

*Summer 2015*

the

# GABRIEL

**The Magazine for Christians in Recovery**

**“If you stay in recovery, things will happen to you  
beyond your wildest dreams!”**

# The Gabriel

SUMMER 2015

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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."

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](mailto: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 its members and friends. It is published 4 times a year, once each quarter.

The Gabriel Staff

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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.

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

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

## Surprised by Joy

When I first came into the rooms of recovery a little over 25 years ago, someone in one of those first meetings told me “If you stay sober, things will happen to you beyond your wildest dreams.” I thought. Yea, right (code sarcasm). Things up to then had certainly been in my worse nightmares, but dreams. Never. gonna. happen.

Well it did. Over and over and over. The first miracle was that I actually stayed sober that first year. And I didn’t have to go to the hospital any more! No kidding. I had been visiting mental wards for over a decade multiple times a year. And when I quit drinking, got a sponsor, started going to meetings on a regular basis, doing what “they” told me to... I quit having the breakdowns that had ruined my life and career up to then. You’re kidding... and all those years I had no idea that my drinking was even an issue!

Yes I got my career back, got my family back, got my self esteem back, all those “get backs” that I never thought could happen.

In the meantime, I learned how to live. It’s amazing how much life can be lived when I’m not filling my days with trying to “act” sane, all the while, just enduring life until the next suicide attempt and hospitalization. I started sponsoring and through the miracle of CIR began sponsoring a young woman in Canada! I had never been out of the deep South my entire life. In 2006 I traveled to visit her in the Pacific Northwest. and we toured the Canadian Rockies. I thought to myself the first time I saw the Pacific Ocean they were right! Then when I saw the glaciers and the mountains I thought, “They WERE right!”

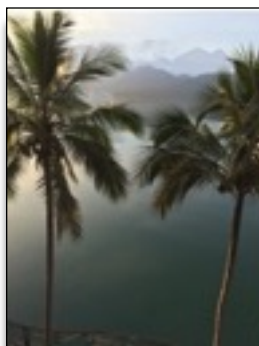
This past fall I retired from a career as a research scientist. Just before I was asked to speak at an International Medical Conference in Taiwan! What Yes, they paid for me to fly over and spend about a week in exchange for a scientific presentation that went surprisingly well. Taiwan? That’s over in the Far East?

Right? Have to fly almost 24 hours? Yup.

That one. I couldn’t deny it anymore.

Things were certainly happening beyond my WILDEST DREAMS. The picture on the front cover of this issue of the Gabriel is my testimony to that. I was having breakfast on the balcony of a hotel at a beautiful place called Sun Moon Lake in the southern part of the island. Folks, God is GOOD. All the time. He has proven that to me and I hope to you also! Let’s wonder what else our HP has in his gift box for us! Blessings,

ClaraT, Editor of The Gabriel



# The Truth Shall Set You Free

## Part 1 of a 10 part series

by Michael the Penguin



*My name is Michael the Penguin and I am a Christian in recovery.*

I would like to think out loud with the rest of you for a while. One of my favorite verses in Scripture is John 8:32: You shall know the truth, and the truth shall make you free. It seems, at first, to be a "no-brainer" in terms of interpretation:

- (1) It is Jesus talking;
- (2) He is the truth; and
- (3) we can find freedom in life through Him.

The application to anyone in recovery is also obvious: in recovery we want to be free of our addictions, but we know we need to find a deeper freedom in order to achieve that. It is one thing to stop drinking, drugging, etc., but it is another thing to remain free and also have a life centered in God. The Steps are the tried and true way of helping any of us to find the freedom to be the person God wants us to be. For us as Christians, Scripture is a big part of those Steps. To me, Scripture is just about the one tried and true source of revelation from God. I can state categorically that Scripture is why I have remained sober for 12 years:

the study, absorption and application of God's truths for me.

You can find John 8:32 in a lot of secular situations. I have seen it on the front entrance to the Library where I did my Ph.D. work. I have seen it on certain places as a memorable quote. After all, truth and freedom are very universal attributes sought by all since the beginning of time. And, Christians view truth very different from other groups or faiths.

What I was not overly aware of was John 8:31. I want to quote it and include John 8:32.

So Jesus was saying to those Jews who had believed Him, "If you continue in My word, then you are truly disciples of mine, and you will know the truth, and the truth will make you free."

