

Introduction

A number of years ago, I had an article published in *Review for Religious* (November/December 1989) in which I explored the possibility of an unbreakable thread of spirituality that ran through my life. The spiritual lifeline began when I was a very small child and persisted, as I grew older, through about twenty-one years of ever worsening secret alcoholism. I firmly believe and cherish this as an integral part of my life.

As I approach my ninety-fourth birthday, I want to record my experiences and feelings as I expressed them in my journal during those dark months of the last years of my active alcoholism. In April 1979, I attended an Intensive Journal Workshop and continued to journal almost daily after that. Perhaps my experience can help another person, particularly another woman, caught in the seemingly helpless struggle with alcoholism—the fear of failure, of hopelessness, and of being found out.

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