

the

Spring-Summer 2013

Gabriel

The Magazine for Christians in Recovery

WHATEVER
IS TRUE
IS NOBLE
OR RIGHT
PURE
LOVELY
ADMIRABLE -
IF ANYTHING IS
EXCELLENT OR
PRAISEWORTHY
THINK ON
SUCH THINGS.
PHILIPPIANS 4:8

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The Gabriel

The Gabriel is a publication of Christians in Recovery® dedicated to the uplifting and inspiration of it's members and friends. It is published 4 times a year, once each quarter.

The Gabriel Staff

Clara T.— Editor

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CIR Membership—Contributors

Christians in Recovery®, Inc. is a 501(c)(3) non-profit corporation. We are a group of recovering Christians dedicated to personal one-on-one sharing of faith, strength and hope as we live each day in recovery. We work to regain and maintain balance and order in our lives through active discussion of the 12 Steps, the Bible, and experiences in our own recovery from abuse, family dysfunction, depression, anxiety, grief, relationships and/or addictions of alcohol, drugs, food, pornography, sexual addiction, etc. CIR is comprised of people like you who become Members and/or Donate. CIR is governed by a Board of Directors that meets on a regular basis.

Our Vision

It is the vision of the Board and Supporting Members of CIR to continue to use the latest technology, in addition to conventional means, to reach those who would normally not seek help-- to catch those who fall through the cracks-- and to further spread Christian hope, healing and fellowship to those in need of recovery. Our vision to go well beyond recovery so people can fully discover, explore and magnify all possibilities God intends for them as individuals.

Christians in Recovery® is NOT:

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Intended to replace secular recovery groups or meetings

Intended to replace or undermine any other Christian organization or group.

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

Brights & Lights



A long time ago the Lord told me that “There are lights and brights that you do not see.” It was when I was in a really low place and couldn’t see anything good or helpful or worthwhile about me or my life or even the world.

There are lights and brights that you do not see.

He was not lying. Only by looking back can I see the good that was happening within and even because of the dark places I was in. During my abuse I learned how to grow close to the Lord because He was the only hope and protector I had. During my days of insanity I learned (finally) humility. I learned that I too could “be wrong” and the only way out was through. During times of depression I learned that there are people who care....if I will share. And even when I can’t or won’t that people were praying for me and I never knew it.

A few days ago I was told by our CIR Director how many people the Gabriel reaches. Especially in our prisons. I had no idea. That is God doing for us what we cannot do for ourselves.

Sometimes our words stay with people and we don’t even remember saying them. We say things to friends in compassion or in response to their sharing in a meeting that truly affects their lives. For us it may be a passing statement. For them it is a “lightbulb moment”.

I believe that God speaks through us and most of the time we aren’t even aware. My mind of late has been aware of the verse on our cover.: “Think on these things...”. When we find our mind filled with worry and replaying old emotions and incidences, just replacing those thoughts with anything good will change that train of thought. This week I’m dealing with a serious family crisis and have worn my mind out with the “what ifs”. So FINALLY I started trying to “think on these things” and surrender the problem to the Lord. This image was the thought that the Lord gave me this morning when I woke up to hold in my mind.

God bless you all! ClaraT



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Message



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Almost everyone has the need to recover from or overcome something in their lives. Christians in Recovery® (CIR) is a group of recovering

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DAILY MEDITATION & LINKS

LINK TO CIR ARTICLES

Romans: An Introduction

Part 2 of a continuing series

by Michael the Penguin



One of my retirement goals was to find a way to teach about the Bible online. Blogs are great for this. I finished last night a series of writings which amount to overviews of each of the 66 books of the Bible.

Here is the link:
michaelthepenguin.blogspot.com/

I hope that this will bring you a blessing.

I am Michael the Penguin and I am a Christian in Recovery.

There are various ways to look at how Romans was laid out, and it depends on the commentator...and there are many commentators. I was very much influenced by Frances Shaeffer, whose book "The Finished Work of Christ" covered the first 8 chapters only. Max Lucado looks at selected chapters of Romans in "The Grip of Grace." R.C. Sproul, in his book "Faith Alone" has explored the most important the central thesis of our faith: that we are justified by faith, not works. And it was Paul who articulated that thesis. Just see Romans 1:17.

Romans 1 starts with the good news: the just shall live by faith (Romans 1:17) but Paul goes through three chapters detailing the bad news: all have sinned and fall short of God's glory (Romans 3:23). No matter how one tries, it

just is never going to be perfect. There is no rocket science in Romans 3:23. It is the final statement of a real truth and also a real dilemma.

In Romans 4, Paul, being a good Jew himself, gets personal. He speaks to his own people: chosen by God, having been given the Ten Commandments, they are a people raised up for Him. But it was clear that they could not follow these commandments. Their hypocrisy was evident. Let's face it: even the most cursory view of the Old Testament reveals a people who were far from what their God had planned for them. They were, for the most part, unrepentant.