The key word is "if." Although I am a student of Scripture, I don't pretend to know it all. I just cannot recall very many conditional statements in the New Testament. That "If then" phrase is very common in the Old Testament. We tend to generalize that the Old Testament is "conditional" while the New Testament is "unconditional." While I am sure these broad generalizations are true, I pause when I see the conditional statement in John

8:31-32. There is a lot to consider in the words "continue" - "disciple" "know" "truth" "free", etc.

I want to pursue this and I would like you, the reader, to come with me. This study is based on a set of sermons I heard from Dr. Charles Stanley back in the 80's. Then, about ten years later I went through a crisis and used this study to help me get through it. I listened to the sermons again. I put together a 13 page outline-based study for my own use and it is in my files now as an article called "Truth for Me" And now, about ten years after that, I am going to do this study again since I am once again going through a crisis. I suspect I will eventually get into all of that personal stuff, but for now I suspect I had better just leave that out.

As Christians we know we have freedom. That freedom comes from the grace of God through the death and resurrection of our Lord Jesus. That is a given and a factual assurance. We are truly free. But, very often we just don't live that way, and one of the reasons we don't live that way is that we get wrapped up in our stuff and forget about our Christian walk. That has happened to me a lot of times. You

*continued on next page*

are familiar with one of the important themes of Rick Warren's Purpose Driven Life: "It's not about me." Well, too often I have thought it was about me and this has caused me problems that have really burdened me over the years. Jesus has been with me on all of this, thankfully, but dear reader know this: you can find forgiveness for your actions and sins, but you still live with consequences. David was forgiven by God but there were many unfortunate events that proceeded after his adultery with Bathsheba, and the murder of her husband Uriah.

And so, my purpose here is to go back to the basics and realize that freedom in God one more time. I hope you will come along with me.

My name is Michael the Penguin and I am a Christian in recovery.


*This series will continue with Part 2 in the Fall 2015 Edition of The Gabriel. If you would like to read more on the website see:*

[http://christians-in-recovery.org/BibleStudies\\_Truth\\_The-Truth-Shall-Set-You-Free-1](http://christians-in-recovery.org/BibleStudies_Truth_The-Truth-Shall-Set-You-Free-1)

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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](mailto: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!

Are you interested in sharing your own testimony with other Members of Christians-in-Recovery? If so check out the CIR Forum: [Newbie Introductions and Member Testimonies Forum](#)

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

# Creation Corner

Psalm 46:1-3, 10a

\*God is our refuge and strength,  
always ready to help in times of trouble.  
So we will not fear when earthquakes come  
and the mountains crumble into the sea.  
Let the oceans roar and foam.  
Let the mountains tremble as the waters surge!  
Interlude ....

***"Be still, and know that I am God!"***

**Poem Title: \*Leaning On Psalm 46\***

from Wise Poetry by Rev.Bola

[copyright: 29.Jul.2015]

Lord,  
Whenever I feel,  
Like I'm out of touch,  
Whenever all my efforts  
Seem like nothing much,  
Help me to focus  
Directly on you  
Help me see life  
From your own  
Point of view.

Lord,  
When time seems hard  
And the going feels  
tough,  
When the things  
I'm enduring  
Seem extremely rough,  
Remind me of how  
You are ever so near,  
Remind me of precisely  
How much you care.

Lord,  
When I'm hurting  
Deep inside  
And the pain  
Won't go or stop,  
When I'm tired  
To the point  
That my arms  
Just want to drop  
When my efforts  
Seem in vain  
And I wanna give up...

Lord,  
Remind me of  
Your 46th Psalm.  
Embrace me in  
It's healing balm.  
And as you  
Hold me still,  
In your loving palm,  
And there once again  
The storms will calm.  
There once again  
The aching will cease.  
As I lean once more  
On the 46th Psalm.



**Unannounced Joy  
by RoadRunner**

**"...enjoy still water  
green pastures  
soothing sun  
protective mountains**

**life in Life refreshed."**

Unannounced Joy was posted on the forum by Rev. Bola with the comment, "For me this poem exudes the true meaning of Serenity. Love Rev.Bola"  
An example of the wonderful love between our poets!

Assault with a Mustard Seed (oldie)  
By RoadRunner

Knocked up side the head  
By a mustard seed  
I fell where I stood  
But now stand 'neath the tree  
That evolved over time  
From that packet of faith  
The canopy transfixed  
With transformative Grace.

