

RECOVERY & ME

Ostinato - Anonymous

Ostinato - Musical pattern that is continuously repeated during a section or throughout a complete piece of music.

“Hey dad, do you know what an ostinato is?”

“Yes I do. It is a musical term that loosely defined means a repeated rhythmic pattern that flows throughout a piece of music.”

My son is a senior at West Chester University majoring in music. He asked me this question one day well expecting me to have no idea what the answer was. He was amazed that I knew the answer to his question.

You may be wondering where this is leading to and how this might be tied into my recovery from alcohol addiction. Well, just as there is an ostinato throughout a piece of music, in my recovery I have discovered several key underlying repeating themes throughout the basic text *Alcoholics Anonymous* (affectionately know as the Big Book). The most predominant theme that I have discovered is “Higher Power” or a “Power greater than myself”. I have uncovered over 400 references alone to some kind of a Higher Power in the basic text (the first 194 pages of the Fourth Edition) of the AA Big Book. When I first discovered the reference of a “Power greater than myself”, I like many who come into AA, had some doubt, suspicions, and somewhat very convoluted ideas of what the authors (yes authors, Bill Wilson got a lot of help from the original 40 sober alcoholics writing the basic text of *Alcoholics Anonymous*) of the AA Big Book were speaking about. It certainly was a relief to discover that I was like most alcoholics entering AA. Of additional comfort was the information given to me by those wise, learned people who preceded me into AA that I should not worry about this confusion. They told me to “Keep coming back” and that if “I brought my body my mind would follow”. I was also told that if I was willing to integrate certain time proven principles into my life that I too would be able to develop a personal relationship with this Higher Power and that this relationship would be sufficient enough to transform me into a new person. As I quickly discovered no one was going to define this Higher Power for me but rather I

needed to identify, discover, and determine what it was to be. I was asked to be “honest, open-minded, and willing to change”. These good people of AA also told me to stick around long enough I too would come to believe in a “Power greater than myself”....“But would it work for me?”

Well, it has worked for me. I, like those who come before me, have come to depend unreservedly on this Higher Power as my complete source of strength. It's a Power that had been helping alcoholics in AA since 1935 successfully overcome not just their alcoholism, but other problems as well. Sure, there have been times throughout my recovery where I hit some walls and doubted this relationship. Fortunately for me, the good AA people in my life were there to offer me frank and honest direction which enabled me to see these kinds of difficulties in recovery are normal and to be expected. My experience in AA has demonstrated to me that most alcoholics, when given time in the program and with proper direction, grow piecemeal, digesting little by little, the idea of how a personal relationship with a Higher Power can transform the alcoholic and be seen as a life saving relationship.

Today, I have come to realize that the only power that I have, and continue to be given, comes to me through my personal relationship with this Higher Power. I have also come to affirm and believe that I have received a source of power in my life that can help me overcome all my problems. Because of the message of hope given to me early in my recovery, I have found that Higher Power that has truly made me free. This Power of which I speak is God as I understand Him. May you find Him now.