

*Winter 2015*

the **GABRIEL**

*The Magazine for Christians in Recovery*



# The Gabriel

Winter 2015

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If you would like to submit an original article for inclusion in the next issue of "The Gabriel", we would love to consider it. For more information and publication guidelines email [clara@christians-in-recovery.org](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 it's members and friends. It is published 4 times a year, once each quarter.

The Gabriel Staff

Clara T.— Editor

Kim B. — Assistant Editor

Obie — CIR Executive Director

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 to alcohol, drugs, food, pornography, sex, 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.

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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 to go beyond general recovery assistance by providing comprehensive resources to help people fully discover, explore and magnify all possibilities that God intends for their lives.

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## Where are you God?

Christmas. Hanukkah. Kwanzaa. New Year's. "The Holidays". Sometimes we are so involved we forget to "be involved". To check on that neighbor. To go to a meeting. We skip lunch with our sponsor in order to shop. We get caught up in all the cooking, baking, and cleaning before company arrives. Or for some holidays bring the awful feelings of guilt, remorse and resentment when we think about the family that we never had, should have had, or the family that we lost. We feel an emptiness, a deep aching loneliness and wonder, where are you God?

Expectations run amok in this season. Not just on the news and in the ads but in our hearts as well. For some reason we are always thinking that "this will be the year". I will finally make enough money. I will finally be happy. My family will finally be together and everyone will get along. But what happens when the day after the holiday comes... and there has been too much excitement? Or for many of us, when the "Holiday" was just another day like any other, and the cynicism and bitterness want to rear their ugly heads. Where are you God?

God is within. One of the greatest gifts that came with the Lord's sacrifice and our redemption was that God wrote his law upon each of our hearts and minds (Hebrews 10:16). All too often we forget. It's like that little note we stuck to our bathroom mirror to inspire us every day, and then don't notice it's even there anymore. What can awaken us to the Lord's Presence in our hearts?

At the beginning of our Early Quiet Service on Sunday, we sing an old traditional hymn—"Be Still". It goes something like this:

*"Be still, God will fight your battles*

*Be still, God will fight your battles*

*Be still, God will fight your battles*

*God will fight your battles if you just keep still."*

What if after all the drama of the holidays are over (or even during) we take some time to listen? Just stop. Breathe. Listen. Maybe we will hear the Lord singing in our hearts that most blessed of songs:

*"Turn your eyes upon Jesus,  
Look full in His wonderful face,*

*And the things of earth will  
grow strangely dim,*

*In the light of His glory and grace."*

And there, in the silence of our heart, we will find Him. We're lovingly assured once more; God has been with us all along! Blessings,

ClaraT, Editor of The Gabriel



# The Truth Shall Set You Free

Part 2 of a 10 part series

by Michael the Penguin



We all want to be free. The desire to be free is part of our make-up, and that means God gave us that desire. In my case, I want to be free to be the man God wants me to be. I have always wanted that. Wanting and achieving are two different things, however.

I have fears. These fears weigh me down. What caused them? I have ideas, theories, and sometimes even valid reasons why these fears exist. But, what matters is how I handled these fears. Some people grow out of them. I didn't. I took them with me into adulthood. By doing that, I thought I could use them to my advantage. The best thing to do was to plan, anticipate, scheme, and prepare. The overall plan for the day was to control, control, control. That took a lot of thought. In the process I became an insomniac.

And, over time, I became an alcoholic.

Why? Because as life happened, it got more complex and there were too many loose ends. The pain of seeing these dangling ends was too much. Alcohol took care of that and, in an odd way, it helped. I could sit up at night and plan, anticipate, scheme, and prepare and be energized by the alcohol.

Eventually all of this came to a head: my world imploded, and my biology crashed. Suddenly there I

was totally alone; a person that I hated.

Trouble was, I really was that person.

So, what was I to do? In fact, I did not do anything. It was Jesus who did something. He confronted me. He got into my face. He tried a variety of ways to intervene which I, of course, either could not see or perhaps was too self-absorbed to see.

When you hit bottom, you are so alone. All of you who read this know that. I had failed myself and others, and others had failed me. I was desperately alone. I was so alone I was physically ill.

