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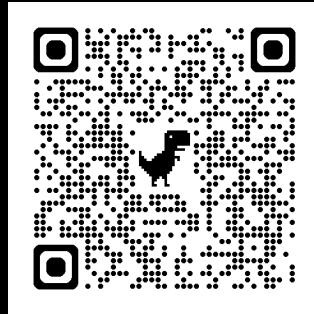


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The book "Daily Reflections" was first published by Alcoholics Anonymous in 1990. It contains daily meditations and reflections to support people in recovery.
5. [Twenty-Four Hours A Day](#)

"24 Hours a Day," a daily meditation book for recovery, was first published in 1954. It's widely used in the recovery community.
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"As Bill Sees It" was published in 1967. It's a collection of writings and reflections from Bill Wilson, co-founder of Alcoholics Anonymous.
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"Walk in Dry Places" by Mel B. was first published in 1991. It offers insights and meditations for people in recovery.
8. [Keep It Simple](#)

"Keep It Simple" was first published in 1989. It contains daily meditations for people in recovery.

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"Each Day a New Beginning" was first published in 1982. It's a daily meditation book specifically for women in recovery.

10. [NA Just For Today](#)

"Just for Today: Daily Meditations for Recovering Addicts" by Narcotics Anonymous (NA) was first published in 1992. It's a widely used meditation book within the NA community.

11. [Today's Gift](#)

"Today's Gift: Daily Meditations for Families" was first published in 1985. It's a meditation book designed for families in recovery.

12. [Touchstones](#)

"Touchstones: A Book of Daily Meditations for Men" was first published in 1986. It's a meditation book specifically for men in recovery.

13. [The Language Of Letting Go](#)

"The Language of Letting Go" by Melody Beattie was first published in 1990. It's a popular meditation book focusing on codependency and recovery.

14. [Journey To The Heart](#)

"The Journey to the Heart" by Melody Beattie was published in 1996. It's a daily meditation book that focuses on personal growth and inner peace.

15. [More Language Of Letting Go](#)

"The Language of the Heart" is a collection of Bill W.'s Grapevine writings, first published in 1988. "More Language of Letting Go" by Melody Beattie was published in 2000. It offers daily meditations for practicing letting go and self-care.

16. [A Day at a Time](#)

"A Day at a Time" was first published in 1974. It's a daily meditation book that provides inspiration and guidance for people in recovery.

17. [One More Day](#)

"One More Day: Daily Meditations for People with Chronic Illness" was first published in 1990. It offers daily reflections for those living with chronic conditions.

18. [Food For Thought](#)

"Food for Thought: Daily Meditations for Overeaters" by Hazelden was first published in 1980. It's a daily meditation book focused on recovery from compulsive eating.

19. [One Day At A Time](#)

"One Day at a Time in Al-Anon" was first published in 1968. It's a daily meditation book offering support and inspiration for members of Al-Anon Family Groups.

20. [Hour To Hour - Book - Quote](#)

The book "Hour to Hour" by Shelly Marshall was first published in 1991. It offers meditations for people in recovery from addiction.

21. [Pocket Sponsor - Book - Quote](#)

The "Pocket Sponsor" book by Shelly Marshall was first published in 2004. It provides quick, supportive meditations and affirmations for people in recovery.

22. [Time for Joy - Book - Quote](#)

"Time for Joy" by Ruth Fishel was first published in 1990. It's a daily meditation book aimed at helping people find joy and positivity in their lives.

23. [AA Thought for the Day](#)

"Thought for the Day" is a daily meditation book often used in Alcoholics Anonymous, but there's no specific publication date for a book solely titled "Thought for the Day" within AA literature. However, similar daily meditation books, like "24 Hours a Day," have been in use since the mid-20th century.

24. [Father Leo's Daily Meditation](#)

"Father Leo's Daily Meditation" was first published in 1990. It's a collection of daily reflections for people in recovery, offering insights and spiritual guidance.