~\*~

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And one reason I try so hard to remember to ask God to show me his will for me and give me the power to carry it out - to guide me through this day - is because I know that left to my own devices that page:

Can be left pretty blank  
Can have scribbles all over it from me wandering aimlessly from place to place and thing to thing,  
Can have little meaningless boxes drawn all over it because I've played a computer game ALL DAY  
Can be pretty and clean and show a great house or yard but be spoiled with signs of bodily pain or the sweat of working too hard or pushing myself too hard all day....

But with God leading... at the end of the day I see

The hug I gave a sponsee who was hurting but who came to the meeting and shared...  
The phone call I answered that meant so much...  
The precious gem of time spent with my children or granddaughter...  
The glow of words on that page that I have read from the Bible, or Jesus Calling or other Spiritual text.  
The smile someone got from hearing or seeing something funny and uplifting I said -  
when I didn't know they needed it  
The beautiful, restful color of a nap I took in the middle of the day instead of pushing myself too far.

God paints beautiful pictures - just look at the sky next time you are outside. ... and days as well.

Thank you Lord, for hearing my prayer today.

...Watercolor painting and prose by ClaraT  
(Painting was a commission requested for a painting of a client's black & white tattoo)



## **ANNOUNCEMENTS**

- [The Latest Issue of CIR's Magazine, "The Gabriel"](#) is now available for download [And it is FREE!](#)
- Do you have a Church, Christian or Recovery web site? Consider putting a link to Christians in Recovery on it so your visitors can get the help they need. [Instructions for adding a link.](#)

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- [My Husband is Too Controlling. What Can I Do?](#)
- [What is the Root Cause of Your Worry?](#)
- [Cross-Addiction: A Way That Seems Right?](#)

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- [Recovery: Practice, Practice, Practice](#)
- [Running from Suffering](#)
- [Do You Have a Diligently Kept Heart?](#)

## **TOOLS THAT MAKE A DIFFERENCE**

- [Tips for Studying Your Bible](#)

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## **FOR RECOVERY PROFESSIONALS**

- [Principles to Remember for Chaplains & Pros](#)

## **WISDOM FROM A CIR MEMBER**

I think rebellion, for me, is not taking life as it comes but trying to make it what I want. ~Fran

## **QUESTIONS ANSWERED**

- [Christianity in Early A.A.? Absolutely!](#)
- [I Love You But I'm Not "In Love With You" Anymore](#)
- [How To Stay Faithful In Your Marriage](#)

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[mliimatta@cityvision.edu](mailto:mliimatta@cityvision.edu)

# YOU BELONG!

*Allow the Lord to speak to you through His Word in this inspirational message from Ron Ross.*

The longing to belong is very powerful and foundational to our sense of self. But there is an infinitely greater pull -- Father's. He is constantly seeking us out and calling our heart to his!

*"My son, give me your heart." Proverbs 23:26*

When we respond to this call it becomes a homecoming. The prodigal came to himself while slopping hogs and experienced a homecoming that he never imagined possible. How about you? Do you know beyond a shadow of doubt that you belong? Don't allow anyone to tell you something else.

*Make sure no outsider who now follows God ever has occasion to say, "God put me in second-class. I don't really belong." Isaiah 56:2 Msg*

There are religious outsiders who will judge you. Their only agenda is dissuading your journey to Father's heart. As a matter of fact they don't even understand the conversation of the heart. Belonging empowers you to embrace and live in Grace. Belonging is the path to love. And belonging is bigger and louder than the voices of rejection.

To live by grace means to acknowledge my whole life story, the light side and the dark. In admitting my shadow side I learn who I am and what God's grace means. (Brennan Manning)

Even the darker parts of our journey become a homecoming. In the state of belonging we can truly rest. Read the following scriptures and settle in to belonging.

- *You're no longer wandering exiles. This kingdom of faith is now your home country. You're no longer strangers or outsiders.*
- *You belong here, with as much right to the name Christian as anyone. God is building a home. He's using us all -- irrespective of how we got here -- in what he is building. Ephesians 2:19*
- *All the nations in the world shall see that you belong to the Lord, and they will stand in awe. Deuteronomy 28:10 TLB*
- *If you belong to the Lord, reverence him; for everyone who does this has everything he needs. Psalm 34:9 TLB*



*Continued on next page*

Jesus prayed:

