

**THE
FESTERING
RESENTMENTS**

**LIVE AT P.R.A.A.S.A.
OAKLAND, CA 3/6/09**

RECOVERY ROCKS!

I MAKE THE COFFEE

(tune: "I Write the Songs"—Barry Manilow)

I've been in service forever

and I've a story I can tell

I mix grounds and hot water all together

I make coffee, but not very well

I make the coffee that tastes like dirt

I make the coffee that makes your lips hurt

I make the coffee like thick pea soup
I make the coffee for my group

SPONSOR ME

(tune: "Surfin' Safari"—Beach Boys)

I need a sponsor now, one who's gonna show me how
But not be the boss of me, **but not be the boss of me**
Well I need a sponsor 'cause I need to work the steps
But I want one who will do as I say
I don't need a big book thumper or a service nazi freak
Just one to keep the judge away
I need a sponsor urgently (sponsor, sponsor, sponsor me)
But not one who will challenge me (sponsor, sponsor,
sponsor me)
Can we do it by email possibly? (sponsor, sponsor, sponsor
me)
Then it won't really bother me (sponsor, sponsor, sponsor
me)
I found a sponsor now
One who I will allow
And my new sponsor is me
And my new sponsor is me

OH, I LOVE MY GSR

(tune: "Cracklin' Rosie"—Neil Diamond)

Oh, I love my GSR

She got the most important job in

All AA and does it well (aah)

GSR you're an amazing woman (aah)

Gettin' group conscience and minority opinion (aah)

Now go to that mike and let it all hang out (aah)

Tell it now, tell it now, tell it now GSR

LET IT BE SERENITY

(tune: "Let it Be"—the Beatles)

When I find myself in times of trouble

Is when my sponsor comes to me

speaking words of wisdom

let it be

and in my hour of darkness

is when he tells me

"You need to work Step 3"

speaking words of wisdom

let it be

let it be, let it be, let it be, let it be,

keep it simple stupid
let it be

EVERYBODY'S GOT TO DO THEIR PART
(tune: "Hungry Heart"--Bruce Springsteen)

**I used to rob banks and I went to the joint
Paroled last year but let me get to the point
My job in AA may strike you as funny
My home group trusts me now with all of their money**

Everybody's got to do their part
Everybody's got to do their part
A thief as treasurer is not that smart
But everybody has got to do their part

ALKIE ANGEL
(tune: "Earth Angel"—The Penguins)

Alkie angel, alkie angel
Ooh you're so fine
86 DUIs
ties a record of mine
I'm just a fool
A sick twisted fool for you

Alkie angel, alkie angel
Will you be mine
My vomiting queen
I love you all the time
I'm just a fool
Co-dependent on you

STUPIDSTAR

(tune: "Superstar"—The Carpenters)

Long ago and oh so far away
I had one little drink
Woke up in Uruguay
I blacked out and now I'm coming to
I don't have my left shoe
And where'd I put my pants?
I don't remember how in the world I got here
Or why my head is shaved and my tongue is pierced
Maybe maybe maybe maybe oh maybe
I drink too much...no that's not it

GENERAL SERVICE

(tune: "The Flintstones")

General, General Service
has a lot of things for you to do

GSR to DCMC
and of course there's more than just those two

Then there's registrar and BTG
Lit Grapevine and the PI/CPC
General, General Service
has a lot of things for you to
a lot for you to
a lot for you to do!

THE CLEVERLY GOD'S WILLIES
(Tune: "The Beverly Hillbillies Theme")

Come and listen to the story of a guy named Don
At the business meeting he went to the john
His trip to the bathroom wasn't that far
But when he came back he was the group GSR
Bamboozled...railroaded

Well Don was confused about his new service job
So he got a service sponsor, a fellow called Bob
And just when he learned what the job was all about
It was then time for him to rotate out

PLEASE READ ME

(tune: "Please Please Me"—the Beatles)

Oooh, Oooh

Last night my Big Book talked to me friends, da dup da do
and this is what it said to me friends, da dup da do

come on, come on

come on, come on

come on, come on

come on, come on

"Please read me whoa yeah and I'll help you"

it said this too:

**"I know that you hurt inside so read me not the TV Guide
and I'll help, I will help**

**I will help you get the nerve to trust God and to truly serve
and you'll find peace and gain serenity"**

Oooh, Oooh

Last night my Big Book talked to me friends, da dup da do
scared me so bad I had to pee friends, da dup da do

come on, come on

come on, come on

come on, come on

come on, come on

"Please read me whoa yeah and I'll help

read me whoa yeah and I'll help

read me whoa yeah and I'll help you

OUR TRADITION ONE

(tune: "Mrs. Robinson"—Simon & Garfunkel)