Daily Readings and Inspirations February 21

View today's readings from AA's "Daily Reflections", Hazelden's "Twenty-Four Hours A Day", NA's "Just For Today", Hazelden's "Walk In Dry Places", Hazelden's "Keep It Simple", "Each Day a New Beginning" daily meditations for women, Melody Beattie's "Journey to the Heart" and "More Language of Letting Go", Hazelden's "One More Day", Hazelden's "A Day At A Time", "Father Leo's Daily Meditation", AA's "As Bill Sees It" and more.



Daily Reflections

I'M PART OF THE WHOLE

At once, I became a part--if only a tiny part--of
a cosmos....

AS BILL SEES IT, p. 225

When I first came to A.A., I decided that "they" were very nice people--perhaps a little naive, a little too friendly, but basically decent, earnest people (with whom I had nothing in common). I saw "them" at meetings

--after all, that was where "they" existed. I shook hands with "them" and, when I went out the door, I forgot about "them." Then one day my Higher Power, whom I did not then believe in, arranged to create a community project outside of A.A., but one which happened to involve many A.A. members. We worked together, I got to know "them" as people. I came to admire "them," even to like "them" and, in spite of myself, to enjoy "them." "Their" practice of the program in their daily lives--not just talk at meetings

--attracted me and I wanted what they had. Suddenly the
"they" became "we." I have not had a drink since.

Twenty-Four Hours A Day

A.A. Thought For The Day

I go to the A.A. meetings because it helps me in my business of keeping sober. And I try to help other alcoholics when I can, because that's my part of my business of keeping sober. I also have a partner in this business and that's God. I pray to Him every day to help me keep sober. As long as I keep in mind that liquor can never be my friend again, but is now my deadly enemy, and as long as I remember that my main business is keeping sober and that it's the most important thing in my life, I believe that I'll be prepared for that crucial moment when the idea of having a drink pops into my mind. When that idea comes, will I be able to resist it and not take that drink?

Meditation For The Day

I will be more afraid of spirit-unrest, of soul

disturbance, of any ruffling of the mind, than of earthquake or fire. When I feel the calm of my spirit has been broken by emotional upset, then I must steal away alone with God, until my heart sings and all is strong and calm again. Uncalm times are the only times when evil can find an entrance. I will beware of unguarded spots of unrest. I will try to keep calm, no matter what turmoil surrounds me.

Prayer For The Day

I pray that no emotional upset will hinder God's power in my life. I pray that I may keep a calm spirit and a steady heart.

As Bill Sees It

To Guard Against A Slip, p. 52

Suppose we fall short of our chosen ideals and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth.

It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. These are facts out of our experience.

Walk In Dry Places

Unexpected Disappointments____Acceptance.

As life unfolds, we sometimes get unexpected disappointments that seem undeserved -- the car breaks down, a business deal goes sour, or a close friend betrays us. As alcoholics, most of us don't handle such things too well. "Why me, Lord?" we often respond.

Our best approach is simply to view life as a mixture of bitter and sweet, knowing that we've been given real mastery over conditions. We cannot always be sure that a disappointment really is as bad as it seems to be, and sometimes it can become a step toward our good. As one alcoholic phrased it, "some of the worst things that have happened turned out to be the best."

It's good to face the day with optimism, with confidence, and even with some excitement about the opportunities ahead. If we're maintaining sober thinking, everything that happens today will be transformed into gains for tomorrow -- all our tomorrows. We're on a spiritual journey that goes far beyond anything we're doing here and now.

I won't expect to be disappointed today, but I'll know that nothing can really upset or disturb me without my permission.

Keep It Simple

It easier to speak of love, than to practice it. --Anonymous

Do we help our neighbor who is in need? We must help when we see the need, not just when it fits our schedule. In the program, this becomes our goal. We work at helping out. For example, when someone is needed to run the meeting, we offer. We see that the needs of the group are also our needs. We are the group. Over time, the idea of service spreads to the rest of our lives. Maybe we help a family down the street. We start to see that we have something to offer the world; ourselves. We start to see that the needs of the world are also our needs. We are an important part of the world.

