

Shalvah Means Serenity
Working the substances and Substance Borderline

I started to write up the stories I heard. Fourth entry.

Before we finished the meeting, someone said that everyone in this circle understands how difficult sobriety is, "it's one of the hardest things a person does in life," and no one here would judge anybody who comes in and out.

"This is the only place that understands how hard it is." Someone else spoke about how often he hears from people who consult with him: I just don't why so-and-so doesn't stop.

Everyone here understands why so-and-so just doesn't stop and that's what I explain to he she the mother the father the sweetheart of the people that come to me, someone said. I explain to them that addiction is not about substances; it's about personalities that become attached to substances. Once we put down the substance we get to work on the space the emptiness into which we stuff drugs and alcohol, we drink into it sex into it work into it eat into it, I got a monkey in my soul and it is hungry.

We learn to feed it with something more nutritious than substances, something that fills the holes that is more satisfying, the search for meaning and depth, spirituality we call it and a sense of life better lived. We don't cure alcoholism; we eclipse it.

We came back to the compulsion to drink, take drugs. We all struggle with it, someone said, some of us more than others. Some of us don't get over it, some do. But all of us understand how hard it is. You belong here. Keep coming back.

jsg
For Shalvah means Serenity, on addictions
Monday and Thursday nights

Works In Progress. Fifth entry.

I'm a work in progress and I continue to rebel. On October 7th, I had 24 years.

My higher power is a Jewish comedian.

I did five years it was terrible and glorious I got clean
I've gone through the changes I needed to go
through I mean I made a conscious decision.

I was in a prison. For 20 years a prison of my own making. I'm not free when I put anything between myself and my higher power.

Here's what I learned: even if your ass falls off don't pick up. Me I'm a caper and a cover-up. Not-totally-honest means not honest. This is the biggest thing that ever happened to me. My capers are not misdemeanors or municipal violations. I became honest. Telling the truth when it's inconvenient for me.

I've learned how to show up.
I've found it's a real privilege to show up.

First things first. You really need to have shoes.

You know that guy Howard who introduces himself as happy Howard? Maybe Howard wasn't always so happy.

Good meeting. Keep coming back.
[Applause all around]

jsg
for Shalvah means Serenity