- *"My plea is not for the world but for those you have given me because they belong to you. And all of them, since they are mine, belong to you; and you have given them back to me with everything else of yours, and so they are my glory!" John 17:9-10 TLB*
- *So there is now no condemnation awaiting those who belong to Christ Jesus. Romans 8:1*
- *Just as there are many parts to our bodies, so it is with Christ's body. We are all parts of it, and it takes every one of us to make it complete, for we each have different work to do. So we belong to each other, and each needs all the others. Romans 12:4-5 TLB*
- *He has put his brand upon us -- his mark of ownership -- and given us his Holy Spirit in our hearts as guarantee that we belong to him and as the first installment of all that he is going to give us. 2 Corinthians 1:22 TLB*
- *How we praise God, the Father of our Lord Jesus Christ, who has blessed us with every blessing in heaven because we belong to Christ. Ephesians 1:3*
- *Now all praise to God for his wonderful kindness to us and his favor that he has poured out upon us because we belong to his dearly loved Son. Ephesians 1:6*
- *And because of what Christ did, all you others too, who heard the Good News about how to be saved, and trusted Christ, were marked as belonging to Christ by the Holy Spirit, who long ago had been promised to all of us Christians. Ephesians 1:13*
- *But now you belong to Christ Jesus, and though you once were far away from God, now you have been brought very near to him because of what Jesus Christ has done for you with his blood. Ephesians 2:13*
- *Now you are no longer strangers to God and foreigners to heaven, but you are members of God's very own family, citizens of God's country and you belong in God's household with every other Christian. Ephesians 2:19*
- *Then everyone will be praising the name of the Lord Jesus Christ because of the results they see in you; and your greatest glory will be that you belong to him. The tender mercy of our God and of the Lord Jesus Christ has made all this possible for you. 2 Thessalonians 1:12*

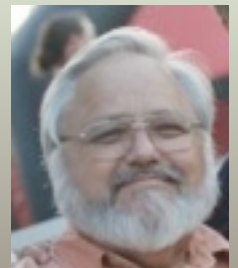
Your greatest glory will be  
that you belong to him!

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Rev. Ron Ross is a  
pastor, author, teacher,  
and counselor.

As founder of NET  
Casting Ministries, he  
equips the church  
around the world to care  
for the wounded and  
addicted.

Ron is a cofounder of the NET Training Institute.





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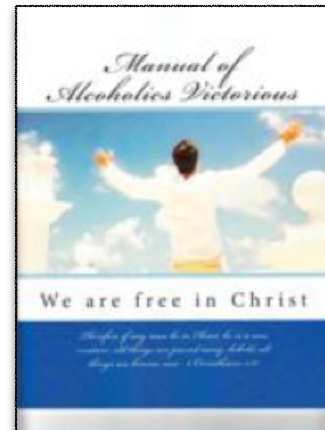
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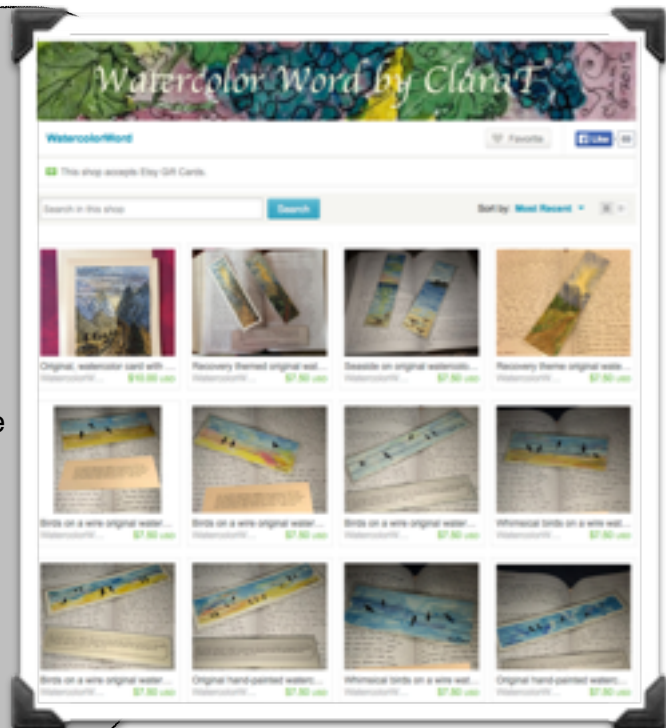
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TechMission a 501(c)(3) non-profit organization governed by a Board of Directors that meets on a regular basis. CIR does not receive any funding from TechMission. Donations given go directly to CIR and they are deductible to the extent allowed by law.

