

Spring 2015

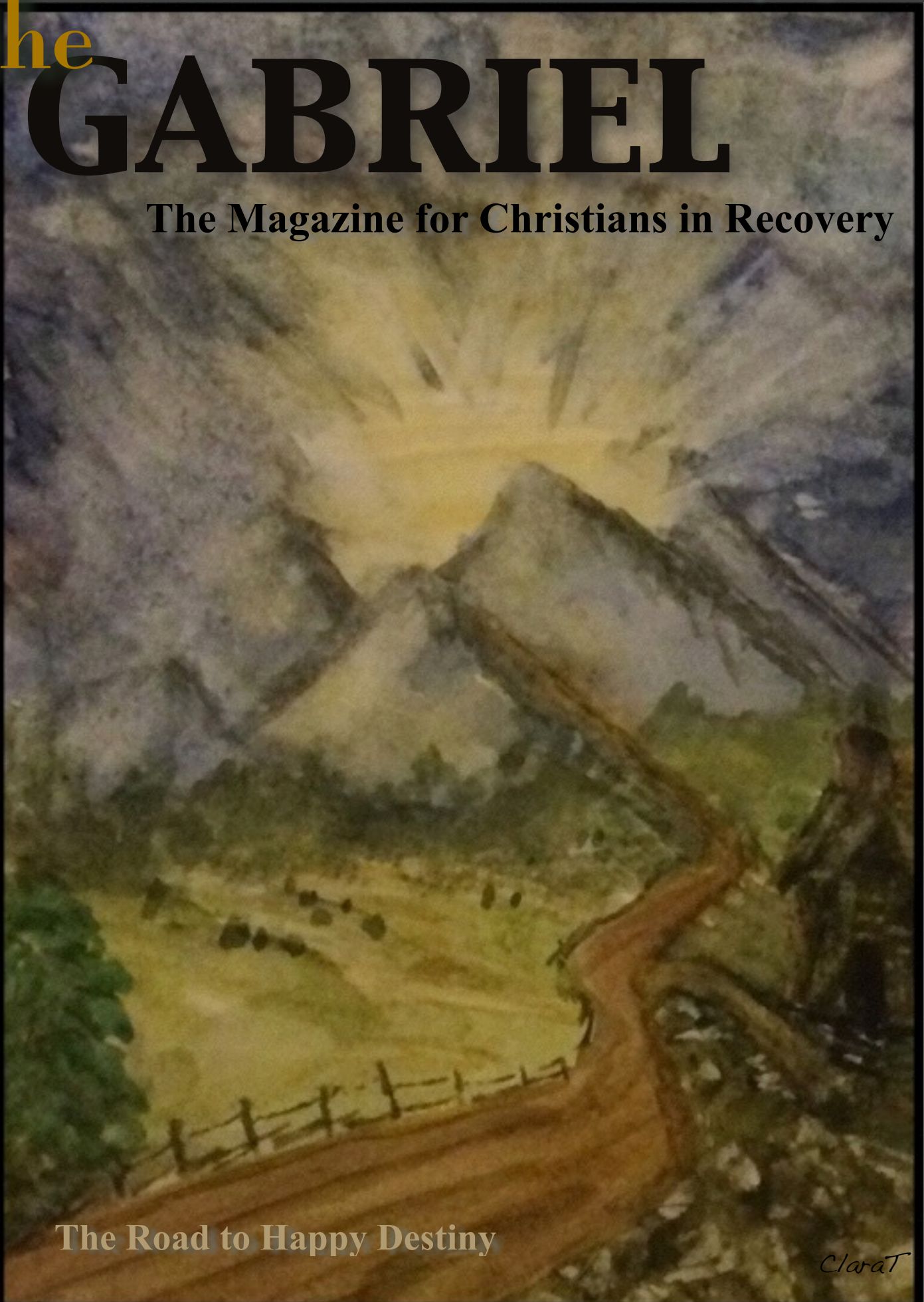
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GABRIEL

The Magazine for Christians in Recovery

The Road to Happy Destiny

ClaraT



The Gabriel

SPRING 2015

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If you would like to submit an original article for inclusion in the next issue of "The Gabriel", we would love to consider it. For more information and publication guidelines email clara@christians-in-recovery.org. If not an original article, we would need you to also send copyright permission from the author or source along with the submission.

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.

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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.

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The Road to Happy Destiny

"Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

"May God bless you and keep you - until then." from pg.164 AA Big Book

How many times have we all remarked or thought, "Why did Bill W. have to say *trudge* that road to happy destiny!" We would much rather it be an easy walk or at the most one where we could see those hills and potholes coming. It just seems like so much hard work! And it is, sometimes.

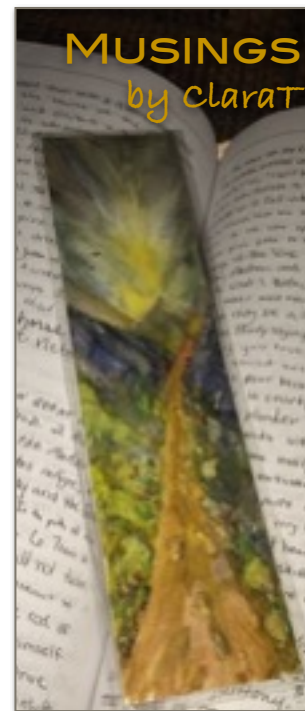
Today I know, however, that if life didn't bring me some times where I had to practice (*and practice and practice*) tolerance and responsibility I don't think I would ever go there. I know I wouldn't choose to hit my knees most days if everything went just easy as pie. Would you? It's hard to be grateful for those times - sure it is. But give me a day or so to have worked on things and I will be the first to say that I am grateful for that hill I had to trudge up. I get stronger and more able to walk and sometimes even learn to avoid the potholes in life.

Maybe Bill W. put that word in there just so we would think about our journey, and realize that gratitude for the tough times is a gift that can only be gotten through going through them.

And that "Happy Destiny"? I was in a meeting once with just one other guy. He had eight years sober (an eternity to me!) and I had about a year. It was one of the most memorable meetings I have been in. He said, "If I had gotten what he I thought I wanted or needed when I was a year sober, I would have severely shortchanged my life." Wow. And you know what? He was right. Recovery has not only brought a new life, but it has brought new vistas of possibility to my life. Things I never dreamed would be possible, much less happen. I retired this past Fall and just before retiring, I was invited to speak at a medical conference in Taiwan! I had never traveled overseas nor spoken professionally. You know, not only did it go well, I made some new wonderful friends *and* stayed clean, sober and serene through it. Now *that* is a miracle.

So I will say to you the same thing that they told me when I first came into the rooms, "If you stay in recovery things will happen to you "beyond your wildest dreams". Trudge on!

MUSINGS
by clarat



ClaraT, Editor
The Gabriel

Romans: An Introduction

Part 3 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:

michaeltthepenguin.blogspot.com/

I hope that this will bring you a blessing. I am Michael the Penguin and I am a Christian in Recovery.

Here is how Romans 1-8 works for me.

