

5-22-2015

## Discovery and Recovery

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ISSN: 2472-2596 (print)

ISSN: 2472-260X (online)

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### Recommended Citation

Ali Abdur Rahman, Abu. 2015. Discovery and Recovery. Obsculta 8, (1) : 73-75.  
<https://digitalcommons.csbsju.edu/obsculta/vol8/iss1/6>.

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## DISCOVERY AND RECOVERY

## Abu Ali Abdur Rahman, the Episcopalian

His Holiness the DALAI LAMA has said: “Religion involves practice of methods and modes conducive to the realization of serenity, disciplines, joyous detachment, and self control. It should be observed that normally it is through the inattentive body, speech, and mind that all harmful and unethical conditions are created. Therefore, it naturally presupposes that the pacification, training, and taming of the physical, mental, and verbal activities are of fundamental importance.

To sum up, it is essential first of all to rectify, nullify, and put a stop to all physical misconduct, followed by that of speech.”

In Chapter Four, “The Social Dimension of Evangelization” – in *Evangelii gaudium* – POPE FRANCIS, article 178 of page 125, “Confession of faith and commitment to society,” further induces to the true believer, thus: “I did not come for the healthy, but for those who need a doctor.” – Jesus (Luke 5:31)

How am I being influenced by Pope Francis' words, I'm being asked? As I look profoundly upon my present situation, I've been on death row now since the year of 1987, in the state of Tennessee, noteworthy descriptive narratives appeared before me; "poverty, shame, safety, retribution, domestic violence, rape, judgment, surviving, respect, care, trust, humility, therapeutic environment, healing, habilitation, conciliation, and love."

At the age of eight, a young lad, I was put into a dark clothing closet one wintry day, hogtied (hands and feet tied together), along with a thin wet piece of leather tied to the head of my penis, the other to the clothing hook above.

I remember taking a puff off a cigarette and my brother told on me. I was made to eat a whole pack of Lucky Strikes and a cigar. I became dizzy and vomited. I was made to get on all fours and eat the vomit. I was only twelve.

Anger and hate are easy to come by, when one has been treated unfairly. If there is no recovery, darkness will befall thee. I know, for I myself am a product of such emotional diseases and a victim of circumstance. For a recovery to be possible, to be led out of darkness, it is incumbent upon 'the Shepherd' to seek and find 'the lost sheep'. "But when that which is perfect has come, then that which is in part will be done away." (Luke 13:10)

Surviving, recovery, or transcending anger and hatred will depend on therapeutic initiatives graced with love.

I've been a student of Islam since the year of 1988. I am a graduate of the Hanafi School of Jurisprudence. Though versed, and have found the diverse degree of spirituality, feeling 'the agape' had yet to be acquired. October 15th, two thousand fourteen, my sixty-fourth birthday, I transcended. I am no Abu Ali, the Episcopalian. Pope Francis's words has confirmed my confirmation. "For in Christ Jesus neither circumcision nor uncircumcision avails anything, but faith working through love."

In the name of Christ,  
Abu Ali, the Episcopalian