



Immediate Relief, Long Term Healing

Reflecting the glow of recovery from Starlight at Tamassee

By Jon Holland, CEO of Tamassee DAR School



Imagine we are out to dinner with a group of friends. We're having a delightful time of good conversation, frequent laughter, and delicious food. Suddenly, a mutual friend begins to choke. You jump up and perform the Heimlich maneuver, and our friend coughs up a bit of their entrée. After we all calm down from the fright, our mutual friend shares that she's had several choking incidents recently. Several of us encourage her to see the doctor. Something else may be going on. Immediate relief was essential, but a longer term treatment may be needed. Sure enough, a visit to the ENT doctor reveals our friend needs physical therapy to treat a contracted esophagus, but the prognosis is hopeful.

This little vignette paints a useful portrait of the work of recovery from addiction. Those of us who struggle with an addictive behavior –



whether drugs, alcohol, shopping, work, food, sex, people, gaming, anger, anxiety – need both immediate relief and long-term healing. The early founders of the Twelve Steps believed someone suffering with an addiction could be taken through the Twelve Steps rather quickly to provide immediate respite from the disease. There are several stories in the Big Book of Alcoholics Anonymous of sufferers who found significant reprieve from the compulsion to drink after a crash course in the steps, often over just days or a couple of weeks. Today the wisest of Twelve Step fellowships offer Back to Basics groups for newcomers to jump start their recovery process.



Then the longer-term work begins. An addiction doesn't form in a few days or weeks, and it doesn't heal that quickly either. Most often addiction is rooted in early trauma, and it has shaped the way we think, feel, and relate and how our brains work. The project of healing the whole person takes years, but there is glorious hope! In healthy Twelve Step groups, you'll find women and men with ten, twenty, thirty, or more years of sobriety – and not just white knuckled, dry drunks but remade souls who live as whole adults. Such growth simply takes time. The broken nettles must be slowly unwound, and new nests made for healthy relationships and living. A thorough going journey through the Steps, the daily practice of prayer and meditation, daily check-ins with friends in recovery, weekly meetings with the group and a sponsor, crisis calls when triggered, and repeated work in the Steps all add up over time to freedom that lasts.

At Starlight at Tamasee, we believe in offering immediate relief and long-term healing to mothers and children recovering from addiction and trauma. We believe in freedom and hope. To learn more about Starlight, visit www.starlight.tdarschool.org, or contact us at 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.

Starlight
MIRACLES AWAIT AT TAMASSEE