For most of my early life I experienced a fair degree of futility when it came to spiritual matters. I was under the impression that there was this thing called “religion” and unless we followed a certain protocol or rules and regulations when it came to being “religious” we were in danger of hellfire and judgment. It seemed impossible to keep track of all of this, and when I could, I got away from all of it as soon as possible.

I ran into other “religious” people from other denominations and it just did not seem to be all that different. They had a protocol... maybe different from what I knew...but it all boiled down to “you can do this but you cannot do that” kind of an experience.

Then one day a Bible was placed into my hands. I opened it up. What I found inside is pretty much

what you have seen in “overview” form if you have followed this blog. I refer to an Old Testament mainly telling about how God worked with various people. What impressed me was that they were quite flawed and vulnerable in a lot of ways. Yet God worked with them anyway. I saw a New Testament that did not get into “religion.” Instead it taught about a Person – Jesus. And He was down on “religion” just like I was.

As I studied and learned about Jesus I came to Him one night for forgiveness and relationship. All I did was come to Him in faith. I looked upon Him who died for my sins at Calvary and who rose again three days later and would someday return. I discovered Christianity as a relationship with God, and it has worked for me.

I learned early on about grace. And I saw that it was grace that saved me (Ephesians 2:8-9) and it was my faith in all of that which justified me before God (Romans 1:17; 3:28). I did nothing to earn this. No specific “work” was performed. I sensed an immediate change in my attitudes toward others. I even found myself loving people I did not like! And, there was no protocol at all: just come to Jesus in prayer, Scripture study, meditation, and in experience and He will work with me 24/7.

But with the joy of the Christian life also came a dilemma: while my sins were forgiven, I found myself often sinning again. I found temptations come at me worse than ever before. Often I yielded...often I still yield. Romans 7:15-25 are Paul’s words but they are mine too. So, how does one deal with that?

Romans 6 will teach it. It is a chapter I recommend you read time and time again. And, what follows is how Romans 6 becomes a part of my experience, strength and hope.

Even though I walk with Jesus and He is in me and with me, I am still a free soul capable of making my own decisions. Adam and Eve were no different. They made the wrong choice, and often I do too. My hypocrisy gets me down. Whenever I am down in my spirit because of this I go to the Cross of Christ. I do this in my imagination, in my spirit, if you will, and kneel down. I can hear the cries of Jesus above me. It is a very graphic scene. And I lay my sins there through confession (1 John 1:9). Scripture teaches that those sins died with Him at Calvary.

Then I turn and look across a valley and see the Empty Tomb. Soon I am in it, and I see an open door and look out. That is my new life in Christ. Having put aside my sins, I walk out into that new life.

(continued on next page)

I go through this discipline quite often for obvious reasons: my sins concern me, not because I broke a bunch of rules, but because I disobeyed my Daddy (Romans 8:15). It leaves our relationship in a tension that is relieved when confession and new life occur. The nature of that relationship concerns me, just as my relationship with those I love also concern me. I work that relationship as best I can.

This is so far removed from obeying a protocol or system and being "religious" that it almost becomes laughable.

Easter is coming up in two days (April 4, 2010). This is the best time for a Christian because the experience of the cross reminds us of what our Lord did for us, and the experience of the resurrection of our Lord reminds us of the hope we have in our future life in Him.

For that, I praise God.

CHRISTIAN RECOVERY READING

The Heart of Addiction

This book and accompanying workbook make the distinction between what the world terms a "disease" and what Scripture demonstrates is a life-dominating sin nature problem. You will find biblical tools to help you examine your heart's motives at the root of your addiction or dysfunctional behavior.



Communication and Conflict Resolution

Within these pages you will find biblical ways to resolve conflict and communicate effectively. Authored by Stuart Scott.

Video Game, TV and Internet Addiction


This booklet gives insight into the problems of excessive TV, video gaming, and Internet activity from a Biblical perspective and offers a practical plan of action to overcome the temptation to live life in a cyber world.

From Pride to Humility

Pride is a form of self-worship and is often at the root of dysfunctional behavior as well as addiction. These pages describe the various manifestations of pride and how to learn true humility. Authored by Stuart Scott.

WISDOM FROM A CIR MEMBER

Trying to change my past...it's a way of wanting to make me perfect.... That can't and won't happen. ~Obie



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!

DID YOU KNOW? CIR has a [Youtube Channel](#)
If you would like your testimony uploaded please [Contact Us](#)

Creation Corner

Late Bloomer

by Laurie J

Better to be a late bloomer
Than to have never bloomed at all
Never to have felt God's love
Tragic spiritual stall
God's greenhouse blooms spiritual self
Into righteous souls of His love
Many children are late bloomers
God will grow them perfectly
Souls blossom at His touch
Blooming gifts He sends
There's nothing better
Than gifts from God
Outlasting everything
Making roses from twigs of briers
Pruning the bloom better, better
Until it reaches Him



The Wonders

The wonders of Creation
Of cremation of my sin
Of how a child like Mary
Could harbor Life within
Of how a thriving orchard
Springs from a single seed
Or maker of the universe
Could sit on Mary's knee
I hang in life upon a limb
On far flung distant tree
But track my lineage to the One
Who took the nails for me
The miracle of Life moves on
Invading, chasing void,
Creating fertile fields in hope
The dust will spring to joy.
~*~

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Are There Books And Movies That Don't Belong???

I visited a garage sale. And had a
surprised look on my face.
I noticed that some things were
"out of place."

To my right...
Was a shelf filled with books..
And Christian ones too.
To my left... Was a sign that read;
"I have adult movies for you."

I wondered and thought with
some kind of amazement.
"Does this person read these
books.
And watch this "entertainment?"
This is common in many Christian
homes...
Often... People cross God's

"boundaries" and "safety zones."
Anyone can go to church.
Pray, sing and "shed a tear."
Not realizing that sin's temptation
is drawing ever so near.

Do you seek God's holiness and
the power of Jesus' name?
But each night... Before bedtime...
Things aren't quite the same...

Have you opened up your heart
and mind... And live life
unfulfilled?
Is this the way you ought to live?
Is this what God has willed?

He desires to live inside of you.
And help you to discover.
With any stronghold in life. He'll
help you to recover!

Are things in life "out of place?"

And need to be put back together?
Allow God's word to guide you!
His promises are forever!
Everything will be where it should
be...
With Jesus In control!
Only he can defeat the enemy that
seeks to destroy your soul!

Poem By Jim P



Watercolors by ClaraT

St. Patrick's Breastplate (The Lorica)

I bind unto myself today
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in
Three.

I bind this day to me for ever.
By power of faith, Christ's
incarnation;
His baptism in the Jordan river;
His death on Cross for my salvation;
His bursting from the spiced tomb;
His riding up the heavenly way;
His coming at the day of doom;*
I bind unto myself today.