There I sat, ill and slowly dying, surrounded by happy tourists on a gloriously sunny Saturday, October 21, 1994, in beautiful Colonial Williamsburg. That was when He spoke. There was no audible sound. He spoke in my spirit: "Michael, the reason you are in bad health is because of your drinking. Once you stop the drinking, your health will improve and everything will be all right."

Jesus was using the word "health" in two ways. The first applied to the disease of alcoholism. The second applied to the deeper spiritual disease or malaise which I knew would force me to address

long hidden issues out of my entire life. Frankly, it was the second disease that I feared the most.

So, where did I need to start?

I started through His Word. Scripture. Later that day, as I was sinking into withdrawal (I had not had any alcohol in 12 hours) I asked Him how -- how was I ever going to stop drinking? And, on top of that, what was I to do with myself once I stopped? Horrible fear overtook me -- the fear that I would be so exposed and helpless for all to see with no place to hide, being a person even I did not like. It was terrible. I saw no way out.

He gave me two verses: Proverbs 3:5 and Philippians 4:13. I took out the Gideon bible in our motel room and found them:

*Trust in the Lord with all your heart and do not lean on your own understanding.* Proverbs 3:5

*I can do all things through Him who strengthens me.* Philippians 4:13

Suddenly the fear was gone. The "edge" of alcoholic withdrawal was taken away, and I felt human—real. And I even felt safe in the knowledge that I was there, in Him, and

*continued on next page*

comfortable being who I really was. I claim this as a divine intervention in my life, and in many respects, the next day, October 22nd, was really the first day of the rest of my life: a life that had to be grounded in God, not in my fears and need for control.

So, it was His Word that was put me on the road to freedom. I am not there yet. I was not instantly healed. I will be seeking good health in both of these areas for the rest of my life. Probably I will never quite get to the end of the road, but by then I will be in His arms and then it will be glorious.

Until then, I have His Word, and I want to continue in His Word in order to know truth and through that truth, have freedom.

In the next installment, I want to give some thought to the word "continue" as Jesus used that word.

---

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

*This series will continue with Part 3 in the next edition of The Gabriel. If you would like to read more on the CIR website see:*

[http://christians-in-recovery.org/BibleStudies\\_Truth\\_The-Truth-Shall-Set-You-Free-2](http://christians-in-recovery.org/BibleStudies_Truth_The-Truth-Shall-Set-You-Free-2)

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testimony uploaded please  
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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!

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

Using the Search Site link, enter the author's name or subject of interest.

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!

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](#)

# Creation Corner

## \*DESTINY'S DINNER TABLE\*

Mashed potatoes?  
Where's the gravy?  
Worry not for now,  
About losing your mind.

Yet, that distant memory  
Of each long circle,  
Keeps sneaking up  
From far behind.

A sitting duck  
Brought forth  
From Summer,  
Invitations to come,  
Sniff and smile.

Warning voice  
Kicks in like  
A sledgehammer,  
But, hey tarry ho!  
Care not of  
This a while.

Flames of fire  
From Sunset city,  
Now coursing through  
Each rumbling belly.

Three riddles,  
Four jokes,  
Ten rounds  
Of sweet Sherry  
On this destiny wheel  
Of lets come  
And be merry.

So sudden the entry  
Of Dragon and Discord,  
With clutches that sink  
Deep into the flesh

A terrible tasteless  
Seamless word;  
Layered with potato  
And watercress.

The Chaos of Ninill!  
Lost aspirations,  
Like fish,  
On a bank.

Bound by  
generations  
Of frozen will,  
Obsessed with filling up  
The fractured tank.

Tanking up on glasses  
And bottles for chill,  
Stuffing even bigger cheese  
Onto larger plate.

Tastelessness hidden  
Under gravy and dill,  
Well past their  
Sell by date.

Another reason,  
Another year,  
Another season  
Another decade late.

Another generation,  
Still more than,  
A Strawberry -  
Trifle confused,  
Between genuine acts  
Of love and hate.



## Thinking About San Bernardino at Christmas

Savagery lurks beneath facades,  
Naked angst with clothes,  
Enmity stalks, thirsty, craving  
Jugular exposed.

Modern jungle thrives beneath  
Placid, rippling days,  
Fangs forever ready,  
Sharpened, glistening, splayed.

