

# THE FELLOWSHIP

## Your World Recovered

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*The Fellowship is a newsletter published by the Chemical Recovery Fellowship. The Fellowship is making recovery far more exciting, provocative, and high-spirited than our addiction ever was. The news of this world is dominated by an earthly perspective. The Fellowship is a refreshing view of "everything under the sun" from the perspective of those formerly deeply entrenched in its vices and now free and grateful to share a unique perspective on life.*

## Chemical Recovery Workshop 2010 Willingness To Change

Announcement

MARCH 2010						
SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30	31			

**March 27, 2010 Mt Vernon, New York**

*The New York Chemical Recovery Fellowship has the pleasure of hosting its 2010 Chemical Recovery Workshop entitled Willingness To Change. As with the workshops in the past, this promises to be a great time of teaching and fellowship. We will be posting more*

*information and a signup page on [ChemicalRecovery.Org](http://ChemicalRecovery.Org)*

## NYC Introduces Heroin Use for Dummies Guidebook

Article



*At a time when US security forces are failing miserably to staunch the flow of drugs in this country, the NYC Department of Health has come up with a novel approach. The agency has printed and distributed over 70,000 copies of a how-to guide for heroin users complete with detailed tips on prepping the dope and injecting it into your arm.*

[\(continued over...\)](#)

## Conformity vs Truth

Article



*I remember a conversation that took place one evening between two brothers in the church, one of whom was attending a CR group at the time. The first man took issue with a statement made by the second to the effect that "all addicts were liars." It seemed that from his perspective a blanket statement of this sort labeling all who struggle with addiction, was unfair and judgemental. The second brother endeavored to explain that his opinion in great part was based on his own past experience as a*

*drug abuser, but to no avail. And after several minutes of back and forth debate the matter was eventually dropped, leaving me to wonder which of the two opinions best served the christian cause.*

[\(continued over...\)](#)

## Happy New Accountability

Tradition



*It's not easy to write a New Year's message as I am well aware that seasonally familiar words like "resolutions" and "goals" can quickly start sounding like those of Charlie Brown's teacher: "wah wah wah" in our ears. For this reason I will keep my message short, hopefully sweet, and to the point.*

[\(continued over...\)](#)

## Avoiding Bad Decisions - Willingness To Change

If we're unwilling to change it's unlikely we're really seeing our need. As one of our traditions, Willingness To Change is often described as the key to recovery, and for good reason. People who won't change, refuse to do so because they haven't been convinced their need is great enough. And while this may seem rational, it's only when we get into the consequences and fallout associated with not changing that the state of being unwilling to change can be seen to be anything but rational.

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## What's Going On?

Do you have any recovery questions you would like answered? Encouraging recovery news you want to share? Any comments or feedback on the site or the newsletter. Drop us a line. We're all ears.

[faq@chemicalrecovery.org](mailto:faq@chemicalrecovery.org)



## Links

from [ChemicalRecovery.Org](http://ChemicalRecovery.Org)

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(...from NYC Introduces Heroin Use for Dummies Guidebook) The 16-page pamphlet features seven comic-like illustrations offering such useful advice as "Warm your body (jump up and down) to show your veins," and "Find the vein before you try to inject." It even encourages addicts to keep jabbing if their needles miss the mark. "If you don't register, pull out and try again," it says.

The brochure sends the wrong message about the dangers of the drug, experts said. "It concerns me that the city would produce a how-to on using drugs," said John Gilbride, who heads the Drug Enforcement Administration's New York office. "Heroin is extremely potent. You may only get the chance to use it once. To suggest there is a method of using that alleviates the dangers, that's very disturbing."

We in the Chemical Recovery Fellowship have a name for this. It is quite simply called Enabling and it occurs in too many drug and alcohol abuse situations in the country today. To clearly see the danger in enabling, one must first understand that for the majority of addicts, quitting their addiction will only occur when they reach bottom. This is when either the pain of using is greater than the pain of recovery or when they die in their addiction.

What enabling does is get in the way of an addict and their pain and the distribution of this brochure is a perfect example of this. From the outside it appears like help but in reality it only serves to keep the addict where they are while making the enabler feel like they are making a difference for the better. Enabling can take many forms - paying rent for a loved one that was spent on getting high, not taking steps where spousal or child abuse is present. At every point it serves to keep the addict from recovery.

It is hard not to enable someone you love. It is hard to tell them that you won't cover for them anymore, that you will take the kids and leave or you will kick them out of the house. However the addict brings this pain on to himself. Pain is a gift from God to tell us when we are messing up. It is our wake up call. If we continue to enable the addict in our life then they will never recover and have the chance to experience what God wants for them in life.

