

COMPOSITION
BOOK #
BORING

200 pages
in 24.7 x 18.4 cm

B.L.G.C
Stories of
Sobriety.



CW
Substance
Use!



Sliver of moonlight

Barely a sliver of moonlight fell through the narrow gaps in the blinds,

but the avid brightness of the pale light mingling with the bars of shadows told her the moon must be full.

Pushing and pulling the tides against its weight, its celestial embrace.

That unearthly lightness made for a curious bedfellow and so she paced the floor boards and watched as the red numbered minutes antagonized her.

Caught between a self-loathing boulder and a rock of anxiety there was not even room for her to sleep.

Dreaded thoughts of tomorrow escaped her as she gazed down, down at the shadows playing upon her bare feet.

The wind was blowing the palms and everything beyond her window was silent and at peace.

S. Pretorius

Looking Glass

Tiptoeing around a temper, the third person in the room,
you teach me something about a past I remember only through
refractions off a bottle.

The joke is that I never get the joke, and still share the
hangover from being overwrought, yet to find a reason to laugh.
This discomfort is a gift because now I know my limits,
it lights up my boundaries like a neon sign in a dive bar
and shows me the parts of myself I have not
yet healed

Jo Flynn



BORING LITTLE GIRLS CLUB



Heal from the bottom up

if you can love yourself through the darkest hour of your life

if you can forgive yourself for the worst choice you made

the hurt you caused yourself

the pain you brought others

if you can forgive yourself

when you can't imagine there being anywhere on earth

lower than where you are right now

you have all the strength you need

to heal from the bottom up

-S. Pretorius

Two bottle Tuesdays

I cannot make you get sober,

It took all I had to do it. It's the best choice I've made,

in a long, long while,

I hope you choose it too.

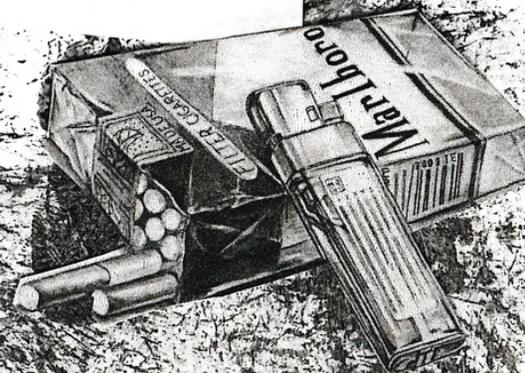
But maybe then,

we won't know how to connect

without the two bottles of wine,

and a pack of cigarettes to share.

-S. Pretorius



From her first book of poetry, being published November 11, 2021

"Love Me // Into Oblivion"

Bat Wings and Spiders legs

The night I sense
Unease from very in
Smoke rises
Burns and darker yet
Flames do not paint a picture of
My mere emotions
Nonsense
Nothing but nerves and unease
FIRE
A storm
Yet the calm of the eye

A bubbling cauldron
Much like a toxic potion
Bats wings and spider legs
Carrots and vinegar
Just a hint of pepper!

Tendrils of electricity
Crawl and climb
I feel it deep within
Pulling me down,
Energizing my every unwanted whim!
Dancing around in a garden
Thoughts are the sky
They are the fireflies
Bouncing about
They are written in the clouds
The wind shifts
Falling letter by letter
Hitting the ground

This mixture
I feel it boil in my gut
Mixed and wild
It fuels much
Yet forces me to lay still
Tired of it all
I'm high
Higher than the brim of the pot
It bubbles

A paint brush cannot depict
The colour of
What it's like to feel like you are running
While you are sitting

Yet
Here we are
Round and round and round again
My mind it spins
Fire under

There is nothing
But everything
I am the nobody
The somebody
That remains when all else
Has nothing left to say
Staring at a blank canvas

It creeps in slowly
Like a towel soaking up a spilt drink.

Emerin



Why does a bill in the mail
Why does every wrong look
Why does this cause them to need
That beer that has them on the hook?

Why can't they just stand strong
And though the negative they can walk
I ask them to just stop and grow
But that's all just a bunch of talk

Maybe they can find that healing
That they need to deal with this dis-ease
But it's not up to me
So if I want to be here, there's no guarantees

Why do I keep loving this drunk?
He makes my life feel like hell!
How can I keep living this lie
Thinking he will one day be well?

Why do I stay with the sad ones
Who just can't see the wrong of their ways?
Why is it that I put up with so much
Some days I feel like it's me that is crazed?

I want him to quit, I truly do
It's not up to me, he's totally in control:
Drinking his life into the ground
Taking his family with him, body and soul.
I make excuses, cover his back
Enable the disease to progress
I need to stop it now! Yes, forever STOP!
I've got to make it regress.

I can't stop you from drinking, only you can
Change and make it better for those concerned.

