

Practice Makes...

Sharing Hope from Tamassee Village

By Jon Holland, CEO of Tamassee Hope Village



As a teenager, I tried twice to learn to play an instrument. First, the trumpet for the school band. I learned to read music, played for year or two, but I got bored with the songs and gave up. Since I loved popular music, I wanted to learn the guitar. The teacher we found was a classical guitarist. I cared for Bach about as much he cared for Chuck Berry. If he had taught Johnny B. Goode, I'd still be playing today, but he wouldn't Roll Over Beethoven. So, I quit practicing.

People who stick with the 12 Steps recovery fall in love with the Steps as a way for life. They become the music of their soul, so they practice every day. This is what Step 12 has in mind, "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Practicing the principles of recovery isn't a duty, a checklist to perform, or a drudgery I must do to avoid relapse. These principles become a joy – a life line to a better way of being human. This is the real "magic" of the Steps. When I learn from experience these practices are a better way of life with better outcomes for me and those I love and serve, then it's not practice. It's just who I am.

Because they become my identity, I practice them in all my affairs. There's nothing in day to day life that can't be handled with the principles of the 12 Steps. I have the tools to handle any challenge, solve any problem, reach any milestone. Why? Because the Steps instilled interdependence. I'm not alone. I'm doing life with God and my community.

So what are these principles I'll practice in all my affairs? Only what the first eleven steps outlined. Surrendering self-will to God's will because God cares for me, has the power I need, and guides me to fullness. Two way prayer keeps me in daily conscious contact with God, so I'm never without access to this love, power, and wisdom. Since I'm human, I'll blow it some days, so taking inventory and making amends keeps me in open, honest, healthy relationships. I live with a clear conscience and a team of faithful friends. Service keeps me helping others and reinforcing my own recovery.



At Starlight at Tamassee, we believe practice makes progress. We believe the 12 Steps as a way life leads to fullness of life, and we offer these principles to the mothers we serve. To learn more about Starlight, visit <https://www.mytamassee.org/starlight/>, or contact us at starlight@mytamassee.org or 864-944-1390. If your church or civic group is interested in a presentation on recovery, contact Jon Holland at jholland@mytamassee.org.