And here's to you, our Tradition One
Common welfare comes before my own
My cover's blown
I'm kinda mad at our Tradition One
I'm just a small part of a greater whole
That was not my goal, I want a bigger role

TRADITION TWO

(tune: "Delta Dawn"—Helen Reddy)

Tradition two
What have you gotten me into?
All the leaders here just serve they're not in charge
And did I hear you say I have to rotate out today?
Well, my ego's shrunk, but still it's extra large

PRECIOUS AND FEW ARE THE MOMENTS WHEN WE AGREE

(tune: "Precious and Few"—Climax)

Precious and few are the moments when we agree
At our business meetings you really piss off me
And if you say that to me again **(to me again)**
I will rip out your tongue **(rip out your tongue)**

Cause precious and few are the moments when we agree

HEY DUDE

(tune: "Hey Jude"--The Beatles)

**Hey Dude, don't pour that cup
save some coffee for the newcomers
You suck up all the coffee each week
You're some kind of freak, a caffeine vampire**

Hey dude, you tick me off
'cause when you're sharing, you yak forever
maybe you should find another home group
you selfish fruit loop, that would make our group
better, better, better, better, better, better, **ooh!**

Blah, blah blah, blah blah blah blah
Blah blah blah blah
Hey dude

Dude dude a-dudey a-dudey a-dudey dudey ow wow!

Blah blah blah blah
Hey dude

GRAB MYSELF A GRAPEVINE

(tune: "Heard it Through the Grapevine"—Marvin Gaye)

**Ooh, I bet you wonder what to do
When you're stuck in traffic feelin' blue**

And no meeting when you're needin' one
Feeling down is really just no fun
You know I've felt that way myself
When I do I go to my shelf
Ooh ohh and I
Grab myself a Grapevine
and it quickly eases my mind
yes, I grab myself a Grapevine
I feel better in no time, **Do you subscribe?**

THE UNCARING YOUNG MAN KNOWN AS THE MEETING

SLEAZE

*(tune: 1867's "The Daring Young Man on the Flying
Trapeze")*

**Oh, I float through AA with the greatest of ease
In my home group I'm known as the meeting sleaze
I seek out new ladies caught in their disease
they become notches on my Big Book**

**Oh a newbie came in she was so fine
Though she was in a bad alkie fog
So I talked to her after the meeting
Another score for this sick dog!**

Oh, unfortunately it backfired on me

**She left me alone with a new STD
Plus now I am drinking, no sobriety
Perhaps I should try the 12 Steps**

**MI SPONSOR ES UN BABOSO
(tune: "La Bamba"—Richie Valens)**

**Mi sponsor es un baboso
Si, es un baboso
Lo que necesita
Una poca de gracia**

**Y loque necesita
Una otra vida
Y dehar de ablarme
Y dehar de ablarme
Y molestarne**

**Y arriba y arriba
Y arriba y arriba
Baboso
Baboso
baboso**

**Lo puedo ser solito
No te necesito
Ahora estoy borracho**

Iho lay

QUIERO EL TRABAJO

(tune: "Feliz Navidad"--Traditional)

Quiero el trabajo
quiero el trabajo
quiero el trabajo delegado conferencia

pero no quiero hacer trabajo
pero no quiero hacer trabajo
pero no quiero hacer trabajo
sólo quiero la Gloria

WON'T GO WRONG THIS TIME

(tune: "The Longest Time"—Billy Joel)

Whoa oh oh
Won't go wrong this time
Whoa oh oh
Won't go wrong this

Well, my sponsor said "Don't fall in love. (oooh woo hoo hoo
hoo)

Wait twelve months don't give your life a shove." (ah ah ah)

I'll take my chances

I know how nice romance is...plus

I haven't got some in the longest time
Then my sponsor said "Will you grow up? (ooh woo hoo
hoo hoo)
It's not mating season for you are a sick pup!" (ah ah ah)
Oh what does he know?
I have a strong libido
And I'm sure that it will not go wrong this time
oh no
It went wrong this time
oh no, It went wrong this time

ENDLESS SHARE

(tune: "Endless Love"—Diana Ross & Lionel Richie)

Five minutes, that's all the time that you have
To share in this meeting
That's not enough, I need to express myself
'Cause I'm like no one else
Oh crap
Here we go again
Blabbermouth is gonna talk all day
Well I share (you share, you share)
No matter how long it takes, and now it has begun
This endless share

HORNY OLD WOMAN

(tune: “Honky Tonk Woman”—Rolling Stones)

**I went to get sober one day in Memphis
I tried to focus on sobriety
But this old lady walked up and she hugged me
And stared at me so long and lustfully
She’s a horny old woman
Tryin’, tryin’, tryin’
To 13th step me**

CHANT

(tune: “Sing”—The Carpenters)

**Chant, chant along
Chant out loud, chant out strong

Just keep adding new words
Who cares if it’s absurd?