Paul wrote of the most important hero ever to the Jew: Abraham. He had his problems too. However, Paul cites in the Old Testament record that Abraham's faith saved him, and it was counted to him by God as righteousness. See Genesis 15:6. All Abraham ever did was to believe in the promises God made to him. Nowhere in chapter 4 do you see any kind of specific behavior or participatory act (i.e. "work") that Abraham was required to do. He believed God. That's it. End of story. Done. Pack it up and go home. We are justified before God because of our faith in what He promises us. In the Gospels Jesus made it quite

clear that those promises would be realized by believing on Him as our personal Savior. He died on the cross for our sins.

Romans 5 expands: faith alone removes the barriers between God and man that began with the sin of Adam. The disobedient act of one man (Adam) made us all sinners, while through the obedient act of a second man (Jesus), many of us will be made righteous before God (see Romans 5:19).

Romans 6-8 then looks at the dilemma of all believers: even though we are justified before God by our faith in what Jesus did for us at Calvary, we still have to deal with our sin life. Romans 6 looks at that quite specifically. Because of our righteousness before God through faith alone, we are dead to sin and alive to God (Romans 6:1-11). Romans 6: 12-14 teaches that sinning is a choice we make, even though those sins are covered by the grace of God. We need to make the right choice because now we are living for God, and not just for ourselves.

In Romans 7, Paul gets even more personal: he writes about himself in verses 15-25, revealing his frustration about his own sin life. Paul's words are my words too. My jaw dropped the first time I

continued on next page

read those verses. Here was a man who claimed a personal relationship with Jesus Christ who openly shared about his sin life. That is so real...so very real.

Chapter 8 starts with these beautiful verses: Therefore there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ has set you free from the law of sin and of death. (Romans 8:1-2). As you read on you discover just how intimate our relationship with God is. We can come to Him intimately in prayer – He is our “Daddy.” (Romans 8:15). As we struggle in our prayer, we get help from the Holy Spirit (Romans 8:26). We discover that all of life, including the good and the bad, has meaning and purpose (Romans 8:28). And, it would appear that this intimate relationship will never end (Romans 8:38-39).

Let's put it this way: think about any denomination you know of. Think about your own denomination. Then see that your definition of that group is based more on their works, not their faith. Look within your own church. Think through how you are supposed to do this thing or that thing, or not do this or that thing, and how your congregation becomes a culture defined by anything but faith. This is why it is so important for any church to say close to the Word – to know that works are important but not primary, and that works are defined first from faith.

Paul was addressing a people who put works first. Most of the

Christians of that time were Jewish. And often they brought the rites of their former religion with them: circumcision, the Levitical sacrifices, and so on. Other non-Jewish Christians (the Gentiles) also came to be. Then when Emperor Claudius drove the Jews out of Rome, the church was primarily Gentile. Then when the Jews later returned they saw how their beliefs differed from the Gentiles in terms of works. Paul's letter was designed to get these two factions together through the principle of justification by faith alone. It is always said that Romans describes Paul's theology. I am sure he would be in agreement with the fact that Romans contains God's theology.

It is my goal in these segments on Romans to look at the book with broad strokes that might then inspire you to spend some time with this book yourself. I really do believe that if you do not read the entire Bible, the one book you need to read, other than the Gospels, is Romans. It is located perfectly in the Canon: after Acts, which is preceded by the four Gospels. My point is that the defining of the person and work of Christ in the Gospels, followed by the story of the early church in Acts, sets up the need for and placement of the book of Romans in the Canon.

Romans Part 3
Continues in next issue.



As some of you are aware, Penguin has been working on a personal Bible Study system ever since he stopped drinking back in 1994. Eighteen years of study have produced a great deal of information and sharing. He is willing to share this with any of you who might be interested. It is now a large file, in toto, 473 MB. It covers all 66 books of the Bible in considerable detail... using many different resources.

It might be a good resource for teachers.

If you want a copy please send your snail mail address to this email address:
cirpenguin@yahoo.com.

It will be a CD. It would help of you have MS Word on your Computer...or something that would convert. The more recent study effort is in PDF file format.

There is no charge for any of this. It is a personal ministry of CIR's Michael the Penguin.

Thanks Penguin!

IS IT DISCOURAGEMENT OR MORE?

I often get discouraged, especially when all around me confusion is at a boiling point. To calm myself down I slip into one or more of my negative behaviors. I wish I could tell which will pop-up, then I could do something about it?

Genesis 6:5 "Then the LORD saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil". Several weeks, possibly sooner, can't quite remember, I found myself suffering from discouragement that seemed to have turned into depression. It just would not go away. I felt overwhelmed and frustrated and useless. Of course somewhere in the background I knew this was not so, and I wondered why it seemed that I was the only one who was feeling discouraged and depressed?

Addiction does funny things to my mind causing me to constantly rationalize which of those habitual behaviors would be best suited for the occasion? Unfortunately behaviors wear many faces, and are not limited by how smart I was, or how much money I had, or by my age. I was so busy rationalizing that before I realized it I was drowning in a sea of discouragement.

The Gabriel's Associate Editor, Jim Aquila, brings us another thought-provoking article. Thank you Jim!



Nothing seems to work. And what makes it even more discouraging, I couldn't remember what it was like before I took on this damning life.