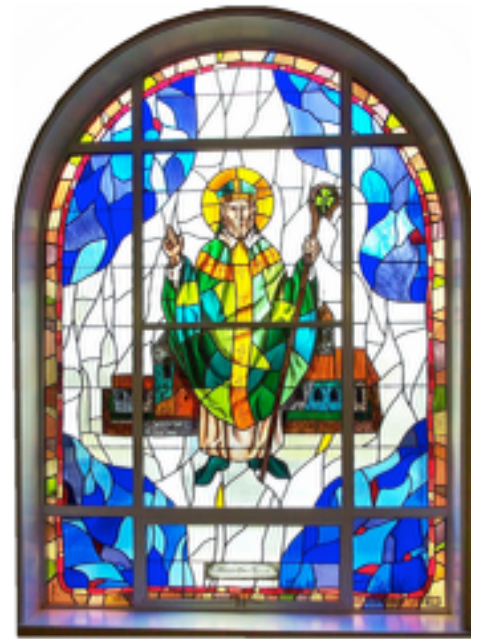
I bind unto myself the power
Of the great love of the cherubim;
The sweet 'well done' in judgment
hour,
The service of the seraphim,
Confessors' faith, Apostles' word,
The Patriarchs' prayers, the
Prophets' scrolls,
All good deeds done unto the Lord,
And purity of virgin souls.

I bind unto myself today
The virtues of the starlit heaven,
The glorious sun's life-giving ray,
The whiteness of the moon at even,
The flashing of the lightning free,
The whirling wind's tempestuous
shocks,

The stable earth, the deep salt sea,
Around the old eternal rocks.

I bind unto myself today
The power of God to hold and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, His shield to
ward,
The word of God to give me
speech,
His heavenly host to be my guard.

Against the demon snares of sin,
The vice that gives temptation force,
The natural lusts that war within,
The hostile men that mar my
course;
Or few or many, far or nigh,
In every place and in all hours,
Against their fierce hostility,
I bind to me these holy powers.
Against all Satan's spells and wiles,
Against false words of heresy,
Against the knowledge that defiles,
Against the heart's idolatry,
Against the wizard's evil craft,
Against the death wound and the
burning,
The choking wave and the poisoned
shaft,
Protect me, Christ, till Thy
returning.



Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and
stranger.

I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same.
The Three in One, and One in
Three,
Of Whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.

submitted by Samuel

The Egg Cracked By Roadrunner

Curled in my acquired shell
I was content
Insulated
Orchestrating
Life was good



Life was predictable
Life was peaceful
Little did I know...
Precarious



Inklings appeared
Rumors of more
Dissatisfactions arose



Friendly confines became
confinement
Protective barriers...
constricting bands
Camelot caved



My soul longed to cross
party line
Escape assumptions

Explore ascension
Grow



Head banging eventually
ceased
Ending with a CRACK!
Shaft of light appeared
I peeped out, ushering in
Second birth

CIR NEWS



[Archives of Past Issues](#)

ANNOUNCEMENT

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[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.

- [Body Bashing](#)
- [Betrayal: Surviving Sexual Abuse](#)

TOOLS THAT MAKE A DIFFERENCE

- [Learn How to Start a Recovery Group](#)
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Self-helpSoftware.com

Emotional Communication “Touch and Loneliness”



I will begin by saying that there are vast differences of opinion as to which emotion or event in people's lives contributes to loneliness more frequently than the absence of the sense of touch, or I could say the lack of touch. Questions that might be asked are; "Does the individual ever get enough hugs, a hand that gently caresses, the stimulating vibration of the spoken word as it strokes the skin."



The Gabriel's Associate Editor, Jim Aquila, discusses the importance of touch in our lives.

Unfortunately, the usual is not enough when dealing with humans and it is surely not enough when talking about holistic medicine. Quality life requests that specific connections exist between the man, his person, the environment in which he lives and his spiritual nature. This connection is established at birth and continues through life. With this in mind, I will be discussing what I believe to be the most important element in a relationship — Touch.

I will begin by saying that TOUCH is the first sense that we develop. Humans are not alone. Studied seem to indicate that all species of animals also develop their sense of touch before birth. Touch depends upon the growth and development of the largest organ we have: our skin. Our skin "sees" for us before birth and conveys the reality of our surroundings to our developing brain.

WITHIN THE WOMB, our body communicate through its intimate relationship to the mother. The fetus is constantly cuddled, caressed, stroked, and kissed. And our life system

assumes the patterns of our mother's emotional life. If the mother feels verbal, physical, or spiritual abuse, the developing child also does. If she feels constant anxiety, fear, anger, contentment, love, or grief the developing child also does. Her external environment is transmitted to the child which helps shape their behavioral environment.

AT BIRTH, the face is more sensitive to touch and pressure than other parts of the body. We can see our skin; it can be examined easily. Skin, the largest of the body's organs, represents our initial effort to communicate with our external environment, and is capable of being the most stimulated of all our organs. It provides a mirror of our self-esteem, health, and identity. Therefore, sensitivity to touch develops from the head downward, as if radiating an awareness outward from the brain.

COMPULSIVE PATTERNS. If such a pattern is not constructively dealt with from the womb, we will develop

Continued on next page

energy blocks as well as possible physical disabilities. Those biochemically-wired connections between stimulus and reaction, called chemical neurotransmitters, compel us to try to reconstruct those patterns we learn as a developing human being, and project those learned patterns through our attitudes, behavior and an equally important hormonal pattern in life by creating energy blocks.

ENERGY BLOCKS RESTRICT OUR CHOICES. Freeing ourselves from the domination of these energy blocks demands a commitment in time, energy, and financial resources to regain control over our success and our future. Energy Blocks are biochemical nerve signal that dam and create detours, which prevent constructive and flexible responses to life events. They are most frequently exhibited as destructive behavioral patterns. Such patterns, habits or personal characteristics can be acquired in a variety of ways: inherited habits are often genetically based, emotional fears passed on through mother, physical menace, biological hazard, social punishment, or, spiritual abuse.

At this point, you might ask, "What has all this to do with 'Touch and Loneliness'?" I have taken the liberty to include a short poem that defines what the emotion of loneliness means to me.

The Touch of Loneliness
Is like an everlasting thought, that runs in and out of my mind never ceasing. All I ask is for someone to care. All I need is someone to care. Someone to be there, for me when, I really do need them.

I think I hear my heart, yes, it speaks to me as I write, often through the black of night. One moment my heart, is telling me something. If I hear this right, it is telling me how much I miss you.

If only you knew what a simple hug or a gentle touch could do. Without, I feel crushed like flowers caught in a storm.

I feel empty like no one cares... No one to care for. And worst of all, it may now be true! No one knows just how I feel, through these rough times. These long nights.

What I really need, is for you to be my friend. I've shown you how much I care, now all I ask, is for you to be there when I need a friendly face to remind me of the beauty of this intricate lace, I call touch.

-Author Unknown

Loneliness: solitary, without company; lacking sympathetic or friendly companionship or relationships. How many people fit that description? Loneliness has many descriptions. There is the old man who shuffles down the sidewalk every morning, and your Auntie, who recently left her neighborhood of fifty years to live in a nursing home in a different city. Somewhere in this city there is the latch-key child who spends

three hours at home alone each afternoon, and the single dad who moved into your apartment building. There is the relationship break up. There is your coworker or an Internet buddy who just doesn't fit in to any of the usual social gatherings, and there is the scientist who spends twelve hours every day in an office working at a computer. Loneliness is a condition that crosses all gender, ethnic and socioeconomic barriers.