Chant, chant with me
But man it’s long, and I have to pee

Can’t we end with the prayer?
Oh, but chants add such flair**

Chant, chant some more
Shake my hand, 'til it's sore

Keep coming back! It works if you work it!
So work it cause you're worth it!

Just chant, chant along

Blah blah blah blah blah; Blah blah blah blah blah
Blah blah blah blah blah

YOU DID ME WRONG

(tune: "Your Song"—Elton John)

**It's a little bit funny, this fourth step of mine
And now that it's over, well I'm feeling fine
I know it's not much but it's the best I could do
My problems were all caused by not me, but you**

**You broke my heart good that day that you lied
Then you viciously smashed what was left of my pride
I don't bear a grudge with my feelings I'm in touch
but if you got hit by a Greyhound bus, I wouldn't cry much**

**And I'm tellin' everybody, How you did me wrong
My fourth step was all about you, 83 pages long**

I hope you don't mind, I hope you don't mind
That I put down in words, **How you screwed my life up**
And I hope that you get yours

I CALLED MY SPONSOR

(tune: "The Sounds of Silence"—Simon & Garfunkel)

Hello sponsor my old friend
It's time to talk with you again
Because I'm listening to my committee
My head's a dang'rous place for me to be
It's like a bad neighborhood
where I should not go alone
So I grab the phone
And call you, my sponsor

I'm full of fear and doubt and shame
I should be past this, I feel lame
This whole progress thing is just so slow
My life is like a FOX reality show
And I can't turn the channel no matter how hard I try
So I cry
And call you, my sponsor

THE SAME OLD THONG

(tune: "It's the Same Old Song"—The Four Tops)

It's the same old song
Our business meeting is boring and long
It's the same old song
I think I'll liven it up by wearing a thong

THIS BOOK WAS MADE FOR THUMPIN'

(tune: "These Boots Are Made for Walkin'"—Nancy Sinatra)

You keep sayin' I'm a Big Book thumper
And you say it like it's a bad thing
Well I think you're a big conclusion-jumper
And frankly I don't think you know anything

'Cause this book was made for thumpin'
And that's just what I'll do
And one of these days this book
Is gonna thump all over you

ALL SCREWED UP

(tune: "All Shook Up"—Elvis)

Uh wella bless my soul
what's wrong with me?
I became the new secretary

I don't know what I'm doin'
or what I should do
I'm confused, I'm all screwed up
uh huh, huh yeah yeah yeah

well this whole thing has been a real trip
I don't know if I should sign a court slip
my chairperson's time is almost up
but I'm too scared to say **"Shut the hell up"**

Well I feel like I'm on an impossible mission
someone just stole the 7th Tradition
I don't know what I'm doin'
or what I should do
I'm confused, I'm all screwed up
uh huh, huh yeah yeah
I'm all screwed up

LIAR

(tune: "Fire"—The Pointer Sisters)

Bump, Ba duh duh dump
Bump, Ba duh duh dump
Bump, Ba duh duh dump

I'm sitting in a group, Ba duh duh dump

And list'nin to the chair, Ba duh duh dump
Some people are touched, Ba duh duh dump
But me, I don't care, Ba duh duh dump
Everybody likes her, Ba duh duh dump
And her words they inspire, duh duh dump

But all I think is

LIAR!

Ba dump

Bump, Ba duh duh dump

LIAR!

DO WAH DUI DIDDY

(tune: "Do Wah Diddy"--Manfred Mann)

There she was just a drinkin' at the bar
singin' do wah diddy diddy dum diddy do
in a blackout she got into her car
singin' do wah diddy diddy dum diddy do

She woke up, she woke up
she stank, she stank
she woke up, she stank
she was in the drunk tank!

The judge said that she had to go to AA

singin' **do wah diddy diddy dum diddy do**
she stopped by the bar for one more on the way
singin' **do wah diddy diddy dum diddy do**
she woke up, she woke up,
in Montana, in Montana
she woke up in Montana, but she lived in Indiana

RECOVERY ROCKS!

(tune: "The Mickey Mouse Club Theme")

What's the message of the songs that we have sung for
you?

r-e-c-o v-e-r-y r-o-c-k-s

though you've giggled, and guffawed the theme still will
get through

r-e-c-o v-e-r-y r-o-c-k-s

Recovery rocks (**Recovery Rocks!**)

Recovery rocks (**Recovery Rocks!**)

And now it's time for us to say goodbye

Bye! Bye! Bye!

The Festering Resentments leave this wondrous thought
for you,

r-e-c-o...*Oh...crap we gotta go*

v-e-r-y...*Why?...because you're not paying us*

r-o-c-k-s