

Friday Evening

RECOVERING WHO GOD CREATED US TO BE

God, I offer myself to Thee.  
To build with me and to do with me as Thou  
will  
Relieve me of the bondage of self  
That I may better do Thy will  
Take away my difficulties  
That victory over them  
may bear witness to those I would help  
Of Thy power, Thy Love and Thy way of Life  
May I do Thy will always

WHO AM I?

HOW DID I COME TO BE?

HOW DID I GET HERE?

{on retreat with a bunch of alcoholics}

WHAT IS A RETREAT...

FROM WHAT AM I RETREATING...WHERE AM I  
GOING?

...AND THAT LEADS TO SO MANY MORE QUESTIONS...  
ABOUT LIFE AND  
COMMUNITY AND  
FELLOWSHIP AND  
RECOVERY

AND WHAT EXACTLY IS RECOVERY?  
AND WHAT DOES IT LOOK LIKE?

WE SAY WE ARE RECOVERING ALCOHOLICS  
WE SAY WE ARE IN RECOVERY...

FROM WHAT EXACTLY ARE WE  
RECOVERING?  
AND WHAT WILL WE LOOK LIKE ONCE WE  
ARE RECOVERED?

**SELF**

We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve



Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks-drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

## The Twelve Promises

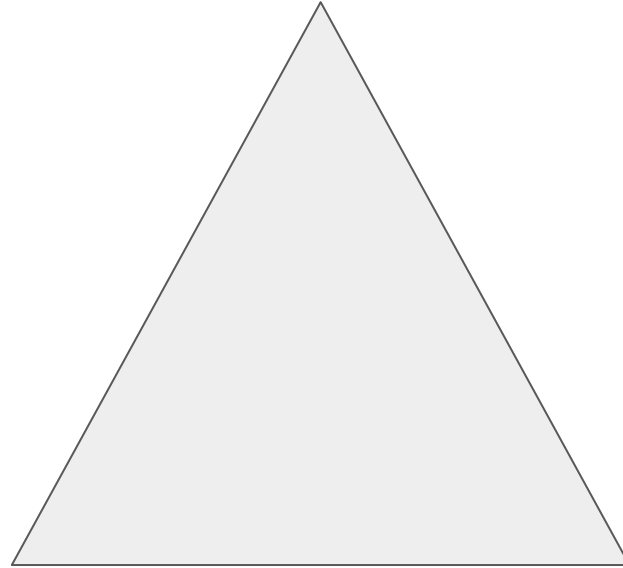
1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

SO, BASICALLY...

WE HAVE AN ALLERGY OF THE BODY AND AN  
OBSESSION OF THE MIND

WHICH HAS LED TO A BANKRUPTCY OF  
SPIRIT AND AN INABILITY TO MANAGE OUR  
DAY TO DAY LIFE...

**Child**



**Mother**

**Father**

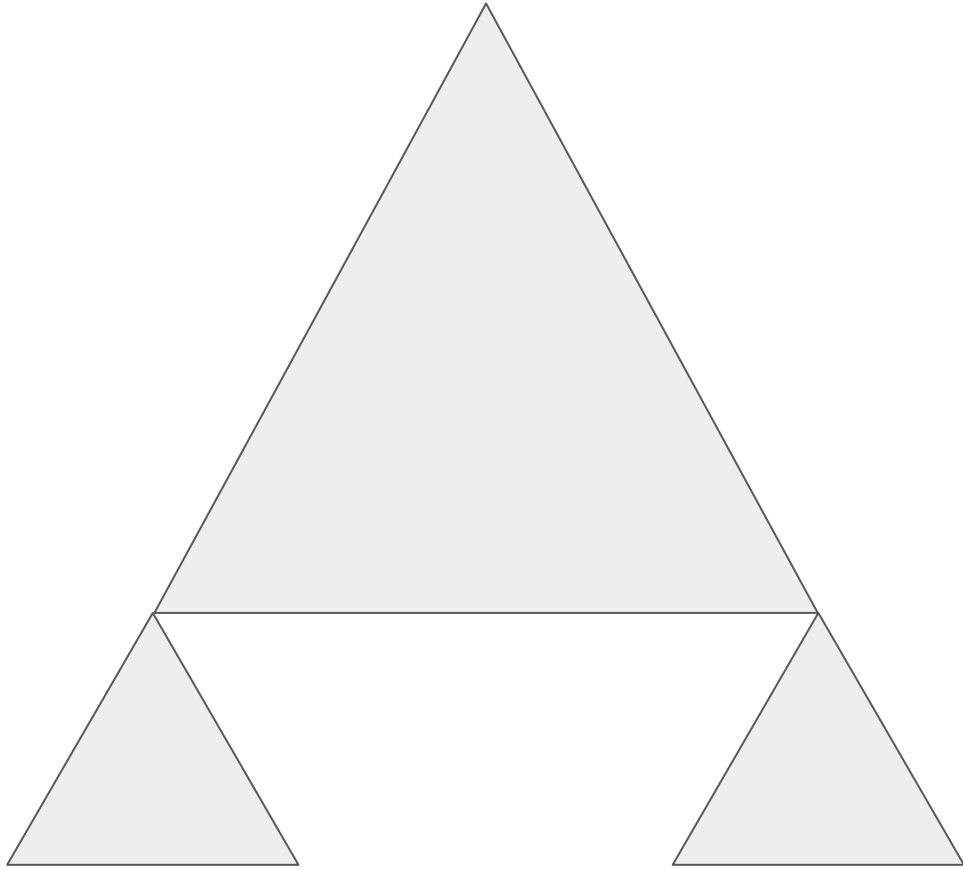
The greatest hazard of all,  
-Losing Ones Self

Can happen very quietly in the world  
as if it were nothing at all  
Soren Kierkegaard

The sea lion

who had lost the sea

MY STORY





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.