What a sad commentary in this age of astounding medical advancements and technological wizardry that people fall prey to the negative effects of loneliness at an alarming rate. The most difficult lesson that I had to adjust to was to realize that being around other people is not enough to prevent loneliness. Rather, it is the quality of the relationship that will determine whether a person feels lonely.

So what? So, what's a little loneliness? It's not like a fatal disease, right? Wrong. Loneliness is a stress like pain, injury/loss, grief, fear, fatigue, and exhaustion. Loneliness can be traumatic. Physiologically, loneliness can trigger the same stress response as a broken leg. This causes our bodies to alter the production of hormones, which in turn alters every cell in our body. Stress like this has been implicated in contributing to the origin or severity of diseases. But enough said. Loneliness is not something

Continued on next page

to be ignored. Real loneliness begins with an inability to communicate one's feelings, and touch is the major expression of our feelings.

Come, I'll share with you, my thoughts.

But you must come with an open mind. Do not react negatively to my assertions until you have heard me out. I believe that many of us can be helped if we really desire that help. But, how can we tell what we need?

Loneliness originates from knowledge of our uniqueness. Every human being has that something within that is unique to him or her. There is a specific identity. There are specific thoughts. There is a capacity for us to know, to reason, to understand and to exist. And, instinctively, we know that we are unique. We know that no one else has our thoughts, our exact feelings, or our ideas. Most of all no one shares our identity. That identity that makes us unique, is ours to possess alone. We come to know that there is no one out there exactly like ourselves. Oh, there may be some who resemble us and there may be others who sound like us, or even share some personality traits similar to ours. However, we are all unique inside. We are true spiritual beings having a human experience.

The only true escape I have from loneliness is to have someone else to share that space I call my inner being. In short, we communicate

this intimate experience by our first developed sense... touch. An impossible task, you say. Well, not really. If one believes in his or her spiritual qualities, then one must admit that the human shell has long been a home for another wonderful Personage, another Spirit willing to enter and share our lives. Sharing is the only process in existence that can truly remove loneliness. That Spiritual co-habitation is the sole true cure for the deep, lonely feeling that we human's share worldwide. Even more, the Spirit that lives within us is in unison with the living God, and Jesus Christ.

I can say truthfully that my deep feelings of loneliness left when God's Spirit came into my body and I into him. Oh, I have been lonely in the sense that I wanted someone to talk to, wanted company, or missed my family. Those kind of feelings will always exist. However, I am talking about that deep, inner loneliness that comes from knowing that inside, you are all alone. That is a fatal feeling that no one is home but you.

Someone beside me is now home, and lives within me. I know that and can testify to that. I sense that and I experience that. As it is written: "The Spirit itself bears witness with our spirit, that we are the children of God." Romans 8:16. I KNOW someone is in there now. There is someone else home besides me that can touch me.

It is important for all of us to know that life must exist in balance. Judaic Christian principles hold that "everything should be taken in moderation". Unfortunately, moderation for one is to much is still not enough for another. Since the sense of touch is emotionally charged sprouting from the limbic system, which is our emotional seat we can see that the state of loneliness is an expression of imbalance existing in the biochemical communication system of the body. And as such can be balanced when fed the right kinds of natural substances. Not more drugs or increased risky behavior. -30

Dr. Aquila is an author/teacher and Nutritionists. He has authored five books and several pamphlets on addictions and their effect on relationships, by using vitamins and herbs. James also writes other articles appearing in Celebrate In Recovery and The Gabriel. For additional information James invites you to write to him here:

jaquila@sbcglobal.net

Want to find more articles on CIR by Dr. Aquila or any of the other Gabriel authors? Just do a search of CIR's Archives. Here's how: Go to www.christians-in-recovery.org.

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Founded in 1948, Alcoholics Victorious support groups offer a safe environment where recovering people who recognize Jesus Christ as their "Higher Power" gather together and share their experience, strength and hope. AV meetings use both the [12 Steps](#) and the [Alcoholics Victorious Creed](#). **Need help? [Contact Us](#)**

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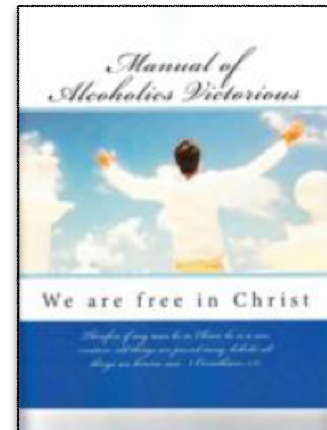
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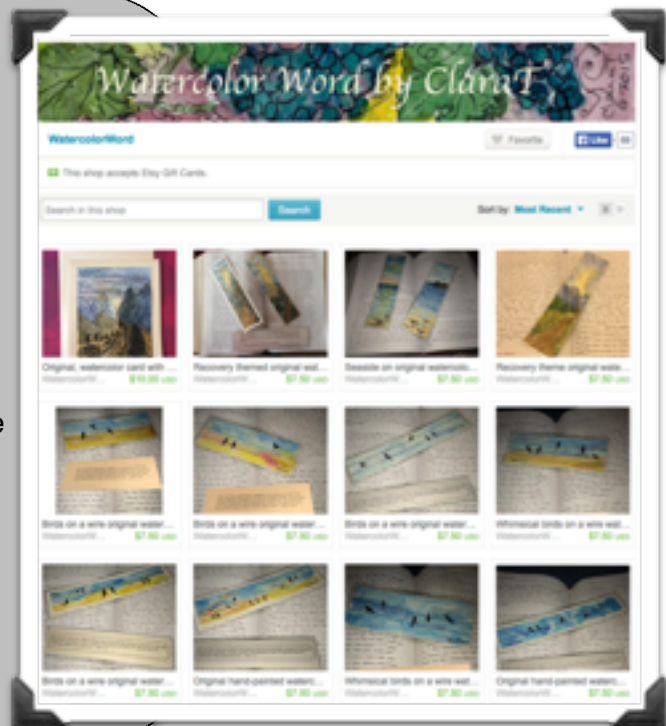
Give the gift of recovery

Many of the images used in this issue including the cover art, are available as hand-painted, watercolor bookmarks and cards. ClaraT also welcomes suggestions and commissioned items.

Send your favorite Bible verse or quote with an idea of the design and she will attempt it!

They make wonderful gifts for sponsors and sponsees and special friends in recovery. Surprise someone you love with a special bookmark with scripture on the back or a framable watercolor card.

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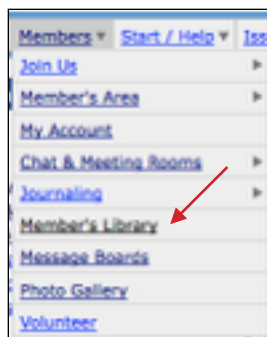
Info & Help - a bibliography of the CIR Members Library

Clip & Save!

For the very first time *The Gabriel* brings to our readers the entire bibliography of the eBooks and links contained within the Christian's-in-Recovery Member's Library. The Member's Library is a collection of ebooks and software FREE for CIR Members.

