

Waves of Grace

Everlasting Healing

“...depend on the world of God”

For reel change go here

www.gracethemovie.us

We welcome you with open arms to a world of healing. No, we are not God. We are only his messengers sent to do his Holy work. It is with great pleasure that we offer what we've learned in our struggles, not to tell you what you should do or how you should act, but so that you can share your own story with others as you see fit. And so it is with open hearts and minds that we present **“Waves of Grace”**; Informational, Spiritual, Thoughtful, and Heartfelt experiences. May your life begin anew today.

You Know I Can't Hear You When The Water's Running

It was 2pm on a Saturday. Normal daily weekend activity consisted of early morning yard work before the temperature got above 85 degrees (at 9am). This was Florida after all. Outdoor life has to start earlier. No one can survive the impending tropical sauna.

After that? You're inside for the day amidst sweet A/C and cool refreshing iced tea. You settle in to some email writing and responding. There are some small indoor projects nagging at your brain.

But the afternoon has settled in and air conditioned chores now take precedence. Typical weekend day, typical weekend, except for the

atypical thought processes by the addict. How do you get this low? Why would you let yourself become this person you don't know but have become more enamored with day by day?

No one is just an alcoholic. It's not like you start drinking in high school, binge drink in college and then decide to defer college for the educational advantages of learning the intricacies of alcoholism. It's a process. And, most probably, you already know before college ends that you have a problem. You may even know before grade school ends.

It is in many ways like a young person experiencing the pangs of lesbianism or homosexuality for the first time. They don't have any control over it and there's this slight irritation growing inside of them from outside pressure that people just don't understand. But in alcoholism you do. It burns a hole in your soul. You can't keep a patch on it. It just keeps coming back.

Alcohol is the running water. Reason is who keeps talking to you while the water is running. They ask a question just as you turn on the water. It's a continuous babble that comes at you but you can't understand what's being said or, perhaps, you truthfully don't care to listen. Instead you shout back, “You know I can't hear you when the water's running!” Reason's plea

is repeated but to the alcoholic it changes, eventually drowning in the repetitiveness of the action.

I arrive an hour later at my friend's beach house to see the warning signs. A thick purple cloth is drawn together over the front door. Upon entering there is the immediate sense of dreariness. A bunched up throw is on the couch. All window shades are drawn. Dust flows through shafts of light, which find their way around despite dark efforts.

This is all a part of the last 3 day's history here of which I am not privy to. Unfortunately I have already seen it before. Better yet, I have experienced it before. As I begin to slowly admit light into the darkness I am told to 'keep the curtains closed that someone might walk by and see in.' Well, why be a block from the beach then? People walk by here all the time. But you already know why. Darkness keeps out the Light.

Even as I write this I again remind myself that this is not all about the addict. I am as much a part of this scenery. For in my years I have experienced many of the pitfalls of addiction. Surely we all have. My living trek has yielded many of the same experiences as the alcoholic.

This is what makes me such a great enabler.

Enabling is an addiction in itself. We truly think we are helping the addict by excusing or ignoring their mistakes again and again. Although we continually find the empty bottles in the trash can out back, or repeatedly respond to the addict by clearing them of their guilt through looks, smiles, encouragement, lies and all other means that will make us feel good about what we are doing to help 'our' addict, we fail miserably.

Uh oh. You just said the magic word that binds. "Our". You've personalized the addict to you. Now you have become part owner. Whatever will you do? Is that the water I hear running? What did you say?

"Please don't open the curtains. People can see in then. I don't want people to see me like this."

"No one is going to come in after you. It's a beautiful day outside. You need to get your life together. You need to stop this pattern you're in. Let's go to the Sea Breeze and get some lunch." Ah, there is nothing like taking the addict to a beach town bar/restaurant whose name references a drink. Do I sense enabling here? Yes. Bring the alcoholic to the scene of the crime. If you're there with them they won't drink. But when you leave they might. Or they will. They will...and then some.

Now you see the 'walk of shame' in the light of day. It's the expensive jacket left on a stool at bar #1. It's flashing the entire bar before 10pm. It's waking up and forgetting where you parked your car the night before. Where are the keys? Thank God for small miracles. Somehow you have them.

It has now become the 'Walk of Shame' in a whole new

light. Except the light is off and there is no "on" switch. You don't remember what goes where or how it got there.

It's the Helen Keller joke about rearranging the furniture and then reintroducing her to the room. It's painful to think about. You can't even think. What you really need now is a drink. STOP.

What really needs to change is the conversation in your head. It starts with you. Only you can change it. Sorry, but that's the truth. If you really want to hear this you're going to have to turn off the water and listen. It won't be easy. It takes time. It may be months or years before the faucet stops dripping. But it can.

How many psychiatrists does it takes to change a light bulb? "Only one. But the light bulb really has to want to change." And therein lies the crux of the matter - for you the addict and for me the enabler. WE have to change. We have to heal.

Those that really want to change seek out people that can help. It can be a sponsor, a true friend, or even a fellow recovering addict. It doesn't come easy. Nothing worthwhile ever does. But there is hope and help.