Camoed twisted ideologue,  
Unnoticed 'til too late,  
Explodes...naught left but carnage,  
Questions, drenched precocious graves.

Child of God, in Whom you trust,  
Be sober in your cheer,  
Peace on Earth, eventually, yes,  
But Hark!...there's Evil here.

by Roadrunner

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Wise Poetry by Rev.Bola  
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## Reflections on New Beginnings

by TJC

New beginnings  
Frozen moments in the wide  
expanse of time,  
Reflections on the days gone by,  
Sweet anticipation of what the  
future holds.

New beginnings  
Sparkling gold dust in the sands of  
the hourglass,  
Jewels from the hand of God,  
Precious opportunities to start  
anew.

New beginnings  
New day, new month, new year,  
Hope springing eternal once again,  
Blessed reminders of the grace of  
God.

So near, so very near to God,  
I cannot nearer be;  
For in the person of His Son  
I am as near as He.

So dear, so very dear to God,  
More dear I cannot be;  
The love wherewith He loves His Son,  
Such is His love to ME!

-- Spurgeon's Devotional Bible



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

May God bless you and  
keep you until then.

from page 164,  
The AA Big Book



*Original Watercolor by ClaraT*

# CIR NEWS

[Archives of Past Issues](#)

## **ANNOUNCEMENTS**

Christians in Recovery is falling far short of the \$20,000 in donations needed in 2015. Each person who benefits from the ministry must seriously consider making or increasing monthly donations this year otherwise the ministry will be unable to continue. Just an added \$10-\$25 per month can turn things around. [Please donate today.](#)

## **ANSWERS**

- [What is Forgiveness of Sin?](#)
- [How is Your Spiritual Heart Health?](#)
- [What Measures You?](#)

## **TIP FOR SUPPORTING MEMBERS**

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- [Our Reward-Driven Selves](#)

## **TOOLS THAT MAKE A DIFFERENCE**

- [Affirmations to assist you, your recovery and your faith.](#)

## **FOR RECOVERY PROFESSIONALS**

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



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## **WISDOM FROM A CIR MEMBER**

I have to remember that the grace of God is extremely powerful... much more powerful than the lies of Satan. It is up to me to accept God's grace on a day by day, minute by minute basis. Grace is something I must willingly accept and stop trying to obtain. I can choose to live in His grace or in my own misery. ~Obie



## **QUESTIONS ANSWERED**

- [Peer Pressure & Sin](#)
- [Grace Brings Context to Our Lives](#)
- [Are You a Bird on a String?](#)

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# 10 QUESTIONS TO ASK AT A CHRISTMAS GATHERING

*Many of us struggle to make conversation at Christmas gatherings, whether church events, work-related parties, neighborhood drop-ins, or annual family occasions. Sometimes our difficulty lies in having to chat with people we rarely see or have never met.*

At other times we simply don't know what to say to those with whom we feel little in common. Moreover, as Christians we want to take advantage of the special opportunities provided by the Christmas season to share our faith, but are often unsure how to begin.

Here's a list of questions designed not only to kindle a conversation in almost any Christmas situation, but also to take the dialog gradually to a deeper level. Use them in a private conversation or as a group exercise, with believers or unbelievers, with strangers or with family.




1. What's the best thing that's happened to you since last Christmas?
2. When was your best Christmas ever? Why?
3. What's the most meaningful Christmas gift you've ever received?
4. What was the most appreciated Christmas gift you've ever given?
5. What was your favorite Christmas tradition as a child?
6. What is your favorite Christmas tradition now?
7. What do you do to try to keep Christ in Christmas?
8. Why do you think people started celebrating the birth of Jesus?
9. Do you think the birth of Jesus deserves such a worldwide celebration?
10. Why do you think Jesus came to earth?

Of course, remember to pray before your Christmas gatherings. Ask the Lord to grant you "divine appointments," to guide your conversations, and to open doors for the gospel. May He use you to bring glory to Christ this Christmas.

