

A Catholic Liturgical Journey Through the Lens of Alcohol Recovery



Volume I: July and August 2025 – Sunday Readings for Tactical Reflection



Jason
Bresnehan

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For more spiritual and tactical more insights about alcohol recovery:

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About this Book

This book contains reflections on the Catholic liturgical readings for July and August 2025, including the First Reading, Second Reading, and Gospel for each Sunday. Each reflection is written through the lens of alcohol recovery, spiritual renewal, and tactical healing.

The work is designed for use in AA meetings, rehab centers, parish bulletins, and personal journeys of reconstruction. It is freely distributable and intended to serve as a pastoral aid, a fellowship resource, and a practical example of lay ministry in motion.

While the lectionary provides the scaffolding, the Spirit provides the ignition. This isn't liturgical law—it's spiritual engineering. This work is always complementary to belief in God. It is designed to serve both the faithful and the seeking, without compromising the integrity of Catholic theology or the dignity of those still finding their way.

Reflections are first shared at <https://bresnehan.com/insights>, where I write widely on Catholic themes related to alcohol recovery, as well as non-denominational insights that support those in rehab or early sobriety. I never publish content that dismisses belief in God. Even when I speak of a Higher Power—as AA tradition allows—I do so from a personal stance of faith. I believe in God, and my writing reflects that.

Feel free to copy, quote, or distribute. Just credit.

References to “Steps” throughout this book refer to the Twelve Steps of Alcoholics Anonymous.

Vision for 2026

Gospel Reflections for Every Sunday

This book also serves as a preview of a proposed 2026 publication: a complete set of reflections on the 53 Gospel readings of the Roman Catholic liturgical calendar—covering all 52 Sundays and Good Friday.

Each reflection will be written from the perspective of a recovering alcoholic, integrating the 12 Steps of Alcoholics Anonymous, cross domain insights from psychology and neuroscience with the Gospel message. The aim is to offer a spiritually rich, psychologically grounded, and pastorally useful resource for lay Catholics, recovery communities, and ministry leaders.

The 2026 Gospel book will be structured for wide and free distribution, with reflections designed to resonate in AA rooms, parish settings, rehab centers, and personal spiritual practice. It will be written with clarity, compassion, and theological integrity—anchored in Scripture and shaped by lived experience.

CHAPTER 1

Comfort That Rebuilds

Isaiah 66:10–14c is a passage of consolation. It speaks to a people who have suffered, who have mourned, and who are now invited to rejoice. For the alcoholic in recovery, this is not just poetic—it's personal. It's a blueprint for healing.

Rejoice with Jerusalem: The Fellowship of Joy

"Rejoice with Jerusalem and be glad for her, all you who love her."

Recovery begins in mourning—but it doesn't stay there. AA rooms are filled with laughter, not because the pain is gone, but because joy has returned. We rejoice not in perfection, but in progress. Jerusalem becomes a metaphor for the AA fellowship—a place where broken people gather, heal, and celebrate each other's victories.

I've seen newcomers walk in with hollow eyes and leave with a grin. That's Jerusalem. That's joy reborn.

Nourished at Her Breast: The Recovery of Sustenance

"That you may nurse and be satisfied from her consoling breast."

Isaiah uses maternal imagery to describe comfort and nourishment. In AA, we are fed—not with milk, but with stories, wisdom, and presence. We are nourished by the experience, strength, and hope of others. The fellowship becomes our sustenance.

I've been fed by the words of strangers. A single sentence—“Me too”—can be more nourishing than a thousand sermons.

Peace Like a River: The Recovery of Serenity

"I will extend peace to her like a river."

Peace is not a trickle—it's a river. In recovery, serenity is the goal. Not just sobriety, but peace. The kind that flows through your day, your thoughts, your relationships. It's the kind of peace that lets you sleep, breathe, and walk without fear.

I used to chase chaos and alcohol induced dopamine and a quiet mind. Now I chase grace induced peace and a serene mind. And when I find it, I guard it like treasure.

Carried and Comforted: The Recovery of Presence

"You shall be carried in her arms and dandled on her knees."

This is not infantilizing—it's intimate. Recovery is not just about standing tall. It's about being held when you're too weak to stand. AA doesn't demand strength. It offers presence. Sponsors, friends, strangers—they carry you until you can walk again.

I've been carried. And now, I carry others. That's the rhythm of recovery.

The Hand of the Lord: The Recovery of Divine Action

"The hand of the Lord shall be known to his servants."

Recovery is not just human—it's divine. The hand of God is not distant. It's visible in the rooms, in the stories, in the grace that flows through every meeting. We don't just recover—we are recovered.

I didn't fix myself. God did. I just showed up.

CHAPTER 2

Lessons from Galatians 6:4–18

The Apostle Paul's words in Galatians 6:4–18 offer profound wisdom that resonates deeply with the journey of alcohol recovery. These verses mirror many principles found in AA, and for me, they've illuminated truths that continue to shape my sobriety and spiritual growth.

Personal Accountability

“Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else.” (v.4)

Paul urges believers to examine their own lives, cultivating self-awareness and integrity without falling into the trap of comparison. In AA, humility is essential—but it's often misunderstood. Pride, when rooted in ego and self-will, can be destructive. But pride in one's progress, goals, and recovery is not only healthy—it's necessary.

I've seen AA members misinterpret this, expressing disdain for ambition. Because they don't have lofty goals, they discourage others who do, saying “pride is bad for recovery.” That's not balance. This verse offers a better way: take pride in your own journey, without measuring it against others. I can aim to help 27,000 alcoholics, build a good business, and yes—even own a collection of collectable cars—without comparing my path to anyone else's. Others may choose simpler goals, and that's okay. But I don't have to align with their equilibrium.

Responsibility and Contribution

“For each one should carry their own load.” (v.5)

Recovery is both personal and communal. AA thrives when recovering alcoholics support each other—but that support must come from a place of personal responsibility. If we can’t maintain our own sobriety with humility, serenity, love, and kindness, we’re no help to others.

My priorities are clear: #1 is God, #2 is myself, and #3 is my family. I can’t love my family if I’m lost in addiction. Only then can I be of service to other alcoholics.

Support for Teachers and Ministers

“Anyone who receives instruction in the word must share all good things with their instructor.” (v.6)

Paul reminds us to honor those who guide us. In AA, every fellow who shares is a teacher—the best kind. Only an alcoholic truly understands the giants we face to stay sober. Respect flows naturally when we recognize the courage it takes to share.

Sowing and Reaping

“A man reaps what he sows.” (v.7)

This truth needs no embellishment. In AA, you see it clearly. A newcomer walks in, physically unchanged—but spiritually transformed. You see it in their eyes. I saw it just last night. I approached “K” and said, “You look different, mate. Well done.” Because he did.

Perseverance in Doing Good

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” (v.9)

Recovery is a long road. The rewards aren’t always immediate. But when you stay the course, the harvest comes. See above.

Universal Kindness, especially to the Faithful

“Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.” (v.10)

Compassion is central to recovery. We care for all -but especially for those walking the same path. See above.

Boasting Only in the Cross

“May I never boast except in the cross of our Lord Jesus Christ...” (v.14)

Paul rejects pride in worldly achievements. For me, this is naturally controlled. I live to leave a legacy. And that legacy will be summed up in my eulogy—not by how many bedrooms my house has, but by how I lived and loved.

A New Creation

“...what counts is the new creation.” (v.15)

Recovery is rebirth. Faith in Christ leads to a new identity—not defined by external markers, but by inner transformation. That’s the heart of AA. That’s the heart of Galatians.

CHAPTER 3

Sent, Not Solo

In Luke 10, Jesus sends out seventy-two disciples—two by two.

He doesn't send them with swords or sermons.

He sends them with peace.

“Carry no purse, no bag, no sandals.”

“Say, ‘Peace to this house.’”

“The kingdom of God has come near.”

They return rejoicing.

Even demons submitted to them.

But Jesus redirects their joy:

“Do not rejoice that the spirits submit to you but rejoice that your names are written in heaven.”

This is a passage about mission—but also about identity.

You're not powerful because of what you do.

You're secure because of who you are.

Sent Into the World, Together

AA doesn't send people out alone.

We go two by two—sponsor and sponsee, old-timer and newcomer, speaker and listener.

We don't carry much.

No credentials.

No theology.

Just stories, scars, and a willingness to walk beside.

We enter rooms with peace.

We say, “Welcome.”

We say, “Me too.”

We say, “You’re not alone.”

And when someone finds sobriety, we rejoice.

But we don’t rejoice because we fixed them.

We rejoice because they found their name again.

They remembered who they are.

And when they fall—when they pick up the drink again—we welcome them back and say, “Don’t worry about it. Let’s go again.”

There is no shaming.

There is celebration that they returned.

The Fixer’s Takeaway

Mission is not about power. It’s about presence.

You don’t need name, address, rank. You need a first name.

You don’t need to meet entry criteria. You just need to want to stop.

You don’t need a bestselling dramatic story. You just need to share what it was like before, what brought you to the rooms, and what it’s like now.

You don’t need a script. You need sincerity.

You don’t need to be a fancy speaker. You just need to talk like you do.

You don’t need to withhold the truth or sugarcoat your story. You just need to be honest.

You don’t need to study. You just need to listen.

You don't need to follow rules. You need to walk beside.

Jesus sends us out two by two.

AA sends us out the same way.

Because healing happens in fellowship.

And joy is found not in what we conquer—but in what we remember.

You are not alone.