It is an honor for us to be able to show you that we are good stewards with the funds that God, through you, has provided to this ministry. We work continually to function with transparency, accountability and excellence. We are excited by the continual growth we are seeing throughout the ministry of CIR. Without your partnership, participation and prayers none of this would be possible.

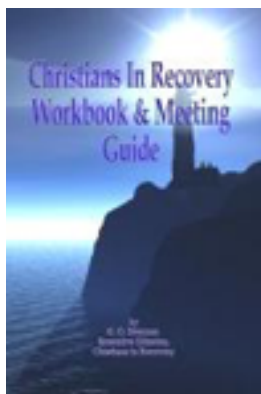
More more information Click the "How We Serve" link on the About CIR tab on the CIR Website.

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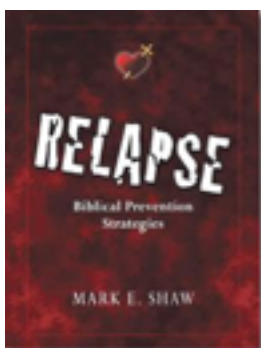
### Sexual Temptation and Addiction

Our hearts betray us in those moments when we give into the temptation to please ourselves despite the consequences. This booklet explains why sexual temptation is so strong and how we can conquer it through the power of the Holy Spirit. Includes practical things to do to fight the enemy of our souls.



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# Each of Us is that 100th Sheep

*... sheep are... stubborn, stupid and always getting lost and into trouble. Sheep also don't have any natural defenses and are helpless. And we are sheep. Great.*

*"My people hath been lost sheep: their shepherds have caused them to go astray, they have turned them away on the mountains: they have gone from mountain to hill, they have forgotten their resting-place." Jeremiah 50:6*

Most of us are familiar with the parable of the lost sheep and the passage about the good shepherd.

*Then Jesus told them this parable: "Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, 'Rejoice with me; I have found my lost sheep.' I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent." Luke 15:3-7*

*"I am the good shepherd: the good shepherd giveth his life for the sheep." John 10:11*

And most of us have seen the matching artwork, the depiction of a loving, attentive Jesus holding a lamb in His arms. *He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart... Isaiah 40:11*



Yet, there seems to be a disconnection. Yeah, yeah, yeah. Jesus loves us; He's our good shepherd. But do we REALLY personalize it? And what exactly would that mean to us?

Years ago, Bishop T.D. Jakes did a message on sheep. Scripture often refers to people as that creature. And it's honestly not a flattering comparison. As Bishop Jakes went on to point out how sheep are... stubborn, stupid and always getting lost and into trouble. Sheep also don't have any natural defenses and are helpless.

And we are sheep. Great.

When I was a kid in Vacation Bible School, one of the teachers tried to do a visualization technique. (I say tried because, after all, we're talking about kids here- lambs- baby sheep. So we're talking stubborn, stupid and prone to getting lost, all with unbound youthful energy. But I digress).

Anyway, she suggested each one of us see ourselves as that lamb, that 100th sheep, once lost, now safely tucked in our shepherd's arms. And then, from there, really get the feeling of just how much God loves us.

I know - again, kids here. Besides, it seems too simplistic.

But, years later, as fully grown adults, we're still struggling with that very same notion. We still

*Continued on Next Page*

look like ridiculous lost sheep, in desperate need of a patient and capable shepherd to swoop in and save our hides.

For this is what the Sovereign LORD says: *"I myself will search for my sheep and look after them. As a shepherd seeketh out his flock in the day that he is among his sheep that are scattered; so will I seek out my sheep, and will deliver them out of all places where they have been scattered in the cloudy and dark day. And I will bring them out from the people, and gather them from the countries, and will bring them to their own land, and feed them upon the mountains of Israel by the rivers, and in all the inhabited places of the country.*

*I will feed them in a good pasture, and upon the high mountains of Israel shall their fold be: there shall they lie in a good fold, and in a fat pasture shall they feed upon the mountains of Israel. I will feed my flock, and I will cause them to lie down, saith the Lord GOD. I will seek that which was lost, and bring again that which was driven away, and will bind up that which was broken, and will strengthen that which was sick..."*  
Ezekiel 34:11-16

No matter how old we get, how much money we make, what we accomplish or how together we appear, we never outgrow our sheep status. And that might be completely depressing if it weren't for one large detail we, too often forgotten, if we know it at all: God loves us. And it's not a casual kind of love either.

