

Blog #1

2/21/2026

To those of you who have been following me since I started this Nonprofit, or maybe saw our news stories, you know that I came to dedicate myself to this work because of the extremely tough mental health issues I had to overcome. Depression, anxiety, grief and alcoholism came very close to ending my life and affected the lives of everybody's that even slightly came into contact with me on the tormented path that I was traveling. My work on the coastline has an extremely deep meaning for me. My father was buried at sea, so at the sea is where my journey to recovery started, and, continues to this day. I found solace in the breathtaking barren beaches of the coldest winter months in Narragansett. It was there that I was able to grieve openly. I talked to my dad and opened myself up to allow the ocean to help me let my problems drift away with the undertows, currents and tides. The booming sound of the crashing of the winter waves drowned out my screams for mercy and washed the tears and scars from deep in my heart. It was only after grieving not just the loss of my dad, but all the family members who have passed in my life that I could never allow myself to grieve properly out of the fear of dealing with emotional pain. It was there that I also worked through the pain of my divorce.

Dealing with all of this finally allowed me to get sober again. Alcohol was my cure for pain. A very destructive and tragic cure, but one that served its purpose nevertheless. It allowed me the instant gratification of masking it, forgetting it, ignoring it and distracting me from it. Honestly, it made me not give a shit about anything. Even the most important things that I tried to hold on to so desperately that I ended up holding them hostage instead. So, I didn't need a cure for alcoholism (there is none by the way) alcohol WAS my cure! I needed a healthy outlet for pain. I found that in AA. It was Honesty. Brutal honesty, self reflection and complete humility. Dropping my ego and picking up my soul. Maybe even letting someone else carry it for me if I couldn't. Complete Surrender. Not being afraid to share my story. Accepting and asking for help even though I had always taken pride in doing things on my own. It was that or death. The same alcoholic death that took my father from me. I wasn't going down like that, and I couldn't bear to let my kids suffer the same pain I had just gone through.

I clean the coastline because in doing so I am cleaning myself and my community. I now pick up alcohol containers when I used to be the one throwing them there... I steward my father and uncles resting place. I give back to the ocean that ultimately saved my life and still helps me whenever I have a dilemma to work through. And most importantly, I try to help others that are suffering from the same struggles I went through, because I know from experience that going through this stuff can't be done alone. I guess that's what prompted

me to start writing today. One of my best friends has relapsed and gone back to his old destructive lifestyle, and it breaks my heart to see. Unfortunately, I can only help those that want to be helped. I can't force it on anyone. It takes a lot of courage to ask for help, and a lot of strength to resist helping those in the throes of their self-inflicted misery. My best move is to continue leading by example. If you lead a horse to a watering hole in the desert, he may or may not drink but he'll now know where to find that lifesaving water, but, if you try pushing his ass in that direction, he is likely to run away on you and end up alone and lost in the scorching wasteland. So, followers, if you are in sobriety, maybe curious about it, or just plain don't like AA (I know a lot of people that don't like meetings), depressed, hurting or just need support or feel like something that's missing from life.... Maybe come try something different with me. Show up at a cleanup and have a simple conversation, some comradery and do some positive action community charity work that's good for the soul. Maybe even have a little fun!! Come be a Coastodian! Hope to see you out there.....

Yours in service,

Jonathan