Quit while you still have family,
Before I leave because I'm burned.
When my love changes to pity, you'll be alone
Cause I can't live with you anymore!
For my health and sanity,
I'm kicking you out the door.

My love can't come second to the bottle
Please Let the Recovery now begin
When you get clean and sober
I can be here once again.

I LOVE YOU YOU!!
You're not alone in this,
you don't have to
keep hiding.



Please, please don't hide it from me,
Tell me if you're going back to it.
Tell me honestly is my plea.

Do you again feel all alone?
To suffer life's sorrows that in you groan,
When all joys from you have flown.

Will this liquid friend be your all?
Will you again be taken down
That road that can only drown?

Will you follow this to it's journey's end?
Thinking it is your only best friend?
While I am here wanting your honour to defend?
Will this nightmare hit you once more?
Tell me, if you please, tell me so.
I want to hear it from you, I want to know.

For you there will be no blame
Until it passes the time that will take
To show you it wasn't part of your fate.

Will you believe again my friend?
Will you know the value that you are?
Treasured beyond measure to the end!

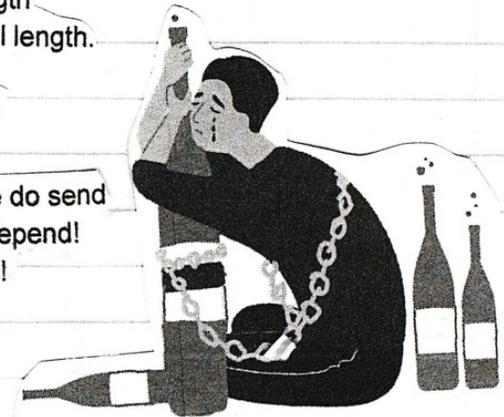
Tell me will you dream again?
Please find the joy in life, let it begin
Let the sadness and sorrow fade away!
Can the dreams of love and life
Draw you back from the pit of strife?
Or has it vanished away, hurting your life?

Will you reach out to God
To know he is the only strength
To hold you strong through the full length.

Know this my friend,
God will be here for you to the end!
Your hurts and heart to mend!

If ever you need me, A message please do send
On my friendship and care you can depend!
Forever and always your friend!

- Nia



A poem written for a friend that passed on shortly after this poem was written in
2012

