
PEOPLE IN MY LIFE

The road to where I am today has been a rocky one to say the least.

I was born in Germany and was christened Evangelical. I think, looking back at it today, that what happened was more expected than anything else.

Both of my parents were not extremely Christian so being brought up was just a way of the past. Even when I was a young lad, I took a bible course more because it was expected then because of faith and upbringing.



As time went by, I was bullied as a kid. Having an odd name as Dietmar Hrach, the kids would call me names. The more I was called *Eatmore* and *Rock*, the more I withdrew into myself and the less self-esteem and self-confidence I had. This negative view that I had about myself ultimately led me to live a life on the other side of the law until I was sent to prison.

Looking back at it now I realize that it was the best thing that could have happened to me.

In 2007 everything began to change. I was asked if I was interested in having visitors come and visit me while I was at Riverbend Institution. That was when I met two Christians who have become a very important part of my life. They are Mennonites and I remember saying to them that I did not want to talk about God. I am thankful that they did not listen to me.

Garth and Janet would come to visit once a month and slowly I began to heal. I also began to participate in a Circle of Support and Accountability (CoSA). Every two weeks I would talk about my life and my crimes and received a tremendous amount of support.

When I received my parole, I came to Saskatoon. Garth and Janet, my Person to Person (P2P) people, continued to support me as I continued to participate in CoSA. I also added Florence and Otto and Colleen to my circle. We would get together every week and enjoy each other's company and support. Having them in my life has been the walls that surround me.

God is the rock of my life but CoSA is the foundation. I know that if I need to talk, I have people in my life.

Whether I am a part of CoSA or Person to Person, the future of my wellbeing begins with me, but having the support, assists in ways that go beyond support. Both P2P and CoSA have been tremendous support systems for me, and for others who take advantage of the groups.