad were watching TV when Mom said, "I'm tired, and it's getting late. I think I'll go to bed."

She went to the kitchen to make sandwiches for the next day's lunches, rinsed out the popcorn bowls, took meat out of the freezer

for supper the following evening, checked the cereal box levels, filled the sugar container, put spoons and bowls on the table and started the coffee pot for brewing the next morning.

She then put some wet clothes in the dryer, put a load of clothes into the wash, ironed a shirt and secured a loose button. She picked up the game pieces left on the table and put the telephone book back into the drawer. She watered the plants, emptied a wastebasket and hung up a towel to dry. She yawned and stretched and headed for the bedroom.

She stopped by the desk and wrote a note to the teacher, counted out some cash for the field trip, and pulled a textbook out from hiding under the chair. She signed a birthday card for a friend, addressed and stamped the envelope and wrote a quick note for the grocery store. She put both near her purse. Mom then creamed her face, put on moisturizer, brushed and flossed her teeth and trimmed her nails.

Dad called out, "I thought you were going to bed." "I'm on my way," she said. She put some water into the dog's dish and put the cat outside, then made sure the doors were locked. She looked in on each of the kids and turned out a bedside lamp, hung up a shirt, threw some dirty socks in the hamper, and had a brief conversation with the one up still doing homework.

In her own room, she set the alarm, laid out clothing for the next day, straightened up the shoe rack. She added three things to her list of things to do for tomorrow.

About that time, Dad turned off the TV and announced to no one in particular, "I'm going to bed." And he did ... without another thought. Anything extraordinary here? ... Wonder why women live longer...?

BECAUSE WE ARE STRONGER....

MADE FOR THE LONG HAUL.

By Barbie Perkins-Cooper

Author of: A CONDITION OF LIMBO:  
Chronicles of a Daughter's Unconditional Love,  
scheduled to be published in 2001

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Testimonies of recovering Christians may be found on the CIR website at:

<http://cir1.org/links/linktest.html>

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## ***GLEANINGS FROM THE LISTS:***

from the SSAR list:

Hello \_\_\_\_\_,

You asked about what we did to take back control. You are so right when you said: "taking inventory of our own weaknesses and knowing how they work is already a way of taking control."

Ways I find helpful are:

- Taking Inventory
- Honest Introspection
- Being Honest with God, myself and others (zero tolerance for dishonesty). Writing into this email group and sharing (this also helps keep me honest).
- Praying to God for strength and guidance
- \*Allowing\* God to work in my life (being vulnerable to Him instead of the temptation).
- Removing and avoiding all possible hints of temptation and fleeing when they arise When weak, talking with good friends (online chats work well)
- Reading my Bible and books on recovering from SSA

-Taking time for myself to keep my stress levels down (being good to myself)

-Putting my past behind me and walking forward in God's grip

-When I blow it, I immediately come back in line and ask God's forgiveness (I do not allow myself to wallow in the sin or rehash it in my mind)

-Build my relationships on the values of Christ and not the values of the world

-Avoiding people, places and things that tend to trigger my SSA feelings

-Helping others is a form of strengthening my own recovery

-Learning how to appropriately cope and act when lonely

-Listening to good Christian music for inspiration and a lift when I need it.

Boy! When I started this list I thought it would be about 5 lines but the more I thought about things, well ... I guess there is a lot we can do to start taking control and maintaining that control.

I would like to hear from others on this list and that includes you too!

Peter

†††††

Recovery is when I am at my wits end.

Recovery is when it is the darkest.

Recovery is when the pain is unbearable and horrible.

Recovery is when the loneliness creeps over you like Black Death chokes your innards almost to nothing.

Recovery is looking around at all of the bad stuff of your life and asking yourself "Is this why I got sober?"

Recovery is the darkness before the dawn. To

get to the dawn I have to take a conscious step ... a step of faith ... an inner girding of strength (it is Jesus' strength not mine) to hold on and to know it will get better. Sometimes it is instant, sometimes it takes a while.

When I am in the depths of the pain I know ... KNOW that recovery is at work in me. So I just grind it out, grit my teeth, look at the white knuckles and hunker down. I pray, post to CIR, post to friends, go for a walk, try to get tuned into nature, pray and pray and pray and recite my verses: Proverbs 3:5; Philippians 4:13; Isaiah 41:10; Ephesians 2:19; Joel 2:25 and Psalm 37:23-24.

Often I have to recite Proverbs 3:5 over and over again. I walk a paper route every morning. This morning it got kind of rough so I started saying: Trust in the Lord ... lean not on your own understanding. Trust ... lean not ... trust ... lean not ... and on and on.