Until

Never have I known the freedom

The exhilaration

The complete trust in myself

Until my sobriety

I was always searching

Searching

Searching

For something to set me free

Never finding

Never knowing

Until my sobriety

I was always destroying

Lying

A tornado spinning out of control

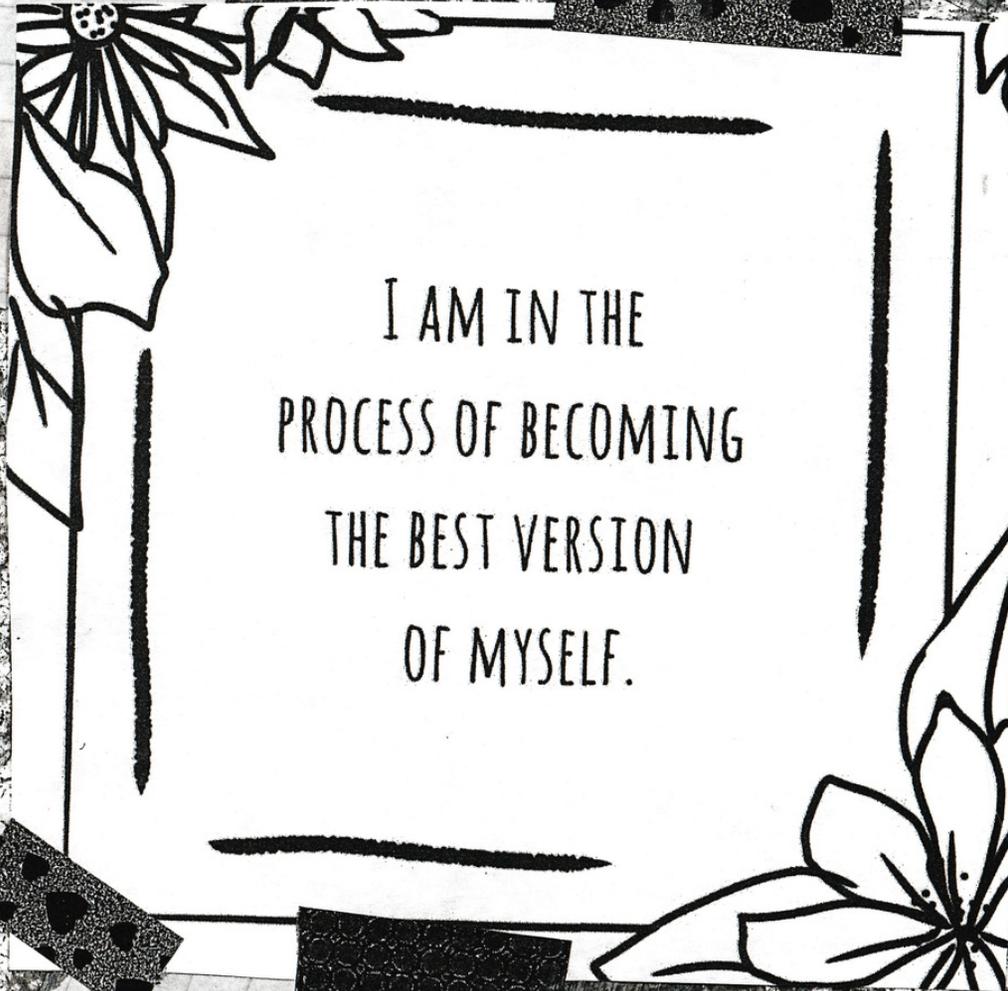
Pretending

Manipulating

Until my sobriety

- Anonymous

I AM IN THE
PROCESS OF BECOMING
THE BEST VERSION
OF MYSELF.



UPSIDE -DOWN-

- Laura Comben

Now that I'm a social pariah?
on sobriety be rebellious?

So where do I put all this rebellion now.

without the booze.

I still have that desire to drink to be bad, to rebel, to say fuck you to the rules of normal society. The parts of society I find boring, stifling, predictive, cliché. That's the reason I began drinking so enthusiastically in the first place. Finally, a place to run away so that no one can find me. I felt free for the first time in my life. But after 15 years immersed,

move forward, but how?

I know that I have to tackle this longing in order to

escape my mind when I'm hurting.

away - sometimes. Only when I'm weak. I long to

stuff. I still long for an escape, a medication, to get

I say that, because it worries me, the underneath

To that I say, I'm off the booze, isn't that enough?

drinking, but the underlying reason for the drinking.

sobriety, one must uncover and treat not just the

Recovering alcoholics say that in order to maintain



Oil in a bottle

There is a myth

That The fuel of success is powered by a poison

Humanity loves what they know they shouldn't have.

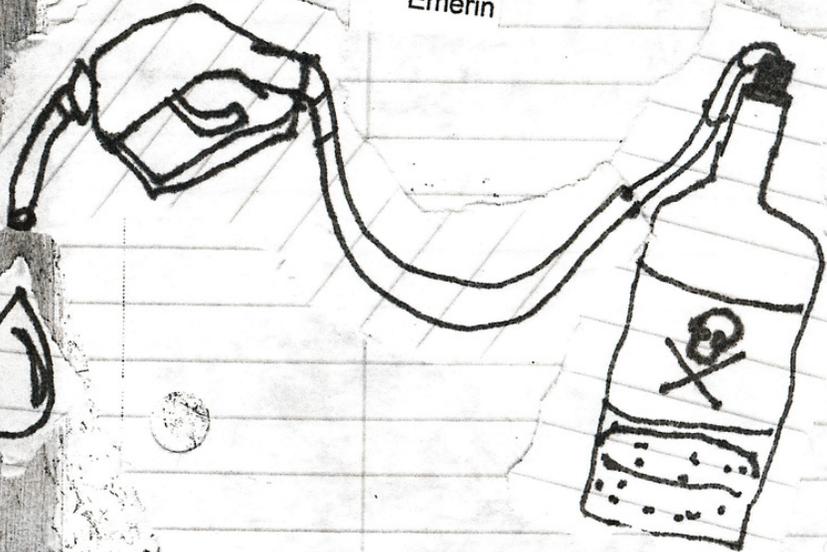
Drowning our minds with thoughts of codependency

"on just one more sip"

Happiness cannot be created

by synthetic concepts of a cure all for courage.

- Emerin



A Wish

The wilted flowers that once bloomed so bright and wild.

Growth and pain,

there is no regret over my journey.

But for how it made the petals fall.

Look at the water streaming out of the cracks in the vase

and,

imagine that one day those cracks will create a river and water the trees.

- Emerin



Dear Me

Content Warning

Substance Use

Abusive Relationships

Self-harm

Dear 11-year-old me,

What can I say, other than it does get better. What can I say, other than it's not your fault. What can I say, other than you are worthy of all the love in the world. The world is mean and cruel and I'm sorry you had to experience that first-hand at this tender age. The adults in your life cherish you, respect you, love you, they just may not be able to show it. Just so you know, grown up's act like they know what they're doing, but they don't. Everyone is trying their best, even though it hurts. Please, please, just don't give up quite yet. Please tough it out. We can't lose you

Love, Kira

Dear 15-year-old me,

What can I say, other than it's not your fault. What can I say, other than you have worth. What can I say, other than, just because he hands you a drink, just because he gives you a line, just because he slips his hand up your dress, doesn't mean he loves you. Doesn't mean he cares. Doesn't mean you're safe. You don't deserve the pain you're feeling but you're feeling it none the less. We all wish for a better world, but right now you've gotta stick it out in the one we have. Be smart, be strong, be careful. And talk to your mother. Let her in. She can save you a world of hurt. Please, please, just don't give up quite yet.