*"Since you were precious in my sight... I have loved you..."* Isaiah 43:4

*The LORD hath appeared of old unto me, saying, "Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee."* Jeremiah 31:3

Love is why He puts up with us and our sheepish ways. We just don't get it. Nevertheless, God cannot help Himself but to love us. And each one of us is that lost 100th sheep special to God; we're that important. Our feelings and experiences backing that up matter

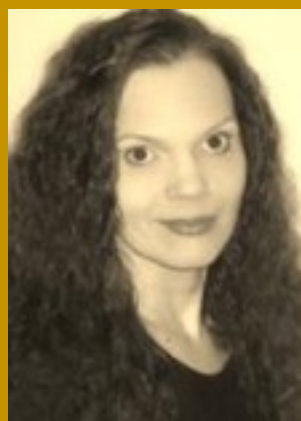
not; it goes beyond us and our finite perspectives. God's thoroughly convinced of His love for us. And He doesn't change His mind.

Again...

*For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. Romans 8:38-39*

We're sheep. We cannot change that truth. But we can go a lot further if we choose not to argue with God in His love and reasons for pursuing, chasing and loving us.

Each of us is that 100th sheep; we are that special. We are the parable.



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Sheryle is the author of [Thin Enough: My Spiritual Journey Through the Living Death of an Eating Disorder.](#)

Visit her web site:

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Also look for the Daily Articles Link (Free!) at the right side of the page as well as other links on [CIR's Facebook Page](#). Easy!

# FROM The Inspiration & Thoughts FORUM

## The Two Effects of the Gospel

*Posted by Dulcinea*

An audio sermon by C. H. Spurgeon [aka "the prince of preachers"] based on II Corinthians 2:15,16. Spurgeon preached this message on May 27, 1855 at Exeter Hall in London, England.

<http://www.sermonaudio.com/sermoninfo.asp?m=t&s=3601104612>

I really have a hard time digesting/understanding C.H. Spurgeon (and Oswald Chambers) because they're both lofty wordsmiths - so this was not easy listening for me. I took lots of notes and will post back more comments after I ponder and digest a while.

I highly recommend this sermon for any CIR member who has ever or is currently struggling with issues/doubts concerning their eternal security!

I myself, and I know others here at CIR, are spiritually attacked and are weak in this area because we have huge abandonment and trust issues from childhood abuse/trauma wounds.

Spurgeon masterfully teaches the immutable love of Jesus Christ, boldly declaring that no man or power (and especially not Satan!) can EVER steal or pluck you out of the Hand of God once forgiven and under grace in Jesus Christ. Praise God!

## Creation calls - a YouTube Video



<http://youtu.be/LwGvfdtl2c0>

## A response to His love:

- Praise Him for all that He is to us: Savior, Shepherd, Counselor, King, Wisdom, Righteousness....
- Thank Him for all He has promised to do for those who come to Him. (Psalm 10)
- Confess your sins and needs to Him, for He really cares and provides for His own. (1 John 1:9)
- Choose to trust that He died for your sins and has freed you from its power. (Romans 6:6)
- Receive the gift He offers you: His Holy Spirit to guide and equip you. (Romans 8:15-16)
- Give yourself to Him as your Shepherd and Lord each day. (Romans 12:1)
- Delight in everything that you are and have in Christ! (Ephesians 1:3-12)

<http://www.crossroad.to/charts/cultural-Christianity.html> (Posted by Fran)

These are samples taken from just one of our forums. 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](#)
- [Member's Photo Gallery](#)
- [Book Studies & Reviews to Aid in Recovery](#)
- [FREE STUFF -- Book & Music Exchange....and more](#)

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# What Does the Bible Say About Drinking Alcohol/Wine?

Response to a forum post by TeddyBear



I often think of and tell other Fellow addicts in recovery who have decided to have another go at it—since they have been in recovery for several yrs and have become complacent thinking they can handle a few drinks of alcohol— that there is an empty picture frame hanging in the recovery rooms. It is waiting for the picture of an alcoholic/addict who went back out and became a social drinker/user. :-)

Sadly, one of my drinking buddies who entered recovery the month after I did decided after several yrs in recovery that he could "go with the boys" after work and have a few beers at the tavern. Since then he has had three heart attacks and his life has spiraled downward. I have lost contact with him over the yrs. The last conversation we had yrs ago was when I looked at him and said, "There is an empty picture frame hanging in the rooms of AA waiting for your picture." He knew what that meant but failed to heed the warning.