You are sent.

And your first name is all that is written.

CHAPTER 4

Grace Within Reach

The words of Moses in Deuteronomy 30:10–14 are a powerful reminder that God’s will is not distant or inaccessible — it’s near, knowable, and livable. For those of us in recovery, these verses echo the heart of the 12 Steps, especially Steps 5 and 11. They speak to the nature of obedience, the accessibility of divine guidance, and the importance of living out our faith in real, tangible ways.

Obedience Is Relational, Not Ritual

“If you obey the Lord your God... and turn to the Lord your God with all your heart and with all your soul...”

This isn’t about ticking boxes or following rules for the sake of it. It’s about relationship — a conscious connection with God. This aligns directly with **Step 11:**

“Sought through prayer and meditation to improve our conscious contact with God...”

The benefits of increased conscious contact are obvious, but the real magic often happens when we step outside the routine. This morning, I was busy and rushed through my prayer. But later, I took a 15-minute walk along the Wynyard Foreshore — a place I’d never walked before — to breathe, pray, and find some serenity. Out of nowhere, a pushbike rolled past. It was John, an AA member who lives 200 km away. We were both surprised. We chatted, connected, and left uplifted. That’s the power of divine serendipity. Prayer, like any activity, can be fertilized by variety. When we mix it up — beach, chapel, boardwalk — we open the door for God to surprise us.

God’s Will Is Accessible

“Now what I am commanding you today is not too difficult for you or beyond your reach...”

God's will be hidden in heaven or buried across the sea. It's close. It's practical. It's for everyone.

This truth is amplified when we step into new spaces and engage with new people. Sitting at home in the dark, praying for eight hours, might feel spiritual — but it's not always effective. Bumping into John on a sunny winter's day in Tasmania did more for my spiritual health than any isolated ritual could. God's will be often found in motion.

The Word Is Internalized

"The word is very near you; it is in your mouth and in your heart so you may obey it."

God's word isn't just something we read — it's something we live. It's meant to be spoken, remembered, and expressed through daily life.

If you're locked inside with the curtains drawn, you're not expressing anything. But when you're out and about — offering a compliment, showing interest, engaging with others — you're living the word. You're giving others the chance to do the same.

Empowerment to Obey

"It is not too difficult for you or beyond your reach..."

This is empowering. We are capable of living in alignment with God's will. Grace doesn't demand perfection — it enables obedience.

You'll never know until you have a go. Don't worry if you can't recite the Rosary. Just try. Just live. Just lean in.

Echoes in the New Testament

Paul quotes this passage in Romans 10:6–8, showing that salvation through Christ is not about striving or searching, but about receiving what is already nearby.

AA Connection – Step 5:

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

This step is about honesty, humility, and proximity — not performance. Just like Deuteronomy, it reminds us that the path to healing is already within reach.

CHAPTER 5

Christ the Centre: Recovery's Anchor

Colossians 1:15–20 is a declaration of Christ's supremacy— “the image of the invisible God,” “firstborn over all creation,” and the one “in whom all things hold together.” For those of us in recovery, this isn't just theology—it's a lifeline. It's the reminder that we're not the center of the universe, and we don't have to be.

Christ Holds All Things Together

"In him all things hold together."

When life feels fractured—relationships, health, identity—this verse reminds me that healing doesn't come from control, but from surrender. My Fixer instinct wants to patch everything manually. But in recovery, I've learned to let Christ hold the pieces while I focus on the next right action.

At “Go Time Moments” —Let Go and Let God

There's a common thread in the lives of many alcoholics—we're control freaks. I certainly was, long before I picked up a drink. I used to chase “Go Time” moments—the pitch, the performance, the summit push—believing I could script the outcome. But when things didn't line up, the storm came: frustration, resentment, despair. And often, the bottle.

Recovery taught me a better way:

Forget the past—you can't change it.

Release the future—it's not yours to write yet.

Stay in this moment—this breath, this heartbeat.

Let go and let God.

You've done your part. Trust what unfolds. The result might not match the picture in your head—but it might teach you more than success ever could.

Reconciliation Through the Cross

"Through him to reconcile to himself all things."

Recovery is reconciliation—between me and God, me and others, and me and myself. The cross isn't just a symbol of forgiveness; it's a tool of peace. I've had to make amends, face hard truths, and forgive people who never apologized. Christ's reconciliation gives me the courage to do that.

The Invisible Made Visible

"He is the image of the invisible God."

In AA, we seek conscious contact with God. Colossians tells me that contact is possible—visible, tangible, real. I see God in the people who show up, in the sponsor who listens, in the stranger who shares something that hits me like a lightning bolt.

Fixer Reflection

As a Fixer, I'm wired to solve problems. But Colossians reminds me that some problems aren't mine to fix—they're mine to surrender. Christ is the centre, the reconciler, the holder of all things. My job is to act with integrity, stay sober, fine-tune my wisdom to know what I can change and what I cannot, and identify "Go Time" moments—then let grace do the heavy lifting.

CHAPTER 6

The Good Samaritan and the Fixer's Path to Recovery

Luke 10:25–37 isn't just a parable—it's a blueprint.

When Jesus says the key to eternal life is to “love God and love your neighbor,” he's not just answering a lawyer's question.

He's laying down the same foundation that opens the door to early sobriety.

In AA, this principle is echoed in:

Step 3: Turning our will and lives over to the care of God.

Step 11: Seeking conscious contact with God through prayer and meditation.

Step 12: Carrying the message and practicing these principles in all our affairs.

And in the Legacies of Unity, Service, and Recovery.

Compassion Over Judgment

The priest and the Levite walk past.

The Samaritan stops.

He's not the expected helper—but he's the right one.

Help comes from unexpected places.

I've learned from ER doctors, concreters, primary school teachers, and Annie—a wise woman with piercings and pet tarantulas.

AA is the most judgment-free zone I've ever known.

Every meeting teaches me something new.

Action Is the Measure of Love

The Samaritan doesn't just feel pity—he acts.

He bandages, lifts, pays, and returns.

Love isn't passive.

I've driven people to meetings, picked them up mid-spiral, and shown up in regional towns just to be present.

Positive action, forward momentum is one of my key Fixer principles.

It's how I live in business, and it's how I live in AA.

Everyone Is Your Neighbor

Jesus redefines neighbor by mercy, not proximity.

The Samaritan becomes neighbor through kindness.

Annie with the tarantulas is as sharp and well-read as anyone I know.

Recovery expands our empathy.

Mercy Is a Daily Practice

Jesus ends with, "*Go and do likewise.*"

It's not a one-time act—it's a way of life.

Mercy is part of the daily discipline of recovery.

We extend it to others, and we learn to receive it ourselves.

Every day is a chance to "do likewise."

Just like Deuteronomy 30:10–14 reminds us:

God's will isn't distant—it's near, knowable, and livable.

And recovery is about living it.

Balanced Hubris and Tactical Mercy

Yes, my action-based approach—and to some extent the hubris that helped me get into the alcoholic mess—is effective when treated with balance.

Balanced hubris (if there is such a thing) means I'll have a go at anything.

My root cause analysis skills, honed as a quality management systems consultant, help me assess—or at least guess—the root cause and act accordingly.

You won't find me in *woe is me* conversations.

But you can ask me to put your gun in my safe, where no one knows the key.

This isn't just a reflection. It's a tactical gospel.

The Samaritan didn't ask for credentials.

He saw a need, acted with compassion, and followed through.

That's recovery in motion.

That's grace with boots on.

CHAPTER 7

Hospitality at the Oaks and the Recovery of Presence

A Reflection for the Alcoholic in Search of Grace

Scripture Context

Genesis 18:1–10a recounts Abraham’s encounter with three mysterious visitors under the oaks of Mamre. Though the text begins with Abraham seeing “*the Lord*,” it unfolds as a story of radical hospitality, divine promise, and the quiet power of presence.

The Recovery of Presence

“The Lord appeared to Abraham... while he was sitting at the entrance to his tent.”

Abraham wasn’t striving—he was sitting. In recovery, we often rediscover God not in our hustle, but in our stillness. Like Abraham, we learn to wait, to watch, and to welcome. Step 11 teaches us to seek conscious contact with God. Sometimes, that contact begins with simply being present—at a meeting, in prayer, or on a quiet walk

Sobriety teaches us to stop running. To sit at the entrance of our own tent—our life—and become available to grace.

Radical Hospitality as Step Work

“Let me bring a little water... let me get you something to eat.”

Abraham’s instinct is service. He doesn’t ask who the visitors are—he acts. This mirrors the AA tradition of service: making coffee, setting up chairs, welcoming the newcomer. It’s not about status—it’s about surrender. Step 12 calls us to carry the message. Abraham shows us how: with humility, generosity, and urgency.

Hospitality is a spiritual discipline. In AA, we serve not because we're strong, but because we remember what it's like to be starving.

God Appears in the Ordinary

"He looked up and saw three men standing nearby."

The divine doesn't arrive with thunder. It comes in the form of strangers. Abraham didn't recognize the Lord in a blaze of glory—but in three dusty travelers. In recovery, God often shows up through others—especially those we least expect. A fellow alcoholic. A sponsor. A stranger who shares something that cracks us open.

You can find serenity, grace, and wisdom in the seemingly mundane interactions of people. A quiet nod at a meeting. A shared coffee. A text that arrives at just the right time. These are not coincidences—they are the oaks of Mamre in our own lives. Miracles often wear ordinary clothes.