~ \* ~

by Don Whitney



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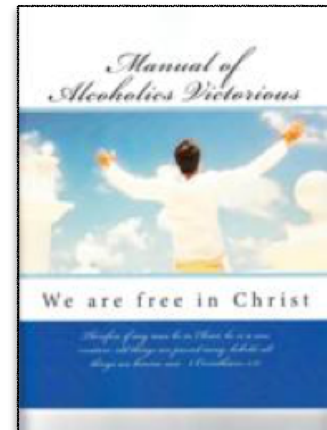
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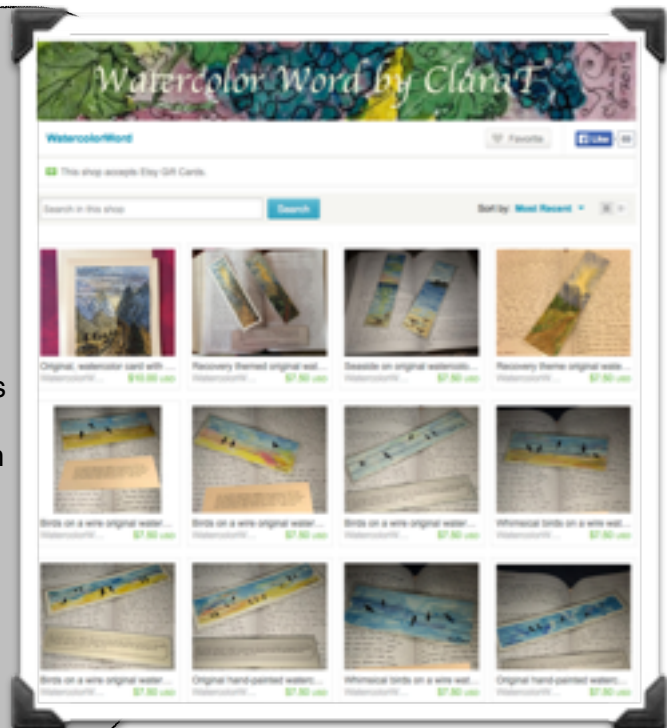
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a 501(c)(3) non-profit organization governed by a Board of Directors that meets on a regular basis. CIR does not receive any funding from TechMission. Donations given go directly to CIR and they are deductible to the extent allowed by law.

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.

For more information click the "How We Serve" link on the About CIR tab on the CIR Website.

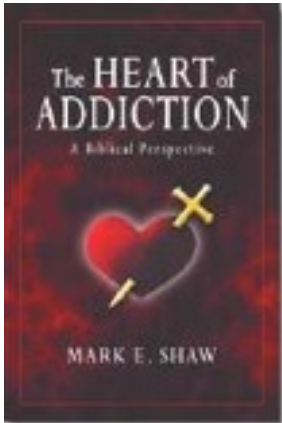
# CHRISTIAN RECOVERY READING



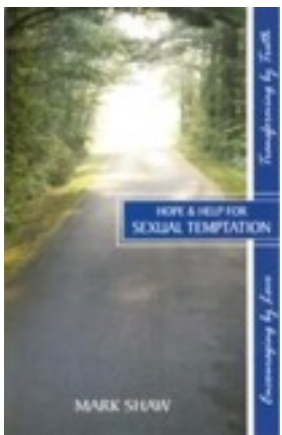
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# HOLIDAY TRADITIONS & EATING DISORDER RITUALS



*"Making the word of God of none effect through your tradition, which ye have delivered: and many such like things do ye." Mark 7:13*

The holiday season is all about traditions. Families make their own - everything from the food, to decorations, and outings.

Traditions can be wonderful. However, seen through the prism of eating disorder rituals, they can be imprisoning.

*"Rituals are both a tactic not to eat and also a kind of obsession associated with anorexia. When eating disorders are starting, people will try to make it look like they are eating by cutting things up and shifting food around on the plate so as to not draw attention to how little they are eating." Cynthia Bulik, PhD, eating disorder specialist at the University of North Carolina- Chapel Hill*

Traditions and Rituals all come with the same expectations: Perfection, Happiness and a Sense of Safety.

Rituals are repetitive actions and behaviors such as counting the number of times one chews his/her food before swallowing, meticulously counting calories, or using the same bowl and spoon to eat. There's an exacting precision attached to keeping these behaviors - and a dreadful fear if one is unable to do so.