### **Web Tips, Book Reviews & Recommended Sites**

Found on the Net:

There is a FREE online Diet Program located at:

<https://nutrition.onhealth.com/ch1/dietdiary/>

It contains a diet diary, diet calendar, nutrients needed by you, food database, exercise goals, analysis and reports. It is all for you as an individual.

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If you need help with Step 4-Taking Inventory there are some helpful worksheets on the CIR Web site:

<http://christians-in-recovery.org/12steps/worksheets.html>

4step.zip (a DOS program that will work under windows can be downloaded from)

<http://christians-in-recovery.org/software/download/4step.zip>

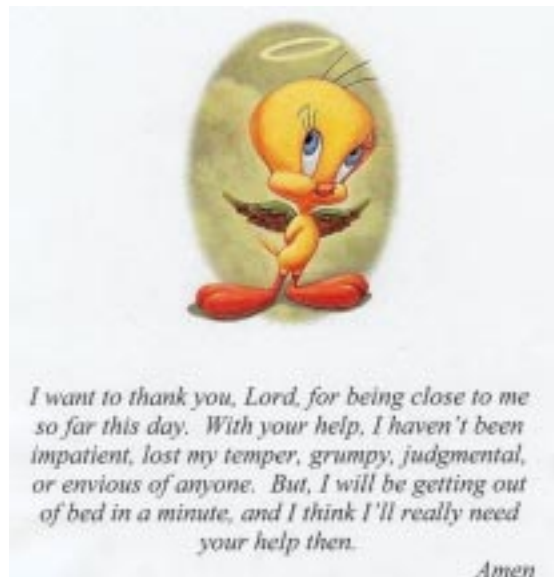
<http://christians-in-recovery.org/software>

For additional helpful software go to:

<http://christians-in-recovery.org/software>

If you have some tips for working the 4th Step or taking inventory please post them to the CIR Message Boards in the "12 Step Study & Discussion Forums " under Step 4.

### **HUMOR IN RECOVERY**



### **The Scariest Thing:**

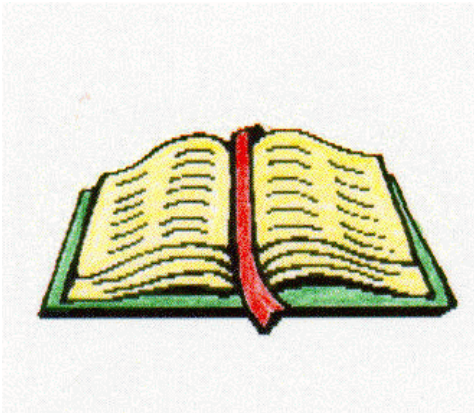
#### **A Little Made Up True Story**

by: Roy M. Wasson [ProfWdesk1@aol.com](mailto:ProfWdesk1@aol.com)

Once upon a time in a land far away, a big MONSTER started pounding on the door of a house. BANG! BANG! BANG! But someone on the other side of the door started pounding back harder! BANG! BANG! BANG! The door suddenly broke in two and the Monster screamed and ran away. Five of the meanest men you ever saw came running toward the house. But suddenly they turned and ran crying for their mommies. The meanest girl

you ever heard talk came to the house to say all kinds of mean things. But she ran away yelling, "That's not fair!" A boy who had not taken a bath in a long time ... on purpose ... just to smell bad ... came to the house. The boy saw the broken door but was not afraid. He thought his smell would stop anything. But he turned and ran straight to a creek and washed. Then the whole group - the crying men, the sorry girl, the wet boy, and the Monster who turned kind came back to the house - and out walked the scariest thing they ever saw: A Preacher of the Good News that Jesus was the Savior of the World.

Then Preacher and all bowed down on trembling knees in fear of the LIVING GOD in heaven.



## ***INSPIRATION IN RECOVERY***

If anyone hasn't seen it, I'd recommend an email devotional I get each day called eManna. In lieu of a book recommendation this month I'm including a recent eManna that was particularly meaningful to me. Their website is: <http://www.emanna.com> You can learn more about this ministry and sign up to receive the free email devotional if you like. They also were offering at one time free Recovery Testaments just by requesting via the website. I have a copy and the notes in this little testament are enlightening. Clara

**Becoming the All-Inclusive Spirit for Us to Apply**

## †Bible Verses (RcV)†

Exodus 30:23 Take thou also unto thee principal spices, of pure myrrh ... and of sweet cinnamon ... and of sweet calamus....  
(24) And of cassia ... and of oil olive an hin:  
(25) And thou shalt make it an oil of holy ointment, an ointment compound after the art of the apothecary: it shall be an holy anointing oil

## †Words of Ministry†

We also need to point out that the all-inclusive Spirit is the reality of the compound ointment described in Exodus 30. As the compound ointment, the Spirit no longer includes only the Spirit of God typified by the olive oil, but also the aspects of Christ's death and resurrection typified by the spices. After the olive oil had been blended with the spices, the oil became a compound, an ointment. Formerly the olive oil was of one essence, one element. But after it had been compounded with the spices, other elements had been added to it. The ointment produced by compounding olive oil with the four spices signifies the all-inclusive Spirit.