No addict/alcoholic started out with the intent of becoming a compulsive and out of control addict. But for some of us, me, that first drink lit a fire that burned and grew for many yrs. And like a forest fire, it destroyed my life and hurt the people around me. The only way I found to extinguish the out of control compulsion/fire was when I entered 12 Step Recovery and found God. As Bill W. put it; "No human being could have removed my craving."

Today's ODB Ministry reading/devotional hits the nail on the head in regards to getting too close to temptation/sin and stumbling.

## ON THE EDGE

There's an underground lava tube south of Kuna, Idaho, that has gained a certain amount of local notoriety. The only entrance, as far as I know, is a yawning shaft that plunges straight down into darkness.

Some years ago I stood at the edge of that shaft and looked down. I was drawn to venture closer and almost lost my balance. I felt a moment of

heart-pounding terror and stepped away from the opening.

Sin is like that: Curiosity can draw us toward the darkness. How often have men and women gotten too close to the edge, lost their balance, and fallen into the darkness? They've destroyed their families, reputations, and careers through adulterous affairs that began with a "mere" flirtation but then progressed to thoughts and actions. Looking back they almost always say, "I never thought it would come to this."

We think we can flirt with temptation, get very close to the edge, and walk away, but that's a fool's dream. We know an action is wrong and yet we toy with it. Then, inescapably, we are drawn into deeper and darker perversions. Jesus put it simply: "Whoever commits sin is a slave of sin" (John 8:34).

And so, seeing our own need for God's help, we pray as David did in Psalm 19:13, "Keep back Your servant also from [deliberate] sins; let them not have dominion over me."

Heavenly Father, whether we are being tempted now, or have fallen, we thank You that You are always there, and You love us with relentless love. We have nowhere to turn but to You.

A big fall begins with a little stumble.

## INSIGHT:

Having proven that all people are sinners and having shown how sinners are justified through faith in Jesus (Rom. 1–4), Paul now describes the new life we can have because of what Jesus did (ch. 5–8). We can live differently, we can choose not to sin, and we can live holy lives (6:1-14). In today's passage, Paul warns that we become the slave of whatever we choose to obey (vv. 16-20). Rather than give ourselves to sin, we are to give ourselves to God (vv. 22-23). When we do sin, we bear the consequences of our sins and experience a lack of fellowship with God (Gal. 6:7-8). Sim Kay Tee

<http://odb.org/2015/08/03/on-the-edge/>

# CLEANINGS FROM THE CIR WEBSITE

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.

## **Treasures of the Kingdom**

A 16-page quarterly magazine written especially for six- to twelve-year-olds. Since issue Number 40 the focus has been on Casting Up a Highway for the Children of This Generation.

## **Dear Princess**

Encouraging Young Women Who Are Daughters of the Heavenly King. This magazine was published from 1996 to 1999, and has since been incorporated into Foundation Truth.

## **Books**

Growing collection includes devotionals, biographies, and true-to-life stories, mostly written during the latter 19th and early 20th centuries.

...as well as Sermons, Articles & Tracts

posted by Obie

Hello Fellow CIR Members!

One of the most rewarding and beneficial actions I've taken in my personal recovery has been to volunteer for Service Work here at CIR (as a meeting Host and Co-Host). If you want to catapult your healing and growth, make yourself available to help others!

CIR has an immediate opening for a volunteer to Co-Host the Saturday Noon General Recovery Meeting. If you would like to volunteer (no experience necessary) please use the CIR Contact Form: <http://christians-in-recovery.org/contact>

Jump in! The water is warm and the people here are wonderful and friendly!

