

Winter 2011

the

GABRIEL

The Magazine for Christians In Recovery®



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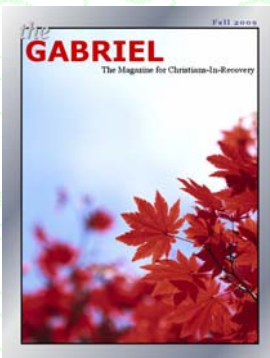
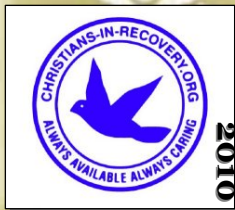
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Wondering if there are any more issues of the Gabriel? Well yes! View the Fall 2010 issue as well as Archives of past Gabriel issues.

The Gabriel Archives are available on CD here:

<http://self-helpsoftware.com/Gabriel>

It would make a great gift to a fellow recovering Christian.

Have stories, poetry or original articles you would like to submit for publication in the Gabriel? Links to websites and even original images are welcome.

Email your submissions to:

clara@christians-in-recovery.org

Link to previous *Gabriel* Issues:

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





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Your Internet Community for Recovery
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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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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 is not just recovery but **to go well beyond recovery** so people can fully discover, explore and magnify all possibilities God intends for them as individuals.

Christians in Recovery® is NOT:

- A crises center or hotline
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- Intended to replace or undermine any other Christian organization or group.

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

Winter to Spring

Musings by ClaraT

It's been a hard Winter for many of us—weather problems, the flu, continued job losses and economic worries, political upheaval, even flooding, drought and unexpected outbreaks in the Southern Hemisphere. This issue of the Winter 2011 Gabriel is so late it's almost a "Spring 2011 Gabriel", partially because of such unexpected happenings. I was "taken down" with chills and fever about two weeks ago just as the issue was about to be sent to our proofers. Just a page or two to go, but my body had it own agenda—mostly to be kept quiet, still and warm. Thank goodness there is good news. The snows have dissipated for now, the fevers and chills have gone on to plague another household, even the Middle East seems to be holding its breath in before another round of upheaval.

In the rooms they talk about the difference in walking out in front of the truck and the truck falling out of the sky. Either one is going to cause some pain, but with the one we can use our daily prayers, common sense and better judgment to avoid while the other one simply needs to be endured. Back before Christmas when I came up with the idea of doing an issue focus on King David I'm not sure what my goals were. As it's turned out that will end up being something the Lord speaks to your heart about. I found that the juxtaposition of David's great Love for God and people and country vs. his own personal problems was an excellent learning lesson in how God interacts with us.

It's easy to "fall back" into the self-judgment from looking at how we've sometimes destroyed our lives and the lives of others without realizing that "this too" God can make good of. As it says in the Promises from the AA Big Book, "*No matter how far down the scale we have gone, we will see how our experience can benefit others,*" and the last one, "*We will suddenly realize that God is doing for us what we could not do for ourselves.*" Can you picture David in the throes of grief and remorse ever thinking that his experiences would come to inspire others? They have. Or did you ever think that the secrets you held for so many years in shame would come to help another? They can.

I think one of the hidden miracles of recovery programs everywhere is like the little flowers that are hidden under the cold snow. You can't begin to see them, but with the warmth of the love of God, miracles begin to happen. Lives are changed in spite of our mistakes and our humanity—maybe because of it. Yes, God can... and will. And under the snow the flowers, like us, wait for His Word.



ClaraT

The Gabriel Editor

When Yahweh Seems Silent

Posted to the Forums

by Kathy

Between human beings there may be no silence as loud as the silence of death - Barbara Brown Taylor

In order to realize the worth of the anchor we need to feel the stress of the storm - Corrie Ten Boom

We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain - Hebrews 6:19b

God deflects our attempts at control by withdrawing into silence. Nothing gets to us like the failure of our speech. When we run out of words, then and only then can Yahweh be Yahweh. - Barbara Brown Taylor

Is the moment of most profound silence the moment of Yahweh's most profound presence? Barbara Brown Taylor

The book of Job should nail a coffin lid over the idea that every time we suffer it is because Yahweh is punishing us or trying to tell us something. Nobody deserved suffering less than Job and yet few have suffered more - Philip Yancey

In the silence of his death, Yeshua became the best possible friend for those whose prayers are not answered, who would give anything just to hear Yahweh call them by name. Him too. He wanted that to and He didn't get it. What He got was a fathomless silence in which to cry out. - Barbara Brown Taylor



Imagine that thieves have attacked your home and business twice in one week, stealing most everything you own and murdering your employees. The few resources and employees that survived, burned in a fire. You return home to discover your house has been destroyed by a hurricane, killing all your children.

You have always followed Yahweh and believed in His care and protection, so you are despairing and confused. Where is Yahweh, when you pray He is silent.

Then you become sick with a painful disease - your skin oozes with infection. When you try to rest and sleep you have horrifying nightmares. All you want is to curl up and die,

Your spouse who is angry and sick with grief, lashes out at you. Two drowning people cannot save each other.

Now imagine and name your three very closest friends. In the beginning they are supportive, but soon they

begin saying cruel things, blaming you for this tragedy. They attack you, critique your life, and tell you that Yahweh must be punishing you for your failures. And other times they tell you to "Cheer up and expect a miracle".

When you cry out to Yahweh in anguish, your friends confront you, "How dare you speak to Yahweh like that!" They believe that your words are more evidence of your sin. Your friends would rather discuss and defend their own theology, rather than share your pain. They tell you that "Yahweh is venting His anger at you" and they don't think this tragedy would ever happen to them.

Everyone you know from siblings to acquaintances ignore you. Your closest friends are disgusted with you. While you were once respected and admired, you now have become a joke. You feel completely alone, worse yet, you feel abandoned by Yahweh.

Now imagine in the midst of your

grief and pain, you do not turn away from Yahweh, Instead you say, "I know that my Redeemer lives, and in the end He will stand upon the earth - 19:25-26 Though we may not be able to see or hear Yahweh, He knows exactly where we are and though we cannot FEEL His arms around us He has NOT left us.

