

"I recall the moment I walked into the reception area. My body felt weak, thoughts were rushing through my mind. I questioned myself, could this be the right place for me? The answer was loud and clear. I stopped, stood still and listened to the voice.... *"Fear not for I am with you. I created you in my own image, I am your God"*

As I walked into my room at Elim Clinic, I could see tears of joy, but also of uncertainty in my mother's eyes. She watched me unpack like the first time she took me to boarding school. It was as if I could hear her heart crying out to God, again I heard the very same voice *"Fear not for I am with you my child, for I know the plans I have for you"*

As the days went by, I socialising with fellow patients. I smiled and laughed with them, but deep down I was crying, my heart was torn apart. I wasn't sure whether I was heading in the right direction. I recalled the reassuring words that brought comfort to me - *"I am with you, I am with you"*

Thoughts regarding the world outside the Clinic began to terrify me; I couldn't stop tears from falling. I wished I could stay longer, here where I felt safe and protected. I was afraid of living a new life, free of drugs and alcohol. When those thoughts distracted my mind, I began to sing the words I have been hearing since I arrived.

"Fear not for I am with you. Faith is being sure of what we hope and certain of what we do not see..."

By TK Mthethwa, patient at Elim Clinic, 2010