Depression is a broad range of negative states of mind, taking on one of it's many faces. In the beginning depression might show up as discouraging, or a sinking feeling after hearing bad news. Or, maybe after suffering a personal loss of something or someone. Often it results from a blow to the ego. Our pride is hurt and we just feel like crawling under a table to hide. This downward feeling may last a few hours or a few days. This is not very serious because it is a feeling that most of can overcome, can't we? Or do we need help before we experience long-term chronic or crippling emotions, where feelings of futility, hopelessness, emptiness, and a lack of joy, and especially loosing energy to do anything about our predicament, causing us to slip into a total loss of self-esteem, guilt, and shame.

We can read about guilt and shame in Genesis 3:7-8 - "Adam and Eve knew that they were naked. A change in their thinking— in their perspective, in the way they looked at things that occurred. As long as they were united to God they looked at Him at things, in a way that was not offensive to Him. Yet, as soon as

they sinned, their minds changed. They began to see evil in things. They felt shame in their nakedness. In addition, "Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden." Forerunner Commentary.

I was very fortunate because it took me only 50 years to realize that changes in my thinking must take place if I was ever going to overcome sin. I learned, in progressive step fashion and became motivated to take strong measures against it. Each of us is motivated differently. I can only take care of myself. There are no 1,2,3 solutions. The fight is difficult because human nature sees sin as appealing and pleasurable. Each of us, in our own way, must come to see addiction as a pernicious, persistent, and destructive enemy that desires to leave us without hope, and to inflict us with as much pain as possible along life's path. What motivates you.



Jim has been an Associate Editor of The Gabriel for several years. He is a certified Naturopathic Therapist. More of his writing may be found on his website here: <http://www.alt-4-health.com/>

Trusting in the Promises of God

A member submitted article

And the LORD visited Sarah as He had said, and the LORD did for Sarah as He had spoken. For Sarah conceived and bore Abraham a son in his old age, at the set time of which God had spoken to him. [Genesis 21:1-2 NKJV](#)

God is always faithful to His promises. His word is absolute truth, so we can invariably be assured that, just like we are told in [Isaiah 55:10-11](#), God will not see His word return to Him void when He sends it out to achieve important purposes in our lives: As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

Have you given up hope in a promise that God has made to you because you have not yet seen its fulfillment?

Abraham waited over thirteen years from the time the LORD his God first promised him that he would have a son to his wife Sarah until the birth of that son, Isaac. Most would not believe that this was possible for them in their advanced age; in truth, both Sarah and her husband laughed when God told Abraham that He would later return to them and Sarah would bear them a son.

However, the LORD God does not lie, nor can He do so; for it is not in His character to be dishonest. Almighty God not only tells the truth, He is the truth: If we are faithless [do not believe and are untrue to Him], He remains true (faithful to His Word and His righteous character), for He cannot deny Himself. [2 Timothy 2:13](#) Amplified Bible)

Again, this is revealed to be so in [John 3:33](#): *Whoever receives His testimony has set his seal of approval to this: God is true. [That man has*



definitely certified, acknowledged, declared once and for all, and is himself assured that it is divine truth that God cannot lie]. (Amplified Bible)

So we can always count on God's word to be completely pure and trustworthy, no matter how long it may take to see His promises fulfilled in our lives. What is most important for us to realize is that the timing of the LORD never fails to be perfect. In addition, because He is omniscient and can see infinitely far into the future - and we, obviously, cannot - we are wise to place our trust in Him, knowing that His ability to judge what is best for us is so much better than our own.

The LORD our God will never let us down. Yet, sometimes we ask for things that are not in our best interests; or, we make a request that, if it were to be granted at that specific time, would be hurtful to us or to someone else. So the LORD, in His infinite love and wisdom, says, "No," or He tells us we must wait. Unfortunately, when we do not trust in Him, we can interpret this response, this failure to meet our desire for immediate gratification, as a sign that God does not care for us. In our disappointment, we falsely believe that Jesus does not love us, or that He has abandoned us.

However, if we are willing to align our faith with the Bible, with the written word of God, instead of

running with our emotions and impatiently demanding to have our own way, we will soon become grounded in the truth of the Father's faithful love in Christ Jesus and His devotion to never leave us or forsake us.

Let's listen with all our hearts to the following verses and drink deeply of our Father's tender loving-care for us:

Can a woman forget her nursing child, that she should not have compassion on the son of her womb? Yes, they may forget, yet I will not forget you. Behold, I have indelibly imprinted (tattooed a picture of) you on the palm of each of My hands.
[Isaiah 49:15-16](#) Amplified Bible

Again:

For though the mountains should depart and the hills be shaken or removed, yet My love and kindness shall not depart from you, nor shall My covenant of peace and completeness be removed,' says the Lord, Who has compassion on you. [Isaiah 54:10](#) Amplified Bible

And, lastly:

He [God] Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!]
[Hebrews 13:5](#) Amplified Bible

May we respond with gratitude, hope, and deep-seated faith to these promises from our merciful and gracious God, declaring in agreement with [Hebrews 13:6](#), *So we take comfort and are encouraged and confidently and boldly say, 'The Lord is my Helper; I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me?'"* (Amplified Bible)

Lord Jesus, we come before You, asking that You grant us confidence and immovable hope in the promises You give us in Your Word of Truth, the Bible. May we be assured that You never can and never will lie to us, and that You desire only the best for us, O God. When we do see painful things happen in and around us, O LORD, may we have the bold faith to state with assurance the words given to the apostle Paul by inspiration of the Holy Spirit in [Romans 8:28](#): And we know that in all things God works for the good of those who love him, who have been called according to his purpose. We thank You, Lord Jesus, that we have been called according to Your good purpose, and we declare our love for You, even as we thank You for Your amazing love for us. We pray these things in Your holy name, Christ Jesus, amen.