We encourage all our members to take advantage of this as well as the 100's of articles on the CIR website dealing with issues from the 12 Steps to Building Faith to Mental Health and much more!

The Members Library can be found on a dropdown list by clicking the Members link at the top of the CIR home page.



The Article Library may be accessed by searching your topic of interest in the "Search this site" box at the top of the page or browsed by subject using the "Issues", "Tools" or "Compass Points" links at the top of the home page.

Help and Hope Booklets

Excellent Booklets to help you:

1) [Communication & Conflict Resolution](#) Within these pages you will find biblical ways to resolve conflict and communicate effectively.

2) [Biblical Counseling](#)

Biblical counselors have been trained to utilize the Bible in a counseling context by applying practical and hopeful biblical principles to real life situations and problems. Christians who find they are struggling with

various problems need an understanding of the awesome resources available in biblical solutions that offer real hope and practical help.



3) [Husbands and Fathers](#)

Helps men define discipleship with their families. Learn how to be a godly father and head of your household. Authored by Mark Shaw.

4) [From Pride to Humility](#)

Pride is a form of self-worship and is often at the root of dysfunctional behavior as well as addiction. These pages describe the various manifestations of pride and how to learn true humility.

Other Topics include:

- [Anger, Anxiety & Fear](#)
- [Conflict Resolution](#)
- [From Pride to Humility](#)
- [Gambling Addiction](#)
- [Homosexuality](#)
- [Self Injurers and Cutters](#)
- [Life Dominating Sins](#)
- [Biblical Counseling](#)
- [Become a Better Husband and Father](#)
- [Marriage Problems](#)
- [Suffering](#)

- [Psychologized Man: A Biblical Perspective](#)

eBooks

12 Steps

- [AA 4th Step Inventory](#)
- [12 Steps of Life in Jesus Christ](#)

This study focuses on Satan being the source of addiction and dysfunctional behaviors.

- [The Power to Change](#)

Guide for a 12 Step Program of problem solving and personal development

Also see: [12 Step Bible Study Software](#)

Alcoholics Anonymous Big Book & Related

- Alcoholics Anonymous Big Book
 - [PDF File \(Adobe Acrobat\)](#)
 - [Zip File](#) | [EXE File](#)

- [Big Book Concordance](#)

Abortion

- Grand Illusions: The Legacy of Planned Parenthood

[HTML](#) | [PDF \(Adobe Acrobat file\)](#)

This is the book on the abortion holocaust in American today.

- Killer Angel: A Biography of Planned Parenthood's Founder Margaret Sanger

[HTML](#) | [PDF \(Adobe Acrobat file\)](#)

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RecoveryBooks.com

Carrying the best of Hazelden, Christian Book Distributors & Amazon.

We do the shopping so you don't have to! Searchable Database

Addiction

- [40 Days to Freedom](#)
- [Conquering Chemical Dependency: A Christ Centered 12 Step Process](#)
- [How the Naked Ape Got to the Land of Nod](#)

The book that explores alcoholism among the waves of Genesis Light. By Edwin Gerler. This book is for everyone in recovery. We are able to offer this to you by special permission of the author.

Codependency & Relationships

- [Conquering Codependency: A Christ Centered 12 Step Process](#)
- [First Aid for a Wounded Marriage](#)

by Marilyn Phillipps. From [Univeristy of the Family](#)

Counseling & the Bible

- [Against Counseling, for the Bible](#)
- [Christ Centered Ministry vs. Problem Centered Counseling](#)
- [Study Guide](#)

NOTE: CIR does not agree with everything written in these books but some thought provoking points are made.

Cults, New Age & Witchcraft

- [Unholy Spirits: Occultism and New Age Humanism](#)

Everywhere you turn these days, talk of crystals, channeling, astral projection, mediums, psychic phenomena, pyramid power, and reincarnation abounds. The New Age rage is upon us.

Should this give us cause for alarm? Are New Age enthusiasts a serious threat to Western civilization and orthodox Christianity? Or are they little more than "kooks laughingly to be dismissed? Is all the attention

they've garnered in recent months simply a passing fad?

According to this in-depth analysis by renowned historian and author Dr. Gary North, the New Age movement is indeed a serious threat and its adherents are no laughing matter.

By tracing the historical and theological roots of modern occult practices, Dr. North paints a frightening portrait of just exactly what we are up against. It's not a pretty sight.

Fortunately though, Unholy Spirits is not simply another "doom and gloom" forecast. He offers parents, teachers, pastors, and other committed Christians practical steps of action to nullify and ultimately eliminate the effects of the New Age infiltration into our homes, our schools, our communities, and our nation.

Discipleship

- [Thirty Discipleship Exercises](#)

by Billy Graham Evangelistic Association

Divorce and Relationships

- Second Chance: Biblical Principles of Divorce and Remarriage

[HTML](#) | [PDF \(Adobe Acrobat\)](#)

One out of every two marriages in the United States now ends in divorce. Almost half of the children born today will be living in a broken home before they reach the age of eighteen. Forty million Americans have been married more than once, and the number keep increasing. This trend has now touched every sector of our society - including the Church.

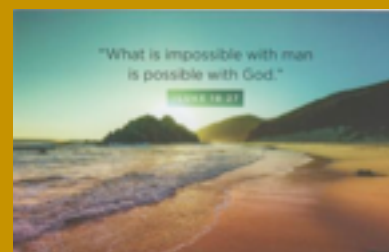
Most pastors and theologians have been caught off guard. And as a result, they have resorted to extremism - liberal permissiveness on the one hand, austere legalism on the other. They have been unable to genuinely help those caught in the traumas of divorce and remarriage. They don't have answers. But the Bible does.

In this volume of the groundbreaking Biblical Blueprints Series, Rev. Ray Sutton outlines those answers specifically. He avoids the extremes by providing clear, balanced instruction from Scripture.

The Bible tells us what to do - when, where, how, and why. It provides us with a "blueprint" for faithfulness in the midst of divorce and remarriage. Second Chance lays out that "blueprint" simply, practically, an understandably. It offers hope and help for the hurting.

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Tip: [2015 Calendar Cards](#)



A great gift and witnessing tool at a low price.

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Building Faith

- [Productive Christians in an Age of Guilt Manipulators](#)
- [Faith with Reason: Why Christianity is True](#)

This is a book about world-views. Everybody has one, but most individuals never really pay much attention to their own personal philosophy of life. This is a tragedy because there is no state of awareness so fundamental to living life. Since there are many worldviews out there this book was written to help individuals understand why biblical

Christianity is so important, not only in our understanding of God, but ourselves and the world around us as well

- Greatness of the Great Commission: The Christian Enterprise in a Fallen World

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The war between God's kingdom (civilization) on earth and Satan's kingdom (civilization) on earth is total, encompassing every aspect of life. The Great Commission calls the Church (in this "Church Age") to make a full-scale attack on modern humanist civilization, but always in terms of a positive message and practical program: a better way of life in every area of life. This is the greatness of the Great Commission. It must not be narrowed to exclude culture from God's special grace.

