



# A Recovery Guide

## Reflecting the glow of recovery from Starlight at Tamassee

By Jon Holland, CEO of Tamassee DAR School



As a boy, I was my dad's navigator. He spent most of his work on the road, and in the summers, I travelled with him. I loved holding the massive atlas in my lap and answering his question about mile markers and exit numbers. I think he probably knew the way already, but I sure felt awfully big helping him. These days we all have GPS apps on our smart phones to help us reach our destination. How did we ever live without them?

When we don't know how to get where we're going, a map or GPS is indispensable. But sometimes we want and need more than directions. We need a guide. It's not enough to get there; we want to get the most out of being there. A few years ago, I had the privilege of going on a pilgrimage to the Holy Land. It was helpful to have the travel agency book the air travel and tour bus, but the guide really made the trip. He was experienced and shared historical information at each site. Even more, he offered profound spiritual insights for our own lives as we moved from location to location. What is more, I made the pilgrimage with a dear friend, and the prayers and conversations we shared enriched the experience.



The Twelve Steps are a map and a guide for the journey of recovery from substance misuse and other destructive behaviors. Each of the steps takes us on a journey from pride, control, shame, loneliness, self-centeredness, and independence to life of surrender, honesty, freedom, service, interdependence, and wholeness. If I'm struggling with an addiction, the Twelve Steps will show me the road to a better way of life. They point out the turns to take and the detours to avoid.

But to enjoy the sunlight of the Spirit – to use a phrase from the Big Book of Alcoholics Anonymous – we need more than a map. The healing journey is best taken with a guide and traveling companions. This is what Twelve Step fellowships offer. A sponsor is an experienced guide who knows the ins and outs of the process. They can give depth of insight and support when the road is long and hard. Recovery friends encourage us to keep going because sobriety is worth it for us and our loved ones.



Of course, there are many guides available in Twelve Step fellowships and in other recovery groups. The same was true on my excursion to the Holy Land. Tour guides abounded. The point was to find one I could trust and then enjoy the journey. The same is true in recovery. At Starlight at Tamassee, we believe the Twelve Steps lead to freedom, and we offer to guide moms to wholeness along this proven path. To learn more about Starlight, visit [starlight.tdarschool.org](http://starlight.tdarschool.org), or contact us at [starlight@tdarschool.org](mailto:starlight@tdarschool.org) or 864-944-1390. If your church or civic group is interested in a presentation on recovery, contact Jon Holland at [jholland@tdarschool.org](mailto:jholland@tdarschool.org).