

Cut Off by the Storm

Hurricane Irene's aftermath finds hundreds of thousands of people in Vermont, Virginia, and North Carolina disconnected from power and stranded in remote locations due to washed out and flooded roads.

Sometimes the storms in life cut us off from the power source of the Holy Spirit and leave us feeling isolated and alone. I'm reminded of a story I read for the first time many years ago, when I was just beginning the "clean-up" phase in my life.

He is like the farmer who came up out of his cyclone cellar to find his home ruined. To his wife, he remarked, "don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin'?"

That analogy to a man who has just entered into recovery from alcoholism is found on p. 82 of the Big Book of AA. The author makes the observation:

The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil...Yes there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all...The spiritual life is not a theory. We have to live it.

Recovering alcoholics aren't the only ones experiencing this situation. Often our selfishness and other character defects, persistent habits, and sinful behaviors result in great destruction in our lives and the lives of others. We are left feeling powerless to change and often times we end up isolated from family, friends and those we love. But, as the book points out, we can commence reconstruction in our lives through a deeper spiritual life. If that's where you need to be, we can help you to find the power you need and the path to the spiritual life of restoration.