Job's example has become the ultimate example of unfairness. He did not deserve this catastrophe, as a result, he lived with EVERY THORN that man experiences; despair, loneliness, exhaustion, illness. a broken heart and overwhelming loss. He felt UTTERLY ABANDONED by Yahweh.

When Job cannot find Yahweh anywhere, not east, north, west or south - he realizes the ONE THING that MATTERS MOST, "He knows the way I take" - Job 23:10 Yahweh has been present and LISTENING to him. In the end Yahweh does not address Job's questions, but basically asks, "Would you like to try run the universe?" Like Job. we can't see the BIGGER picture, the eternal plan. As Peter Kreeft says, "We are not led to the answer but to the answerer."

The silence of Yahweh is mentioned several times in the Scripture, so it must have a CONSTRUCTIVE purpose. In our human relationships, the closer the relationship, the more comfortable is the silence. Yahweh may seem silent at times. but perhaps we are not listening on the right frequency or receiving the answer we want. We live in a culture where people EXPECT to have their wants or needs met immediately - unsolved problems are unacceptable.

The word *patient* means to suffer and endure. Gordon Smith says, "True courage is characterized by patience - patience with Yahweh, whose work is often imperceptible and slow.

You might imagine that you are in the waiting room of life. You do not understand Yahweh's silence. You may feel like an accident victim sitting in the waiting room, waiting hours to see a physician. But this is not how Yahweh works - you are taken directly to surgery and you are now in recovery. Though you feel you are endlessly waiting - you are slowly healing on Yahweh's timetable.

Yeshua waited -- before taking action when a need arose. The disciples were struggling with storms at sea; He waited until the fourth watch to calm the storm. He prayed and was alone, waiting during another storm - He didn't even rush to help Lazarus. These miracles originated in His silence. As we wait, the most significant miracle is that we trust him in the storm.



Food for Thought:

Have you experienced Yahweh's silence? Have you misinterpreted it as ABANDONMENT by Him?

When Yahweh is slow to act, do you assume that He is inactive?

Can you see how absurd it is that we consciously or unconsciously give Yahweh deadlines or timetables?

Why is it hard for us to understand the disciplines of waiting, patience or perseverance?

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In Reply

Reply to the Yahweh post
(by praisehim48):

Maybe I'd say in order to know the worth of the fact that God is with us and listening and wanting to speak to us as well. we may need times where he is silent. I don't know if I've really fully appreciated hearing God's voice in prayer and at times lately I have been reflecting on David's verse from the Psalms "how precious are your thoughts to me oh Lord if I were to count them they would outnumber the sands of the sea" I really don't hear him like that though I wish I did as David speaks of here. I'm not sure how I try to be in control ways. my attempt to have my will be done instead of God's, but one way I think I do is by having certain expectation of so often how I want God to meet my needs (petitions) that indeed may cause him to deflect my attempts by withdrawing into silence.

So I think you've got something there and since I've recently felt God silence for awhile I've had less to say of much value also. Today in prayer I was able to realize and appreciate again how precious God's thoughts are to me. Nothing has gotten to me as God's silence it does sort of make me feel like he abandons me for awhile if it is for a protracted period of time. I also realized this morning that much of what makes my prayers special is how God really comes along side and helps me along with my prayers and in this process something worthwhile gets said. But that we pray to the God of the universe is an incredibly special thing.

Post your own thoughts about
this article on the forums! Click
the link below (members only).

[When Yahweh Seems Silent](#)

gleanings

Look what we got...
A Christmas Card from Chuck!

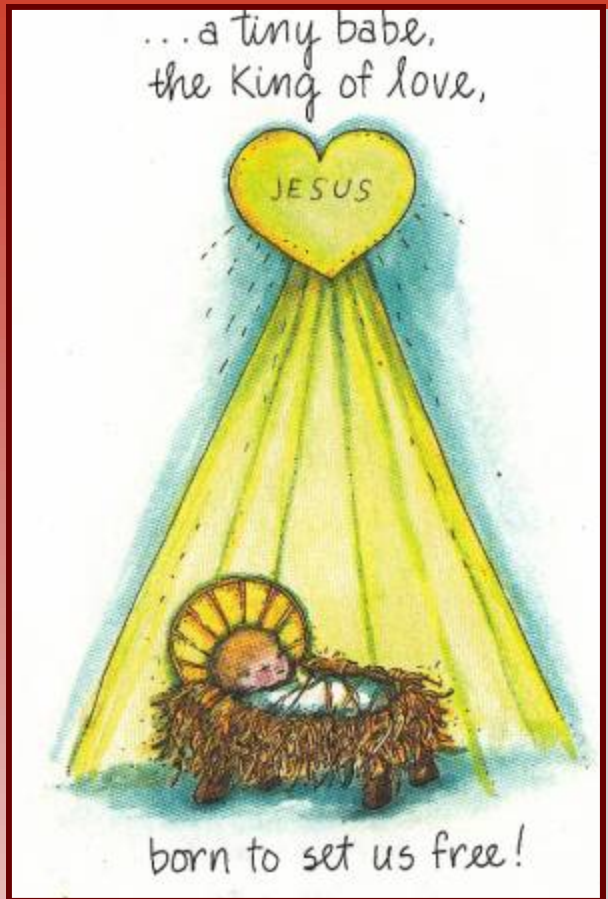
Found on the forums:

"And there was a woman in the crowd who had had a hemorrhage for twelve years. She had spent everything she had on doctors and still could find no cure. She came up behind Jesus and touched the fringe on of his robe. Immediately, the bleeding stopped."

As I read this today, I am reminded of the times in my own life when I have done similar to the woman in this story, it was not until I came to believe in a power greater than myself, that it could begin. But like the woman in the story it took me doing everything within my own resources, looking high and low and spending all my energy till it was gone within me. In my desperation I then began to see it was not within myself to do this for me.

This is a wonderful example of how step 2 begins to play in my life. It took for me to have faith and it was faith that was the key to have any success for working the second step. For me faith was not that easy, but for others I could see it was. For me because I have experienced abuse and betrayal in my past, it was more difficult. For me it was when I exhausted all of my own resources in trying to overcome my addictive behavior that I finally would risk believing in a higher power greater than myself or my own resources to begin to restore me to sanity in my life.

