

Local Woman Authors Prayer For Alcoholics

By John Dash

Below is a prayer. It was written by Irene Palmer Costigan, a legal secretary at Eastman Kodak Co. who is using the prayer, "to give hope to people, to reach just one person, to help one drunk on the road to sobriety."

Ms. Palmer is a recovered alcoholic.

She tells quite a story. In a recent interview, she said that she started drinking back in the 50s when she was an entertainer, both here and on the road.

And in one horrendous seige in 1970, she went "down for the count," was hospitalized three times; and, by the grace of God, and the hand of one woman

who gave her hope, a woman from Alcoholics Anonymous, started a new life for herself.

Ms. Costigan's prayer has a story all in itself. She said, "I can't honestly say I 'wrote' the prayer. One day, out of a clear, blue sky, I felt inspired and quickly popped a sheet of paper into my machine and the prayer just poured out of me."

But to backtrack: the occasion of the prayer came shortly after her husband of four months died of cancer.

She said that her husband, too, was a recovered alcoholic, and despite the excruciating pain of the cancer he had, refused to take alcohol. "I'm going to die sober, Irene," he told his bride. "I'm going to die nobly."

She said that at her husband's funeral, friends of hers, also recovered alcoholics, marvelled both at her husband's and her determination to endure the ordeal sober. "If you can get through that without a drink, you can get through anything," a friend told her.

Ms. Costigan agrees.

She said that she feels the prayer is a direct inspiration from God, to help alcoholics. She said that as she wrote the prayer, she felt that "God wanted the prayer published and chose me as a vehicle."

The prayer appears on a small calling card, and is being distributed by The Hazelden Press in Minnesota.

Ms. Costigan said that the current printing of the card will reach alcoholics in China and Russia as well as the U.S.



An Alcoholic's Prayer

OH LORD, Watch over this Alcoholic. Be Thou my Higher Power as I strive toward recovery. Permit me to lean on You for strength and guidance. Grant that I may become totally honest about my problem. Touch my soul and spark my spirit into awareness, Lord, that I may see the value of a sober life. Show me the glory of the Dawn and a new day and the reward of a Sunset and a day well lived. Help me to deal with resentments, Lord, the real curse of the Alcoholic. Take from me all hatred, anger and willfulness and persuade me to work toward emotional health and maturity that I may fully enjoy the blessings of respectability.

In Thy mercy, Lord, see fit to remove my cravings for that which will destroy me — alcohol. Keep me ever mindful that alone, I am unable to maintain a happy sobriety. Bring me ever close to You and those who will help me along the way.

Most of all, prompt me to extend my hand to the Alcoholic who still suffers, so that through him or her, I may find You and continued sobriety.

AMEN

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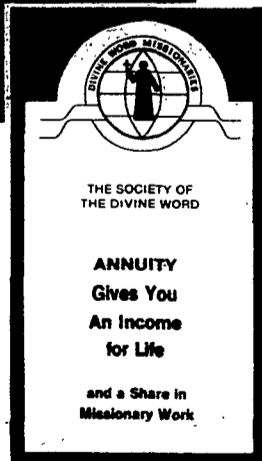
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