It certainly doesn't make the holiday season very joyful. And God has desired abundance for us:

*"...I am come that they might have life, and that they might have it more abundantly." John 10:10*

Furthermore, God has given us freedom to choose:

*"All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not." 1 Corinthians 10:23*

*"All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any." 1 Corinthians 6:12*

For someone struggling with disordered eating however, that's easier read than lived.

Yet, if we face our own truth about why we do what we do, fully aware of perfection's demanding and impossible nature, we can ease up on ourselves and be fully present with the holidays as they occur.

It may be helpful to realize that the "picture-book" holiday is not a reality for many people. Some cannot afford it. There are many single people who are not close to their families or do not have a family, and there are many families that do not fit into the dominant cultural model of "family". Do not blame yourself for family or friendship conflicts. People are no different during the holidays than they are at other times of the year. Remember that you are only responsible for your own actions and taking good care of yourself.. from *NEDIC Bulletin: Vol. 7, Coping With the Holidays National Eating Disorder Information Centre (NEDIC) [www.nedic.ca](http://www.nedic.ca) Used with permission*

And that's more powerful and life-giving than any ritual!



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

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# Hey! Did you know?

Christians in Recovery® is a group of men and women who are dedicated to personal one-on-one sharing of faith, strength and hope as we live each day in recovery.

Everyone is in recovery from something: abuse, family dysfunction, depression, anxiety, grief, illness, trauma, relationships and/or addictions to alcohol, drugs, food, pornography, gambling, sex, and more.

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**From our Summer Edition!**

  
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"We can't go on like this!" the Owner exclaimed. "From what I hear, our Product is not moving at all in this territory." He sat at the head of the crowded conference table. Beside him was his son, who was learning the business. Gabe the PR man was huddling with the bookkeeper and looking worried. Several Regional Managers were comparing notes and wagging their heads dejectedly, when Mike the Sales Manager took the last chair.

"You may as well start, Mike," said the Owner. "It's hard to see how people can resist the Product, but they don't seem to believe what a value I'm offering."

That's the mystery, Chief," Mike replied. "The territory has been kept well-stocked for ages. Every so often Gabe sends one of his hard-hitting promo men or offers a special premium, but the momentum doesn't seem to hold. We've got our loyal customers, all right, and we depend on them for word-of-mouth advertising; but there's no way we can be satisfied with the development of this market. We need a whole new game plan, something we've never done before. In fact, we need something none of our competitors — nobody in our line — has ever done! We know the Product is effective; we've just got to get more people to give it a try."

Two ambitious Regional Managers almost collided as they jumped up. "Surely, you'll want to push this new campaign in my region," said the first. "I've led our sales for the past eight decades."

"Hold on!" steamed the other, "You know your region has the most people, so total sales mean nothing. Chief, if you'll examine the graphs of our last century's sales, I believe you'll find that in relation to population--"

"Wait a minute," one of the Production Supervisors interrupted. "You talk about marketing, but I say we ought to look at the Product we're pushing. Maybe there are some adjustments we can make— ease off a little somewhere so we can offer it at a price that won't be so much of a sacrifice. 'Give the people what they want,' remember? Maybe if we

don't stay so hung up on the 'integrity of the Product' we can sell some version of it to the mass market."

"How can you suggest that?" asked the Owner quietly, and the production man sat down without saying another word. He remembered some of the fiascoes he had witnessed when people tried redesigning the Product without following the Owner's plan.

"While I have the floor," the Owner continued, "I'd like to thank each of you for your faithfulness through the years. Regardless of how the Product has

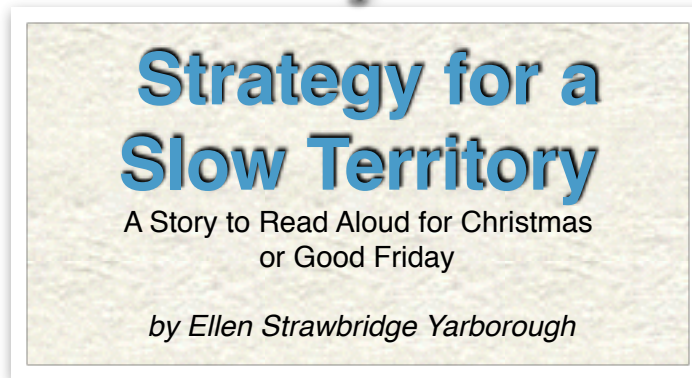
moved, I can only say 'Well done' to the host around this table. You have been working hard, no question about it. Even through the lean times, we've kept the Product before the public. We have run some spectacular promotions over the years! But it is time to break through with something never before tried, and I've called you here today because my son and I have discovered a unique test market area— one with conditions that have not been available to us before."

