

A PRAYER FOR THE NEW YEAR
FROM THE WELSH COUNCIL ON
ALCOHOL AND OTHER DRUGS

A PRAYER OF A PERSON IN RECOVERY

DEAR LORD JESUS WHERE TO BEGIN? AT THE BEGINNING, PROBABLY...

It is a monstrous thing to be a slave to a drug – enslaved, but not by other people. I myself brought on my own slavery; I thought I could control matters. But I could not do so. And I could not seek help from any other person – I did not realise that I was in need of help. And I did not want anyone else to know and I succeeded in concealing matters and in deceiving them. I did my best to deceive You. But I was deceiving myself. My dependency became *total* dependency. I was totally, totally enslaved. And longing to be free. There was this voice whispering in my ear – was

it *you* calling me, Lord? Whispering that there was more to life than this. And that the decision was mine. I gave it a go. One step forward and two steps back. But I was given help and now it is two steps forward and one step back. I am getting better, sensing a recovery and re-discovering values. Thank you, Lord, for helping.

I was lonely, Lord; probably lacking confidence. Yes, that is how it started. I was looking for comfort and alcohol made me feel a bit of a lad. A glass or two and life was worth living; a glass or three and my fears would disappear. More. more ... there is a hymn along those lines "Once again I have a thirst" ... A thirst?? But finally, Lord, and after many years of heartbreak and breaking the hearts of others, especially those close to me, I realised that it was a thirst for being rescued from my weakness which was the spur to change direction. One step forward and two steps back. But I was given help and now it's two steps forward and one step back. I am getting better, sensing recovery and re-discovering values. Thank you, Lord, for helping.

It was not my fault, Lord. Well, it was not *all* my fault. The other was at fault too. We both made promises to one another. Yes, work did present temptations in my way. Being away from home and enjoying the high life. It is not my fault if I am attractive to the other sex. I took it as a compliment that I remained young and remained well, the other was at it too and the house was empty. It takes two, doesn't it. And what's wrong with seeking attention?. But things were not quite so good in the morning. It may be that I started it. It may be that I was jealous. But the promises made were important, after all. I'm grateful that someone knocked a little sense into my head and showed me what I was missing out on. One step forward and two steps back. But I was given help and now it's two steps forward and one step back. I am getting better, sensing a recovery and re-discovering values. Thank you, Lord, for helping.

What is wrong with being ambitious, Lord? One has to succeed in life. I told white lies and blatant lies in order to gain an advantage. Soon it became easier to tell lies than the truth.

And I saw for myself how quickly someone who had reached the top can tumble down to the bottom. It has been a painful lesson, Lord, but I am not without skill. The skills are there to allow me to get back to the top – and that without telling lies. I have learnt a hard lesson and lost my good reputation. It was one step forward and two steps back but now it is two steps forward and one step back. I am getting better, sensing a recovery and re-discovering values. Thank you, Lord, for helping.

I used to be as healthy as anyone could be. I did not know what it was to be ill. But I took everything for granted – to the extent of abusing my own body. After months of suffering and believing that there was to be no recovery, I became very depressed. Unable to sleep, low of spirit, no appetite and crippled by pain. But I thank you, the Great Healer, for taking care of those close to me. And now, I am on the mend. It was one step forward and two steps back but now it's two steps forward and one step back. I am getting better, sensing a recovery and re-discovering values. Thank you, Lord, for helping.

Yes, Lord, I have been very selfish. No-one counted but myself. It was that which I wanted that was important. I did not consider anyone's interests but my own. Me, me, me ... it was all that circulated in my mind. Who would have dreamt that I would develop cancer? That was something that happened to other people. But I learnt how dependent I am on the care and concern and the knowledge of unselfish people who have tended me day and night. And now I am on the mend. It was one step forward and two steps back for a long time but now it's two steps forward and one step back. And as I get better, I sense recovery and am re-discovering values. Thank you, Lord, for helping.

Lose my temper! You bet! I'm well aware that I can flash like a firework and say hurtful things. But truly, Lord, some people can be so stupid. I had no time for frivolity and this person had got on my nerves. But I should not have said what I did. Count to ten. Bite my tongue. I realise that doing that would have been better. I didn't mean the half of what I had said. And I regret losing my rag. I am not a nasty person. Now I have learnt patience. I have recovered from my foul temper. It was one step forward and two steps back but now it's two steps forward and one step back. I am getting better, sensing a recovery and re-discovering values. Thank you, Lord, for helping.

LORD THERE IS NO END TO MY THANKS TO YOU
REV. DR R. ALUN EVANS



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