The Promise of New Life

"I will surely return to you... and Sarah your wife will have a son."

This is a story of impossible promises. Sarah is old. The womb is closed. But God speaks life into barrenness. For the alcoholic, this is the heart of Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity." Even when hope feels absurd, God is still speaking life.

No one is too far gone. Not Sarah. Not Abraham. Not us. The promise still stands.

The Quiet Laughter of Grace

Though not in the lectionary cut (v.10a ends before it), Sarah laughs. Not out loud—but within. It's the laugh of disbelief, of "yeah right." But God hears it. And responds not with rebuke, but with reassurance.

We've all laughed at the idea of change. Of healing. Of sobriety. But God hears even our cynical laughter—and answers with mercy.

Closing Reflection

Genesis 18:1–10a is a recovery story. It's about showing up, serving others, and receiving grace in unexpected places. It reminds us that God still visits tents. That promises still come to barren places. And that sobriety, like Sarah's child, is a miracle born of presence, patience, and divine timing.

CHAPTER 8

The Purpose was Worth the Pain

Scripture Context

“Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ’s afflictions for the sake of his body, that is, the church.”

Paul’s words are jarring. He rejoices in suffering—not because he enjoys pain, but because he sees it as participation in something larger. For those of us in recovery, this passage reframes our wounds as witness, our pain as purpose.

Suffering as Sacred Participation

Paul doesn’t glamorize suffering—he redeems it. In AA, we don’t celebrate our rock bottoms, but we do honour them. Why? Because they become the soil where empathy grows. The newcomer doesn’t need a lecture—they need someone who’s been there.

Our suffering isn’t wasted. It becomes the bridge between isolation and belonging. We suffer with purpose—so others don’t have to suffer alone.

Stewardship of the Mystery

“I became its servant according to God’s commission... to make the word of God fully known, the mystery hidden for ages...” (v.25–26)

Paul sees himself as a steward of mystery. In recovery, we too become stewards—not of doctrine, but of experience. We carry the message, not because we’ve mastered it, but because we’ve lived it.

Sobriety is a mystery. Why do some get it and others don’t? Why does one meeting change a life? We don’t always know. But we show up anyway. We serve the mystery.

Christ in You, the Hope of Glory

“...which is Christ in you, the hope of glory.” (v.27)

This is the heart of it. Not Christ above you. Not Christ beside you. Christ in you. For the alcoholic, this is revolutionary. We who once felt hollow now carry glory. We who once drank to fill a void now discover that the void was already filled.

You are not empty. You are not broken beyond repair. Christ in you is the hope of glory—and the hope of sobriety.

Proclaiming with Wisdom and Warning

“It is he whom we proclaim, warning everyone and teaching everyone in all wisdom...” (v.28)

Paul doesn’t just preach—he warns. In AA, we do the same. We share our stories not to boast, but to caution. We say, “This is what happened when I stopped listening.” And we say it with love.

Every share is both a testimony and a warning. We don’t sugarcoat the past—but we don’t stay stuck in it either. We proclaim hope, with wisdom born of wounds.

Closing Reflection

Colossians 1:24–28 is a recovery manifesto. It reminds us that suffering can be sacred, that mystery can be stewarded, and that Christ lives not in the perfect—but in the persevering. If you’re reading this and still struggling, know this: your pain has purpose. Your story has power. And your sobriety is not just for you—it’s for the body.

CHAPTER 9

Recovery at the Feet of Jesus

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one." (41–42)

The Recovery of Stillness

In Luke 10:38–42, Martha rushes with good intentions—preparing, serving, tidying. But Jesus gently redirects her: “You are worried and upset about many things, but few things are needed—or indeed only one.” Mary, by contrast, sits at His feet and listens.

I’ve seen many AA fellows do what Martha did—rush to clean the slate. They trade in the sports car, draw down savings to visit estranged family, engage lawyers to fix old disputes, donate most of their clothes, take on long-postponed renovations, go minimalist by ditching the microwave, even sell fishing rods unused for 12 years. It’s as if they’re on a reality TV show about decluttering. But they’re not.

These actions, though well-intentioned, often lead to chaos—and definitely lead them away from serenity, which is what they need most. Sobriety isn’t about spotless garages or cupboards. It’s about entering a period of spiritual brewing. Like a slow reduction sauce, the flavors of grace emerge over time. Stillness is not laziness—it’s preparation. It’s the better part.

AA Connection

Step 11 calls us to seek conscious contact with God through prayer and meditation. That contact begins not with doing, but with being. The spiritual life isn’t a sprint—it’s a simmer. And recovery begins when we stop rushing and start listening.

The Tyranny of Busyness

Martha's service is noble, but her anxiety distorts it. She demands validation and control. In recovery, we learn that busyness can be a mask—hiding fear, shame, or avoidance.

I've seen alcoholics fill their calendars to avoid silence. But healing requires stillness. The moment of surrender is where grace enters. Sobriety isn't earned through hustle. It's received through humility.

Choosing the Better Part

Jesus affirms Mary's choice: "She has chosen what is better." This isn't a rebuke of service—it's a reminder that presence precedes performance.

In AA, we serve because we've tasted grace. We carry the message because we've sat at the feet of mercy. The "better part" is not perfection—it's proximity to God.

The Fixer's Reflection

As someone who lives by the Fixer principles—Cut to the Chase, KISS, Act—I resonate with Martha's drive. But Luke 10:38–42 reminds me that action must be balanced by contemplation. The Fixer must also be a listener.

I've rewritten procedures, led audits, and locked away guns for safety. But the most transformative moments in recovery have come when I've stopped moving—when I've sat, listened, and let God speak.

Closing Thought

Luke 10:38–42 is a recovery parable. It teaches us that sobriety isn't just about abstaining—it's about abiding. It's about choosing the better part, one day at a time. If you're overwhelmed, anxious, or striving—pause. Sit at the feet of Jesus. The healing begins there.

CHAPTER 10

Intercession, Judgment, and the Mercy in the System

Abraham negotiates with God, pleading that Sodom be spared if even ten righteous people remain. It's one of the boldest acts of spiritual diplomacy recorded—and one of the clearest models of grace governance.

In AA, we often stand in Abraham's shoes. We plead on behalf of others. Not with thunderous power, but with quiet credibility forged in shared suffering. We ask God not to destroy the city just yet—because someone might still be trying to get sober.

AA's System of Mercy

This is where AA's invisible architecture shines. It contains overt structural principles and deep cultural rhythms that protect against judgment:

Anonymity:

No names, no status, no hierarchy. You walk in and you're just another traveler on the road.

Neutrality

AA takes no sides. No political causes, no denominational bias. Open to atheists and agnostics, and deliberately independent from governments or charities. This ensures you're never coerced into alignment with external judgment scales.

Radical Hospitality

The cultural covenant—not written but deeply felt. Relapse isn't punished; it's welcomed with kindness. No matter how many times someone enters what feels like a revolving door, the hinges never squeak. The welcome never fades.

Fixer Reflection

I've walked into rooms where judgment had every excuse to land—but it didn't.

Because like Abraham, AA steps in and says, *What if there are ten still trying? What if there's one?* I've done it with procedures and with lives. Whether locking away a gun for someone in crisis or driving a fellow to a remote meeting, I've played Abraham in the mundane—and in moments where mercy felt like the only thing left.

Closing Thought

The system of AA isn't just philosophical—it's spiritual governance disguised as fellowship. It's a city that refuses to burn until every soul has had their chance to find recovery.

Sunday 27th July 2025

2nd Reading: Colossians 2:12–14

CHAPTER 11

Baptism, Forgiveness, and the Fixer's Ledger of Grace

"Having been buried with him in baptism... God made you alive with Christ. He forgave us all our sins, having cancelled the charge of our legal indebtedness... nailing it to the cross." (12–14)

This passage is spiritual stereo—echoing the surrender of Step 3 and the honesty of Step 5. You hand over your will and your wreckage—not to be sentenced, but sanctified. Paul's language is forensic: debts, charges, legal demands. It's courtroom drama with a twist—the verdict is resurrection.

Grace isn't a loophole. It's a ledger wipeout. You don't just get forgiven—you get made alive.

In AA, we don't just confess—we release. The charge sheet gets nailed to the cross, and suddenly, the courtroom goes quiet. That's spiritual compliance—where accountability meets mercy.

We turn our will over to God's care. We name the wrongs and release the record. We practice the principles in all our affairs. We let go and let God. Grace replaces guilt. And the past becomes testimony, not torment.

Fixer Reflection

In my career, I kept ledgers that could survive audits, raised equity, and mapped the logic of debt to decimals. But the most sacred ledger I've ever encountered is the one God cancels.

I've seen fellows walk into AA carrying invisible Excel tabs of guilt—formulas of failure looping through their heads. And I've watched them walk out with nothing but a coffee cup and a grin. That's resurrection. That's Colossians 2 in motion.

Closing Thought

Paul doesn't say the charges were skipped. He says they were nailed—acknowledged, absorbed, erased. That's spiritual accuracy. In recovery, we name the debt, surrender the ledger, and walk out free. The baptismal water isn't symbolic—it's spiritual solvent, dissolving guilt in divine compliance ink.

Sunday 27th July 2025

Gospel: Luke 11:1–13

CHAPTER 12

Knock Loudly

Luke 11:1–13 begins with a simple request: *“Lord, teach us to pray.”* What follows is the Lord’s Prayer—short, direct, and powerful. But Jesus doesn’t stop there. He tells a story about persistence, and then delivers a promise: *“Ask and it will be given to you; seek and you will find; knock and the door will be opened.”*

For someone in recovery, this passage is a masterclass in spiritual connection. It’s not just about prayer—it’s about relationships, trust, and the courage to ask.