- [Spiritual Laws](#)
- [Spirit Filled Life](#)
- [Would You Like to Know God Personally?](#)

Liberating Planet Earth: An Introduction to Biblical Blueprints

[HTML](#) | [PDF](#)

Does the Bible have answers for the complex challenges of Marxism, Communism, Liberation Theology, and New Age Humanism? Yes! This is perfect for the skeptical agnostic, the Christian influenced by existentialism, or the new Christian as well.

Eating disorders

- [Conquering Eating Disorders: A 12 Step Process](#)
- [The Remuda Review](#) - a quarterly Christian newsletter for eating disorders.

This quarterly journal offers a Biblically-based and scientifically-valid approach to the integration of Christianity and patient care in the treatment of eating disorders. The goal is to present practical information for those who provide eating disorder treatment from a Christian perspective or who work with Christian patients. Subscriptions to the Remuda Review are complimentary. You can subscribe in order to receive regular issues of the Remuda Review.

Health & Healing

- [The Quest for the Best Within](#)

Are you suffering from an illness or sickness and getting better is a desirable goal whose achievement seems unobtainable? Then this self-help book on spiritual healing may be the answer to all your questions and the beginning of a new life of health and wellness.

Mental Health

- [Living Free: Demolishing Strongholds](#)
- [Moving Beyond Your Past](#)
- [Discipleship Exercises](#)

"Thirty Discipleship Exercises" can be used for personal devotions, one-on-one discipling of a friend, or for small group discussions. There are instructions for how to use this material in each context, including instructions on organizing a small group and tips for small group leaders.

- [Bi-Polar Disorder](#)
- [Depression Information](#)
- [Men and Depression](#)

Miscellaneous

- [The Gabriel](#)

Magazine of Christians in Recovery (Archives)

Recovery

- [The City Inside](#)

An allegory of addiction recovery.

- [Armor of God](#)

A study on recovery from porn addiction

- [Freedom Journey \(Level 1\)](#)
- [Freedom Journey \(Level 2\)](#)
- [Recovery Professionals Resources](#)
- [NIAAA Alcohol Problems in Intimate Relationships: Identification and Intervention](#)
- [Helping Patients Who Drink too Much](#)
- [Surgeon General's Call to Action to Prevent and Reduce Underage Drinking](#)

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Sex Issues

- [Striving for Absolute Purity](#)

12 Week Workbook for those struggling with with some aspect of sexual impurity (i.e. pornography, masturbation, or fantasy).

[Striving for Absolute Purity - Leader's Guide](#)

Leader's guide for above workbook. For those struggling with with some aspect of sexual impurity (i.e. pornography, masturbation, or fantasy).

- [Guidelines for Sexual Purity](#)
- [Buggin' Out](#)

Excellent Magazine! Articles written by Christian ex-gays.

- [Freedom from Masturbation Study](#)
- [Freedom from Homosexuality](#)

Suicide

[Preventing Suicide](#)

[Bibles & Bible Software](#)

- [Books of the Bible](#)

Learn the books of the Bible. The program will take you through the books of the Bible in order or at random, depending on what you choose. (Windows)

- [Bible Inverse Scripture Memorization](#)

Contains over 14,390 verses preloaded in 2,233 of the best known Scripture passages from ten different Bible translations. As your proficiency on a passage improves from Just Started to Good and then Mastered, you can categorize it for Less Frequent or

Least Frequent recitation.

Veterans at memorization benefit by being able to organize scores of passages between Learning, Learned, and Archive.

- [The Sword Project Bible](#)

NEW version of Free Bible Software, Reference Works, Daily Devotionals, Lexicons etc. for Windows, Linux, Mac, PDAs. Do NOT miss out on this! All Bibles & reference works are hyperlinked and synchronized.

- [World English Bible](#)

New Testament, Psalms, Proverbs, Glossary, and Map. Easy to read modern language version. You need the Free [Adobe Acrobat Reader](#) to read this and you also need to unzip it.



The 12 Steps for Those Who Love an Alcoholic

1. We admitted we were powerless over the lives of our loved ones.
2. We came to believe that Christ could change our way of thinking.
3. We made a decision to turn our will and lives over to Christ, COMPLETELY.
4. We made a searching and fearless moral inventory of OURSELVES.
5. We admitted to Christ, ourselves, and to another person the exact nature of our wrongs.
6. We were entirely ready to have Christ remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people whenever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong PROMPTLY ADMITTED IT.
11. We sought through prayer and meditation to improve our relationship with Christ, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others in the same situation, and to practice these principles in our lives.

~ * ~

"12 Steps for Those Who Love an Alcoholic"
by [Alcoholics Victorious](#)

FROM MARRIAGE AND RELATIONSHIPS FORUM

[Help for Victims of Spouse Abuse](#)

When Violence Comes Home

[Knowing When and How to Forgive](#)

When Forgiveness Seems
Impossible

[Dealing with Angry Emotions](#)

When Anger Burns

[Verbal Abuse in Marriage](#)

When Words Hurt

[Violence: Why It Happens](#)

[What Do You Do With a Broken Relationship?](#)

A pattern for reconciliation

[How Can I Know What God Wants Me to Do?](#)

Finding the Will of God for You

[When the Flame Flickers](#)

Rekindling Intimacy in Your Marriage

[When We Just Don't Measure Up](#)

Escaping the Grip of Guilt

[When Help is Needed:](#)

A Biblical View of Counseling

[Breaking the Power of Pornography](#)

When a Man's Eye Wanders



Family Info & Help

Family relationships can be very challenging at times. It is important to approach difficulties prayerfully. The Christians in Recovery Web site is loaded with hundreds of pages of information and files designed to help you learn and to equip you.

You are not alone! God can and will help you overcome your situation.

Talk with others who are in



Christians in Recovery® is a group of men and women who are 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 just like you who become Members and/or Donate Christians in Recovery® is a program of

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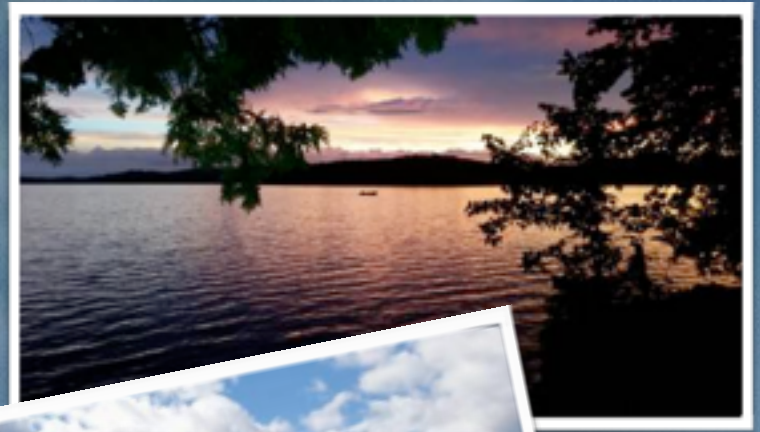
It is an honor for us to be able to stewards with the funds that God, to this ministry. We work continually transparency, accountability and by the continual growth we are seeing CIR. Without your partnership,

show you that we are good through you, has provided to function with excellence. We are excited throughout the ministry of participation and prayers