Prayer for the Day: Higher Power, make me quick to act when I see a need. Please don't let my fear stop me..

Action for the Day: Today, I'll list what I have to offer the world. I will think of two ways I can use these gifts my Higher Power has given me.

Each Day a New Beginning

We can never go back again, that much is certain. --Daphne DuMaurier

Yesterday is gone, but its experiences will be reflected in those of today. We learned from both the good and the bad situations of yesterday. Where we travel today, likewise, will influence our direction tomorrow. We can't do over what has gone before, but we can positively incorporate all that life is offering us from this moment forth.

We are moving toward greater understanding of life's mysteries with each experience. As today unfolds, we can be moved by the adventures. What we experience is ours alone and will contribute to the unfolding of our special destiny. We move forward, only forward. The doors behind us are closed forever.

Facing what comes to us, with strength, is a gift from this program we share. Letting go of the yesterdays and the last years is another gift offered by this program. And trust that what we face along with what we let go will weave the pattern of our rightful unfolding--that is the ultimate gift given to us by this program.

I need never go back again. I am spared that. My destiny lies in the future. And I can be certain it will bring me all that I desire, and more.

NA Just For Today

Self-Pity Or Recovery - It's Our Choice

"Self-pity is one of the most destructive of defects; it will drain us of all positive energy." Basic Text, p. 77

In active addiction, many of us used self-pity as a survival mechanism. We didn't believe there was an alternative to living in our disease&151or perhaps we didn't want to believe. As long as we could feel sorry for ourselves and blame someone else for our troubles, we didn't have to accept the consequences of our actions; believing ourselves powerless to change, we didn't have to accept the need for change. Using this "survival mechanism" kept us from entering recovery and led us closer, day by day, to self destruction. Self-pity is a tool of our disease; we need to stop using it and learn instead to use the new tools we find in the NA program.

We have come to believe that effective help is available for us; when we seek that help, finding it in the

NA program, self-pity is displaced by gratitude. Many tools are at our disposal: the Twelve Steps, the support of our sponsor, the fellowship of other recovering addicts, and the care of our Higher Power. The availability of all these tools is more than enough reason to be grateful. We no longer live in isolation, without hope; we have certain help at hand for anything we may face. The surest way to become grateful is to take advantage of the help available to us in the NA program and to experience the improvement the program will bring in our lives.

Just for today: I will be grateful for the hope NA has given me. I will cultivate my recovery and stop cultivating self-pity.

Today's Gift

We cannot do all things. --Virgil

We are each limited in terms of time and energy. If we try to do too much, we do everything half-rate. How much better it is to clearly sort out what is really important to us, and then give ourselves to those things or people wholeheartedly.

Famous writers have written about the difficulty of having more than one or two really good friends. That number seems so unimpressive if we equate popularity with the number of friends we have. If we want quality, we must accept our limitations. In this way we avoid wasting energy on unimportant tasks, on friends who aren't true or close, on goals which aren't what we really want. We can only commit ourselves wholeheartedly to a limited number of tasks and a limited number of people.

Who are my truly good friends?

Touchstones

The readiness is all. --William Shakespeare

Our concept of control was flawed. This program leads us into a New World. Here we meet the fact that we are powerless to change some aspects of ourselves. But we can become ready to be changed. That makes all the difference. When we accept this truth, we are already changed and we are more in line with nature and the universe.

We can't make ourselves less perfectionistic, but we can become ready to let go of our demand for perfection. We can't force family harmony into our lives, but we can become more ready to be harmonious. We can't make a lasting love appear for us on command - we can become ready for such a relationship when the opportunities appear. Do we yearn for some change? How might we ready ourselves to receive it?

Today, I will try to become ready for the help and change I most need in my life.

The Language Of Letting Go

Living in the Present

The present moment is all we have. Yes, we have plans and goals, a vision for tomorrow. But now is the only time we possess. And it is enough.

