

ALCOHOL



WHAT'S
BEHIND
THE
MASK???



The two teenagers lay in the gutter in front of their car throwing up. They had made it this far after leaving the party, but now they needed to get home. They had started the evening with the intention to have a good time. This wasn't the first time they would find themselves in this condition, nor would it be the last...

Called spirit for the sense of wholeness it temporarily imparts to the user, alcohol is mankind's most ancient social drug. Early in earth's history man discovered that this chemical substance (easily produced from food products), provides a sense of relaxation, pleasure, warmth and release. **When ingested, pain is dulled and there is an illusion that all is well.** The restlessness and emptiness that haunts the human spirit seems to disappear as one is filled with this chemical 'spirit'.

Can you remember as a child what intoxicated adults looked like?

The word 'illusion' comes from a Latin root that means 'to mock'. Another definition for this word could be: "An erroneous perception of reality", or 'Hallucination.'

What is really happening inside the body when alcohol is in the Blood? Let's look behind the scenes:

One of the basics for life is that blood needs to flow to every part of the body. Stop the blood, and you stop—dead. The smallest parts of the circulatory system are called capillaries, and the red blood cells (there are about 1 million in a meter) need to get into these capillaries one by one to get to the cells. Alcohol causes our red blood cells to stick together blocking off capillaries, the most damage being done in the brain.

When you take a drink, brain cells die from starvation. Your man (or woman) has a smaller brain at the end of life if he (she) is a heavy drinker.

“Well, I don’t use my brain anyway”, you may be thinking, “so it really doesn’t matter.” **But, what about your reproductive system?** Do you have plans for that part of your body? **Alcohol has an adverse affect on the reproductive organs of both sexes,** affecting the ability of men to father healthy children, and women to produce healthy children. Besides the affects to the child from the damaged egg and sperm, when a mother drinks while pregnant the alcohol affects the unborn child directly. Foetal alcohol syndrome is one of the leading know preventable causes of mental retardation and birth defects—a sobering thought.

Alcohol is also damaging to the liver, heart, and nervous system. It doesn’t help the stomach much either. Many accidents happen to people when they drink, some of the most heart rending involving cars.

Our bodies try hard to live, but they do best when we give them a little help.



What about the social problems? Think of the violence, broken relationships, economic hardships to families, and the burden to society as a whole from the huge costs generated from the medical, social and mental problems derived from this single source **(Alcohol related problems cost the Irish society in excess of 2.65 billion Euros in 2003).** I don’t think there is one family that has not suffered because of alcohol.

What about the wasted and ruined lives?

What about your life?

One last thing to keep in mind—**alcohol is addicting.** Our bodies form a physical dependence on alcohol that makes it hard to get away from.

So can we live without it? How much more fun is a good time that you can remember the next day—especially a romantic encounter with your partner? The craic is much more enjoyable when no one is getting hurt, and even the slagging is better when you can clearly use your brain.

The Real Thing—Most use alcohol to provide a sense of enjoyment, fulfilment, intimacy, relaxation and escape. If we leave the alcohol, do we forfeit these benefits as well?

First of all, remember that alcohol only creates an illusion of these things, not the reality of them. ***The sense of well being lasts only as long as the chemical is in the blood*** in a high enough concentration; we still wake up the next day to face our lives again.



If we will allow and accept it, the God Who created us offers the filling of His Spirit—His very presence in our lives. In fact, we were created with a place in our beings that only He can fill, which is why we feel so empty without Him. Here is what God's Spirit brings when we ask Him to be part of our lives, filled with His true Spirit:

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.
Galatians 5:22-23 NKJV

***For further information or help
please contact us at the address below.***

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