

## Recovery- The Blessing of Life

Wally Balcerzak

It seemed so harmless at the time, yes all my friends were doing it;  
It seemed to be 'good ole red blooded American' fun, surely I could take it or leave it.  
But down a slippery slope I began to slide, though almost imperceptible at first;  
But slide I did till I hit my bottom, with an ever increasing, ceaseless thirst.  
Now I've been to college, for more years than most, but all my degrees were naught;  
When it came to insight or self-awareness as to how I'd been caught.  
For addiction results in denial and deny the problem I repeatedly did;  
I continued to abuse and look elsewhere and to myself I did kid.  
The problem was my boss, who was so insensitive he failed to see my needs;  
Or perhaps it was my subordinates, incompetent wretches they made me bleed.  
Finally a career opportunity, a position of prestige at a much greater rate of pay;  
This was a geographical 'cure' for my angst, to solve my ills- it would all be okay.  
So embarked on my journey I did try to succeed, my problems were over, my denial intact;  
I continued to drink, kept my perspective, for I only looked elsewhere when viewing the facts.

Soon things got so bad I was forced to admit, that I was the problem and change was required;  
So off to rehab and all that entailed, and during my stay a whole lot transpired.  
I finally left with their blessing though many drew lots, before long I'd relapse and be back in my hell;  
But miracles do happen and for me a miracle did, I began to recover and have a story to tell.  
See recovery happens when we face all our problems and begin life anew;  
For sobriety gradually mends families and friends, though it's hardly like new, it may take amends.

The miracle continues with many ramifications, it's hard to describe it with verbal phrases;

There are so many changes it may seem fantastic, but changes come in all of life's phases.

The most basic gift is that marriages are restored and enhanced in every conceivable way;

Including the children that make life so meaningful, with blessings and gifts every day.

Life got so full when we're raising the 'tribe' that I often stopped to ask how I ever had time;

For my drinking and drug use and all that it took, to plan, use and recover- that lifestyle a crime.

Now our kids are grown up, raised in a sober home where fun activities were the rewards;

Chemical 'highs' never part of festive occasions, we celebrated and modelled how not to be bored.

Careers back on track though never the main focus, we worked to live and discovered;

That relationships in recovery brought the most joy, to us and to our beloved.

Many years have elapsed since recovery began, and a life full of blessings can have few regrets;

I'm so very grateful for my life begun anew, for all of my blessings and the fine people I've met.

For I learned early on to keep self-pity at bay, think grateful thoughts and I'll be okay;

It can make a difference in attitude, and this matters so much when living each day.