

HE TURNED MY MESS
IN TO MY MESSAGE

Fiona's Story



After a traumatic childhood, where I was exposed to things no child should have to be, I found myself looking for ways to block out emotions after being sexually abused and encouraged not to talk about it. (In those days that was the norm). So after everything being brushed under the carpet and me being left to battle with the feelings of guilt, shame, embarrassment and humiliation I began to look for ways to release the pain within me.

It all began with self-harm from the age of 12 and progressed on to smoking weed, amphetamines and ecstasy and nightclubbing by 15. I now know I was looking for love and acceptance in all the wrong places. I was seeking peace and acceptance but all this lead me down a very dark road which resulted in me being trapped in an 18-year drug addiction.

I began to use heroin at the age of 16 and this drug quickly became my comfort and numbed all the hurt and pain and shame. Living this life unfortunately only led me to be abused more and manipulated to the point where I was totally broken and could trust no one and could see no way out. During this madness, I gave birth to my daughter who will be 8 this year but after struggling with postnatal depression I turned back to the drug I knew would help me forget it all. Then when she was 2, I found out I was pregnant again only to be told at almost 28 weeks pregnant my son was dead inside of me. That meant I would have to go through labour. At the end of this planning his funeral I was completely lost.

I had a breakdown which resulted in me losing custody of my daughter which pushed me further into the black hole I could not get myself out of. As a result of this, I went back to what I knew would numb the pain from the hurt, guilt and shame and as a consequence of shoplifting I ended up in New Hall Prison. Here I attended chapel regularly and felt such an amazing peace and the staff were so loving and attentive. I heard testimonies of how God had transformed peoples lives but not only did i hear it i could see the difference in people. They had something i wanted!!! I believed from that moment if God could do it for them he could do it for me. These testimonies were what gave me hope!!!! From there I went to a woman's hostel for vulnerable women in Rotherham called the Lighthouse (thanks to New Hall chapel for sorting it) definitely the best step I've ever taken. From there I went on to detox off my methadone and then Subutex. Then went into Teen Challenge to do the rehab program, which was the next best step of my life. I finally began to deal with all my hurt and pain as God set me free in so many ways. Not only from the addiction that I was trapped in, but all the things that came with it: guilt, shame, regret, loss of identity and self worth. I am healed, and feel whole now and have just celebrated my 3rd year clean. I'm in a healthy happy relationship (for the first time ever!) with a man who loves, honours and treasures me like I've always deserved. Now I work with people who are in addiction, I help to support them as a mentor and hopefully I will be an inspiration as others were to me. I just try to show the love of God every where I go. I run recovery groups for those who are clean and hope to one day be a recovery worker.

If there is a point I would like to make, it would be "Whatever has happened for me, is possible for each and every person who dares to believe" the Bible says there is an enemy out there and he wants to kill, steal and destroy your life, your dreams, your purpose and your future. But there is also one who came to give you life in abundance. His name is Jesus Christ. He is the only one who can set you free from your problems. If anyone had told me 3 and half years ago I would be saying this, I would be like "whatever" but what have you got to lose? Nothing!! What do you have to gain? Everything!!! Jeremiah 29:11 (a person in the bible) tells us "For I know the plans I have for you, plans to prosper you and not to harm you. He wants to give you a hope and a future. But are you willing to be guided? Letting go of your past and trusting Jesus is hard when your trust has been broken. But cry out and ask Him for help, and he will be your refuge, a safe place.

I pray this touches hearts and lives.

Fiona mcdonagh