Prayer Is Learned, Not Assumed

“Lord, teach us to pray.”

Prayer isn’t a performance. I’ve seen AA fellows fall into the trap of thinking that more visible prayer equals more divine attention. They carry rosary beads, race through the Lord’s Prayer, or go on spiritual retreats that feel more like theatre than transformation. It’s easy to confuse repetition with connection—like thinking more dumbbell curls will build spiritual muscle.

But prayer isn’t about building muscle. It’s about building meaning.

In early sobriety, prayer was foreign to me—absent for 40 years. I had to learn how to ask God for signs of His will and help with my shortcomings. And I didn’t feel comfortable until I linked prayer to my two missions:

My business mission—to help clients build financial and legacy wealth so I can keep the lights on.

My personal mission—to use the gifts God gave me (writing, organization, business) to help as many recovering alcoholics as I can.

That was the tipping point. I wasn't praying out of obligation. I was increasing conscious contact with God so I could give my all to others. Prayer became less about box-ticking and more about loving God's children the way He loves them—and helping them in the way I'm designed to.

Persistence Is the Path

"Because of his shameless audacity, he will surely get up."

Recovery requires persistence. I've knocked on doors that didn't open right away. I listen carefully, interpret, get things wrong, adjust, and sometimes get it wrong again. But I keep knocking. That's what Jesus Honors—not perfection, but persistence.

Ask, Seek, Knock

"Ask and it will be given... seek and you will find... knock and the door will be opened."

These are action verbs. Recovery is active. I ask for help. I seek truth. I knock on the doors of opportunity, healing, and grace. And sometimes, the door opens in ways I didn't expect.

Surrender in the Asking

As a Fixer, I'm wired to solve problems. But Luke 11 reminds me that some solutions don't come from strategy—they come from surrender. My job is to act with integrity, stay sober, fine-tune my wisdom to know what I can change and what I cannot, and identify "Go Time" moments—then let grace do the heavy lifting.

Prayer is one of those moments. It's where I stop fixing and start trusting. It's where I ask, seek, knock—and then let go and let God.

CHAPTER 13

Mission Beats Futility—Every Time

“Futile, utterly futile,” says the Teacher.

*“For a person may Labor with wisdom, knowledge and skill,
then leave it all to one who has not toiled for it.*

What do they gain from all their striving under the sun?”

This season’s reading doesn’t mumble—it tolls. The Teacher’s words ring with clarity: our Labor, our striving, our skilful toil may all amount to futility. The question is not about how hard we work—it’s whether our work *means* something when the scaffolding collapses.

In recovery circles, this futility is familiar terrain. Many arrive exhausted—not just physically, but spiritually. They’ve built careers, families, reputations, only to find the internal architecture cracked. Step One speaks to this truth: *“We admitted we were powerless...”* Powerless not just over addiction, but over the myth that effort alone will fulfill us.

Mission Eats Futility for Breakfast

Without a mission, futility wins. Period. A mission is not just helpful—it’s essential. It transforms work from mere activity into sacred expression. It reframes the grind into a guided path.

When your work is rooted in purpose, even the grind becomes sacred. Without it, you’re just circling under the sun. With it, you’re moving under grace.

AA reorients us—but mission anchors us. It answers Ecclesiastes directly:

Futility asks, *“What’s the point?”*

Mission says, “*Here’s the point.*”

This isn’t theory—it’s spiritual engineering.

My Mission, My Proof

I’ve felt futility. During the 2020 shutdown, when contracts were clipped and travel was banned, my work lost its pulse. I wasn’t idle—I was unfulfilled. My drinking worsened—not from fatigue but from disconnect.

But I know this: when my work is rooted in *mission*, I thrive. Not just professionally, but personally, spiritually, and structurally. That’s why I’m unapologetically forceful about it.

Evahan’s mission: To create financial and legacy wealth for my clients.

*My personal mission: To walk the path of recovery with deliberate faith,
to seek serenity through conscious contact with God,
and to share language that liberates—helping others feel seen, understood, and equipped as
they walk their own road to healing.*

This isn’t branding—it’s breath. When I stray from it, futility creeps in. When I return to it, clarity rises.

Ecclesiastes Is Right—But Incomplete

Yes, the Teacher names a hard truth. But he doesn’t prescribe the cure. Recovery does. Mission does. I’ve lived both the collapse and the recalibration. And I’ll say it plainly:

If you don’t have a mission, you’ll confuse effort with meaning.

You’ll confuse motion with momentum.

You’ll confuse toil with transformation.

Mission Isn't a Luxury—It's Lifesaving

Ecclesiastes doesn't just describe the absurd—it demands a response. And AA doesn't just rescue—it reassigns. But mission? Mission redeems.

This isn't just this season's reflection. It's this life's requirement.

What's yours?

CHAPTER 14

The Skyward Canvas

"Set your hearts on things above, where Christ is..." (v1)

I didn't become a monk.

I became a man who looked skyward.

Not for wishful thinking

Not to escape the mess below,

but to defy its gravity.

Colossians didn't hand me a roadmap.

It handed me a paradox:

To truly progress, I had to stop measuring

and start moving.

"Put to death, therefore, whatever belongs to your earthly nature..." (v5)

Not everything earthly is evil.

But everything *too* earthly—

the obsession with assets, indulgences,

the spiritual performance metrics—

that had to die.

I still buy groceries.

Still turn the lights on.

But I no longer worship the grind.

I tempered my hubris—

once a weapon in business,
now a tool for truth.

"Do not lie to each other..." (v9)

So I stopped lying.

To others.

To myself.

I stopped pretending that grace
could be graphed like quarterly earnings.

I began doing the next right thing.

Not because it made me holy,
but because it brought me
authentic human interactions.

Scripture classes.

Forced collisions with people
who didn't know they were prophets.

Moments that rewired my mission.

"You have taken off the old self... and put on the new self..." (v9–10)

I let go of the old self—
not in one dramatic moment,
but in a thousand quiet choices.

And the new self emerged.

Not perfect.

Not polished.

But renewed.

"...being renewed in knowledge in the image of its Creator." (v10)

True knowledge isn't buried in an ancient scroll
you'll stumble upon in your garden.

It's a canvas within.

You hand God the colours—
your pain, your joy, your mission—
and He paints the masterpiece.

"Here there is no Gentile or Jew... but Christ is all, and is in all." (v11)

So I looked skyward.
Not to treat God like my butler,
but to tune into the divine telemetry
of the present moment.

To listen.

To observe.

To laugh.

To help alcoholics not just through strategy,
but through story.

Because the skyward life isn't measured.

It's lived.

CHAPTER 15

The Kind Servant & the Crushed Reed

Luke’s Gospel warns against the illusion of control—the man who builds bigger barns, convinced he’s secured his future. But Jesus offers no applause for accumulation. Instead, we’re invited to consider a different kind of power.

To see it clearly, we borrow a lens from Matthew: a prophecy not of conquest, but of quiet strength. The servant doesn’t shout. He heals. He notices the bruised reed and chooses not to break it.

“He will not quarrel or cry out; no one will hear his voice in the streets.

A bruised reed he will not break, and a smoldering wick he will not snuff out...”

(Matthew 12:19–20)

This is no revolution of banners and bullhorns. It’s the kind of leadership the Fixer knows: gentle, intentional, and nearly invisible unless you’re paying attention. Jesus moves quietly away from conflict. There’s no grand spectacle—just healing in motion.

Luke’s Gospel warns against greed and self-assurance. A man builds bigger barns, but God calls him a fool. The quiet servant in Matthew’s prophecy offers a counter-image: not accumulation, but presence. Not noise, but care.

AA in the Shadows

There’s an unwritten rule in AA: we don’t preach teetotalism.

Why? Because no good ever comes from telling someone with two beers and no bruises to stop drinking.

Instead, we say “God bless” to the ones who can have a couple and walk away.

For alcoholics, that's not an option—one is too many, a hundred is never enough.
We don't cry out. We don't endorse causes.

AA won't take government money or charity grants—not because we're aloof, but
because our work must remain quiet, honest, and unencumbered.

Just like the servant in Matthew's gospel, AA walks among bruised reeds and
smoldering wicks—not trying to fix, just trying to be present.

The ministry of silence is alive in AA. It's felt in the half-mile across the pew, in the
quiet *me too* shared after someone cracks open a trembling truth, in the kind of
presence that doesn't demand, but simply witnesses.

AA is the quiet shepherd.

Sometimes a sheep breaks from the flock. The flock doesn't panic. The doors stay
open. If they return, they are treated with dignity—as if the break never happened.

The smoldering wick isn't weak—it's sacred. Jesus doesn't extinguish it. AA doesn't
shame it. Both hold space for flickers that might one day ignite again.

The Fixer's Takeaway

Leadership doesn't require volume. Ministry can be whisper strong.

Empathy is sacred proximity. You don't fix the bruised reed—you keep it company.

The wick still smolders, and even a flicker is worth protecting.

For the lay preacher and the AA Fellow alike—especially those walking with Christian
faith—this is the blueprint: walk quietly. Notice the smoldering. Never break what's
healing slowly.

We follow a Christ who doesn't kick down doors.

He waits beside them.