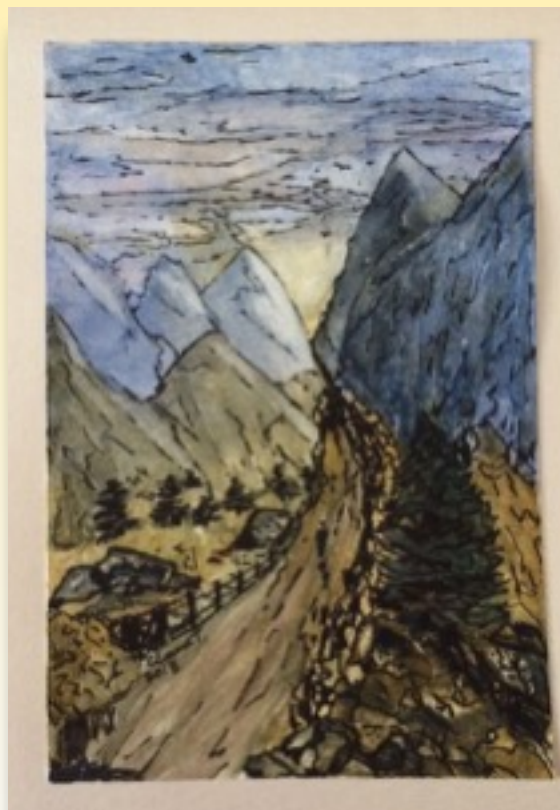
Posted by KimPossible to the Volunteers Forum

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"But we have this treasure in jars of clay to show that this all surpassing power is from God and not from us." II Cor. 7:4



25 years clean and sober!



Happy Destiny by ClaraT  
See page 164 AA Big Book



I hope this helps me!  
I need all the help I can get!



This is one of the surviving street puppies we are taking care of. We named her



New Puppy....



New Hat....



New Crown!

# Humor In Recovery

## Puns from AlanH

.. A thief who stole a calendar got twelve months.  
.. When the smog lifts in Los Angeles, U.C.L.A.  
.. The batteries were given out free of charge.  
.. A dentist and a manicurist married. They fought tooth and nail.  
.. A will is a dead giveaway.  
.. With her marriage, she got a new name and a dress.  
.. A boiled egg is hard to beat.  
.. When you've seen one shopping center you've seen a mall.  
.. Police were called to a Day Care Center where a three-year-old was resisting a rest.  
.. Did you hear about the fellow whose whole left side was cut off? He's all right now.  
.. When a clock is hungry, it goes back four seconds.  
.. The guy who fell onto an upholstery machine is now fully recovered.  
.. He had a photographic memory, which was never developed.  
.. Acupuncture is a jab well done. That's the point of it.  
.. When she saw her first strands of grey hair, she thought she'd dye.  
.. Those who get too big for their pants will be exposed in the end.  
.. When fish are in schools, they sometimes take debate.  
.. A bicycle can't stand alone; it is too tired.  
ALWAYS LAUGH WHEN YOU CAN.  
IT IS CHEAP MEDICINE!!!

### **\*Acting Up In Church\*** from Rev. Bola

The Sunday in a Midwest City, a young child was "acting up" during the morning worship hour. The parents did their best to maintain some sense of order in the pew but were losing the battle. Finally, the father picked the little fellow up and walked sternly up the aisle on his way out.

Just before reaching the safety of the foyer, the little one called loudly to the congregation, "Pray for me! Pray for me!"

## A Conversation Between Twins...

Out of the Mouths of Almost-Babes?

In a mother's womb were two babies. One asked the other, "Do you believe in life after delivery?"

The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense!" said the first. "There is no life after delivery. What kind of life would that be?"

The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths.

Maybe we will have other senses that we can't understand now."

The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. But the umbilical cord is so short. Life after delivery is to be logically excluded."

The second insisted, "Well, I think there is something, and maybe it's different than it is here. Maybe we won't need this physical cord anymore."

The first replied, "Nonsense! And moreover, if there is life, then why has no one has ever come back from there? Delivery is the end of life, and in the after-delivery, there is nothing but darkness and silence and oblivion. It takes us nowhere."

"Well, I don't know," said the second, "but certainly we will meet Mother, and She will take care of us."

The first replied "Mother? You actually believe in Mother? That's laughable! If Mother exists, then where is She now?"

The second said, "She is all around us. We are surrounded by Her. We are of Her. It is in Her that we live. Without Her this world would not and could not exist!!"

Said the first: "Well, I don't see Her, so it is only logical that She doesn't exist!"

To which the second replied, "Sometimes, when you're in silence and you focus and you really listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above."

- Author Unknown Posted by Brenda



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## THE BACK PAGE

## The Gabriel CIR's Magazine FREE!

The Gabriel is CIR's Magazine. You are encouraged to download this, print it out or save to disk and share it with your loved ones or group. It is jam-packed with inspiration, tips, resources and information for all Christians as well as those in recovery.

CIR Members can download all past issues free at [http://christians-in-recovery.org/Tools\\_Gabriel\\_PastIssues](http://christians-in-recovery.org/Tools_Gabriel_PastIssues).

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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