



Eye on the Ball

Reflecting the glow of recovery from Starlight at Tamasee

By Jon Holland, CEO of Tamasee DAR School



I've always loved sports. As a kid, I watched football on Sundays with my dad, cheered for the Blue Devils during March Madness with the brother, and tomahawk chopped at Braves games on steamy summer evenings. I played sports too, but I wasn't very good. My little league coach repeatedly said, "Keep your eye on the ball." My basketball coach said, "See the ball into the hoop." They tried, but my talents lay elsewhere. Oh well; it made for an avid fan.

Recovery from addiction is like my coaches' admonitions. You have to see where you're shooting. You have to see what you're trying to hit if you want to succeed. What exactly is the goal of recovery? Some say it's abstinence and harm reduction. Those goals are essential. I can't recover if I don't stop the destructive behavior. Anything we can do to reduce the harm of addiction in a life is an act of love and creates the space for long term recovery to begin. Abstinence and harm reduction are an excellent beginning, but

beginnings are not ends. Journeys are not destinations. Base hits are not home runs.



The Oxford Dictionary defines recovery as “a return to a normal state of health, mind, or strength,” and the Substance Abuse and Mental Health Services Administration says recovery is “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”



“Their full potential!” Now that’s the goal! That’s what we’re swinging for. Recovery from addiction is becoming our healthy, true self. My true self is the person I am meant to be – the person God dreamed of me being when he knit me together in my mother’s womb. It’s my whole, best self, but I’m not there yet. So I need to heal from the brokenness of my past hurts and actions and choose wholeness day by day, more and more.



Reaching my full potential is a lifelong process, but recovery is possible. I can live into my true and best self. I can connect with safe, caring people in open, honest relationships. I can surrender to a new way of life – one that is empowering and rewarding. I can learn to trust again and let love heal me over time. I can stop living dictated by pain and live driven by peace, joy, and hope. I can put in the hard work over time and reach my full potential. I can swing for the fences and watch the ball sail over the outfield wall.

At Starlight at Tamasee, we believe moms and children can engage recovery successfully, and we are here to help them launch that journey. To learn more about Starlight, visit www.starlight.tdarschool.org, or contact us at 864-944-1390 or starlight@tdarschool.org. If your church or civic group is interested in a presentation on recovery, contact Jon Holland at jholland@tdarschool.org.