Questions: Do you have difficulty believing that God will fulfill His promises in your life? Why or why not? Which of His promises have you seen God faithfully bring to fruition? What biblical promises are you claiming for yourself or a loved one at this time?
~ BAPearl

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

CIR'S FIRST PHONE MEETING IS UNDERWAY!!

9:00PM Eastern Time || 8:00PM Central Time || 6:00PM Pacific Time || 2:00AM UTC
[Breathing Underwater: Steps to Spirituality](#) by Richard Rohr. Clara is your host.

Please Note: This will be held by Telephone (not in the CIR Chat Rooms). If you have free long distance, there is no charge to attend. [Click Here for Instructions](#)

Men Helping Female Partners Deal with Childhood Sexual Abuse

I clearly remember the day my wife, Liz, told me that she had been sexually abused as a child.

We were watching TV and I could tell she wasn't really interested in the show.

"What's wrong?" I asked her, unaware that her answer would turn my world upside down.

"My stepfather sexually abused me when I was a child," Liz said.

There was a long period of silence as I searched for something to say. Here I was, suddenly presented with a startling revelation. I was dumbfounded.

Liz stared at me, waiting for a reaction.

Questions began to flood my thoughts. I really didn't know what to think.

"What do you mean?" I asked. "Why would your stepfather do such a thing?"

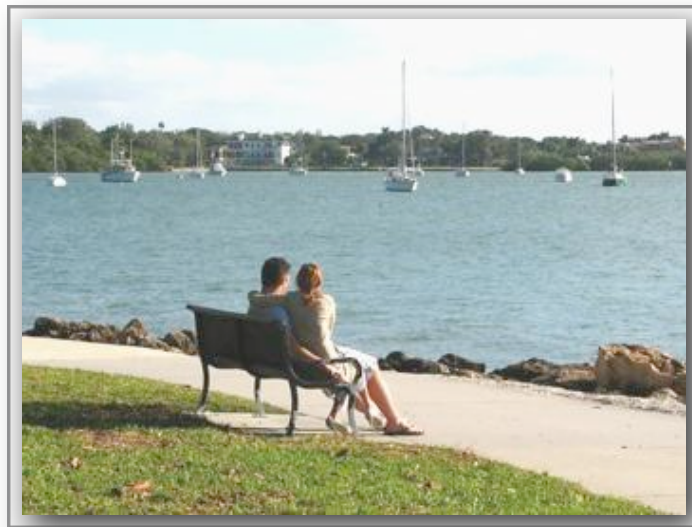
Then it all came flooding out.

Liz told me about the abuse and how she'd wake at night to find her stepfather watching her with a strange, mad look on his face, how he'd ruin her clothes, embarrass her in front of her friends and family and, in later years, get jealous when she dated boys.

She told me about the episodes in the bathtub, the attic, and all of the times she tried to tell somebody and how nobody listened or did anything about it, and how the stepfather moved the family often so she wouldn't get close to neighbors and squeal on him.

I didn't realize it at the time, but while I listened to Liz recall memories of her childhood sexual abuse, I had taken the first steps on a long, arduous and rocky journey that would change my life forever. From that day on, I'd learn more about a strange and very distorted world — a world I didn't know existed — the world of the childhood sexual abuse survivor.

These days, more men are finding themselves in the situation of helping a spouse who was sexually abused as a child. In the past, many women used to push the problem aside but they're now coming forward in ever-increasing numbers to confront perpetrators.



For Liz, breaking the emotional ties with her family was one of the toughest things she's had to do. Her family was close-knit and telling me of the abuse was very unsettling for her. Her family ostracized her for stirring up trouble and taking her problems outside the family.

However, coming forward and then eventually getting help to recover from the trauma of the past was the best thing Liz has ever done.

We began seeing a counselor who helped Liz go through the process of healing from her abusive past, confronting the perpetrator, and releasing her anger. The counselor also helped me understand what Liz was going through which, I believe, speeded up the healing process.

It took several months for Liz to heal the wounds of her past and it wasn't easy, but she eventually was able to leave the pain and anger behind and look towards a brighter future.

I wrote a book based on our experiences in hopes of helping other couples in a similar predicament. It's the only book written by the husband of a childhood sexual abuse survivor. My purpose in writing the book was to give men a greater understanding of the healing process for survivors. That way they can be a help rather than hindrance in the healing.

The book: "What About Me? A Book for Men Helping Female Partners Deal with Childhood Sexual Abuse" can be downloaded here:

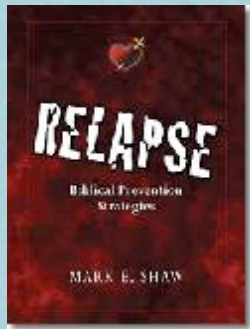
<http://www.helpforpartners.wordpress.com>.