In eternity past the Spirit of God existed with just one element, the element of divinity. But at the time of Christ's incarnation, God put on humanity. During Christ's thirty-three and a half years of human living on earth, more was added to the divine element. Furthermore, through His crucifixion, the essence of His all-inclusive, effective death was added to Him. The same was true of His resurrection. As Christ took these crucial steps, God was processed and compounded with humanity. Just as the olive oil was blended with the spices to be a type, the Spirit of God was blended with the effectiveness and sweetness of Christ's death and with the effectiveness and power of His resurrection. Therefore, our God is now the processed God who descends as the all-inclusive Spirit upon His chosen people and enters into them to make them the church.

[Note: this was Part 2 of a 3 part devotional series]

† A Prayer†

Lord Jesus, thank You for unveiling to me Your wonderful Spirit that is compounded with humanity, the effectiveness of Your death, and the power of Your resurrection. Open me to experience this Spirit in my daily living. Amen.

†††††

Bible verses are taken from the Recovery Version of the Bible (RcV) and Words of Ministry, from Witness Lee, Life- study of Colossians, pp. 220-221. Both are published by Living Stream Ministry, Anaheim, CA.

**CHIP & MEDALLION TIME**



**Recovery Anniversaries for November/December:**

Remember the CIR postcard section?  
Great time to send a cyberCard!  
<http://www.cir1.org/postcard.html>

Surrender: white chip {+}  
30 Days: silver token \*  
Diana November 1

3 months: red chip \*\*\*  
Wayne December 11

6 months: yellow chip \*\*\*\*\*  
Peter November 15  
Daniel December 8

9 months: green chip \*\*\*\*\*  
Dunstan November 14

\*\*\*BLUE CHIPS\*\*\*

For one year or any multiples:

1 YEAR!  
Elizabeth November 6  
Jenny December 6  
Debbie B. December 14  
Sonja December 17

2 YEARS!!  
Kevin K November 1 & December 22  
Jami November 8

4 YEARS!!!!  
David December 15  
Carolyn November 1

5 YEARS!!!!!!  
Linda November 11

10 YEARS!!!!!!!!!!!!  
Barbara November 19

12 YEARS!!!!!!!!!!!!!!  
Sean December 1

18 YEARS!!!!!!!!!!!!!!!!!!!!  
Barbara December 10  
Lana December 1  
Parker November 21

26 YEARS!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Jim S. November 20

**BELLY BUTTON BIRTHDAYS (o)**

Camille November 2  
Peter November 15  
Melody December 1  
Lana December 17  
Kristal December 23

**MEDALLIONS & Special Gratitude:**

To the angels who work so hard bringing the messages of God to His people.



**PASSING THE  
"NO DUES OR  
FEES" BASKET**

Many people are hardship cases and cannot afford membership in CIR. The

members of our Barnabas and Foundations Teams make it possible for those who cannot afford membership in CIR to subscribe to our supportive recovery e-mail lists and to participate fully in our Members Only Areas.

We are in desperate need of more people to upgrade their membership level from Regular Membership (\$7) to the Barnabas (\$15) or Foundations (\$50) Teams.

If you are able to participate, please email:

[obie@christians-in-recovery.org](mailto:obie@christians-in-recovery.org)

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<https://safe-id.net/christians-in-recovery/donate.html>

Or send a check or money order to:

Christians in Recovery, Inc.  
P.O. Box 4422  
Tequesta, FL 33469

**CIR STAFF & INSTRUCTIONS  
FOR SUBMISSIONS**

CHRISTIANS IN RECOVERY(R) is a nonprofit online organization dedicated to Christians in recovery.

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(In PDF Version, click File/Print and select Current Page before printing.)

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**USA**

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- ▶ The Inside This Issue section of the reader frame also contains linked text—you may click on the items in that list as an alternative way of navigating the newsletter.
- ▶ We hope you enjoy the new PDF version of the Gabriel. Thanks to Clara and Ed N. for working so hard to put the newsletter together, to Gayle for doing the formatting, to Obie for all she does for CIR and for sending us some wonderful graphics, and most importantly to all of YOU, the CIR membership, who bless one another's lives and support each other in recovery.
- ▶ Please address any comments or questions to the email addresses listed in the Gabriel's CIR Staff section. Instructions for submitting articles or artwork are there as well. God Bless!!