How about you? Is this where you are at in your recovery today? If so take comfort, there is a power greater than our own self and He is just waiting for each of us to come to the end of our resources to begin to have the faith to reach out and in that reaching out, in that moment we are saying, I can no longer do it myself but you can. Lord, you are the power I need, I need your loving touch to help me because I can't do it myself, and in that moment like in our story, He will then move on our behalf and begin to help us on our road to recovery. Take heart brothers in sister in Christ, what our Lord did



CIR's own "Calvin"
as in Calvin & Hobbes



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Thanksgiving Feast



In Old Testament times, names like Isaac ("laughter") or Jacob ("grasper") carried great significance. Do you know what your name means? Does the description fit you? If not, what kind of descriptive name would fit you better?

The Book I am writing is to grow closer to God everyday with a deeper relationship by allowing Him to do his will. Also to reach out to others and spread the Gospel. I also share with others my experiences, and how the Lord has guided me and healed me.

A Forum Post

Mr. Hobbes



good morning CIR
Jesus loves you
ty for being here
Seen on the Forums



The Bumblebee



CONGRATULATIONS TEDDYBEAR!

Please pray for:

- Fran & Tom and their ministry
- Micah, Tim & Toshie
- Leina
- Dave
- Kryslin Marie
- Ann
- Solideogloria
- God's Treasure
- Seuss
- Jack & his family
- llovesoccer & his grandmother
- A family member
- Yvonne O.
- Littleone
- Soracha
- CrazyHandyME's family
- Our friends and family
- Those who have not made it to recovery yet
- The volunteers and staff of Christians-in-Recovery
- CIR as a whole.

Share your story of volunteering here at CIR.

- What motivated you to volunteer?
- What have you learned about yourself? others?
- What have you gained because you chose to volunteer?



Just Kidding! Dual cataract surgery. Talk about sharing!



Falling Tears

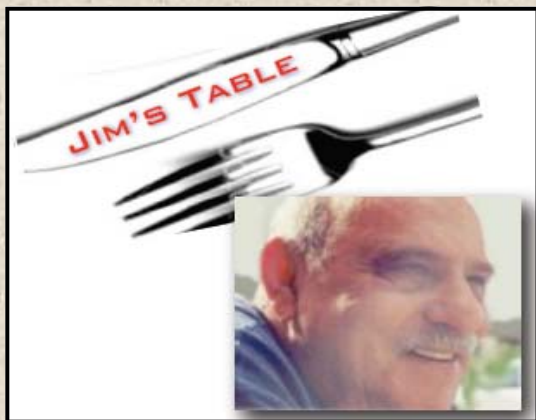
A study in Scripture on the Godly value of tears.

One of the first Bible references for tears is in Genesis 23:1-20.

Sarah lived 127 years. Sarah died in Kiriath Arba, present-day Hebron, in the land of Canaan. Abraham mourned for Sarah and wept. Then Abraham got up from mourning his dead wife and spoke to the Hittites: "I know I'm only an outsider here among you, but sell me a burial plot so that I can bury my dead decently." The Hittites responded, "Why, you're no mere outsider here with us, you're a prince of God! Bury your dead wife in the best of our burial sites. None of us will refuse you a place for burial." Then Abraham got up,

bowed respectfully to the people of the land, the Hittites, and said, "If you're serious about helping me give my wife a proper burial, intercede for me with Ephron son of Zohar. Ask him to sell me the cave of Machpelah that he owns, the one at the end of his land. Ask him to sell it to me at its full price for a burial plot, with you as witnesses." Ephron was part of the local Hittite community. Then Ephron the Hittite spoke up, answering Abraham with all the Hittites who were part of the town council listening: "Oh no, my master! I couldn't do that. The field is yours—a gift. I'll give it and the cave to you. With my people as witnesses, I give it to you. Bury your deceased wife." Abraham bowed respectfully before the assembled council and answered Ephron: "Please allow me—I want to pay the price of the land; take my money so that I can go ahead and bury my wife." Then Ephron answered Abraham, "If you insist, master. What's four hundred silver shekels between us? Now go ahead and bury your wife." Abraham accepted Ephron's offer and paid out the sum that Ephron had named before the town council of Hittites—four hundred silver shekels at the current exchange rate. That's how Ephron's field next to Mamre—the field, its cave, and all the trees within its borders—became Abraham's property. The town council of Hittites witnessed the transaction. Abraham then proceeded to bury his wife Sarah in the cave in the field of Machpelah that is next to Mamre, present-day Hebron, in the land of Canaan. The field and its cave went from the Hittites into Abraham's possession as a burial plot.

Original article by Gabriel Assoc. Editor, Jim Aquila



Why do you suppose that there was so much discussion about the burial place of Sara? While the tears were essentially for Sara, the more important reason was to show reverence to the dead and the purchase of land. This parcel of land was the first entry into the "Promise Land".

In Hebrews. 11:13:

All these people were still living by faith when

they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth.

Note, The death of our relations should effectually remind us that being in the grips of an addiction is not the “chosen place”, or home that God has provided for us. [Death of a past behavior will also cause tears. –Author’s note]

Think about this, how much do we weep when giving up a past behavior? Even better, why do we search for a specific time and place to make that change?. The question is “Are we ready to have God remove all of our character defects?” (Step 6).

“Humble yourself before the Lord and He will lift you up”. James 4:10.

King David was no different than many of us today. We would go to any length to fulfill our fantasy, to gain that one moment of pleasure, which never comes about the way we had planned. Many of us go to any length to find that one excuse that would relieve our conscience. For David, his excuse was that Bathsheba was not married - in a technical sense. This was a law meant to protect the woman should her husband die in the heat of battle. How convenient. So he was overcome by that woman's beauty, and was not able to restrain his desires, but sent for her, and had intercourse with her.

It took Nathan to remind David of his wrong behavior. David wept because he was caught. When we fall into, and are overcome by our fantasies, and the power of our imagination, we are held captive. This is the prison we build for ourselves.

If you are Catholic you will be reminded of the prayer following confession. “But most of all because I have offended you, my God, who are all good and deserving of all my love”. This should be the focus of our weeping and tears, and pray that no one will have to remind us of that we have gravely offended our God.

