



# The Air Pump Within

Reflecting the glow of recovery from Starlight at Tamasee

By Jon Holland, CEO of Tamasee DAR School



In my family, we are mountain people – not coastal people. We’d much rather raft on the Chattooga or tube in Helen than tan at Myrtle Beach. My wife and I are blessed with four wonderful, remarkable children, and since I’m full of hot air, Jenni always gave me the task of blowing up the inflatables. Arm floaties are one thing, but when she handed me a new inner tube, I went looking for the air pump. After searching the nooks and crannies of closets and the basement, I tried blowing it up with my own lungs. A few minutes in, I had a headache and had to admit I couldn’t do it.

Step 1 of the 12 Steps of recovery applauds my surrender to my powerlessness to inflate the inner tube, but Step 2 taps me on the shoulder and says, “Let me show you where the air pump is.” Just because I can’t beat addiction on my own, doesn’t mean I can’t beat it at all. In Step 2, I “came to believe a Power greater than myself could restore me to sanity.” The Big Book of Alcoholics Anonymous identifies this Power as God or the Spirit of the Universe, and it

makes the bold claim that God-consciousness is found within each of us.

Christian Scripture agrees while using different language. The Wisdom Teacher says in Ecclesiastes 3:11 God “has set eternity in our hearts.” Paul proclaims in Acts 17:28 that in God “we live and move and have our being.” In Ephesians 4:6, he writes that there is “one God and Father of all, who is above all and through all and in all,” and in Colossians 1:16 he sings that all things are created in Christ, through Christ, and for Christ.



Where do I find the Power strong enough to conquer addiction? Where is God when I finally surrender to my powerlessness and ask for help? I find him within me! He’s been here all along, patiently waiting for me to tune in, tenderly calling me to listen, lovingly working to capture my gaze. He doesn’t demand I get all the beliefs right or even call him by his true name. Like the father in the Jesus’ story of the prodigal son, he comes running to me as soon as I take even the smallest step to trust him. He runs to me! He overwhelms me with forgiveness and love and welcome.

So, I’ve been walking around with the air pump in my hand the whole time, even while I was looking for it, even while I was fussing I couldn’t find it, even while I was cussing I couldn’t blow up the inner tube, and especially when I just gave up. In that moment I’m ready to discover the pump was there all along. At Starlight at Tamasee, we believe moms and children can discover God has always been with them to help them recover. To learn more about Starlight, visit [www.starlight.tdarschool.org](http://www.starlight.tdarschool.org), or contact us at [starlight@tdarschool.org](mailto:starlight@tdarschool.org) or 864-944-1390.

*Starlight*  
MIRACLES AWAIT AT TAMASSEE