CHAPTER 16

The Quiet Confidence of Deliverance

Wisdom 18:6–9 recalls the night of Israel’s deliverance—a moment prepared in silence, anticipated in faith, and fulfilled with precision. It wasn’t a chaotic escape. It was a confident walk into freedom, guided by promises and rehearsed in hope.

But in recovery, deliverance doesn’t begin with confidence. It begins in fog.

Recovery Parallel: Fog Before the Freedom

Most alcoholics don’t walk into AA with a plan. They walk in broken. Rock bottom has done its work—sometimes through a quiet collapse, sometimes through a staged intervention by family or friends. The fog is thick: shame, confusion, disbelief. It’s not clarity that brings them in—it’s desperation. And yet, that fog is sacred. It marks the threshold between collapse and surrender, between silence and the first knock.

But then something happens.

They see happy people.

People who seem to have it together.

People who say things that sound familiar—eerily familiar.

They hear the Word.

They hear “Higher Power.”

They hear stories that mirror their own.

And slowly, the fog begins to lift.

They go home and start to build a plan—not a perfect one, but one that fits.

They go to meetings.

They get a sponsor.

They read the literature.

They listen.

They learn.

They share.

The rituals begin. The preparation begins.

Deliverance becomes possible because others have rehearsed it.

AA offers the blueprint. The newcomer walks it.

The Fixer's Takeaway

Deliverance is not improvisation—it's transmission. The night of freedom is sacred not because it's spontaneous, but because it's been rehearsed. Not by the newcomer, but by AA and its fellows. The exit is powerful because the entry was. The promise holds because it's been believed—by those who walked in thinking *I'm differenT* and left knowing *"I'm not alone.*

AA doesn't fix you. It hands you the blueprint. Alcoholics give the plan—not as experts, but as survivors. They show you how they fixed themselves. And that's enough.

For the recovering soul, the business planner, the quiet leader—Wisdom 18 whispers a reminder:

Freedom is not a surprise. It's a strategy.

Even if the first step is taken in fog.

CHAPTER 17

Faith That Walks Before It Sees

Hebrews 11 opens with a definition that's both poetic and practical:

“Faith is the assurance of things hoped for, the conviction of things not seen.”

Then it moves to Abraham—the father of faith—not because he had a plan, but because he obeyed without one.

He left home without knowing where he was going.

He believed in a promise that seemed biologically impossible.

He offered up his son, trusting that God could raise the dead.

This is not blind faith. It's anchored trust—a trust that walks forward even when the map is blank.

The Faith to Walk In

Most people don't walk into AA with a five-year plan. They don't even walk in with a one-month plan. The only ones who do are often trying to deflect—appease a spouse, a boss, a university lecturer, or a court. Their plan is to stay just long enough for the heat to die down.

Ironically, AA is full of people who came in with that plan—and stayed for life. That's faith.

Faith is showing up when you have no idea how this works. It's listening to stories that sound like yours and thinking, *maybe I'm not alone*. It's calling a sponsor when your mind is generating justifications for picking up a drink—because you're down, too up,

flat, confused, or just tired. Faith is staying sober one day at a time, believing that all these days might add up to a lifetime—even if that seems impossible today.

Like Abraham, the recovering alcoholic walks forward without seeing the full picture. But they walk anyway.

The Fixer's Takeaway

Faith is not certainty. It's walking soberly with trust in those pointing the way—those who've walked this path before you.

It's the step you take before the path is visible. It's the steps you take when God gifts you trials, tribulations, and mundane moments—and the path looks different than it did yesterday. It's the plan you follow before it feels like yours. It's the trust you place in a fellowship that's rehearsed deliverance a thousand times.

Abraham didn't know the destination—but he trusted the Caller.

AA newcomers don't know the outcome—but they trust the room.

That's enough.

Faith is not the absence of fear. It's the decision to walk anyway.

CHAPTER 18

The Gospel of Grace in Motion

"Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom." (Luke 12:32–48)

Luke 12 isn't just a parable about rigidity. It offers the complete opposite: a protocol called the pursuit of grace—in trials, tribulations, and in the mundane.

Jesus speaks of servants waiting, lamps burning, belts fastened. He speaks of a thief in the night and a master returning at an unexpected hour. But this isn't a checklist for spiritual paranoia. It's a rhythm. A readiness. A configuration.

"It is your Father's good pleasure to give you the kingdom."

Not a threat. A promise.

Not a warning. A whisper of divine generosity.

Telemetry Check: Grace in All Dimensions

Physical readiness

Grace doesn't bypass the body. It shows up in sleep, movement, hydration, and presence. You stay lit by anchoring your physical self in disciplines that keep chaos at bay.

Emotional readiness

You emit comfort through tone, posture, and presence. You become a safe zone—where people crack open, not because of your advice, but because of your authenticity. Your honesty becomes catalytic voltage. You trigger confession collisions in coffee shops, boardrooms, and Lions Club halls.

Spiritual readiness

This is the protocol. Not rigidity. Not perfection. But the continual pursuit of grace.

Sequence of Grace: Luke 12 as Operating System

Luke 12 isn't just a parable. It's a spiritual firmware update. You configure for grace through honesty, authenticity, and spiritual traction. You emit comfort—your posture, tone, and presence become safe zones. You trigger confession collisions—people begin to crack open. You redirect human architecture—interaction leads to transformation.

This isn't just personal testimony. It's a cultural override. Sobriety became your operating system upgrade—and suddenly, the universe gave you admin access to other people's pain.

The Seventh Law of Attraction: Grace Doesn't Chase. It Configures.

Jesus doesn't say, "Be afraid." He says, "Be configured." Just like a linebacker needs mass, muscle, and movement, grace demands specs. It calls for authenticity that cuts through façades, honesty that electrifies the room, and presence that magnetizes confession.

This is the Seventh Law of Attraction—not the one sold in books, but the one whispered by the Spirit when you stop performing and start reflecting. Now reflect Me.

Grace Favors the Odd Route

Luke 12 reminds us: the master returns at an unexpected hour. So grace must be pursued through unexpected means.

Bake scones with strangers. Read neuroscience after true crime. Take your wife to a seaweed-and-silence retreat. Serve breakfast to kids who smell like humility. Mix metaphors and routines until your soul becomes a kaleidoscope.

Grace doesn't enter through the front door. It crashes through the side windows of curiosity and discomfort.

Let Go and Let God: The Divine Bake

You've done your part. You've configured. You've shown up. You've gone odd and sideways. Now comes the bake.

Grace shows up unannounced—in a stranger's comment, in a holy silence, in the mess that becomes mercy. You built the altar with action. Now you wait for fire.

The Butler Delusion

Jesus warns of servants who say, "My master is delayed." They get lazy. They get entitled. They treat grace like a butler.

But grace is not your employee. It doesn't work for your itinerary. When you stop praying like a CEO handing out instructions and start praying like a friend desperate for connection, you'll notice the conversation changes. So does the outcome.

The Fixer's Takeaway

Luke 12:32–48 is not just a Gospel reading. It's a protocol for the pursuit of grace.

Stay lit physically—show up in your body.

Stay lit emotionally—emit comfort and honesty.

Stay lit spiritually—configure, surrender, and let mystery take over.

Jesus doesn't say, "Be afraid." He says, "Be ready." And He says it with love.

For the recovering soul, the strategic planner, the quiet leader—this Gospel reminds us: stay lit. Stay ready. Stay loved. Because the kingdom isn't just coming. It's already knocking.

CHAPTER 19

Thrown in the Pit: When Truth Costs You

In this passage, the prophet Jeremiah is thrown into a cistern—an empty well—because his message is too uncomfortable. He’s not preaching doom for the sake of it; he’s telling the truth. But the truth threatens the status quo, so the officials silence him. He sinks into the mud, alone, until an outsider—Ebed-Melech—steps in to pull him out.

This isn’t just a story about ancient politics. It’s a story about what happens when you speak truth in a system that doesn’t want to hear it. And for those of us in recovery—or those of us who work as Fixers—it hits close to home.

Speaking Truth Can Cost You

Jeremiah didn’t get thrown in the pit for lying—he got thrown in for telling the truth.

In early sobriety, I feared that telling the truth about my drinking would strain relationships, damage my reputation, and disrupt my comfort. And yes, it was a shock to many—35 years of façade management came to an end. For those closest to me, it triggered scepticism and guardedness. Scepticism because they’d heard promises before. Guardedness because they didn’t want to get hurt again.

I deserved those reactions. But I pushed through. Truth-telling gave me freedom from the lies and a clean slate to build my spirituality on. It gave me real hope that God would free me from the shackles of wanting to drink.

As a Fixer, I’ve always believed in getting everything on the table—warts and all. You can’t fix what you won’t face. I often think of the Barings Bank derivatives trader who

hid his losses in a drawer until they brought down the oldest merchant bank in Britain. Truth always comes out. Better to name it early.

In business, pointing out Jeremiah's pit—especially as an external consultant—can get you labelled *difficult* or *disruptive*. But silence is complicity. Naming the pit is the price of integrity. It's also the starting point for building the rope to climb out.

The Pit Is Real—but So Is the Rescue

Jeremiah sinks into the mud. He's not just rejected—he's stuck. But then comes Ebed-Melech, a foreigner, a nobody in the power structure, who risks everything to pull him out.

We all have pit moments—shame, relapse, despair. But help often comes from unexpected places. In AA, I've learned from people I never would've chosen people with face piercings, criminal records, or worldviews that don't match mine. But they had the rope I needed.

