



An Unending Conversation

Reflecting the glow of recovery from Starlight at Tamassee

By Jon Holland, CEO of Tamassee DAR School



We've all had a conversations with someone who loves to hear themselves talk. They rattle on and on, rarely, if ever, asking a question about another or pausing to listen. Those conversations are not enjoyable in the least. A good conversation is two way. Each person sharing their heart and listening well – not planning the next thing to say but hearing the other person's heart.

In the best relationships, the conversations are life-giving. We feel heard and more like our own true selves for having been heard, and we give that gift to conversation like that? What if all things flow from the greatest of those conversation, and we all are invited into it. What if?

Step Eleven of the Twelve Steps of Alcoholics Anonymous says, "Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for the knowledge of God's will and the power to carry it out." In Twelve Steps fellowships, prayer refers to talking to God, and meditation refers to listening to God. In other words, a two way conversation.

In Step Two we owned that only a Power greater than ourselves could restore us to sanity. Step Eleven puts us in direct contact with this Power. If we never leave our place of meditation, then we never lose our source of power. In a future article, we'll explore how practically to do this, but for now we simply

acknowledge that prayer and meditation provide us with this power for daily living in freedom.

In Step Three, we turned our wills and our lives over to the care of God. Step Eleven teaches how – on a daily basis – to do this. As we turn to God each morning and throughout every day seeking to know his will and the power to carry it out, we come to rely on uncommon sense and experience incredible transformation. I’m no longer living by my best thinking. I’m not the one calling the shots – not just in the big decisions but in the every day details. As I do what God wants, I experience the fullness of life he has for me.



Step One invites me to confess when I’m in charge of my life, I make a mess of it. When I act on my own, I end up enslaved to some damnable substance or behavior. But when I talk to God – and far more importantly – when I listen to God, then I’m not alone; I experience he is with me. When I listen to God, I follow the path to wholeness. Life becomes not just manageable but enjoyable. The law of prayer says, “When I listen, God speaks; when I obey, God acts.” This is the gift of Step Eleven.

Through prayer and meditation I stay in touch with God all day long. Through prayer and meditation I participate in THE conversation. As a Christian, I believe God is triune: three persons, one God. The Father, Son, and Spirit – the Voice, Word, and Breath – the Lover, Beloved, and Love – exist in an eternal conversation of perfect unity, joy, and goodness spilling over into their creation of the cosmos and their care for every one of their creatures. Their conversation never has and never will end. The deepest desire of their heart is that we join the conversation so that we experience the love and life they know and have for us. Step Eleven is the path and practice of sharing in the unending conversation.

At Starlight at Tamasee, we believe mothers in recovery and their children can join the conversation through prayer and meditation and experience the healing and fullness God has for them. 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