We can clear our mind of the residue of yesterday. We can clear our mind of fears of tomorrow. We can be present, now. We can make ourselves available to this moment, this day. It is by being fully present now that we reach the fullness of tomorrow.

Have no fear, child, a voice whispers. Have no regrets. Relinquish your resentments. Let Me take your pain. All you have is the present moment. Be still. Be here. Trust. All you have is now. It is enough.

Today, I will affirm that all is well around me, when all is well within.

It is exciting to know that I have all the strength I need today to do what is good and right in my life.
-- Ruth Fishel

Journey To The Heart

Let Love Be

You can't control love. It's impossible. It's like screaming and screeching and begging a rose to unfold faster, better, or differently.

Love is an energy- an active, living force that runs its threads through all of life, through all of the universe. But we can't control love. It is not its nature to be controlled. It's futile to stand with our hands in our pockets and heels dug into the ground saying, I shall control the course of love, or I shall allow another to control me because I'm afraid love will go away.

We can open our hearts and let love run through us. We can open our hearts and receive love. We can open our eyes and see universal love all around us, in places we never saw it before. We can awaken our

souls and see that all these experiences have been lessons of love. Learning courage, faith, patience. Learning to love ourselves, when it looked and felt as if no one else did. Learning to express our creativity, express our emotions, and experience joy. Each one has been a lesson of love.

We have learned to let love be and be open to what that is and the new direction it may lead us in. Love is a powerful living force that permeates the universe and funnels through us. We don't lead it, it leads and guides us.

Honor the guidance of your heart, and you will be honoring the guidance of

love. *****

More Language Of Letting Go

Say woohoo wherever you are

I walked into the beach house after a day of work to find my friendly tormentors, Chip and Andy, standing by the window that drops down to the beach. Actually, Chip was standing next to the window; Andy was outside, hanging by a climbing harness. The rope led into the house and was tied off around one of the support beams.

I didn't ask what they were doing. I just grabbed the climbing harness that was lying on the floor at Chip's feet and asked if I could try, too.

Rappelling from the house down to the beach is not my ordinary activity. But sometimes, even the smallest, most ridiculous things can be a chance for a mini-woohoo. That night, I learned to rappel in the moonlight on the beach from the living room of my house.

Be open to new experience in your life. If it isn't life-threatening, maybe it's okay, even if it is a little odd. Don't be afraid to be ridiculous, look a little uncool, and even let out an aaah now and then.

Have you had a woohoo lately? Have you got one on your list? Or maybe in your garage? Put on some Rollerblades, buy a surfboard, get out your sled. Order something new off the menu. Take a different road. Find the woohoo; then carry it with you into your ordinary world and let it lighten your spirit. Woohoos are the moments we'll remember all our lives.

God, help me lighten my spirit by putting a little woohoo into my daily life.

A Day at a Time

Reflection For The Day

Do I waste my time and energy wrestling with situations that aren't actually worth a second thought? Like Don Quixote, the bemused hero of Spanish literature, do I imagine windmills as menacing giants, battling them until I am ready to drop from exhaustion? Today, I'll not allow my imagination to build small troubles into big ones. I'll try to see each situation clearly, giving it only the value and attention it deserves. Have I come to believe, as the second of the Twelve Steps suggest, that a Power greater than myself can restore me to sanity?

Today I Pray

God, keep my perspective sane. Help me to avoid aggrandizing petty problems, trying to much significance to casual conversations, making a Vesuvius out of an anthill. Keep my fears from swelling out of scale, like shadows on a wall. Restore my values, which became distorted during three days of my chemical involvement.

Today I Will Remember

Sanity is perspective.

One More Day

I will not keep myself from taking positive action. - K. O'Brien

The inability to get going can sometimes plague us. Muscles that don't work properly or joints that won't bend can keep us from beginning the day as we once did, even if we have excellent intentions.

Excellent intentions only, however, get us nowhere unless we act upon them. What we need is that extra measure of strength, drawn from some inner resource that we hold in store only for days such as these. Often those sources spring from our intense belief that we will make it through these difficult times. Gradually we recognize that our actions and reactions are becoming more positive.