Fear enters the room. I can hear it clearly. It is here for me. Can you hear it? My suggestion is to leave any water source behind when fear starts talking. You already know you can't hear when the water's running. You have to face it in the room with the water off.

Got GRACE. ?

Do you? I do. Well, I believe I do most times. Other times I

struggle with the concept. I know I want to be as close to it as I can be. Let's look at what Grace is and what it can do for you.

Grace comes in so many ways. But fundamentally it is a free and unmerited favor of God through salvation and bestowal of blessings. Every alcoholic seeks this out to mend the brokenness. God wants you to know that we are given Grace. There is no price to pay.

That can be difficult in the moments of shame, regret and brokenness.

Brokenness hopefully will lead us to truth. It did within our group. The true matriarch of Gracethemovie.us, found that by being grateful, being Grace-full she could ingest and accept the 'Waves of Grace' flowing through her. Only then could she act upon them.

Once analyzed this flow became a call to action. How do I share the strength I've gained through Grace? Just as we learn in the 12 Steps, there is a time to share experience, failure, shame, struggle and victory. Grace is giving back, paying it forward or, with luck and God's Grace, both.

"Oh", you say. "But I'm not sure I'm strong enough to give. I don't believe I can love enough to give." Yes you are strong and, yes, you can love and give. Turn off the water.

You may not be able to eagerly and emotionally support your fellow members in the manner you wish. You may not have the strength to bear the constant influx of information coming at you from all angles. But you can exhibit GRACE for all to see.

A smile is Grace. If you put one on it becomes contagious. A gentle touch is Grace. It lets someone know you have

genuine concern and care. Listening is Grace. Sometimes hearing is all you need do. And saying Grace is the ultimate example of giving - Giving thanks back to God for all you've been afforded.

Giving or giving back without expectation of return is one of the highest forms of love you can exhibit. What greater form of love could you experience than the simple act of sharing the movie **Grace**? In this remarkably produced film you will find hope, 2nd chances, the love of a shared family, and the truth of how eventual recovery can become reality.

Life can take on new meaning for you. You can communicate more clearly with people, help others where and when you can, join in fellowship around you, enjoy a host of friends—and share the Grace you've earned!! This is an experience you must not pass up. The movie is very affordable. Go to gracethemovie.us. Grace will then be yours to keep.

What Are You Doing

Giving is one of the most fulfilling acts we can perform. In doing so we are filled with joy, contentment and heartfelt love. It is one of the best emotional highs we can get in life. So, this begs the question – why won't we do the same for ourselves? Receive?

Giving offers us immediate gratification through a kind of control. We don't have to surrender the vulnerable part of ourselves. Though letting go of that control will allow us to be tender, more open in the giving, more receiving of love and caring that, through lacking, may be what drives us down the road to self-destruction.

Intimacy means sharing, being open to, receiving. That can be very difficult to one who is in addiction. It is so true that people will do things for others before they do things for themselves. It's safer. The role of intimacy is reduced.

Many times as the receiver we have fear of strings being attached. If we aren't accepted for who we are but rather for what we can give back (which may be difficult and, in many cases, impossible in illness) then receiving may cause uncertainty, pain and feel unsafe.

Perhaps our religious or family background may have taught us that receiving is selfish. It's more about suffering than being happy. Receiving brings attention to us and can lead to shame. It is almost funny that, in this day and age, the act of being self-important or feeling we deserve more has become rampant. It's me, me, me. But, receiving with humility and appreciation helps keep us more balanced. It is OK to receive.

Sometimes we feel indebted to the giver. We actually wonder what they really want from us. STOP! Receiving is a part of life's gifts. If nobody gave, who would receive?

One of the biggest weights being carried by the alcoholic on a daily basis is shame. Shame can control us. We stay away from others due to shame. We re-live stories and incidents in our lives and feel shame again and again. It is a subject that could be dealt with all on its own. But it is not a reason to prevent receiving. To open to receiving is to open the heart, to open intimacy, to open a new connection.

The best lesson in receiving is to honor it and hope for the day you become the giver. What a

great path that will be to re-open.

What are you doing?

The 12th Step

What we are doing – In keeping in line with our spiritual awakening through the result of working the steps, and practicing the act of carrying this message to others, we will be working at spreading Grace., working with treatment centers, schools and any other viable channels that will accept our efforts to share what we have learned about the subject of alcoholism through all mediums available to us.

Our team's goals are to talk solutions, not problems. Our intention is success through learning and healing. We are going to serve as best we can by continuing to create additional films, workshops and other avenues that aid in the growth of sobriety, with the help of our higher power.

The Importance of Gracethemovie.us

The movie Grace. is just the start to a conversation. We could not have imagined the response we received from those who have viewed Grace. Many, even those who have been in recovery for years, have found the emotion and passion of Grace. to be powerful and real. Because of that response we believe you may find Grace. encouraging for someone you love. Please pick up a copy on our website to own at gracethemovie.us.