*The Bible (Strong's Concordance) provides **697 references** for verses associated with crying (weep, cry, tears).*

VOLUNTEER OPPORTUNITIES @ CIR

Service Work is essential to recovery and Christianity. All volunteer opportunities can be done from your own home according to YOUR schedule.



So it is with faith: if it is alone and includes no actions, then it is dead. But someone will say, "One person has faith, another has actions." My answer is, "Show me how anyone can have faith without actions. I will show you my faith by my actions." James 2:1 7-18



- **Become a Meeting Host**
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- **Offer you Ideas and Talents if you have other ways to help!**

[Contact us now.](#)

We want to hear from you!

Did you know?

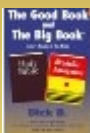
What you get with your CIR Membership?

Join together with your fellow Christians in Recovery® and enjoy an Online Community that is rich in content and helps all to grow spiritually. **CIR is the only full-featured Christian recovery community on the internet.** Other sites may have message boards but they are not monitored and they have no chat. They might have a chat room but no formal scheduled or monitored chats and no information and resources. Other recovery sites will not respond to your emails. **We respond to you immediately** and always within 12 hrs.

In addition members receive the following valuable benefits:

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- Welcome Packet with CIR Membership Card, Information on how to get started in recovery and get your new life on track, [CIR Member's Decal](#), [Inspirational Cards](#) and [Calendar Card](#)
- Free Copy of "The Good Book and the Big Book" - a \$24 value - Only while supplies last! You have to [Place an Order](#) for this.
- "CIR News" monthly newsletter with recovery news, helpful tips, what is new at CIR and more.
- Identification and Fellowship with other recovering Christians
- [Online Live Advisor Support](#)
- [Private Chatrooms](#) just for CIR Members
- Live Online [Workshops](#) lead by noted Christian and recovery authors.
- [Topic of the Week Discussion](#)
- [Expanded Information on Addiction & Dysfunctional Behaviors](#)
- Your Own [Online Journal](#)
- Valuable Web Resources. Fully integrated links to the best recovery content on the web, built right into the pages, give you immediate access to the best the Internet has to offer. Let your CIR staff do the hunting for you.
- Community Knowledge Sharing - Got a recovery question or comment? Interact with the CIR staff as well as other CIR members via the message boards. This is a great resource for getting questions answered, as well as just getting/giving input on recovery of all types.
- Latest [Christian News](#) and [Recovery News](#) updated every day, keeping you on top of all the important recovery developments.
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- No Google Ads! No advertisements you can't discern from real content.
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- [Book Studies](#)
- [Instant Messaging](#) with CIR Members
- [Live, Real Time Help from CIR Staff Advisors \(Live Advisor, Feedback & Chat\)](#)
- [Scheduled Daily Recovery Meetings](#)
- [Member's Library](#)
- A safe and loving atmosphere for discussing personal and private issues
- Christian recovery [Message Boards](#)
- Thought provoking [Daily Recovery Thought, Scripture & Prayer](#) emailed to you each day
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THE STING OF DISAPPOINTMENT

All of us have felt the sting of trusting someone and being disappointed. The intensity of our hurt reflects the depth of our expectations. On one end of the wide continuum, a nearby stranger may passively watch while you struggle with luggage or packages or small children. This man could have offered to help but he didn't. Your

expectations may have been so low that you didn't even notice his lack of willingness.

Farther up the scale, your boss may lavish praise on a fellow employee, even though you did most of the work on the project. Closer to home, a special friend fails to call on your birthday. You wonder what could account for this lapse in memory. Was it something you did?

Disappointments can devastate us regardless of age or lifestyle. A seven-year-old girl may feel crushed when her grandmother fails to come for an expected visit. A high school student may jump through all the hoops by wearing the right clothes, saying the right things, and hanging out with the right people, but still be rejected by his peer group. A single, forty-three-year-old woman may desperately hope

the next man will treat her better. Or maybe the next one, or the next.

After twenty-eight years of marriage, a husband may make some snickering remarks about his wife's weight. The fact that he has lost interest in her sexually rubs salt into the wound.

As we travel farther along the continuum of disappointment, we find weightier expectations and more serious risks of hurt and disappointment. Family relationships carry especially high expectations. Children, spouses, siblings, and parents hold the power to hurt us precisely because we inherently trust them to care about us. Close friendships can stimulate and satisfy but they can also hurt us deeply when our expectations are shattered.

(continued on next page)

BJ brings us an excellent share taken from the Meeting Preparation and Discussion Forum for the weekly Book Study on "Trusting: the Issue at the Heart of Every Relationship" by Pat Springle

David wrote about being wounded by a trusted friend:

*For it is not an enemy who reproaches me,
Then I could bear it;
Nor is it one who hates me who has exalted himself
against me,
Then I could hide myself from him.
But it is you, a man my equal,
My companion and my familiar friend.
We who had sweet fellowship together,
Walked in the house of God in the throng.*
Psalm 55:12-14

We are not disappointed just by human relationships. We often expect God to provide something we desperately need, but it doesn't happen. We trust him that a child or spouse or friend will change and meet our needs, but the person only moves further away from us. We believe that God will change a part of us that we can't—and won't—talk about, but the dreaded temptation soon seizes us again.

The psalmists were not hesitant to express to God their disappointment. David wrote:

*Be gracious to me, O Lord, for I am pining away; Heal me, O Lord, for my bones are dismayed. And my soul is greatly dismayed;
But thou, O Lord—how long?*

*I am weary with my sighing;
Every night I make my bed swim,
I dissolve my couch with my tears.
My eye has wasted away with grief,
It has become old because of all my adversaries.* Psalm 6:2-3,6-7

All of us experience pain and disappointment in our interactions with other people as well as in our relationship with God. When another person's choices hurt us we need to put our rusty conflict resolution skills to work. Most of us try to avoid confrontation at all costs, but an environment is not truly safe if those who live in it

can't resolve the inevitable problems. We easily "blow off" the first few unresolved hurts of a young friendship, dating relationship, job, or family. "Oh, just forget it," we say to ourselves. "It's not that big of a deal." "He didn't mean what he said." "She couldn't help it." "You wouldn't believe what he's been through lately."

