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After repeated calls to his sponsor in Kitchener he was urged to get back to AA.

Seeing that what he was doing could only lead to death, whether accidentally or by his own hand, he asked God for help.

After a few days a friend who was a nurse stopped by. He saw his condition and got him into "the Rubber Ramada" in the Niagara Falls Hospital.

Within a month of his release he relapsed. He tried the "just one drink, just one pill experiment" numerous times and had no control. He was still surrounded by people who used. He tried going to bars and ordering pop. Staying sober was impossible.

During this time period an AA member from Fort Erie called on him repeatedly. "He twelve-stepped me in the old fashioned AA manner," says Colin. "He just wouldn't leave me alone." He needed to get away from his surroundings. He was in no shape to make this move by himself.

Rex, an Arid House Alumni, spoke to Ken in Fort Erie, which resulted in a quick intake. "I found myself in a safe, comfort-

able environment. There was a sense of responsibility and we were encouraged to live life on life's terms."

Colin found Arid House to be structured without being institutional. The food was great and he found everyone involved with Arid House to be very helpful. Colin says, "I found the time to make good life decisions."



Colin said he doesn't like the term counselor, but found himself being able to open up to Ken as a peer. "I annoyed him constantly." As well as in-house meetings there was large support from the AA community in getting the residents to outside meetings and developing healthy support groups. Everybody enjoyed the company of Sadie, the house dog.

"I found Arid House to be a place of action, not just information, and definitely not a spin-dry treatment center," Colin said. "Arid was a great place to begin my journey."

Colin stayed at the Fort Erie house for a period of four months. He then moved to Hamilton where he initially struggled with suitable accommodations. Colin stuck to his meetings, found a new sponsor, Martin, and maintained a relationship with Arid House.

He is now an Arid Partner, the GSR for his group and has been manning the phones for the answering service at the AA Central Office.

Living on a pension he finds a lot of time to give back what was so freely given to him.

Colin maintains a continued relationship with his daughter. His mother is very relieved and feels she doesn't have to worry anymore. Colin says, "Nothing has changed other than me." He will celebrate two years of sobriety at Christmas. Colin has learned to be happy with what he has and doesn't live in fear any longer.