

August 12, 2012 I woke up on the scratchy carpet in my buddy's apartment with a dude's hand ruffling in my pants...

"Did that just happen? That just happened... I need a cigarette."

That was my internal monologue for about twenty minutes before I could finally get up. Walking out the front door, there was the most beautiful girl in the world - the one who, the night before, said she thought it would be cool to grab a bite to eat sometime - laying in her panties next to my buddy who bought me my first beer the night before.

I couldn't do it anymore. I knew I had to stop. Five months later, however, I was still depressed. I spent more time fantasizing about offing myself than anything else. That was until my buddy gave me this one piece of advice:

"Why don't you ask your higher power if you're alcoholic? I'm sure he'll answer you."

I took my buddy's advice. Two days later I woke up with a new craving - the craving for recovery. Within a few months, I completed an honest and thorough inventory and shared it with a sponsor. By the time I had nine months of sobriety, I was working on steps 9 through 12.

Around that time, I decided to go back to school. I wasn't satisfied with my job and I felt the call to be an educator. That brought me to UNO.

UNO has been a tremendous asset to my sobriety. First, it gives me a convenient spot to hit meetings. Working part-time and going to school full-time, it is easy to run out of time. The nooner on Monday, Wednesday and Friday helps me make sure I am getting around people who are in recovery. It helps me build the fellowship I crave. The other thing the nooner does is provide a place where I can meet new people and carry the message of recovery to them.

The other day I was walking back to my car after the nooner and bs'ing with a new guy who was coming up on thirty days. As we were talking, another friend from program walked up

and started to chop it up with us. We spent 45 minutes talking about recovery, relationships, and creating the fellowship we crave. It was a bright and sunny day - not a cloud on the horizon. That's what recovery is like on campus. Friends helping keep friends accountable, pulling each other out of the mire that is alcoholism.

The book *Alcoholics Anonymous* says something about frequent contact with new people and with each other being the bright spot of our lives. That has been my experience. Now, it would be nice to have a few morning meetings and evening meetings every week. It would be really cool if the people in recovery on campus could get connected and start having some sober-fun. But, I'm sure that day will come. In the meantime, it is nice to know that I'm not the only one around here - and that my friends in recovery are looking out for me as much as I am for them.