

I'd Like To Call For Help But I Don't Know the Number: The Search For The Spirituality In Everyday Life by Abraham J. Twerski Quotes

The noted historian, Barbara Tuchman, wrote in the Saturday Review in December 1966, "Let us beware of the plight of our colleagues, the behavioral scientists, who by use of a proliferating jargon have painted themselves into a corner—or isolation ward—of unintelligibility. They know what they mean, but no one else does. Psychologists and sociologists are farthest gone in the disease and probably incurable. Their condition might be pitied if one did not suspect it was deliberate. Their retreat into the arcane is meant to set them apart from the great unlearned, to mark their possession of some unshared, unsharable expertise." Discussions of things such as spirituality often feature long words and difficult-to-grasp arguments. In contrast to those behavioral scientists described by Ms. Tuchman, I do not possess any unshared or unsharable expertise, and I hope to avoid the pitfall of unintelligibility. I have been impressed by the effectiveness of the AA teaching to "keep it simple"...

But what is justice? Is it just that some people suffer poverty without an opportunity to extricate themselves while others are born to luxury and excess? Is it just to allow people to be homeless if there is a way of providing shelter for them? Is it just to be cruel or abusive to others, or to allow such practices to continue when we could take remedial action? Ensuring justice is not the sole prerogative of the legal system, but the responsibility of everyone. Hence, we must be aroused to do whatever is within our means to bring about true justice and by so doing ennoble ourselves as caring, spiritual human beings.

A spiritual life should be an enjoyable one. As one veteran of AA said, "If you are not enjoying sobriety, you are doing it wrong."

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