I try to reach a little bit further for the strength I need to fulfill my good

intentions. *****

Food For Thought

Serenity

Serenity comes when we are tuned in to our Higher Power. Serenity enables us to take external circumstances in stride, even the most difficult ones. Serenity is a gift, which we are each free to receive daily.

Turning our will and our lives over to God, as we understand Him encourages serenity. Staying in contact with our Higher Power as we go about our daily activities produces serenity. Practicing abstinence from compulsive overeating maintains serenity.

In meeting after meeting, we hear people testify to the change that has come over them since they began the OA program. Circumstances which once would have sent them into a tailspin and into the refrigerator are now manageable. By the grace of God, they have been granted the serenity to accept the things they cannot change.

May I grow in serenity.

One Day At A Time

~ PROGRESS ~

" ... I was taught that the way of progress is neither swift nor easy."

Marie Curie

I have always been the queen of quick fix, so if I wanted something to happen, it had to happen today if not yesterday. So coming into the program was very hard for me, in that for the first time I have had to realise that recovery is not an overnight thing. For a perfectionist like me, that has been a very hard lesson to learn, in that I don't have to have perfect recovery. My journey in this program has been an up and down one, with many slips along the way, and everytime I have slipped, I have had to remember that I may think I'm a failure, but I'm only a failure if I fail to pick myself up. In the past if I made a mistake, I was a total and utter failure, but I know now that all I have to do each time is to pick myself up, dust myself off and start over.

The other thing I've learned in the program is that I also always need to remember where I came from, and when I look back, I can see the progress I have made. My self esteem is growing, and even though I still seem to slip back into the old character defects from time to time, they are nowhere near as bad as in the past. I am able to forgive people whom I thought I would never be able to forgive, and I make amends whenever the need arises, and as a result my relationships with people have improved dramatically.

One Day at a Time . . .

May I remember that in this program, it is always progress and not perfection that counts. ~ Sharon ~

Hour To Hour - Book - Quote

One of the games our mind plays with us during withdrawal is to suggest that if we were addicted to one chemical, that was our problem and maybe we could use another type of chemical to help us. But switching chemicals will insure that we never get well, because the disease is not a chemical--it is a dysfunction to any mind-affecting chemical.

If I learn nothing else this hour, help me understand that the disease is not a drug but a reaction to drugs.
Gifts

Today I will be thankful for the many gifts that are mine. Life is a gift. Health is a gift. Love is a gift.

Friends and family are gifts. If I take the time to say thank you, I have so many things to be thankful for. When I learn to say thank you, to give praise and gratitude, my life immediately feels more full.

I embrace the gifts that surround me

- Tian Dayton PhD

Pocket Sponsor - Book - Quote

We often hear 'turn it over.' This means turn over problems not under our control right now--whether they are with family, friends, work, or the law--we offer the things we cannot change to a Higher Power and LET GO.

If I turn it over and don't let go, I'll be upside down!

"Walk Softly and Carry a Big Book" - Book

Put one foot in front of the other.

Time for Joy - Book - Quote

It is exciting to know that I have all the strength I need today to do what is good and right in my

life. Alkiespeak - Book - Quote

Always be a first-rate version of yourself, instead of a second-rate version of somebody else. - Judy Garland.

AA Thought for the Day

Selfishness

Selfishness -- self-centeredness! That, we think, is the root of our troubles.

Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.

Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later put us in a position to be hurt.

- Alcoholics Anonymous, p. 62

Thought to Ponder . . .

If I self-forget I find.

AA-related 'Alconym' . . .

A A = Always Aware.

Father Leo's Daily Meditation

ART

"Only work which is the product of inner compulsion can have spiritual meaning." -- Walter Gropius

I have developed, in my recovery, an awareness of the beauty of this world and an appreciation of what man can produce. Sobriety has made art accessible. Today I can see beauty in paintings, sculpture, music, literature and the natural "art" of nature.