Don't Underestimate the Power of One Advocate

Ebed-Melech doesn't have rank, but he has courage. He speaks up, takes action, and saves a life.

Sometimes, all it takes is one person to believe in you. One sponsor. One mate. One stranger who says, "*You don't belong in that pit.*" And sometimes, you're the one holding the rope for someone else.

You'll find that person if you look. How? By continually pursuing grace—in the trials, the mundane, and the menace of life. You won't find grace or the rope-holder if you sit at home with the curtains drawn, looping sad songs and saying *woe is me*.

Fixer Reflection: The Courage to Speak and the Wisdom to Wait

As a Fixer, I'm wired to call things out, name the problem, and act. But Jeremiah

reminds me that timing matters. Sometimes, the system isn't ready to hear the truth. Sometimes, you get thrown in the pit. That doesn't mean you were wrong.

My job is to tune my empathy telemetry. When the time feels right, I speak with integrity, act with courage, and trust that even if I end up in the mud, grace will send someone with a rope.

What's never right for me is to *go full-Fixer* at every business or recovery problem. The timing might be right for me—but not for my clients or fellow travelers. But when I see someone else in a deep pit, I don't wait for permission. I override the empathy regulator—and I throw the rope.

CHAPTER 20

Run with Endurance

"Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

Hebrews 12:1–4 is a call to endurance. It's not about sprinting—it's about staying in the race. It's about shedding what weighs us down and resisting the temptation to give up when the struggle gets real.

For those of us in recovery, this passage is a blueprint. It speaks to the long haul, the daily grind, and the spiritual stamina required to stay sober, stay honest, and stay aligned with purpose.

The Race Is Marked Out for You

"Run with perseverance the race marked out for us."

This isn't a random jog—it's a race with a route. But here's the paradox: the race isn't marked out in detail. There's no map with every rock, bend, or muddy section.

Instead, the race is marked by the pursuit of grace—through trials, tribulations, the mundane and the miraculous. It's powered by love and kindness, and it unfolds through interactions with God's children and God's creation.

I've seen AA fellows looking skyward for a blueprint—hoping for a divine GPS that outlines every step. But life doesn't work like that. You don't get a map. You get a mission. And the mission is to pursue grace, knowing that the outcomes will be random, but the pursuit is sacred.

Throw Off What Hinders

"Let us throw off everything that hinders and the sin that so easily entangles."

In early sobriety, I had to shed a lot—irrational justifications, ego bordering on hubris, and habits that pulled me back. Hebrews reminds me that endurance requires lightness. You can't run with chains around your ankles. I've had to name what entangles me and let it go. That's not weakness—it's wisdom.

Fix Your Eyes on the Right Target

"Fixing our eyes on Jesus, the pioneer and perfecter of faith."

Focus matters. In business, I chased outcomes. In addiction, I chased relief. But in recovery, I've learned to fix my eyes on something deeper—on Christ, on purpose, on service. That's what keeps me grounded when the race gets hard.

And when a *Go-Time Moment* arises—those moments where no more training, practice, worry, work, creativity, excuse, justification, or pursuit of perfection will change the outcome—I let go and let God. That's the moment where surrender becomes strength.

Resist to the Point of Struggle

"In your struggle against sin, you have not yet resisted to the point of shedding your blood."

Sobriety isn't soft. It's a fight. Hebrews reminds me that resistance is part of the deal. I've had to resist cravings, old patterns, and the lure of comfort. And sometimes, that resistance hurts. But it's also holy. It's the kind of struggle that builds character, not just sobriety.

Fixer Reflection: Endurance Over Urgency

As a Fixer, I'm wired for urgency—for solving, acting, and moving fast. But Hebrews teaches me that some problems aren't solved in a sprint. They're endured. They're walked through. They're run with perseverance.

My job isn't just to fix—it's to finish. To stay in the race. To shed what slows me down. To fix my eyes on the right goal. And to trust that grace will carry me when grit runs out.

CHAPTER 21

Fire, Division, and the Wisdom of Step 9

"I have come to bring fire on the earth, and how I wish it were already kindled!... Do you think I came to bring peace on earth? No, I tell you, but division."

This passage from Luke is not gentle. Jesus speaks of fire and division—not comfort or harmony. It's a reminder that truth doesn't always soothe. Sometimes it scorches.

For someone in recovery, this passage echoes the tension of the Ninth Step. AA doesn't ask recovering alcoholics to burn down their past—it asks them to walk through it with care. That's why Step 9 is worded with surgical precision:

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Truth Can Burn—So Use It Wisely

There's a fire that purifies—and a fire that destroys. Some recovering alcoholics, eager to "get through the Steps," treat Step 9 like a wrecking ball. They dump everything on the aggrieved party, thinking that full disclosure equals full healing. But AA doesn't ask for that. It asks for discernment.

Step 5—*"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs"*—doesn't require that the "other human being" be the person harmed. It can be a sponsor, a counsellor, a trusted friend. This is encouraged. It's a road test. It's where discernment begins.

Tattoo This on Your Frontal Lobe

Some 12-step followers don't read Step 9 carefully enough.

They treat "except when to do so would injure them or others" like a vague suggestion—
not a tactical warning.

They move like government-sanctioned hitmen, call sign 666,
armed with a Big Book and a burner phone,
ready to confess their sins and torch lives in the process.

But Step 9 isn't a purge ritual.
It's not about dumping guilt.
It's about repairing without re-wounding.

Guilt is non-transferable.
If someone detonates another person's life just to feel lighter,
they haven't made amends.
They've committed emotional arson.

Courage in recovery is often measured in restraint, not in disclosure volume.

Picture this:

A recovering alcoholic—let's say she's a single woman—slept with a married man in a Boston hotel one night.

She didn't know he was married.

Years later, she's working Step 9.

She calls his wife, who knows nothing.

They're happily married. Four kids. Golden retriever.

And boom—she drops the bomb.

Six lives and a dog, vaporized for the sake of "rigorous honesty."

That's not recovery. That's recklessness.

Step 9 demands discernment.

If to do so would injure or harm others—**don't do it.**

Read it again. Absorb it. Tattoo it on your frontal lobe.

Don't Write Down Every Slight

There's a strain of AA—especially in its 1935–1970 era—that encouraged writing down every slight, every hurt, every perceived injustice.

But for many, that's not healing—it's hoarding.

Recovery isn't about cataloguing pain. It's about releasing it.

The real work is root cause analysis.

Not unlike business strategy:

You don't launch a product by trying to appease every possible customer, supplier, and stakeholder.

At some point, you focus on the meat and potatoes—
and stop worrying if the hollandaise split on the organic broccolini.

If you're still listing every micro-wound from 2003,
you're not building a recovery framework.

You're building a resentment museum.

Fixer Reflection: Fire with Finesse

The recovering alcoholic who also happens to be a Fixer knows the urge to act, to solve, to speak. But Luke 12 and Step 9 both teach that not every fire needs to be lit. Some truths need to wait. Some amends need to be made quietly. Some healing happens in silence.

The goal isn't to be done—it's to be honest. And honesty, when tempered with grace, becomes the fire that refines rather than destroys.

CHAPTER 22

Radical Openness and Shared Purpose

“I am coming to gather all nations and tongues; and they shall come and shall see my glory.”

AA Is Open to All and Sundry

Isaiah’s prophecy is a vision of radical inclusion. God gathers people from every nation and tongue—not just to observe, but to participate. This mirrors the foundational principle of Alcoholics Anonymous:

A.A. Preamble©

“The only requirement for membership is a desire to stop drinking.”

AA doesn’t ask for credentials, background checks, or theological alignment. It asks for one thing: a desire to change. Like Isaiah’s vision, AA is a gathering of the willing—regardless of origin, language, or past.

We Share a Common Purpose

Isaiah’s gathered people are not passive. They are sent out to proclaim glory. In AA, this is echoed in the fellowship’s shared mission:

“Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.”

AA is not just a place to heal—it’s a place to help. The diversity of its members is its strength, but the unity of purpose is its power. Like Isaiah’s messengers, AA members are commissioned—not by hierarchy, but by experience.

Gathered to Heal, Sent to Help

Isaiah 66 and the A.A. Preamble© both declare: *you belong*. No matter your background, your language, your story—you are welcome. And once you've found healing, you're invited to help others find it too.

This is recovery as mission. Fellowship as fire. Inclusion as strength.

CHAPTER 23

Discipline That Heals

The writer of Hebrews speaks with the voice of a loving parent—firm, but full of grace. These verses remind us that discipline is not punishment. It's preparation.

Discipline as a Sign of Sonship

"The Lord disciplines those he loves, and he chastens everyone he accepts as his son." (v.6)

In recovery, we often mistake hardship for failure. But Hebrews reframes it: hardship is evidence of belonging. When life gets tough, it's not proof that we're broken—it's proof that we're being shaped.

AA teaches us to embrace discomfort. In the early days, not drinking is brutal. You cry out for dopamine. Your nervous system is in overdrive. Step work isn't easy. Taking a deep and honest inventory of your defects means facing harsh realities. Making amends isn't easy. But it's the path of transformation.

God doesn't punish us for our addiction. He disciplines us through recovery.

Endurance Through Struggle

"Endure hardship as discipline; God is treating you as his children." (v.7)

Recovery is not a sprint. It's a long obedience in the same direction—for the rest of your life. Hebrews invites us to see every setback, every craving, every painful memory as part of the training.

We're not just surviving chemical withdrawal. We're being trained for a sober life of purpose, where trials, tribulations, and even the mundane still bite our emotions.