While these reasonable statements seem to help a little, the wound grows deeper with each passing day. Fresh offenses then compound the initial wound. Now the risk of confronting the real issue seems too threatening, so we continue to repress, excuse, and minimize. We may be able to continue a masquerade of love and peace on the surface, but underneath, our anger at the offender builds and our fear of being hurt continues to grow.

People respond to these wounds in various ways. Some want to withdraw to avoid the risk of hurt. Others feel a strong drive to succeed and please people to prove themselves. Our confidence may wane. Fuzzy perception may lead us to believe we're totally innocent victims or horrible victimizers—or both. In the extreme, our lives can be dominated by feelings of shame, helplessness, hopelessness, and worthlessness.

We all need the courage to say, "I'm sorry. I was wrong." Or, "Can we talk about what just happened between us?" While always uncomfortable for the moment, such words provide a vital ingredient in creating a safe and trustworthy relationship. In that sort of context, people feel protected by a safety net of honest, loving communication.

Question to Ponder:

Can you connect times in your life when deep disappointments were linked to your expectations of a person?

Book Studies & Special Meetings

Sunday

3:00PM Eastern || 2:00PM Central || 12:00Noon Pacific || 8:00PM

Living with Thorns: A Biblical Survival Guide Study

Kathy is your Host. Co-host is needed.

A Forum in the Message Boards has been set up for this study [here](#)

Please join in the study. All are welcome!

Monday

9:00PM Eastern || 6:00PM Pacific Time || 2:00AM GMT/UTC

"Trusting" by Pat Springle Book Study meeting.

More info available on the message boards:

[http://christians-in-recovery.org/ubb/ubbthreads.php?](http://christians-in-recovery.org/ubb/ubbthreads.php?ubb=showflat&Number=50118#Post50118)

[ubb=showflat&Number=50118#Post50118](http://christians-in-recovery.org/ubb/ubbthreads.php?ubb=showflat&Number=50118#Post50118)

Bj is your Host and BAPearl is your Co-Host.

Tuesday

8:00PM Eastern || 5:00PM Pacific || 1:00AM GMT/UTC

CIR STEP MEETING Featuring the Joe & Charlie Big Book Study

[Listen or download Lessons here.](#) [Discussion Board](#)

Cindy and Clara are your cohosts

Wednesday

5:00PM Eastern || 2:00PM Pacific || 10:00PM GMT/UTC

"OUR IDENTITY IN CHRIST" MEETING - Everyone is Welcome!

Come and join us as we explore our true identity in Christ.

Dlcnea is your Host. BAPearl is your CoHost.

Meeting Follow up in the Forums: [Identity in Christ Discussion](#)



Have your own website? Include a link to Christians in Recovery® on your personal webpage as a way of reaching out! It's easy:

Click on this link for [Directions For Linking to Christians in Recovery®](#)

Simply copy and paste the code from one of the three options, to your web page. No HTML knowledge needed! phics will automatically be added!!



Your source for Recovery, 12 Step and Bible based software to help you help yourself.

Free software and demos for Journaling, Recovery Reference, Bible Studies, working the 12 Steps and more.

New programs are added continually. Check back often!



Adoration

You're my music in the morning
You're the joy that brings the dawn
You're the sun that warms our faces
When the winter's bearing on
Warm me 'til my lonely shivering
Heart's inspired to kneel and pray
And I look to joyful dawning
On that final brightest day.

In tumultuous times of trouble
May we still Your songs employ
To dispel the growing darkness
That would all our faith destroy
When we feel our strength receding
May we still then seek Your face
In the midst of our heart's bleeding
Send us oceans of Your grace.

You pour out Your sweet libations
Lord how great Thou truly art
Onto thirsty errant nations
Your sweet fragrance You impart
Lead us to the Living Water
Until all our fears have fled
And bestow Your manna presence
Until all our souls are fed.

On the evening of our journey
When the knock comes at the door
And we find the raven quoting
"Child awaken, nevermore",
May we then flee to Your rafters
There escape the threshing floor
Leave the raven to the raptors
While our Captor's love adore.

On the morning after mourning
When all heaven starts to sing
And we're bathed in loud
"Hosannas!"
Adorations to our King
May our voice grow ever louder
While on sea of glass we stand
As our past is ground to powder
Blown away by His command.

By Roadrunner

A Davidian Lesson

When I think of David
I see a shepherd
Still waters
Green pastures
Righteous paths

But when I blink
I see a lion
Zion's guardian
Peerless
Fearless
Righteous wrath

I blink again and find a man
Broken
Contrite
Unable to stand
Kneeling
With outstretched hands

From shepherd and warrior to penitent knees
Beauty and honor to tortuous pleas
A man for all ages, in David I see
The battle of good versus evil, in me.

By Roadrunner

i smile

I smile to hide the hurt
I laugh to chase away the tears.
But if u look into my eyes.
you will see all my pain hidden there.
Pain that many may fell
Pain that no body can steal
I smile to hide the hurt
I laugh to chase away the tears
But if you look into my eyes
you will see the tears that are near
Near to be fallen
Near to be seen
I smile to hide the hurt
I laugh to chase away the tears
but if you look in to my eyes
you will see all my fear
fear that runs my soul away
fears that is hear and there
fear that this i'll always be
I run to God
People say he knows all
but some times i wish
that this soul he may take
for i'm tired of hiding the me

that NO one wants to see
and if they see they run
like fire can they not stay
Some may stay but i still
Smile to hide the hurt
so i don't have to Bare
the pain over again
I laugh to chase away the tears
so that i may not fall through my years
But if you look into my eyes
you will see
that i'm trying to break free
to live like God had plan for me
to spread the light and to win this fight
a fight for my soul
a fight to be real
I am trying but many don't see
that what i really want
is to be me.
Free of my past
and free of the wounds
Free living what Gods wants me to be.

