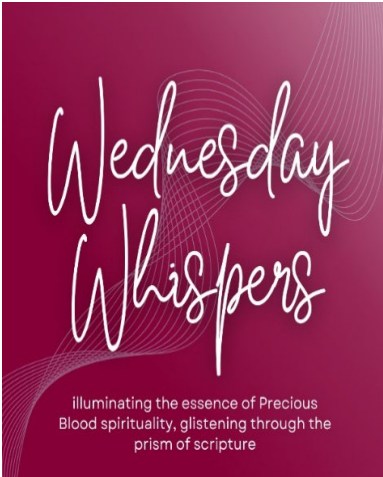




A weekly reflection by members
of the Precious Blood Community

September 3, 2025

Trisha Elliott

In him we have redemption through his blood, the
forgiveness of our trespasses, according to the
riches of his grace (Ephesians 1:7)



The first thing that came to mind when asked to provide this reflection is from page 64 of the Big Book of Alcoholics Anonymous: “Resentment is the number one offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have not only been mentally and physically ill, but we have also been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.” This could not be more true for me in my journey in my sobriety. I harbored resentments starting from my childhood, and that was a very heavy load to carry, like a big sack of rocks! Alcohol and drugs just fueled those resentments!

In steps 4 and 5, and taking inventory and sharing all of it with God and another human being..I was able to lighten that load, but most importantly, I was able to look at my part where I had one and be relieved of the ones that I felt I had a part in, but come to find out..I didn’t, such as being a victim of different types of abuse throughout my life.

There is a spiritual magic that happens when we look at our part and admit where we were wrong. I believe it humbles us, breaks down the walls around our hearts and minds when we take action with step 9, “Made direct amends to such people wherever possible, except when to do so would injure them or others”. If I have made mistakes and in

making amends and would hope others could forgive me. Then I, in turn, have to look inside for that same forgiveness of others. I may never get an amends from my abusers but I have had to let go of that over the years and with a great deal of working the steps and God's grace I have learned to manage to go forward with a forgiving heart..for ME!

I am grateful to God for the forgiveness and reconciliation within my family and friends, as I had caused a great deal of harm to them all in my addiction. Learning to forgive myself was probably one of the most difficult for me because of all the guilt I carried. Today, I have a toolbox of tools to use when resentments come up, and "a design for living that really works" page 28, Big Book Page 85. The maintenance work in step 10 tells me to continue to take personal inventory and when I'm wrong to promptly admit it so that I don't have to go back to that big sack of rocks I once carried around.

Never in a million years would I have ever thought that I would stand in the same room as one of my childhood abusers and not feel anything other than hatred for him. I do not allow that person the power he once had and instead, I have taken my power back and stand in the sunlight of God's love and protection no matter where I am or who I am surrounded by. I know that this and many other spiritual experiences have happened as a direct result of working these 12 steps of Alcoholics Anonymous and of course to God who loves me unconditionally.

Trisha Elliott is a grateful member of Alcoholics Anonymous. She has been clean, sober, and active in the program for the last 20 years. Trisha worked as a substance abuse counselor for 15 of those 20 years. She has also been an active member of Recovering Women Riders (R.W.R.) for 8 years and is blessed to be a part of this worldwide motorcycle organization! Being a member of both, she has the opportunity to be of service to many people and in many places. Trisha is grateful to God for her sobriety because without it, she would not have the beautiful life she has today, filled with the love of family and friends.

This weekly reflection is made available to everyone in our Precious Blood family.

Feel free to share it with others. Would you like to write a reflection?

If so, please contact Vicky Otto at votto@pbspiritualityinstitute.org