

# Cathy: QUIT instantly



**I attended College in 1979 and that is when I started smoking, and it was very difficult to stop.**

Then I worked with the Government Departments: Agriculture, Police, the Electricity Commission, and the National Judicial System. I was a public servant all my lifetime and smoking during all these years until 2008, March 9, when I got baptised and gave up everything.

- AGE STARTED: **17 YRS**
- AGE QUIT: **37 YRS**
- CIGARETTES A DAY: **2 LARGE PACKETS**
- HARD TO QUIT: **INSTANTLY**
- WITHDRAWALS: **I NEVER TOUCHED SMOKE AGAIN**
- TIME SINCE LAST SMOKE: **2 YRS**

I always desired to live a smoke free, beer free and a healthy life. Above all, I desired to worship God in spirit and in truth and live a holy life. I searched for God in over five churches in PNG but to no success. Now that I have been baptised and filled with the Holy Spirit I am completely free from all the drugs including smoke, beer and betel nut, something which I could not do using my will power.

*Sister Cathy Atip · Port Moresby, PNG*