Love Kira

Dear 17-year-old me,

Leave him. Now.

Love, Kira

Dear 18-year-old me,

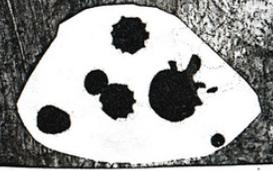
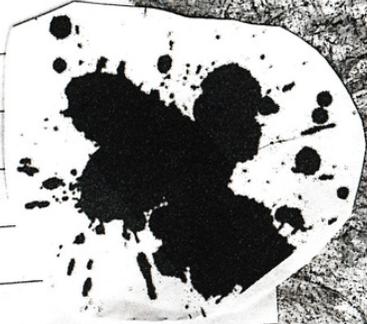
Leave him. Again.

Love Kira

Dear 21-year-old me,

What can I say other than sobriety is the best choice you will ever make. What can I say other than it's not your fault. What can I say, to make you feel safe again, to make you be able to trust again, to make you available for love again? You're about to start down a long, hard path, but I promise you, it's worth it. Sobriety will open your eyes to opportunities and thoughts you've never thought possible. Stick with it and I promise it will make your life brighter, healthier and more free then you ever believed. You'll have friends and loved ones who you're able to care about and care for. You'll feel unconditional love. All the pain, all the hurt, all the sorrow you've been feeling... well it won't go away but it'll get better. You'll be able to breathe again. You'll feel like you're floating instead of sinking. Trust me on this. I believe in you.

Love Kira



I PULLED OUT THE WEEDS
BUT THE ROOTS RUN DEEP.



SO I KEPT THE FLOWERS,
AS A REMINDER TO KEEP GOING
BECAUSE SOMETIMES,
THE WEEDS COME BACK.

Glug Glug Glug

They have to have their Glug Glug Glug
To be able to live with the ones they Love Love Love
Why do they need their beer beer beer
When they have loved ones near near near
~Nia

RESOURCES

Boring Little Girls Club
Calgary, AB
boringlittlegirlsclub.ca

A community of sober women, non-binary and trans folks who support each other and have fun without alcohol and recreational drugs

- *coffee chats (online/in-person depending on COVID restrictions, days & times vary)
- *sober parents group
- *sober book club
- *other sober fun

Movement for Mental Health

Fort McMurray, AB
[@movementformentalhealthymm](https://www.instagram.com/movementformentalhealthymm)
A queer and sober owned and operated initiative to support mental health and recovery through movement (online, in person - check Instagram for details).

Sex Work & Sobriety

Online meeting for those currently or previously engaged in sex work and recovery (not 12-step specific)
Thursdays @ 7pm MST
email : recoveryandsexwork@gmail.com
for link and password

UNCOVERING

Saskatoon, SK
Online 2S & LGBTQ+ meeting for sober/sober curious folk
(not 12-step)
Sundays @ 8pm CST
email: uncovering@outsaskatoon.ca
for link and password

Trans Lifeline (24/7)

Canada
translifeline.org
1-877-330-6366
Hotline run by and for trans folks offering direct emotional and financial support to trans people in crisis.

The Distress Line (24/7)

Calgary, AB
403-266-4357 (HELP)

Edmonton, AB
780-482-4357 (HELP)

Suicide Prevention Hotline 1800 SUICIDE (784 2433)

Rainbows to Recovery

Edmonton, AB
Online 2S & LGBTQ+ A.A. meeting (open)
Tuesday @ 7:30pm MST
Zoom ID: 7809144629
PW: rainbows

Recovery from the Heart
Red Road to Wellbriety Circle
Tuesdays @ 7pm PST
Zoom ID: 270 166 279

AHS Addiction & Mental Health Helpline (24/7)

Alberta
1-866-332-2322

Sober Synonymous

Edmonton, AB
[@sobersynonymous_yeg](https://www.instagram.com/sobersynonymous_yeg) (Instagram)

2S & LGBTQ+ centred peer-support for those managing their relationship with substances & mental health

- *weekly online coffee chats every Tuesday @ noon MST
- *monthly guest speakers to help build wellness tool kit
- *all expressions of sobriety welcome but attendees must be sober during meetings and events

WANT MORE?

BORINOLITTLEGIRLSCLUB.CA/RESOURCES-1

Sobriety

Didn't MAKE Me
BORING
I Did that
ALL BY

♡ MYSELF ♡