GLEANNINGS



Indian Christmas

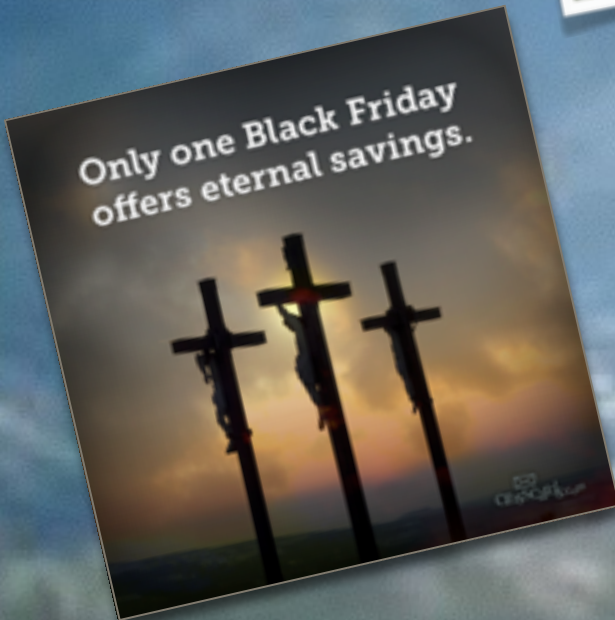


Scenes
from
Summer
2014

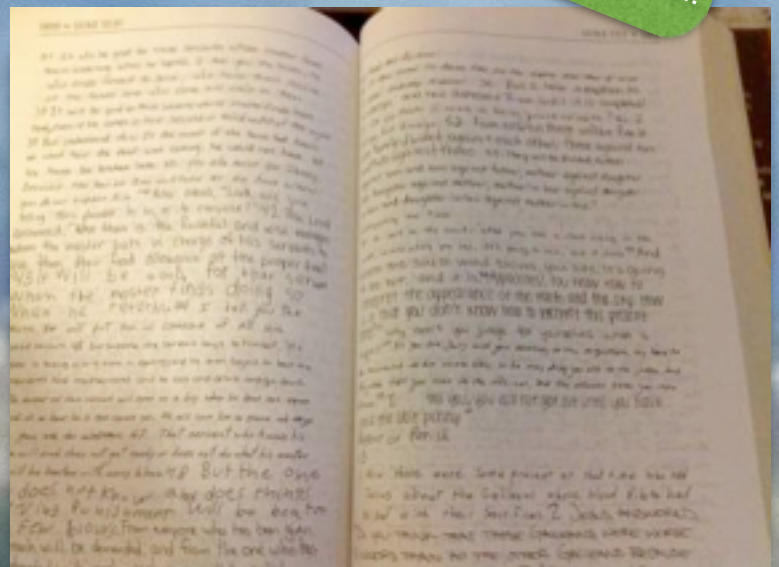
"I used to think that the brain was the most wonderful organ in my body. Then I realized who was telling me this."



Lord, Keep your arm
around my shoulder and
your hand over my mouth.



Worry doesn't rob tomorrow of its sorrow. It only saps the strength of today.

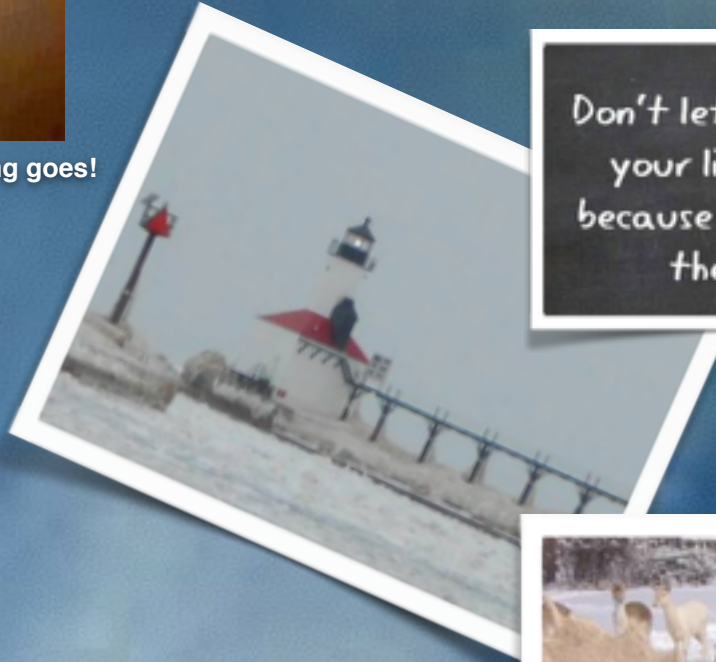


Unbelievable Christmas Present!
Handwritten Bible

FROM THE CIR WEBSITE



He's only a prayer away as the saying goes!

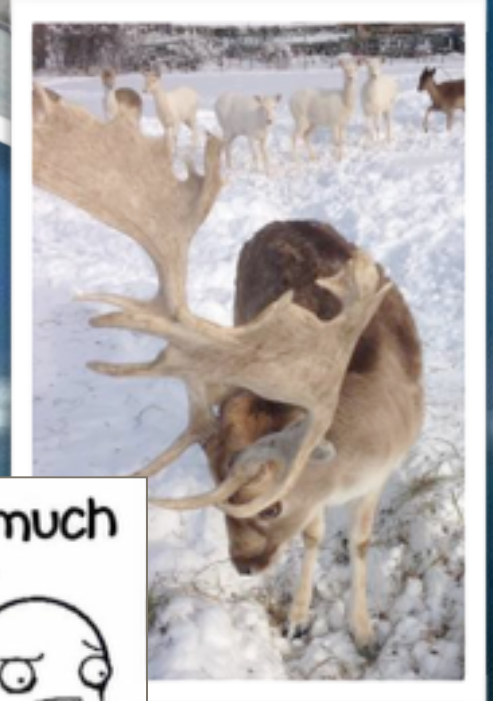
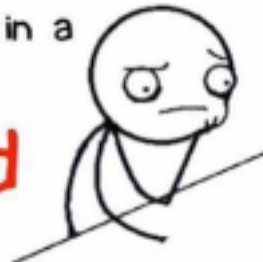


Don't let someone dim
your light, simply
because it's shining in
their eyes.



We may be broken, but not
done coloring yet!

I think too much
and then
put myself in a
**bad
mood**



WOOD

Once upon a time there was a girl who had four friends.

She loved the fourth friend the most and adorned him with rich robes and treated him to the finest of delicacies. She gave him nothing but the best.

She also loved the third friend very much and was always showing him off to neighboring kingdoms. However, she feared that one day he would leave her for another.

She also loved her second friend. He was her confidant and was always kind, considerate and patient with her. Whenever this girl faced a problem, she could confide in him, and he would help her get through the difficult times.

The girl's first friend was a very loyal partner and had made great contributions in maintaining her wealth and kingdom. However, she did not love the first friend, although he loved her deeply, she hardly took notice of him!

One day, the girl fell ill and she knew her time was short. She thought of her luxurious life and wondered, 'I now have four friends with me, but when I die, will I be alone.'