By little one 11/11/10

Poets Among Us

David — Beloved of God

Boy, Shepherd, Psalmist, Warrior, King



When I was thinking about the theme for this issue of The Gabriel for some reason “King David” came to mind and hasn’t left. I think that something like a mini-4th Step on David could bring us a new understanding of ourselves. If we look at some of the stories about David, both as a boy and as a King, we get a pretty good picture of his personality and characteristics

David’s name translated means “beloved” and was indeed loved by both God and man. The Word says that he was “a man after God’s own heart” (1Samuel 13: 13-14).

So my question is why? What about David would make him “a man after God’s own heart”? Is it perfection in his life. No. We all know the sad story of Bathsheba. But we know also the many Psalms that David wrote and that even though he at times is filled with anger, fear, even pride, David’s love of God and faith comes through them like the melody behind each song.

As a boy, he is described as ruddy-cheeked because he’s out in the fields with the sheep. The youngest. The one who had to do the lesser jobs while his older, handsome brothers went to war and served King Saul. Not one that his own father would even think of when Samuel came to anoint at the order of the Lord. So maybe we could put on our list: Humble, Gentle, Poor of Spirit?

Then there’s that episode with Goliath. Certainly Courage, Faith, Determination and Loyalty to his God would be on there. We know he was a skilled singer and played the harp well. The king would call for him to play to “soothe” his moods, so on our list would be Talented, Patient, Quiet of Spirit, and Joyful?

What about all the wars and

fighting that he did. Remember those were the ones that put “blood on his hands” so that he wasn’t permitted to build the Temple for the Lord that he wanted so badly. You can’t go to war and kill others without a certain amount of Anger, Skill, Leadership, Intelligence. And remember when he was running and hiding from Saul, how he and his “band” hid in the caves. They approached Saul and his army more than once but David refused to injure his King? That takes Loyalty and yes, Love and a total lack of Pride. Even the Pride that caused him to be able to defeat other armies and countries for the sake of his beloved Israel. David is becoming a pretty complicated creature already and he’s not even middle-aged.



Then there's the relationships with his wives, not only Bathsheba but with his first wife, Michal, daughter of King Saul. I think in today's language their relationship would be considered dysfunctional for sure. And that DANCE... when David welcomes the Ark back to Jerusalem he receives Michal's scorn because he danced his clothes off! And later he had to have Bathsheba's current husband gotten out of the way (reminds me of a scene from the movie, *Godfather*, or something) to get her. So David certainly was a man of Passion. No lily-white, mild and meek person here!

But just as quickly dancing turns to sorrow. He seen Bathsheba bathing on the roof, is tempted and steals her from Uriah by having him killed. But when he's criticized by Nathan in the story of the little lamb, after having Uriah killed in order to get Bathsheba, David repents and you can tell its from his heart. And when his first son by Bathsheba is taken, he grieves just like you and I. A King yes, but a human—totally human at heart. To our list then we'd have to add things we're all familiar with: Passion, Lust, Repentance, Love for Children, and Grief.

His passion is no more evident than in his beginning to accumulate wealth and goods to fulfill his dream of the building of a temple for the Lord. It takes a lot more than passion and dreams to fulfill such an undertaking. The



choosing of the managers, deals for supplies, for workers and plans and then encouraging Solomon and instructing him in how to build it. So maybe we add wisdom and diplomacy to our list. But also maybe perseverance and obedience too, because remember God told him that he wouldn't be able to build the temple after all. That his son, Solomon would be the one. Can you imagine the disappointment that David felt? We don't read about his reaction at that point. We only read that Solomon did indeed eventually build the Temple of God at Jerusalem. Don't many of us also find our life-long dreams in our children's lives? It's not as unusual as we might think. We often have dreams but God has Plans!

After a full life, David becomes old... just as we all will unless the Lord chooses to take us before then. I can imagine that he dealt with his fair share of pains and problems in his old age as read between the lines of his history.

Why David as the theme of this issue? Why this extended historical Fourth Step, in essence, of his life? Because its like ours. Maybe none of us have killed a giant with a stone but we have shown courage in our lifetimes. We've each been poets in our own hearts—every prayer we say, God sees it bejeweled with love for us and for him. And passion and repentance? Oh yes! What person of recovery has not felt the thrill of the forbidden, followed by shame.

I found in David a model of a child of God. Not the perfect person. That's not what God wants. But the real person. A person just like you and me “a man or woman after God's own heart”. Someone that God loves, good and bad. Jesus Christ brought that gift to us.

These are just a few of the traits to be found in David's rich history. Why don't you take some time to think or read about him and find things that reach out to you.

ClaraT





Christians in Recovery®

Executive Director's Annual Report for the Year 2010

I am pleased to report that 2010 was a very exciting year for Christians in Recovery®, Inc. Many changes and improvements were made while at the same time maintaining the Vision for CIR.

The Vision of CIR

It is the vision of the Board of Directors and 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 of traditional recovery groups and organizations—and to further spread Christian hope, healing and fellowship to those in need of recovery. Our vision is not just recovery but to go well beyond recovery so people can fully discover, explore and magnify all possibilities God intends for them as individuals.

The Solution

Christians in Recovery® is a different type of ministry. It provides a safe haven on the Internet for people with a wide variety of disorders. Through CIR they find the non-judgmental encouragement, support and resources they need while at the same time protecting their anonymity.

Importance of CIR's Volunteers

CIR can operate so effectively only because of the dedication and hard work of its volunteers. CIR's volunteers are all over the world. They contribute in countless ways both obvious and not so obvious. Without the ongoing commitment of our dedicated volunteers CIR could not function. They serve as Meeting Hosts, Co-hosts, Message Board Forum Moderators, Links System Maintainers, Web Site Contributors and Editors, Sponsors, Recovery Buddies, Chat Room Greeters, Secretaries and Assistants. Our volunteers make a difference by translating recovery information to languages other than English, represent CIR at conferences and events, distribute CIR brochures to their churches and recovery groups, serve on committees and much more. You can become involved too! The full range of volunteer opportunities are posted on the web site here:

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

Overview of Accomplishments in 2010

This year was a very busy and productive one for CIR as we rose to the challenge of meeting our mission. The following improvements and changes were made in the year 2010. Note that it is impossible to list everything accomplished.

January

President: Jim S.

Treasurer: Ruth C., RN

Vice President: Jan C.

