

#3 Recovering Alcoholic...St. Michael's Homes/Matt Talbot House

Since 1976, the Catholic Church in the Archdiocese of Toronto has been helping those who are struggling among us. You probably know about ShareLife, the charity that helps more than 100,000 people in need every year. Their 34 agencies are making a difference and changing lives forever.

Stan was a hard working guy. So you couldn't blame him for wanting to let loose once in a while. It started with a drink after work with his buddies. Soon, he didn't need his friends anymore, he just needed the alcohol. It took the place of everything important in his life – his family, his friends, his job. After months of trying to help, his family gave up on him and tossed him out of the house. To top it off Stan was fired from his job for coming into work drunk. He had hit the bottom – it was then he finally realized he needed help. A colleague told him about St. Michael's Homes/Matt Talbot House.

This ShareLife agency helped Stan get back on track. In fact, he's been clean and sober for more than seven years now. St. Michael's Homes/Matt Talbot House provides healthy living, a stable community and counselling for men who have abused alcohol. Hundreds of men have turned their life around thanks to the work of this agency.

Mother Teresa once said, "We can do no great things, only small things with great love." We pray today for all those who struggle with addiction. May our small acts of support and love provide comfort as they try to make a fresh start. We also give thanks for the ShareLife agencies that provide support to those who look to overcome these barriers to healthy living. May God continue to watch over us, even during our weakest moments.

Our Father...(or other appropriate prayer)