



*Saint Matthias* by Peter Paul Rubens  
Patron Saint for Assistance against Alcoholism

## A Pledge Prayer

**O** God, who has been so patient with me, giving me chance after chance to make good, help me to realize during this period of sobriety how I have harmed those around me.

Help me to see what joy I can give by restraining this one appetite. Give me companions who will help me to be strong. keep me close to the Sacraments that help me.

O Christ, by Thy Sacred Thirst on the Cross, take away from me the taste for alcohol so that I can become a model to others and help them to come back to Thee, through the humility and strength this discipline will effect in me .

**Amen.**

A pledge to abstain from all intoxicants for a period of: to be solemnly promised on behalf of the Sacred Thirst of Christ on the Cross may be blessed, in contrition for the scandal and heartbreak caused to God and to loved ones.