Board Member: Dr. Clara T.

Secretary: Cindy B.

- The Board of Directors met and elected the officers for 2010:
- The Annual Meeting of Christians in Recovery was held January 16th at 12:00 Noon Eastern Time. The Executive Director presented the Annual Report for 2009.
- The January Issue of CIR's Magazine "The Gabriel" Was published. The focus was Emotional Recovery. It may be found online: [Winter 2010 Gabriel](#)

February

- We have many new contributors to the CIR web site content. Rich Dixon is a constant contributor to CIR's blog. Robin O'Hare writes Bible studies for the CIR site. James Aquila, Rev. Michael Liimatta, Angie Lewis, Rev. Dr. A. Philip Parham, Laurie Glass and Rev. Joseph Rivera are also writing Bible based recovery articles. In addition, Kathi Machias, Jan Coates and Yvonne Ortega LPC, LSATP, CCDVC are writing devotionals on a regular basis. Overall, we now have more than 30 recovery professionals writing informational content for the web site. This helps us to provide fresh content every day for the web site. These pieces are well researched and very meaty. It is not the fluff so often found on other recovery sites. All of these articles and Bible Studies are provided free of charge to the general public when they are first put on the web site and placed in archives for our dues paying members.
- The chat rooms were upgraded and now twice as much logged data that has scrolled by can be reviewed by the end users.

April

- The Board of Directors met on April 24th.
- The April edition of CIR's Magazine "The Gabriel" was published. The focus was Growth in Recovery. This

may be found online :[Spring 2010 Gabriel](#)

- Many changes were made to the web site. Most notable overall is the vastly improved quality of the information we are providing to the general public as well as our members in the form of the blog, daily article, CIR News, daily Recovery Thoughts, workshops and posts in the Message Boards. We should be thankful that the Lord has provided us with the resources to do these things.
- Over the years many have asked for CIR t-shirts, hats, etc. and we have never been able to offer them. We now have a store section that offers customized CIR T-shirts, Totes, Polo Shirts, Hats and more. There is no overhead to do this.
- Presented a detailed overview of the New CIR Site under construction to the Board of Directors and Consultants, including new features and features that would remain from the old site. [Editor's Note: The new CIR website was successfully launched in January 2011].
- A workshop was conducted by Rich Dixon on February 21st "God's Plan and Adversity -- How do we reconcile the will of a loving God with tragedy in the world?" It was excellent! If you missed the workshop the transcript is online: [Transcripts](#)
- Kathy F., a CIR member, has started to work on writing grants for CIR.
- On April 1st the Chat Rooms were upgraded.
- We currently have sixteen meetings a week with 15 volunteers hosting and co hosting.

May

- On May 28th the Message Boards were upgraded again.

July

- The Board of Directors met on July 31st. Yvonne Ortega was voted onto the Board of Directors.
- The July issue of CIR's Magazine "The Gabriel" was published. The focus was Conflict. This may be found online: [Summer 2010 Gabriel](#)
- CIR's web site was moved to a VPS (virtual private server). This will provide the increased bandwidth and features we need. The cost per year will increase accordingly.
- Two computers and the server were completely reloaded.

- The Chat rooms were upgraded.
- New mobile chat client features were installed to the CIR Site
- The email system was updated to a new MySQL based platform.
- Ads were placed in the Blog to notify users of resources available to them and to generate more income for CIR.
- Kathy F. has been working on grants for CIR. This has required countless hours. She also is going to follow-up on lapsed donors.

November

- The Board of Directors met on November 2nd. CIR's IT Director, Michael Lueck made a full report on the progress of the web site and technical updates.
- The proposed budget for 2011 was presented, discussed and approved by unanimous vote.
- The blog software was updated.
- David D. and Clara T. have been instrumental in the publication of the "Christians in Recovery Workbook and Meeting Guide" book. This was written by S. O. Brennan, the Executive Director of CIR. This has previously been published as software. It is now available in book form on the web site: <http://christians-in-recovery.org/Workbook>. It is also being carried by Amazon.com and ChristianBook.com. We are also working on a 12 Step Bible Study Book that should become available in coming months. This also was previously published as software. More books will be in the offering next year. Hopefully, these will help raise more funds for CIR. S. O. Brennan is licensing the books to CIR so all proceeds go directly to the ministry.

- On Sunday October 3rd Rich Dixon lead a workshop entitled "Excuses." This was very well attended and as always, Rich did a splendid job.
- In October CIR's Magazine "The Gabriel" was published. The focus was Being a Christian in Today's World. It may be found online: http://christians-in-recovery.org/system/files/2010_Fall_Gabriel_0.pdf

December

- On Sunday December 5th the "Rebuilding Relationships in Recovery" workshop was given by Michael Clark (chaplain, counselor and speaker). On Sunday December 12th Yvonne Oretaga (teacher,

counselor and speaker) lead a workshop “Surviving the Holidays with a Dysfunctional Family.” Both workshops were enthusiastically received and we look forward to more educational workshops by these talented individuals.

Much work goes on behind the scenes that our members never see or hear about. In addition to our over 50 volunteers, CIR has 3 contract workers and several who work in an advisory capacity.

The CIR Network

Three separate and comprehensive web sites are maintained by CIR:

- ♦ <http://christians-in-recovery.org>
- ♦ <http://RecoveryBooks.com>
- ♦ <http://Self-helpSoftware.com>

These sites now contain over 14 Gigabytes of information and 1,800 files filled with information and resources for Christians, recovery professionals, recovering people and their families. The amount of information and resources available grew from 15 MB in 1998 to over 14,000MB today! Each year hundreds of pages of quality content are added.

The web sites maintained by CIR had a quarter of a million Unique Visitors in 2010. Over 1,000 formal online meetings were held at CIR this year (This does not count informal chats). It is obvious that CIR is a much needed and much used ministry! People from all over the world were ministered to. CIR is truly global in its reach!

In the past year Christians in Recovery® provided information, referral and resources for anyone who was in recovery or who desired to recover from abuse, family dysfunction, depression, anxiety, grief, stress, etc. and/or addictions to alcohol, drugs, food, gambling, pornography, etc. On average, over 50 requests per day for recovery information, referrals and resources were received via telephone, the Internet, fax, e-mail and the US Postal Service. These requests were filled immediately and at no charge. It is estimated in the past year CIR has assisted well over 250,000 people.

