

Drop the Rock Step 6 & 7

Seems there was this group of 12 step members taking a boat ride to this island called *SERENITY*, and it was truly a happy bunch of people. As the boat pulled away from the dock, a few on board noticed Mary running down the street trying to catch up with the boat. One member said “darn she's missed the boat” another said “maybe not, come on Mary! jump in the water! Swim! Swim! you can make it, you can catch up with us!”

So Mary jumped into the water and started to swim for all she was worth. She swam for quite a while and then started to sink. The members on board, now all aware that Mary was struggling, shouted, “come on Mary! don't give up! drop the rock!” with that encouragement Mary started swimming again, only to start sinking again shortly afterwards. She was going under when she heard all those voices shouting to her, “Mary, drop the rock! let go and drop the rock!” Mary was vaguely aware of something around her neck, but she couldn't quite figure out what it was. Once more, she gathered her strength and started swimming. She was doing quite well, even gaining a little on the boat, but then felt this heaviness pulling her under again. She saw all those people on the boat holding out their hands and hollering for her to keep swimming and shouting, “don't be an idiot Mary! drop the rock!”

Then she understood, when she was going down for the third time, this thing around her neck was why she kept sinking when she really wanted to catch the boat. This thing was the rock they were all shouting about: resentment, fear, dishonesty, self-pity, intolerance, and anger were just some of the things her “rock” was made of. “God help me get rid of the rock!” she prayed “now get rid of it!”

Mary managed to stay afloat long enough to untangle a few of the strings holding that rock around your neck, realizing as she did that her

load was easing up. Then, with another burst of energy, she let go. She tore the other strings off and she dropped the rock.

Once free of the rock she was amazed how easy it was to swim, and she soon caught up with the boat. Those on board were cheering her for her and applauding and telling her how great she was, and how it was so good having her with them again, and how they could get on with the boat ride and have a nice time.

Mary felt great and was just about to indulge in a little rest and relaxation when she glanced back to the shore. There, a way back, she thought she saw something bobbing in the water so she pointed it out to some others. Sure enough, someone was trying to catch the boat, swimming for dear life but not making much headway. In fact, it looked like the person was going under.

Mary looked around and saw the concern on the faces of the other members. She was the first to lean over the rail and shout "hey friend Drop the Rock!"