Today, Liz is fully healed from the torment of her horrible past. As a result, she and I are able to live a happy, fulfilled life.

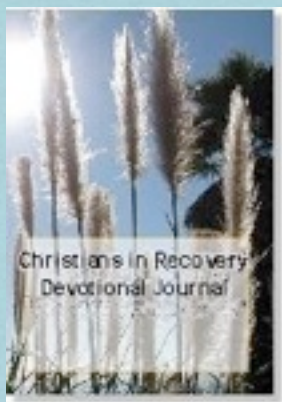
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How to Start a Recovery Group



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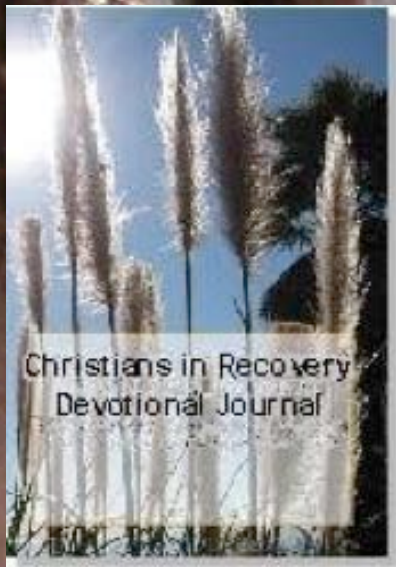
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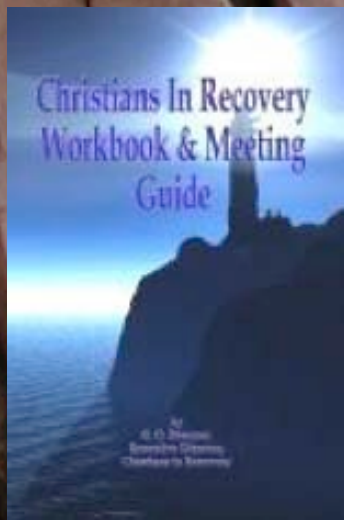
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ANNOUNCEMENT

Christians in Recovery fell far short of the \$20,000 in donations needed in 2012. Each person who benefits from the ministry must seriously consider making or increasing monthly donations in 2013 otherwise **the ministry will be unable to continue**. Just an added \$10-\$25 per month can turn things around. [Please donate today](#)

NEW! Book Study Starting Monday April 1, 2013

9:00PM Eastern || 8:00PM Central ||
6:00PM Pacific Time || 1:00AM UTC

[Breathing Underwater: Steps to Spirituality](#) by Richard Rohr.

This will be held by Telephone (not in the CIR Chat Rooms). **If you have free long distance, there is no charge to attend.**
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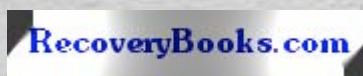
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FROM ALCOHOLICS VICTORIOUS



[Alcoholics Victorious](#) is a program of Christians in Recovery. Founded in 1948, Alcoholics Victorious support groups offer a safe environment for people recovering from the effects of alcoholism or drug addiction. We recognize Jesus Christ as our "Higher Power" and gather together to share our experience, faith, strength and hope. AV meetings use the 12 Steps, the Bible and the Alcoholics Victorious Creed.

- [Restoration Though Making Amends \(Part 1\)](#)
 - [Restoration Though Making Amends \(Part 2\)](#)
 - [The Emotional Dimension of Recovery](#)
-

RECOVERY EVENTS, COURSES & CONFERENCES

[NET Institute Center for Addiction Recovery & Education](#)

offers certified online courses and training DVDs. Get certified to help others.

[Complete Course Listing](#)

City Vision College Offers Online Courses
Get accredited bachelor's degrees in Urban Missions and/or Addiction Studies

[Enroll Now](#) || [Download Course Catalog](#)

Contact: Rachael Jarboe

TechMission and City Vision College

<http://www.techmission.org>

<http://www.cityvision.edu>

Phone: 816-960-2008 City Vision College
Academic Office

Email: rjarboe@cityvision.edu or

rachaelj@techmission.org

[SoulCare 101](#) for Pastors, Counselors and Friends

Enhance your personal or professional ministry through this course as you learn how to engage in other people's lives at a meaningful level and make a lasting difference. Join Dr. Larry Crabb in this course which focuses on the inner life, where we become who we were intended and long to be.

FOR RECOVERY PROFESSIONALS

- [Work Therapy in Recovery Programs](#)
- [Aftercare for Recovery Programs](#)

WISDOM FROM A CIR MEMBER

"I like seeds because they are probably scared when they get planted in the dark. And when the soil gets trampled they are buried a little deeper and their roots grow stronger. Faith makes them grow up cause they know there is light and room to grow on the other side. The cool thing is, once matured, the plant makes new seeds, spreading the faith that begins, quite often, in darkness." ~tacit

QUESTIONS ANSWERED

- [Am I Codependent?](#)
- [Have You Gotten to the end of Yourself? Really?](#)

ANNOUNCEMENTS

CIR needs Chat Room Greeters to be in the rooms 24/7 or as close to that as possible. Our members are all over the world so it should not be that difficult. Even if you can commit to only one hour per week, it will help. Below is the schedule and we will be filling it in as people volunteer so you can see the empty time periods that need attention.