"We've studied each regional map, with particular attention to distribution routes, communication systems, and openness to the way our Product must be packaged. See this narrow strip of land right here, between the two big population centers? The government is managing to keep that province peaceful now and under control. More and more people know the same language, and better roads are being built every year."

\*\*\*

Mike the Sales Manager and Gabe the PR man looked at each other and then at the Owner. Gabe spoke first. "When I get on the horn I won't have any trouble finding an experienced advertising representative who speaks that language, Chief; but it surely seems like a little target area. I thought we were talking about opening up this whole territory and getting our Product 'up in lights.'"

"I agree with Gabe," followed up Michael. "If I'm going to assign one of my best men to this special campaign, he'll want to reach as many potential



*continued on next page*



customers as possible. Why not target this continent here between the Atlantic and the Pacific. We haven't pushed the Product there at all, so we'd have a clean test market for statistical analysis."

"Look at the maps again, Fellows," said the Owner. "Leave that site unopened for a few more centuries; most folks don't even know it's there yet. But this little land bridge between Africa and Europe can be quite a 'hot spot' for distribution. There's a lot of travel and trading through there. People rub shoulders with strangers, and the next day they're learning about each other's ways. It's a sight how much is being stirred up, and I know we can get in on the action."

"The question is," he continued, "who will take the responsibility for making a clear and thorough presentation of the product? I don't mind telling you, it's the most important assignment I've ever made. This campaign just has to work, or I don't want to think about the future."

"Experience--," mused Mike. "But no, all my best men are so set in their ways. This might be too much for them."

Gabe was thinking, too. "We'll need a smooth talker, somebody who won't let any grass grow under his feet, someone who'll come in like a whirlwind--. But still, people need time to look at our Product from several viewpoints. We better display it as clearly as we can and give them time to see how it works."

The whole group was silent for a long time. "I wish I could go myself," said the Owner. "I've had some good times with good friends on that planet. It would keep me away from the shop too long though; this is a family business after all."

At that, all heads turned toward the Son, who sat at the head of the table beside his Father. "I'm

willing to go, Father," he said, "but you know I've had no experience on the road."

"No," said his Father, "and how will I stand it if you are rejected by men? We better keep looking. Michael? Gabriel? No? What do you think about Moses—could he handle it?" Silence.

Finally the Son spoke up again. "Send me, but let me go newborn. If I grow up among the people there, I'll truly learn what the place is like and what they already think about our Product. Then I'll know how to show all it can do for them."

The more he talked the more excited he became. "I'll be using the Product myself, from start to finish, so the people will see it in every light. I'll give samples to all who will receive, and I'll train a few key men who will carry the Product even further. And they'll train others."

He stopped talking then, and turned to face his Father. "One thing I want you to know: If you do send me, I won't be a quitter. I will do whatever it takes to bring the Product before the people."

"I know you will, Son. I've always been well pleased with you," replied the Owner to his beloved Son. "You know the importance of this mission, and I know the risk I run by sending you among people who seem to have so little regard for the Product. We're risking everything— but when they see you with the Product, surely they'll realize what a bargain I offer. I'm counting on you Son!"

\*\*\* Pause \*\*\*

A few nights later, when the stars were shining brightly, and the Junior Choir had flown to sing their new song in the desert sky, Gabriel turned to Michael. "Do you really think this will work, Mike?" he asked.

"Only God knows," replied Michael. "We'll just have to wait and see."



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The Rev. Dr. Yarborough, or "Yar" to her friends and parishioners is a retired Methodist minister, still quite active in community and church activities. This article was first published in *Mature Years*, Winter 1989-90 and is reprinted

here with permission of the author.