Pain That Produces Peace

“No discipline seems pleasant at the time, but painful. Later, however, it produces a harvest of righteousness and peace...” (v.11)

This verse is a lifeline. It acknowledges the pain—but promises peace, serenity, and improved conscious contact with God.

In AA, we often say, “Don’t quit before the miracle happens.” Hebrews says the same: stay the course. The harvest is coming. But unlike a harvest, AA miracles don’t happen on schedule. They don’t arrive in 12-week stints like a climatic season. Sometimes it takes years. Sometimes it’s two steps forward, one step back.

I’ve seen it. In my own life. In the eyes of newcomers who finally smile again. In families that start healing. In the quiet joy of a sober morning. In people trusted to look after their grandchildren. In those who worship God and family first, rejecting their false idol—alcohol.

Strengthening the Weak

“Strengthen your feeble arms and weak knees.” (v.12)

Recovery is not just about personal healing. It’s about helping others stand. When we get stronger, we don’t flex—we lift. We become great listeners, sponsors, mentors, friends. We say, “*Tell me what’s going on—and lean on me.*”

This verse reminds me of the AA rooms. A place where the physically, emotionally, and spiritually weak are welcomed—and the strong are humble.

Making Straight Paths

“Make level paths for your feet, so that the lame may not be disabled, but rather healed.” (v.13)

This is the Fixer’s verse. It’s about setting the cornerstones of your recovery in place and building your own Cathedral of Sobriety & Serenity—a safe house of physical, emotional, and spiritual healing.

A cathedral with 24/7 telemetry to monitor your up-triggers and down-triggers, so you can adjust your day and stay in equanimity with your thoughts.

In recovery, we build routines, write plans, create SOPs for sobriety. Not to be rigid—but to be ready. We make the path straight so others can walk it too.

The Fixer’s Takeaway

Discipline is not punishment. It’s preparation.

Pain is not failure. It’s formation.

Recovery is not just healing. It’s training.

And the goal is not perfection. It’s peace.

You are not being punished.

You are being prepared.

So strengthen your knees.

Straighten your path.

And walk it with others.

CHAPTER 24

The Narrow Door

Jesus speaks of a narrow door—not to exclude, but to awaken. He warns that many will try to enter and not be able. Not because they're unworthy, but because they waited too long. They assumed they had time. They assumed they were safe.

This is a passage about urgency. About humility. About the danger of delay.

The Narrow Door

“Make every effort to enter through the narrow door...” (v.24)

Recovery is a narrow door. It's not flashy. It's not wide. It doesn't come with applause or fanfare. It's a quiet decision made in the middle of the night. It's a phone call. A meeting. A surrender.

The door is narrow because it requires honesty. It requires humility. It requires letting go of pride, denial, and the illusion of control.

The Danger of Delay

“Then you will say, ‘We ate and drank with you, and you taught in our streets.’ But he will reply, ‘I don't know you...’” (v.26–27)

In AA, we see this too. People who linger on the edges. They come to meetings, nod along, but never do the work. They never take the Steps. They never get a sponsor. They never surrender.

They think proximity is enough. But recovery doesn't happen by osmosis. You can sit in the room and still miss the miracle.

Jesus warns us: don't assume you're in just because you're nearby. You must walk through the door.

The Great Reversal

"Indeed there are those who are last who will be first, and first who will be last." (v.30)

This is the heartbeat of AA. The broken become leaders. The ashamed become sponsors. The ones who hit rock bottom rise up and carry others.

In recovery, the last become first—not because they're better, but because they surrendered. They stopped pretending. They got honest. And that honesty became strength.

The Fixer's Takeaway

Recovery is not a wide road. It's a narrow door.

You don't enter by being near it. You enter by walking through it.

You don't qualify by your past. You qualify by your surrender.

You don't lead by being strong. You lead by being honest.

So don't wait.

Don't linger.

Don't assume.

Walk through the door.

It's narrow—but it leads to life.

CHAPTER 25

Humility That Heals

Sirach's wisdom doesn't thunder.

It doesn't demand attention.

It arrives like morning mist—soft, deliberate, and quietly transformative.

“My child, perform your tasks with humility...”

“The greater you are, the more you must humble yourself.”

“The mind of a sage appreciates proverbs, and an attentive ear is the joy of the wise.”

“Water extinguishes a blazing fire, and almsgiving atones for sin.”

This isn't mere advice—it's sacred architecture.

For the alcoholic in recovery, it's a blueprint for spiritual traction.

Humility Is the Foundation

“The greater you are, the more you must humble yourself.”

In AA, we learn early: ego is the saboteur.

The louder the pride, the deeper the descent.

But Sirach reframes humility—not as surrender, but as sacred wisdom.

Humility isn't self-erasure. It's self-rightsizing.

It's knowing your place in the story—not as the hero, but as the healed.

I've seen men walk into AA with battlefield bravado—armed for war, not for surrender.

I've seen others treat AA like a stage. But here, we perform for no one.

We are mostly anonymous, bound by a mission: to heal ourselves first, and then help others.

And I've seen the quiet ones speak with such clarity that the room itself seems to exhale.

Humility is voltage.

It powers honesty.

It invites grace.

My story? Hubris was my sharpest sword in business—and my deepest wound, numbed by alcohol.

Learning to live in pursuit of equanimity, balanced humility, and compassion has been my great rewiring.

I say “*balanced*” not to soften the truth, but to honor it.

I didn't sign up to be lobotomized in sobriety.

God gave me gifts. I intend to use them.

If my mission requires confidence or pride, I'll deploy them—so long as they're tempered by grace.

Attentiveness Is a Spiritual Skill

“An attentive ear is the joy of the wise.”

Recovery begins not with speaking—but with listening.

To others.

To God.

To the body.

To the soul.

I learn from every AA share—whether it’s a triumph or a stumble.
I seek grace in the symphonies of Catholic Mass, in Scripture, and in the quiet notes
of human connection—
a friend in rehab, a late-night call, a text from someone in pain.

When I speak, I often hear what I’m truly thinking.
Sometimes I cringe. Sometimes I smile.
But always, I learn.

Listening isn’t a formula. It’s a posture.
It’s an art that deepens the more you surrender to it—even if it’s just listening to your
own words.

Sirach reminds us: wisdom isn’t loud.
It’s receptive.

In AA, the best Fixers—the sponsors, the friends, the fellow travelers—are often the
best listeners.
They don’t prescribe.
They witness.

Almsgiving as Amends

“Water extinguishes a blazing fire, and almsgiving atones for sin.”

This is Step 9 in poetic form.
It slices through decades of AA groupthink that equates amends with apologies.

The word *apology* doesn’t appear in Step 9.
Nor anywhere in the 12 Steps.

Yet we're taught to compile lists of wrongs and embark on quests of apology.

Sirach offers a different lens:

Give water.

Give alms.

Give action.

The greatest act any addict can offer is sobriety—

and reconnection with God, family, and friends in authentic, meaningful ways.

That's water.

That's almsgiving.

Apologies have their place.

But they are not the currency of redemption.

They are not the extinguishers of fire.

And they come with a warning label:

You cannot control the reaction.

You may receive gratitude.

You may receive silence.

You may receive nothing.

In AA, we offer apologies in full view of God.

Every night, every meeting, we close with:

"God, grant me the serenity to accept the things I cannot change..."

Apologize if it serves your sobriety.

But always remember: the reaction is not yours to command.

Almsgiving isn't just financial.

It's spiritual.

It's the act of giving what you once hoarded—
love, kindness, time, truth, presence.

The Fixer's Reflection: Quiet Power

Sirach doesn't roar.

He whispers.

As a Fixer, I'm wired for action.

But this passage reminds me:

Some fixes require silence.

Balanced humility isn't a tactic.

It's a posture that powers empathy, tolerance, and authentic connection.

Wisdom isn't a tool.

It's a temperament—

a quiet aura of safe listening and deep noticing.

Recovery isn't conquest.

It's a quiet return to grace.

Closing Thought

Sirach 3:17–29 is a recovery psalm.

It teaches that healing begins with humility.

That wisdom walks softly.

That sobriety and generosity extinguish guilt.

And that the path to recovery is paved not with noise—but with nuance.

If you're early in recovery, don't rush to speak.

Listen.

If you're deep in recovery, don't rush to lead.

Serve.

And if you're somewhere in between, don't rush to fix.

Be present.

Because water extinguishes fire.

And humility heals the soul.

CHAPTER 26

From Terror to Tenderness

Hebrews 12:18–24 is a tale of two mountains.

One is Mount Sinai—blazing fire, darkness, storm, trumpet blast, trembling voices. The other is Mount Zion—city of the living God, angels in joyful assembly, spirits made perfect, and Jesus, the mediator of a new covenant.

One is terror.

The other is tenderness.

For the alcoholic in recovery, this contrast is not just theological—it's autobiographical.

The Mountain of Fear

"You have not come to a mountain that can be touched and that is burning with fire..." (12:18)

Before recovery, we lived at Sinai.

We feared exposure. We feared judgment.

We feared being known.

Sinai is the mountain of secrets.

It's where we hide our shame, mask our wounds, and drink to silence the trumpet blast of conscience.

But recovery doesn't let us stay there.

It invites us to walk toward Zion.

Powerlessness

We admit we are not God.

Not just powerless over alcohol—but over chaos, cravings, and the spiritual disconnection that drove us to drink.

We name the fire, the darkness, the storm.

We stop pretending we can control it.