You can learn more about being a Greeter here:

<http://christians-in-recovery.org/Tools Chat Greeter>

If you are interested in being a greeter, please [Contact Us](#)

A Reason For Living *by mojojojo*

I came to know you
While the darkness
abounded
I was sure I had come to a
dead end...

You didn't know me
You had no idea
Yet you gave me
acceptance as a friend.

Until I finally saw
For the very first time
The best reason this life
has to live...

you showed it to me

though you were also in
pain
you were able to
selflessly give.

This is what Love is
I have finally seen it
I have found an anchor
for my ship...

Love beyond reason
With pureness and
freedom
Giving my heart a sure
and solid grip.

A reason for living
To love and keep loving

Until His Perfect Love is
revealed...

And one day we'll see Him
In His glory and fullness
In His love forever, we
will be sealed.

I am grateful for new
Hope
I can see the Light
My heart is breathing
again

and Love,
will forever,
remain.
4/18/13

Creation Space

Are you creative? Do post pictures of your work, poetry, photography or whatever your creative outlet is on the website or email so we can include them in the next issue!

Eddies
by Roadrunner

Life charges on
Currents carry
We seem married to a
withering pace.

Eddies are where
inklings live
Random ruminations
Centering cerebrations.

Eddies are maternal
Amniotic
Cocoons of
countercurrent
Hostels of healing.

Fears, hopes, ideas
Middled by a gentle
vortex
Are kept, dropped
Or recycled.

Idled in eddies
We are open
Floating
Flotsam midst God's
flotilla

Our lives may be
indelibly changed
Depending on who finds
us
In the bulrushes.

Lilting Luminescence
by Roadrunner

"And there was Light"
Lilting luminescence
Lifting sunken souls
Alighting unpredictably
Relieving pull of impermanence

Photons
Packages packing liturgical punch
Penetrate
Extricate

Listeners feel Solar Wind
Whipping across eternity's face
Loosening rocky facade
Creation's eye opens



Feel free to take a break and smell the roses at <http://furtherreaches.com/>

When Love Lost

by mojojojo

Love has no chance
To do its' job
When pride stands up
Of all hope we are robbed

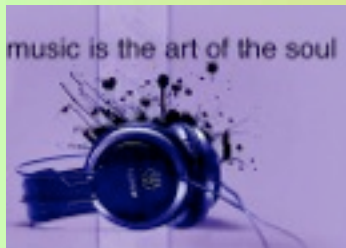
Love is stronger
Than any form of decay
As long as our selfishness
Is out of the way

We want to believe
Love will always win
We want to hope
It is stronger than our sin

What was meant to bring
freedom,
Is now covered in weeds
And there is no human
wisdom
That brings anything but
deeds

Pride is the door
Covering the entrance to
acceptance
Only if we lay it down
We can come to repentance

Then Love will bring
freedom



CIR has many talented members.
Here is some music played by
Rayann and his wife. Enjoy@

Attachments

[02_Dubliner.mp3](#) (19 downloads)

[17_Romanca í G.mp3](#) (14 downloads)

[18_Sicilienne.mp3](#) (18 downloads)

And give us peace of mind
As it fill us with divine
Wisdom
We will no longer be blind

*"Love is patient,
Love is kind.
It does not envy,
It does not boast,
It is not proud.
It does not dishonor others,
It is not self-seeking,
It is not easily angered,
It keeps no record of
wrongs.
Love does not delight in evil
But rejoices with the truth.
It always protects,
Always trusts,
Always hopes,
Always perseveres.
Love never fails.*

...

*And now these three
remain,
Faith, hope, and love
But the greatest of these
Is love."
(1 Corinthians 13)*

4/29/2013

Sewing and Gardening

by ClaraT



My Drastic Estate

I love estate sales! I've been to two in the past month.

Intrigue and wonder fill me as I walk through rooms piecing together people's lives from what they owned.

- Clothes.
- Cookware.
- Tools.
- Home Décor.
- Movies and books.

Yes, movies and books.

You can tell a lot about someone by what they read, watch, and listen to. Even more, you can tell what will eventually be in someone's heart by the movies, books, and music they own.

When I was younger, I read ultra-feminist-type books and magazines for teenage girls, listened to all sorts of music, and watched what could be considered "disturbing" movies. I was fascinated by it all—until I started seeing some of those same thoughts, tendencies, attitudes, and actions in myself. I didn't know it at the time, but eventually I transformed into a woman who would not let any man tell her what to do, who had a filthy mouth, who couldn't stop lyrics from playing in her mind—even in her sleep. As I woke up one morning, the first thing that came out of my mouth was "Danger! Get on the floor!"—lyrics from gangsta rap artist Mystikal.

My movies, books, and music even went so far to include pornography.



I had years of deep-seated issues. When I finally set out to identify how I came to be that woman, I realized my movies, books, and music choices were a primary contributor to the person I had become. I had to make some serious changes to try to undo all those years of unhealthy programming in my mind and in my heart.