Thus, she asked the fourth friend, 'I loved you the most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?'

'No way!', replied the fourth friend, and he walked away without another word.

His answer cut like a sharp knife right into her heart.

The sad girl then asked the third friend, 'I loved you all my life. Now that I'm dying, will you follow me and keep me company?' 'No!', replied the third friend. 'Life is too good! When you die, I'm going to marry someone else!' Her heart sank and turned cold.

She then asked the second friend, 'I have always turned to you for help and you've always been there for me. When I die, will you follow me and keep me company?'

'I'm sorry, I can't help you out this time!', replied the second friend. 'At the very most, I can only walk with you to your grave.'

His answer struck her like a bolt of lightning, and the girl was devastated.

Then a voice called out: 'I'll go with you. I'll follow you no matter where you go.' The girl looked up, and there was her first friend. He was very skinny as he suffered from malnutrition and neglect.

Greatly grieved, the girl said, 'I should have taken much better care of you when I had the chance!'

In truth, you have four friends in your lives:

Your fourth friend is your body. No matter how much time and effort you lavish in making it look good, it will leave you when you die.

Your third friend is your possessions, status and wealth. When you die, it will all go to others.

Your second friend is your family and friends. No matter how much they have been there for you, the furthest they can stay by you is up to the grave.

And your first friend is your spirit. Often neglected in pursuit of wealth, power and pleasures of the world.

However, your spirit is the only thing that will follow you wherever you go. Cultivate, strengthen and cherish it now, for it is the only part of you that will follow you to the throne of God and continue with you throughout Eternity.

Thought for the day: Remember, when the world pushes you to your knees, you're in the perfect position to pray.

FOUR FRIENDS

Humor In Recovery

She hurried to 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 some HELP. Within 5 minutes a beat-up old motorcycle pulled up, driven by a bearded man who was wearing an old biker skull rag. He 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, God, for sending me such a very nice man."

The man heard her little prayer and 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 great or what!?!

Posted by Fran:
There is so much negativity and depression in the world and on the news that I found this little piece of musical happiness to be refreshing and hope you do as well.
<http://biggeekdad.com/2011/03/bring-me-sunshine/>



A young monk arrives at the monastery.

He is assigned to helping the other monks in copying the old canons and laws of the church by hand.

He notices, however, that all of the monks are copying from copies, not from the original manuscript. So, the new monk goes to the Old Abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.

The head monk, says, "We have been copying from the copies for centuries, but you make a good point, my son." He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives, in a locked vault that hasn't been opened for hundreds of years.

Hours go by and nobody sees the Old Abbot.

So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.

"We missed the R! We missed the R! We missed the bloody R!"

His forehead is all bloody and bruised and he is crying uncontrollably.

The young monk asks the old abbot, "What's wrong, father?" With a choking voice, the old Abbot replies, "The word was

CELEBRATE!"

Understanding Obsessions and Compulsions

From American Psychiatric Association. "Diagnostic and Statistical Manual of Mental Disorders, 4th ed., text revision" 2000 Washington, DC: Article reprinted with permission of publisher.



Obsessions are thoughts, images, or ideas that won't go away, are unwanted and cause extreme distress.

Everyone has strange, unusual or even disturbing thoughts pop up from time to time. Most people continue about their daily routine without giving these experiences a second thought, but if you have obsessive compulsive disorder (OCD), these kinds of occurrences can become both distressing and debilitating.

What are Obsessions?

There are many different types of obsessions, including:

- Worrying constantly about catching a deadly disease and/or that you will contaminate others with your germs
- Fears about contamination with environmental toxins such as lead or radioactivity
- An intense fear that something horrible will happen to a loved one
- Profound worry that you will do something extremely embarrassing, like screaming out an obscenity at a funeral
- Believing you may hit someone with your car or injure someone unknowingly

- Aggressive or disturbing ideas, such as thoughts of murdering your partner or child
- Disturbing sexual and/or religious imagery that might include sexual assault or inappropriate sexual acts
- A strong need to re-order things until they feel "just right"
- A fear of harming inanimate objects

Obsessions are not simply worries about your everyday problems; they often feel impossible to control -- even if you can recognize their irrationality. Often, the obsessions are so debilitating that you have difficulty keeping up at work or maintaining personal relationships. Obsessions can be so distressing that they cause you to try to get rid of them with other thoughts or actions, like compulsions.

What Are Compulsions?

Compulsions are behaviors that have to be done over and over again to relieve anxiety. Compulsions are often related to obsessions. For example, if you are obsessed with being contaminated, you may feel compelled to wash your hands

repeatedly. Common compulsions include cleaning, counting, checking, requesting or demanding reassurance and ensuring order and symmetry. As with obsessions, people with OCD usually (but not always) have insight into the irrationality of their compulsions.

Obsessions and Thought Suppression

Given that distressing thoughts called obsessions are at the core of OCD, it has been suggested that thought suppression may play a role in causing some of the symptoms of OCD. People with OCD may overreact to dangerous thoughts by trying to suppress them, which only causes them to come back worse than before. Of course, this leads to more thought suppression, which leads to more distressing thoughts.

For example, as part of a research study, people with OCD were asked to suppress their distressing thoughts some days while allowing themselves to have these thoughts on other days. At the end of each day, they were asked to record the number of intrusive thoughts they experienced in a diary. Not surprisingly, people with OCD recorded twice as many intrusive thoughts on the days they tried

continued on next page

to suppress their thoughts than the days when they let their thoughts flow freely.

Obsessions and OCD Spectrum Disorders

There are a number of other disorders that while not technically meeting the DSM diagnostic criteria for OCD, have very similar symptoms and fall within the so-called OCD spectrum. This spectrum captures different clusters of, but not exactly the same as, those of OCD. Often (but not always) the only difference between OCD and a given OCD spectrum disorder is the specific focus of the obsessions and/or compulsions.

For example, people with hypochondriasis have obsession-like concerns primarily related to their health. These concerns often

have to do with developing a serious medical condition, such as cancer. Hypochondriasis is often mistaken for OCD; however, each illness has a number of unique features, which healthcare providers can use to tell these two disorders apart.

In another example, body dysmorphic disorder is a form of mental illness in which the person has obsessive thoughts about a slight anomaly or imagined defect in their appearance.

Treating Obsessions

Although the obsessions associated with OCD can be debilitating, there are a variety of treatment options that are safe and effective for many people. These include medications, psychotherapies, self-help techniques and in extreme cases, surgical procedures.

Contributed by "Sail" 05/08/12

This is an article is taken from just one of our Forums online.

Other forums include:

- [Newbie Introductions & Member Testimonies](#)
- [Abuse, Emotions, Suffering, Survivors, Adult Children, Grief, Incest](#)
- [Alcoholism, Substance Abuse, Smoking](#)
- [General Recovery](#)
- [Tips for Studying Scripture & Working the 12 Steps](#)
- [Digging Deeper, Beyond Recovery & Biblical Worldview](#)
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Please be patient, these take a few moments to download.

Anyone can get all past issues of The Gabriel from January 1999 though 2003 on CD [here](#).

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