(...from Avoiding Bad Decisions - Willingness To Change) Consider a man who after consuming a certain food stuff became ill, violently ill in fact, to the point he was unable to remain in control of his actions and only from the reports of others was even able to realize what he'd done during his bout of illness. What would we say if the same man went back after some time and again ate the same meal that had earlier caused him so much discomfort? What might we say if he went back again and again to the same dish and always experienced the same awful illness? Crazy? Foolish? Stupid? How about unwilling to change?

The truth is that everytime we make a poor decision, the negative consequences are not far behind. While our intentions often don't fully take the consequences of our actions into account, repetitive bad outcomes to our decisions should certainly put us firmly on the road to change. Yet we know this is often not the case.

And so it may very well be fair to say that those who are most in need of change are often in fact the least willing to change. For those of us fortunate enough to have been saved from the ravages of drugs and alcohol let us not make the even greater mistake of thinking we've been saved from the poor decisions we are still capable of making. Of all the bad decisions we can make let us not make the worst of all decisions and be unwilling to change.

(...from Happy New Accountability) First, let us all stop a minute and consider how we did with last year's resolutions. Go ahead and pull out those resolutions you wrote down last year around this time (and no doubt kept close at hand as a daily reminder to keep those commitments you made). If however you did not write them down, but rather committed them to memory, then think about how you did with those promises you made.

If you lost those commitments, either physically or mentally, and or fell short of your goals, then let us consider just one of our CR traditions as a means of ensuring this year's resolutions will be kept successfully. The tradition that will guarantee successful resolution accomplishment this year is Accountability. Our victory this year depends on having a few good friends who love you, know you well, and are willing and able to do two things: 1. Help you to create at least some of the resolutions you make this year and 2. Hold you accountable to the things you vow to do this year.

Accountability works. If you maintain a humble spirit and allow, even invite, accountability into your resolutions, you will be successful. The people I know who have more accountability than most, through a strong connection to CR, (i.e. attending regularly and working their recovery) are also those I notice keeping their resolutions and succeeding otherwise in their lives (work, family, personal, etc.).

Keep it simple this year: get involved in the Chemical Recovery Fellowship, get the accountability of some good friends, and look back next year having accomplished something you may never have been able to do before: keep your resolutions that is! Happy New Year!

(...from Conformity vs Truth) Later in pondering this question I came across the apostle Paul's letter to Titus and was suprised indeed to read what Paul had said almost two thousand years earlier. In quoting Epimenides a Cretan philosopher who centuries earlier had described the people of Crete as being always liars, evil brutes and lazy gluttons Paul agreed with this assertion by stating that his testimony was true. How could this be? Paul couldn't possibly have based his opinion upon an intimate knowledge of every cretan resident. And yet he routinely dispensed judgement upon them in much the same way the brother just days earlier had offended some with his description of the addicted as always being liars. After a little research I discovered that Epimenides' description of ancient Crete appeared in other accounts spanning the centuries leading up to Paul's letter to Titus. Infact so infamous were the people of Crete for amongst other things being crooks, con men and deceivers that a verb to describe their kind of behavior began being used in the Greek language "kretizo" which means to act like a Cretan. Paul would undoubtedly have experienced first hand this very same kind of behavior from his own personal interactions with Cretans.

In getting back to the assertion that "all addicts are liars" I now had to consider not only the veracity of the statement but also the source from which it came. If an authority were to be found on such a subject he would almost certainly benefit from the unique perspective that only one having experienced the ravages of addiction himself might possess. Even more important perhaps and contrary to our pop culture is the idea that it's not morally wrong to judge the actions or behavior of a particular group or segment in society where overwhelming evidence to confirm such a generalization might exist. Case in point, family members, friends and co-workers have notoriously complained to the counselling community about not only the havoc wrought on their relationships by the activity of their addicted loved ones, but also the deep wounds caused by the habitual deception that accompanies such activity. Accordingly, friends of the addicted might easily be labeled as being prejudiced and judgemental in their opinions of the addicted. Were it not ofcourse for their indisputable experiences in the matter.

Finally it's worth noting, that when describing the people of Crete Paul showed little concern for the possibility of offending or mischaracterizing the innocent. On the contrary. In context, his primary concern would seem to have been in confronting the ongoing wicked behavior that was clearly no secret to the people of that time. For some, his straight forward condemnation of an entire population will only grate against their misplaced politically correct sensibilities. This will be to their loss. We cannot allow ourselves to be taken captive by the thinking of this world, which chooses conformity over truth.

To sign up for this newsletter, please go to <http://www.chemicalrecovery.org>

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