My choices were drastic to some, but I had to do it for myself. For years, I listened only to instrumental music—no lyrics, watched movies that had no objectionable material—and if they did, I would turn them off. I threw out books and magazines with immoral and suggestive content. I set similar limits on my online surfing.

Today, I listen to music with lyrics again, but I'm still very careful with its content. I'm still very strict with my books, magazines, and computer content. And movies—it's strange to me that movies I enjoyed years ago—and knew inside out—now don't pass my test.

Listen to what the Bible says:

"Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to

praise, not things to curse" (Philippians 4:8).

I try to ask myself:

- Is my music gracious and beautiful?
- Are my movies pure, honorable, and respectable?
- Are my books and magazines praiseworthy?
- Is my favorite Internet content moral?

Even more, do I see glimpses of myself in any of my books, movies, music, and Internet content?

The Bible says:

"Don't live any longer the way this world lives. Let your way of thinking be completely changed. Then you will be able to test what God wants for you. And you will agree that what he wants is right. His plan is good and pleasing and perfect" (Romans 12:2).

Put another way:

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is" (Romans 12:2).

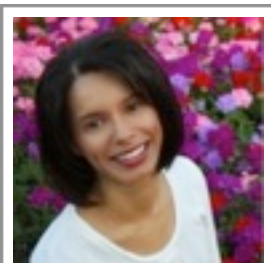
His ways are good and pleasing and perfect, dear one. He grants us peace when we allow Him to renew our minds and restore our hearts.

"You will keep in perfect peace all ... whose thoughts are fixed on you" (Isaiah 26:3)!

He can change the way we think. He can undo our drastic estate.

The first step is up to us

Questions: What kinds of movies, books, magazines, music, and Internet content are you welcoming into your mind and heart? Who are you becoming? Will you allow God to transform and renew your mind? He can!



A complete [bio](#) and list of Daphne's [articles](#) & [blogs](#) to date may be found on her website: <http://blog.daphnewrites.com>.

She can also be reached at:

Twitter: [@Daphne_Writes](#)

or

E-mail: daphne@daphnewrites.com

Hope and Help Booklets



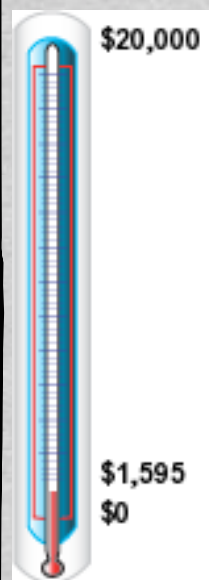
HOPE & HELP

- For the Suffering
- For Marriage
- For Husbands and Fathers
- For the Homosexual
- For Gambling
- For Self-Injurers and Cutters
- Through Biblical Counseling

Not a CIR member?

[Learn the Benefits of Membership](#)

Join us: [Click Here](#)



**THANK
YOU TO
OUR MANY
VOLUNTEERS!!
CIR WOULD NOT
BE POSSIBLE
WITHOUT YOU.**

**Help CIR meet
its goal for 2013
[Please Donate
Now](#)**

GLEANINGS

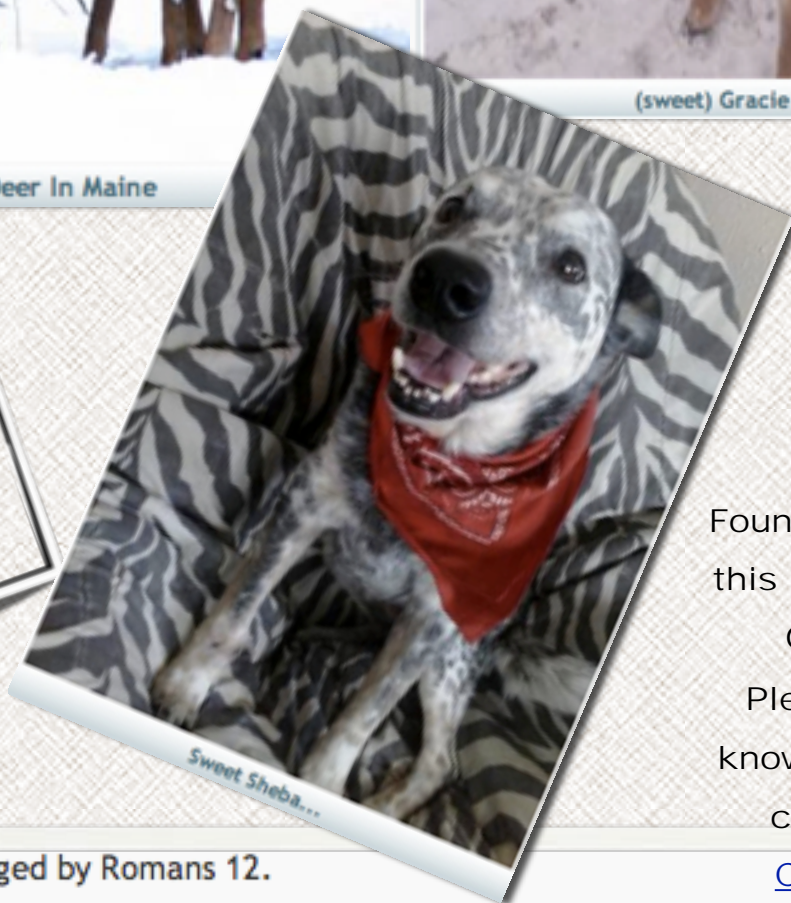


White Tail Deer In Maine



(sweet) Gracie

Read Psalm 145:14 to
see God's heart for
people who struggle.
Read Luke 19:41-44 to
see what broke Jesus'
heart.