Sometimes just reading the Word in a different translation can open our "hearts" and minds anew. Found on the Scripture Forum:

**1 Peter 1:13-16**

*from the Message Bible:*

So roll up your sleeves, put your mind in gear, be totally ready to receive the gift that's coming when Jesus arrives. Don't lazily slip back into those old grooves of evil, doing just what you feel like doing. You didn't know any better then; you do now. As obedient children, let yourselves be pulled into a way of life shaped by God's life, a life energetic and blazing with holiness. God said, "I am holy; you be holy."

*from the King James Version:*

Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ; as obedient children, not fashioning yourselves according to the former lusts in your ignorance: but as he which hath called you is holy, so be ye holy in all manner of conversation; because it is written, Be ye holy; for I am holy.

# GLEANINGS



I can try to carpet the world but it might be better just to wear slippers.



Saving the last Indian puppy

**HOW TO**

Making Amends To Myself:

1. Pray for God's will in my life.  
(knowledge, wisdom and power)
2. Forgive myself for not being perfect.
3. Believe it will all fall in place if I am willing to believe one day at a time.

**I can't - He can - I think I'll let Him.**



## Steps 3-11 as worked by Bill W.

There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since.

My schoolmate visited me, and I fully acquainted him with my problems and deficiencies. We made a list of people I had hurt or toward whom I felt resentment. I expressed my entire willingness to approach these individuals, admitting my wrong. Never was I to be critical of them. I was to right all such matters to the utmost of my ability.

I was to test my thinking by the new God-consciousness within. Common sense would thus become uncommon sense. I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure.

My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems. Belief in the power of God, plus enough willingness, honesty and humility.

From Bill's Story, page 13, AA Big Book



mikaclaire

## kintsukuroi

(n.) (v. phr.) "to repair with gold"; the art of repairing pottery with gold or silver lacquer and understanding that the piece is more beautiful for having been broken

**[You Can't Move from Broken to Beautiful Overnight \(link to article\)](#)**

- ❖ **Lack of faith is the problem. That leads to fear - not necessarily what happens or what might happen.**
- ❖ **Gratitude changes fear in a major way.**
- ❖ **Fear cannot coexist with wonder. Instead of fearing what will come, begin thinking "I wonder what the Lord will do today?"**
- ❖ **Recovery: Humility and acceptance and powerlessness all mixed in together.**



# The Questions, Help & Where To Start Forum

INSIDE  
CIR

## [The Questions, Help and Where to Start Forum\\*](#)

has posts ranging from "how-to" read the forums offline to questions from new Christians or newly recovering folks about "How do I do this?" to a range of topics about physical, mental and spiritual recovery. It's hard to pick just a few examples but these I hope will give you a bird's eye view of this forum.

**\* Indicate Links to Member Only areas**

### [Journaling on CIR\\*](#)

This came up in conversation last night and I thought it was a helpful insight. CIR has a great journaling site - which is a good way to "work through" issues and thoughts that you're not ready to talk about with a sponsor or accountability buddy. In fact, I head my journal entries - "Dear Jesus" ....

I started doing that years ago, and it not only gave me a place to vent and be honest but deepened my relationship with the Lord. I realize also that some aren't ready for that so just whatever works.

The Journal can be found on the Members Only Section on the left column under Tools. Be sure to check PRIVATE ... that way what you write is just between you and the Lord.

\*\*\* \*\*

### [YouTube channel devoted specifically to those seeking recovery](#)

[WeDoRecover12](#) is a YouTube channel devoted specifically to those seeking recovery.

As far as I can tell this site is not Christian but it might help someone if they need an extra "meeting" in the week. Looks like there are many speakers from various recovery groups. Hope it helps someone if they can't find anyone to talk to or get to an online chat meeting.

\*\*\* \*\*

### [The science behind an attitude of gratitude!\\*](#)

According to current research, gratitude and appreciation aren't just pleasant emotions, both offer tangible health benefits as well. The HeartMath Institute in California has taken these findings a step further, providing a systematic approach for cultivating true appreciation - which ultimately reduces stress, chronic disease and nervous system disorders. In our fast-paced and intense modern world, orienting oneself toward positive mental states can vastly improve the quality of life and promote longevity.

Read more here...

<http://www.thrive-living.net/2014/01/longevity-positive-thinking-heart-health.html>

### [Can a "Bad Tree" Bear Good Fruit?](#)

Post back with your thoughts. Enjoy. Be blessed.