We also admit powerlessness over the 8 billion other lives unfolding around us.

Over the millions of moving parts in the universe that we cannot bend to our will.

We surrender the illusion that we can fix, manage, or rescue what was never ours to command.

This is not defeat.

It's the beginning of spiritual clarity.

Inventory

We take inventory—not of the drinking, but of the distortions beneath it.

We scan our sober life for patterns.

We trace symptoms back to source.

We name the yeast, not just the icing.

But we go further.

We name our strengths—the gifts, talents, and instincts that, when left unbalanced or untempered, become defects.

Courage becomes recklessness.

Empathy becomes enmeshment.

Discipline becomes control.

Inventory is not just damage control.

It's spiritual telemetry.

It's noticing the spike before the spiral.

It's naming the double-edged sword and learning how to wield it with grace.

Surrender

We surrender—not passively, not theatrically, but tactically.

We walk toward Zion with both defects and gifts in hand.

We surrender to the God who occupies Mount Zion.

Not because we're perfect.

But because we're ready.

The Mountain of Grace

"But you have come to Mount Zion, to the city of the living God..." (v.22)

Zion is not earned—it's entered.

Not through perfection, but through surrender.

It's the AA room where strangers become family.

It's the sponsor who says, "Me too."

It's the moment you realize you're not alone.

Zion is the mountain of fellowship.

It's where grace replaces guilt, and presence replaces performance.

It's where you stop running, understand yourself, and start healing.

The Mediator of Mercy

"...to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel." (v.24)

Abel's blood cried out for justice.

Jesus' blood cries out for mercy.

In recovery, we need both—but we live by the latter.

We name our wrongs (Step 5), make amends (Step 9), and walk forward—not condemned, but covered.

Jesus doesn't just mediate our salvation.

He mediates our sobriety.

He stands between our past and our future, whispering,

"You are forgiven. You are free."

The Fixer's Reflection: Choosing the Right Mountain

As a Fixer, I've stood at both mountains.

At Sinai, I tried to solve my shame with strategy—business wins, reputation, control.

But the fire never stopped burning.

At Zion, I found a different architecture—one built on grace, humility, and shared humanity.

I stopped trying to fix the past and started building a future.

Closing Thought

Recovery is a relocation.

You don't live at Sinai anymore.

You've come to Zion.

To joy.

To mercy.

To Jesus.

So breathe.

You're not being judged.

You're being welcomed.

CHAPTER 27

The Architecture of the AA Table

Luke 14:1, 7–14 isn't just a dinner scene—it's a masterclass in organizational behavior. And Alcoholics Anonymous lives it out in every room, every country, every circle of chairs.

Jesus watches guests scramble for the best seats. Then He flips the script:

“Take the lowest place.”

“Invite the poor, the crippled, the lame, the blind.”

“Don't seek repayment—seek righteousness.”

AA doesn't quote this Gospel.

It embodies it.

The Table Without a Head

“When he noticed how the guests picked the places of honor...” (v.7)

In the world, we chase status.

In AA, we check it at the door.

There are no head seats.

No reserved chairs.

No nameplates.

No hierarchy.

AA rooms are decentralized, unfunded, and unbranded.

No government grants. No corporate sponsors. No celebrity endorsements.

Just chairs in a circle—and a shared mission.

Whether you're a rich boy, a pensioner, a tradie, a teacher, black, white, male, female,
Catholic, atheist, or Brethren—
You are an alcoholic.
And you are equal.

The Guest List That Breaks the Rules

"When you give a banquet, invite the poor, the crippled, the lame, the blind..." (v.13)

Jesus names the excluded.

AA welcomes them.

In any given room, you'll find:

A retired CEO beside a man just released from prison.

A single mum beside a war veteran.

A teenager beside a pensioner.

An ER Doctor beside a glassblowing artist

A schoolteacher beside a furniture retailer

A Brethren carpenter beside a Catholic consultant.

A Dutch Reform concreter beside an agnostic

AA is the banquet.

And the guest list is radical.

There is no dress code.

No doctrinal test.

No cultural filter.

You walk in broken.

You are greeted with, "Welcome."

And someone says, "Me too."

The Reward That Isn't Repayment

"Although they cannot repay you, you will be repaid at the resurrection of the righteous." (v.14)

AA is built on service.

We sponsor newcomers who might relapse.

We make coffee for people who might never say thank you.

We share stories that might never be acknowledged.

The reward isn't applause.

It's peace.

It's purpose.

It's the quiet joy of knowing you helped someone stay sober one more day.

And that's enough.

The Fixer's Reflection: The Greatest Organization I Never Designed

As a Fixer, I've studied governance models, built systems, and advised boards.

But AA?

It's one of the most effective, resilient, and spiritually aligned organizations I've ever encountered.

No central control.

No denominational alliances.

No budget.

No external funding.

No judgment.

And yet—millions are healed.

Every day.

In church basements, community halls, and borrowed rooms.

No hierarchy. No hype. Just grace.

It's not just a fellowship.

It's a miracle of decentralized grace—an estimated 123,000 autonomous groups across 180 countries, each carrying the message without permission or oversight.

Closing Thought

Luke 14 isn't just a parable.

It's a prophecy of how AA would one day operate.

It teaches us:

That the lowest seat is the safest.

That the guest list should be wild and wide.

That the reward is not repayment—but resurrection.

So, pull up a chair.

There's no head of the table.

Just a circle.

And you are welcome.

Decentralized Grace: From Pallotti to AA

St. Vincent Pallotti envisioned a spiritual uprising—not through hierarchy, but through activation.

He believed every soul was called to apostolic action, not passive piety.

His network of lay apostles wasn't a church-within-a-church. It was a field guide for revival.

AA mirrors this architecture.

No doctrine. No dogma. No control.

Just grace in motion—an estimated 123,000 autonomous groups across 180 countries.

Each one a node of healing.

Each one a tactical outpost of mercy.

From Pallotti's Rome to AA's Akron, the blueprint holds:

Decentralized grace heals.

Acknowledgments

To the Lectio Divina Ladies—

You've tolerated my scripture contortions with mercy that knows no bounds.

Some mornings, I suspect you wondered if the AA room had relocated 30 metres east and you'd woken up mid-step in someone else's recovery.

But you stayed. You listened. You let me stay.

And grace did its quiet work.

To Vicky, the evangelistic, tongue-speaking delight—

So overflowing with the Holy Spirit it spills into the car park and baptizes the Mercedes and Maseratis of Launceston's finest surgeons. You are a revival in motion.

To Rosa, our Filipina gem—

Radiant with joy, laughter, and the kind of Holy Spirit that dances. You bring light even when the text is heavy.

To Margaret—

Marked by deep care and quiet endurance. Her daughter's challenges are immense, but Margaret's faith has never wavered. And every single time, she brings a smile that softens the room.

To Mandy—

Whose laser-accurate interpretations could make bishops in Rome blush. She doesn't miss a beat—and she doesn't let us miss one either.

To Jacquie—

Whose unyielding faith is slowly lighting the path for her beloved. She speaks of him often, and we know: she's working on him with love, persistence, and prayer that doesn't quit.

And to Liz—

Our biggest voice and sharpest lens. She says the most because she sees the most. Her clarity, her focus, her ability to flip the script and reveal what was hiding in plain sight—these are gifts we adore, and gifts we need.

You've let me bring recovery into scripture, and scripture into recovery.

You've let me be messy, metaphorical, and occasionally heretical.

And through it all, you've shown me what mercy looks like in motion.

Thank you for being my spiritual scaffolding.

You are the Lectio Divina Ladies—but to me, you are the quiet architects of grace.

The Line Beneath the Ancestral Ledger

Some acknowledgments come with megaphones.

They are scripted, sanctioned, and repeated until they echo like anthem choruses.

But there is another kind—the whispered ones.

The ones that rise from beneath the formalities, beneath the title deeds and stadium platitudes.

This is one of them.

We honor the custodians of this ancient land—not as a checkbox, but as story-keepers and spiritual architects.

Their inheritance runs deeper than borders or treaties.

And we honor another lineage too: the convicts, the indentured, the transported, the forgotten.

The people whose names were reduced to cargo, whose bodies were counted as transactions.

My great-great-great grandmother, on my maternal side, was among them. Shipped aboard the Lady Juliana as property of the Crown, she bore her sentence—not just in shackles, but in silence.

Her body was conscripted into empire. Her story, erased.

And on my paternal side, my great-great grandfather, John Bresnehan, was illiterate. He couldn't spell his own name. History misspelled it for him—and the error became permanent.

But here I stand: the writer who carries his name.

The storyteller who picks up the thread he could never write himself.

This work—and every work after—is a soul-debt paid forward.

From ledger to legacy.

From silence to sacrament.

From inherited ache to architectural grace.

About the Author

Jason Bresnehan is a writer, speaker, and fixer. For over 35 years, he's solved complex business problems in chaotic environments—designing systems, diagnosing dysfunction, and restoring clarity where others saw only noise. But fixing himself? That's a more recent chapter.

Now, Jason leverages his strategic instincts and operational grit to architect recovery frameworks, spiritual diagnostics, and tactical field guides for those navigating addiction, leadership, and legacy. His style is unapologetically direct—cut to the chase, name the distortion, and move toward grace.

An unapologetic Catholic, Jason's mission is to fuse spiritual truth with practical action. He writes not to perform, but to equip. His work is rooted in Scripture, shaped by lived experience, and driven by a singular goal: to help others walk the narrow road with clarity, courage, and conviction.