

A New Freedom

Posted by Yosef - 29 Jan 2010 00:06

BS"D

It's been a while. I want to share that I have started face-to-face SA meetings (5 meetings in the last 5 days). And I had no idea what i was missing. The feeling of togetherness amongst other addicts is very powerful - its hard to describe why it is helping so much more than the online SA meetings did (since we use all the same materials) but I feel as though a huge weight has been removed from me. I have been traveling to different groups and making this a part of my day - its just as important or more for me than going to shul . I'm slowly getting a better sense of who I actually am when I'm there with others. My life and my addiction always kept me apart from people even when I was with them. I'm been hearing very inspirational shares by others and have been trying to speak in details about aspects of my disease that I have always kept to myself. This as been liberating. I have been impressed with every meeting that i have attended so far. There is really so much out there for us. I had to surrender alot of pride, shame and fear to show my face at these meetings, but as someone said, he would rather be caught coming out of a recovery meeting than out of a house of prostitution. I feel apart of the larger SA recovery movement now. i feel that I take the program and my new SA friends with me now into my day. And I finally am feeling closer to Hashem.

-Yosef

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