

Phil and Barry's Story – No Way

If they think I'm going to eat rabbit food and fish, they've got another think coming. This was the attitude I had when my friend Barry told me about Suppers. No way. There was no way I could do what these people were doing.

"There aren't any rules except you can't drink or smoke at the meetings. We only have guidelines, not rules."

I argued that I was not coming because everybody has to help cook. "No," he said, "We'll carry you on the cooking if you help out another way, like you could set the table."

I don't have time to start exercising. "No matter, some of our meetings are walking meetings. Except for supper, we do the whole meeting on foot to get to people who are too busy to exercise."

I was starting to run out of ideas about how to put Barry off. And the more he told me about Suppers, the more I knew I didn't want any part of it. Then he gave me some leftovers from one of the meetings. One of the members of the lunch group is also in recovery and runs a Mexican restaurant downtown. Darn. The food was really good. I could feel my resistance melting over the chiles relenos.

"Suppers isn't military school" he said. "It's more like a series of experiments. The idea is that if you meet people with similar stories over a meal and get exposed to the wisdom of many sources, you'll find your own solutions to your problems." I wasn't willing to work on my knee jerk reaction to say, "No way!" So I went to learn how to make the guacamole.

Guacamole

Ingredients:

- 4 ripe avocados, preparation below
- 1 tomato, chopped coarsely
- 1/2 c red onion, finely diced
- 3 T fresh cilantro, finely chopped
- 2 – 3 TBS fresh lime juice
- 1/2 jalapeño chile, seeded and finely chopped
- 1 clove garlic, finely minced
- 1/4 t ground cumin
- salt to taste, if permitted
- corn tortilla chips

Directions:

Cut the avocado in half lengthwise. Pull it apart. Hold the half with the pit in one hand and very carefully use a large knife in the other hand to flick/cut into the pit and twist it out. Cut the flesh into large dice while it's still in the skin and scrape out the dice with a spoon. Sprinkle with a bit of the lime juice.

Fold all the ingredients together carefully so the avocado doesn't end up mashed.

Can be served in small bowls like a salad with a few tortilla chips.