### [Q: Who started the chatroom @ CiR, & when did the meetings 1st begin here?\\*](#)

A: Wow, you are really asking us to dig back into memory. The rooms probably opened in 1996. That is a guess. We would have to dig through our records...

### [Today's Article is: Early Recovery: Getting on Track\\*](#)

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

You can check for new articles here Monday-Friday: [http://christians-in-recovery.org/Tools\\_DailyArticle](http://christians-in-recovery.org/Tools_DailyArticle)

Feel free to post back with your thoughts and comments. Enjoy and be blessed.

**More on the next page!**

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

Here's a further sampling of Topics available to our Members in this Forum.....

- [Can I be cursed and a Christian at the same time?\\*](#)
- [Meeting Jitters\\*](#)
- [Want Christian AA meetings - any suggestions?\\*](#)
- [Is it OK for an ex-drug addict to drink?\\*](#)
- [How can "we" regain control of our lives?\\*](#)
- [Jesus in Recovery\\*](#)
- [Meeting Protocol Question\\*](#)
- [The First 24 Hours - The Next 24 Hours\\*](#)
- [Loneliness\\*](#)

And more!!

[Go to the Questions, Help & Where to Start Forum\\*](#)

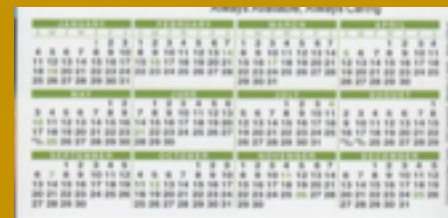
(These are Members Only Areas to protect the privacy of our CIR Members)

[Not a member? Check here to see what you're missing!](#)

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- [Alcoholism](#)
- [Drug Addiction - Scientific American](#)
- [Internet and Gaming Addiction](#)
- [Smoking](#)
- [Smoking - Scientific American](#)

### [ADHD](#)

#### [Biblical Worldview](#)

- [Biblical Worldview](#)
- [Chalcedon Foundation](#)

### [Anxiety](#)

#### [Anxiety and Panic Disorders](#)

### [Bipolar Disorder](#)

#### [Christian World News](#)

- [Christian World News](#)
- [Christianity - Canada Free Press](#)

#### [Christians in Recovery® Blog](#)

### [Depression](#)

- [Depression](#)
- [Depression - Scientific American](#)

### [Food and Eating Disorders](#)

- [Eating Disorders](#)
- [Obesity](#)

### [Mental Health](#)

- [Mental Health](#)
- [Mental Health - Scientific American](#)

### [Money and Debt](#)

- [Money - CBN](#)
- [Money - Crown Ministries](#)
- [Money Devotional - Crown](#)

### [Mood disorders](#)

### [Pain](#)

- [Pain](#)
- [Chronic Pain](#)

### [Post Traumatic Stress Disorder](#)

### [Preventive Medicine](#)

I have learned that my prayers only get answered if I forward an e-mail to seven of my friends and make a wish within five minutes.

## The Children's Bible in a Nutshell

*A sixth grade child was asked to write a book report on the entire Bible. Here is what he wrote:*

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, "The Lord thy God is one," but I think He must be a lot older than that. Anyway, God said, "Give me a light!" and someone did. Then God made the world. He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet. Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden ... Not sure what they were driven in though, because they didn't have cars.

Adam and Eve had a son, Cain, who hated his brother as long as he was Abel. Pretty soon all of the early people died off, except for Methuselah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.

After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable. God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbor's stuff. Oh, yeah, I just thought of one more: Humor thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town. After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore. There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament.

Jesus is the star of The New Testament. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is

always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was.")

During His life, Jesus had many arguments with sinners like the Pharisees and the Republicans. Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him. Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Democrats and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.

## Humor In Recovery

Hello, my friends in CIR,

This is a wonderful video of children performing the Christmas Story, the nativity play, and it is certainly worth a few laughs, as well as many points for creativity in costume design! I hope you enjoy it as much as Byron (Teddybear) and I did. Merry Christmas, everyone!

The Christmas Story:

<http://youtu.be/kWq60oyrHVQ>

With lots of love and hugs,  
Your sister and friend in Jesus,  
Brenda



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# The Back Page



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Please be patient, these take a few moments to download.

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