

## Re: How to handle 'Uncle Al' aka "Alan Schwartz" <uncleal0@ix.netcom.com>

**Source:** <http://sci.tech-archive.net/Archive/sci.physics/2004-07/9577.html>

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**From:** Heber ([jonathanlokos\\_at\\_hotmail.com](mailto:jonathanlokos_at_hotmail.com))

**Date:** 07/29/04

Date: 29 Jul 2004 22:24:34 -0000

In article <10gicctp11924f@corp.supernews.com>

Tom McDonald <tmcdonald2672@nohormelcharter.net> wrote:

>

> *Dr\_Postman* wrote:

>

>> *On Thu, 29 Jul 2004 08:41:32 -0700, House Widdershins*

>> <[sinistre@liripipe.com](mailto:sinistre@liripipe.com)> wrote:

>>

>>

>>> *X-No-Archive: Yes*

>>> *On Thu, 29 Jul 2004 07:35:30 GMT, Dr\_Postman <[Looky@mysig.foremail](mailto:Looky@mysig.foremail)>*

>>> *wrote:*

>>>

>>>

>>>> *On Thu, 29 Jul 2004 06:14:56 GMT, usenet@mantra.com (Dr. Jai Maharaj)*

>>>> *wrote:*

>>>>

>>>>

>>>>> *In article <[sthgg05sp7p2dma51dte1afaspo94g2kr2@4ax.com](mailto:sthgg05sp7p2dma51dte1afaspo94g2kr2@4ax.com)>,*

>>>>> *jamie eckles (aka dr.postman) <[jamieemps@mindspring.com](mailto:jamieemps@mindspring.com)>*

>>>>> *Look@mysig.foremail posted:*

>>>>>

>>>>>> *[...]*

>>>>>

>>>>> *Why did you drop out of your recovery in Narcotics Anonymous?*

>>>>> *Go back to alt.recovery.na where you can actualy help yourself.*

>>>>

>>>> *You have no clue about arna. It's a flame group, you moron.*

>>>> *Come visit my home group this September and watch me*

>>>> *celebrate 17 years. You see, I'm not the slightest bit*

>>>> *embarrassed about being a member of NA. This attempt*

>>>> *to mess with me backfired on you, dumbass. Just 6*

>>>> *days ago someone brought up na.org and I responded*

>>>> *about my recovery. So your skills at looking up people*

>>>> *on the net suck pretty hard.*

>>>

> >> *Wow! Seventeen years. You go, Postman. You rock!*  
> >>  
> >  
> >  
> > *Just a day at a time deal. I'll celebrate at Positive Image*  
> > *Group on the 4th Saturday of September with the other folks*  
> > *who are celebrating that month. Anyone in the neighborhood*  
> > *of Memphis are welcome to drop by at 1399 Airways. We put*  
> > *on a pretty good pot luck for our birthday night.*  
>  
> *Doc P,*  
>  
> *I wish you well. Hope the party is a great time for you.*  
>  
> *I took a little different route. After a one-month outpatient*  
> *program, I spent the next year going to frequent AA meetings*  
> *(several per week); followed by about a year of once-a-week*  
> *meetings; and then a couple of years of check-up meetings.*  
> *After that, I've found no need for me to attend meetings,*  
> *although it is a comfort to know they're there if I need them.*  
>  
> *After I got sober, I went to grad school to get a master's*  
> *degree in AODA therapy, with an emphasis on family therapy. I*  
> *worked for about 6 years in that field before becoming disabled,*  
> *and have referred many people to AA/NA/etcA.*  
>  
> *My view is that folks get in trouble with chemicals in many*  
> *ways, and while not every person will respond to one specific*  
> *recovery method, everyone has at least one recovery method that*  
> *will work for them. My education equipped me to help folks find*  
> *their best way back to life. I found it was very liberating for*  
> *clients that they weren't in a win or lose, make or break*  
> *situation. If the first thing they decided to try didn't work,*  
> *we would analyse what they learned from the experience, and made*  
> *a plan to try another way.*  
>  
> *Sorry for the long version, but I wanted to second your*  
> *statement that NA, and AA, don't claim that their way is the*  
> *only way (although some professionals, and a few folks in the*  
> *programs, do say that). The point is to present a situation for*  
> *the sufferer whereby there is always hope, always something new*  
> *to try.*  
>  
> *BTW, I've been clean and sober for about 18 or 19 years (I*  
> *don't keep track any more). I had one, one-day relapse that was*  
> *the best thing that could have happened to me. The relapse made*  
> *it crystal clear that holding on to the idea that 'if things get*  
> *bad enough, I can always go back to drinking to numb myself' was*  
> *pretty silly, and entirely false.*  
>

sci.physics: Re: How to handle 'Uncle Al' aka "Alan Schwartz" <uncleal0@ix.netcom.com>

Yawn.