We were available online to help people who needed assistance from 8:00AM until 11:00PM Eastern Time every day, 7 days a week with no down time. CIR continues to serve those who fall through the cracks of traditional recovery groups and organizations. This includes those who:

- Want to have Jesus Christ and their faith as an integral part of their recovery.

- Are too afraid or ashamed to go to a face-to-face meeting.
- Fear revealing their identity because of possible professional or social consequences.
- Have irregular schedules but need regular support.
- Are unable to access recovery resources because of poor health, lack of transportation, remote location, disability, etc.
- Live in remote areas or countries where Christianity or recovery resources simply are not available.
- Serve in the armed forces.

CIR administers and maintains the following for those who visit our Online Recovery Community:

*Items in **greentype** are available free of charge to the general public by the ministry.*

- **Message Boards (also called Forums or BBS)**
- **Chat Rooms**
- **Thousands of Pages of online information and resources**
- **Database of recovery ministries, organizations, groups and meetings**
- **RecoveryBooks.com, an online bookstore offers the best of ChristianBook.com, Hazelden and Amazon.com.**
- **Daily Article**
- **Self-helpSoftware.com - which offers the only Bible based recovery software available. This remains a distribution point for our own CIR Recovery and Bible related software, which continues to be written and revised**
- **Monthly CIR News with recovery news, helpful tips, what is new at CIR and more.**
- **Live Help on the Website**
- **Live help in the Chat Rooms**
- **Ongoing Workshops**
- **Daily Blog with RSS Feed**
- **Online Live Advisor Support**
- **Member's Photo Gallery**
- **Topic of the Week Discussion**
- **Member's Online Journals and Journaling Tips**
- **RSS Feeds for Recovery News**
- **Daily Recovery Meetings with follow ups in the Message Boards**
- **Member's Library**
- **Instant Messaging (through the Message Boards)**

System)

- **Tests & Worksheets to Aid in Recovery**
- **Daily Recovery Thought, Scripture & Prayer**
- **Distribution of free ESV New Testaments to those in need**

All of the above are available 24 hours a day, 365 days per year.

This is made possible by the dues and donations of our members and supporters! Without your financial support and volunteer efforts, CIR could not exist. Christians in Recovery®, Inc. continues to work in conjunction with other nonprofit Recovery and Christian groups and organizations on a daily basis to assist people who are in recovery or seeking to recover. We also help recovery professionals, caregivers, pastors etc.

Looking forward to the year 2011

The entire website is being rebuilt with the newest technology available. Members and guests will see many new features and tools to help them with their recovery, while at the same time the site will become much easier to use and navigate. We hope to make it public in January 2011. [Editor's Note: The new CIR website was successfully launched in January 2011].

The ministry needs more members to join the Barnabas Team, Foundations Team and Leadership Society to fund the ministry. Members of the Barnabas and Foundations Teams provide scholarships to CIR for those who are experiencing hardship and help meet the needs of the ministry. Members of the Leadership Society provide seed money to build and maintain the infrastructure that enables CIR to operate at the highest level. Your support of CIR saves lives, changes lives and impacts lives. You can upgrade your membership online here: [Join Here](#)

CIR is a 501(c)(3) nonprofit organization. All donations are tax deductible to the extent allowed by law. More CIR members need to use both iGive.com for their online shopping and GoodSearch.com for their Internet searches. Both generate donations for CIR. These can be powerful generators of donation income. Go to <http://iGive.com>, sign up and tell them you want to support Christians in Recovery. The importance of members using these resources cannot be stressed enough. Every member needs to use these services and must encourage their friends to use them too. CIR cannot afford to neglect these important revenue sources.

It is clear that Christians in Recovery® is filling a desperate need in the recovery community. This has become evident by the letters and emails of thanks we receive from those we have served, the results of our surveys, testimonies and the support of membership and contributions received in 2010. Just as recovering Christians have great potential, Christians in Recovery has great potential. There are many directions in which CIR could move. The Board of Directors remains committed to its Statement of Purpose and its Vision (see at beginning of article).

With this in mind, CIR plans to expand on and improve all activities and services it currently provides. Technology and the Internet environment are rapidly and dramatically changing. CIR pledges to keep up with these changes and to use them to the benefit of the recovery community. Christians in Recovery® is a very exciting and vibrant ministry that serves people all over the world. It is only through the cooperation and support of our many members and friends that CIR can continue with this most important mission. Your investment in CIR matters. Together we make a difference!

What You Can Do in 2011

Link your web site to Christians in Recovery
http://christians-in-recovery.org/AboutCIR_LinkToUs

Invite a friend or loved one to CIR & give them a free trial subscription. [Link](#)

Volunteer for CIR. See the volunteer opportunities here:
http://christians-in-recovery.org/Members_Volunteer

Take PSA CDs to your local radio station
Local Christian Radio Stations are required to air public service announcements (PSAs). CIR has CDs with the PSAs available to any member for free. You are encouraged to take them to your local radio station and ask them to play it on the air. Let them know how CIR has changed your life. You can listen to the radio PSAs online here: [About CIR PSA](#) You can order them online here:
http://christians-in-recovery.org/Products_PSA-CD

All Supporting Members of CIR are invited to email their questions and comments: [Contact Info](#)

Respectfully Submitted,

S.O. Brennan (aka Obie)
Executive Director

The 2010 Annual Report was presented at the Board Meeting of Christians in Recovery® in January 2011. It is published here as a service to our members.

The Gabriel: CIR's Magazine - FREE !



Christians in Recovery®

Your Internet Community for Recovery
Always Available, Always Caring

The Gabriel is CIR's Magazine. You are encouraged to download this, print it out or put on a diskette 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. Please be patient, these take a few moments to download. CIR Members can download all past issues free at http://christians-in-recovery.org/Tools_Gabriel_PastIssues.

Anyone can get all past issues of The Gabriel from January 1999 though 2003 on CD:

The Gabriel Archive CD
Save precious time and disk space!

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