

I AM NOT ASHAMED!!

Phillip Valentine, Executive Director, CCAR

Recovery Walks! 2004

“Hi everyone! It’s great to see all of you here today! My name is Phillip Valentine; by the grace of God I’ve been in recovery since December 28, 1987. And that is the most important thing I’ll say today. I have the privilege of serving you as the Executive Director of CCAR. I consider myself a trusted servant of yours, the recovery community.

I stand before you with my family, a miracle of recovery, to welcome all of you to Bushnell Park and thank you for being a part of a growing vanguard willing to put a face on recovery and carry a message of hope to those still sick and suffering. Thank you.

As I stand before you I cannot help but reflect on where I’ve come from...

- ***There once was a time*** when I believed a drink or a drug was the answer to all my troubles
- There once was a time when I blamed everyone else for the misery of my own making
- There once was a time when my battle cry against the disease of addiction was ‘I’ll quit tomorrow!’”
- There once was a time when I was ashamed to face my family and friends, ashamed of what had become of my life, ashamed of my disease, ashamed of my behavior, ashamed of how I treated the people who loved me...
- There once was a time almost 17 years ago that while drowning in a sea of sickness and shame that I reached desperately for a flimsy reed that turned out to be the loving and powerful hand of God...

- ***Today, I am not ashamed.***
- Today, I am not ashamed of who I am.
- Today, I am not ashamed to stand before my family and say I love you.
- Today, I am not ashamed of my recovery or of my health condition.
- Today, I am not ashamed of my behavior.
- Today, I am not ashamed of the recovery community that saved me.
- Today, I am not ashamed to stand before you and declare my recovery.
- Today, I am not ashamed to share the message of hope that recovery brings.
- Today, I am not ashamed of my God who delivered me.

I am not ashamed. I AM NOT ASHAMED! **I AM NOT ASHAMED!!**

Today, may you walk not ashamed. May you walk humbly, yet full of pride in support of recovery. Thank you.”