Sweet Sheba...

Found an error in
this issue of The
Gabriel?

Please let us
know so we can
correct it!

[Click here](#)

This morning I was encouraged by Romans 12.

Originally Posted By: Romans 12:9-13

12:9 Let love be without hypocrisy. Abhor what is evil; cling to what is good.

12:10 be devoted to one another in brotherly love; give preference to one another in honor.

12:11 not lagging behind in diligence, fervent in spirit, serving the Lord

12:12 rejoicing in hope, persevering in tribulation, devoted to prayer,

12:13 contributing to the needs of the saints, practicing hospitality.



Ruth & Pony



The higher power is like a horse

My higher power is like a horse, greater than me, carries me, is beautiful and full of grace. I love horses and the one who made them



Koda & Family needs prayers

Currently n the forum:
Studying Scripture for Recovery:
Genesis to Revelation!

Hot Topics On the Forums:

Our "Pet" Sins:
Can a Christian be a
Christian & still sin?

Each day CIR has a new article or Bible study designed to strengthen your faith, boost your recovery and/or give you something to contemplate.

You can check for new articles each Mon-Fri:

http://christians-in-recovery.org/Tools_DailyArticle

Feel free to post back with your thoughts and comments.

Enjoy and be blessed.

[Link to Discussion Forum](#)

WORDS TO LIVE BY

Posted on the Forums by Sail

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio.

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more."

**MORE GLEANINGS
FROM THE
FORUMS**

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye, but don't worry, God never blinks.
- 16.. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.

32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative of dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. Accept what you already have, not what you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."

.....
Hello my CIR family,

This is a video done by the Judges on The Voice for the Victims of Newtown. I pray it blesses you as it did me. I cannot watch it without crying:

<http://www.godvine.com/Judges-on-The-Voice-Sing-Hallelujah-for-the-Newtown-Victims-2566.html>

It is my prayer that God blesses the families of the victims - for they are victims too - by comforting them with His holy Presence, holding them tenderly close to His heart of Love and Perfect Peace and assuring them that those who are lost to them physically are now with Him in His heavenly choir. Amen.

Let us know what you find on the Internet that would be interesting resources of Christian and/or recovery music and/or poetry.

Here is one for starters:

The Timeless Truths Web site:]

Music (including Sheet Music, audios, and more)

They also have in this section <http://library.timelesstruths.org/texts/Foundation Truth>

This is a magazine for youths and adults, addressing basic issues of walking with the Lord. It is issued two or three times a year, up to 36 pages.

Yeah we're funny!



POTATO EXERCISES

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag.

Q: Whats the difference between a pitcher batting and a jazz band in an elevator?

A: not much, since they both go down swinging!



**the feelin when you tell a joke
that is not funny**

A woman received a call that her daughter was sick.

She stopped by the pharmacy to get medication, got back to her car and found that she had locked her keys inside.

The woman found an old rusty coat hanger left on the ground. She looked at it and said "I don't know how to use this."

She bowed her head and asked God to send her **HELP**.

Within 5 minutes a beat-up, old motorcycle pulled up.

A bearded man, wearing an old biker skull rag, got off of his cycle and asked if he could help.

She said: "Yes, my daughter is sick. I've locked my keys in my car. I must get home. Please, can you use this hanger to unlock my car?"

He said "Sure." He walked over to the car and in less than a minute the car was open.

She hugged the man and through tears said, "Thank You SO MUCH! You are a very nice man."

The man replied, "Lady, I am NOT a nice man. I just got out of **PRISON** yesterday. I was in prison for car theft."

The woman hugged the man again sobbing, "Oh, thank you, God! You even sent me a professional!"

Is GOD Good or What!?

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."



~~~~~

An older gentleman was on the operating table awaiting surgery and insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia, he asked to speak to his son.

"Yes, Dad, what is it?" "Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."



~~~~~

When you are dissatisfied and would like to go back to youth, think of Algebra.

~~~~~

If walking is good for your health, the postman would be immortal. A whale swims all day, only eats fish, drinks water, and is fat. A rabbit runs and hops and only lives 15 years. A tortoise doesn't run and does nothing, yet it lives for 450 years. And you tell me to exercise?? I don't think so.

~~~~~

Funny, I don't remember being absent-minded. Funny, I don't remember being absent-minded. If all is not lost, where is it? It is easier to get older than it is to get wiser. If God wanted me to touch my toes, he'd have put them on my knees. Funny, I don't remember being absent-minded.

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All articles are written by individuals who are in recovery. These articles reflect the personal views of the authors and not Christians in Recovery as an organization. The authors share their own personal experience, faith, strength and hope with the desire to benefit the reader and the reader's own recovery. Please take what you need and leave the rest."