Spirituality is always creative and it is at the center of all that is good, noble and inspiring. Although I am not an artist, I can appreciate and have a feeling of "belonging" to the beauty of this world --- in a sense it all happens and takes shape through me. The rediscovery of spirituality has brought the world and the universe into my life.

Help me to have the desire to recreate Your splendors through my experiences.

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." Romans 15:13

"I can do all things in Him who strengthens me." Phillipians 4:13

"Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing." 1 Peter 3:8-9

"And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying.... Instead, strive for his kingdom, and these things will be given to you as well." Luke 12:29,31

Daily Inspiration

All the good things in life don't mean much if we fail to enjoy them. Lord, may I pause to notice my blessings and be joyful.

Your last chance to do anything about today is right now. Lord, help me keep my thoughts on making this day better so that I build a good foundation for tomorrow.

We hope you enjoyed today's reading. Click here to receive all of these [daily inspirations in an email](#).
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February 21 Pancake Marathon

- **For it's about carrying a message, trusting in your higher power; Practicing the principles in all your affairs.**
 - The Set Aside Prayer (or lay aside prayer): Dear God, please set aside everything I think I know About myself, this book, my disease, these steps, and especially about you dear God so that I might have an open mind And a new experience with all these things. Please help me to see the truth.
-

Pancake Marathon

- ★ You may think that there are a thousand different things being done in recovery, really there's just a thousand different ways of saying a few simple things.
- I found that Heartbreak can happen, still within recovery by where im at as such; to the simple fact of maybe that is why they say that "do not shut the door on the past," as to the same point of seeing why we will love that we didn't; for yes, that is what is the past actions upon itself/to the same point of that being part of the 9 step Promises (Had someone say she really only see these when you get to step nine. as to myself I think we're always practicing the principles in all our affairs: for the principles are all 36 of them how it works/ the 12 tradition/ the promises)
- As that would also stand true that we are living life on life's terms, so is that recovery's way of saying or that of bring up that Affect/ of evolution; and highlight still the same aspect of don't shut the door in the past?
- As to the fact of this hurt, the Heartbreak, as to the pain, I get to learn to let go, as to that fact of let go and let god, stands true too; it is then my life that I get to live today and in it's simplest fact of what is life within Practicing the principles in all my affairs.
- As to get out of Self seeking, for the way that I see that is get out of the ego; and it's simplest form.... after that is why recovery can be a challenge as I, to that of having to relearn the language that seems in its format the same but truly different contexts all around: which also brings light to why you need a translator/ sponsor .

1. Topic ☹☹
 - Still seeing Heartbreak
2. **Honesty**☹☹
 - Yes, there is still this Heartbreak,
3. **Open-mindedness**☹☹
 - It comes to than how will I then find peace again;
4. **Willingness** ☹☹

- For in it's the fact of then letting go and letting god, to help me to keep from burning my life down again.

How: Honest open willing

For maybe "how," is "what," to you?

What: wonder how about today?

ASP: acronyms SLOGANS *Principles*

- ★ Slogans are **wisdom** written in shorthand and Acronyms are just the sum/the Virtues, of all that **wisdom**: WISDOM: When In Self, Discover Our Motives
- As, I come to the points of letting go and letting god, to then the point of *not shutting the door on the past*: as for to the fact of the past of my painstaking (the work that I put into building a life that I want to be part of) Phases within my recovery; for I can with ease bring turmoil and become misery: allowing me to want company ; for then it stand Simple fact that I'm Amazed because of the work that I'm putting in, as to the simple fact of I see that I'm halfway there.
 - For it is that fact of the matter that I can show up for the Miracle, as that is the halfway their heart; maybe?

Slogans (underlined) blog page _ Acronyms (**bold**) blog page _ Principles (*italic*): fellowship files

- Go to [Index of Daily Readings and Inspirations](#) / [Daily Readings and Inspirations](#) the live update info to find out More information
- about what is in this meaning within each thing within the wording of Pancake Marathon: you can also go to
 - Principals context
 - Slogan context
 - [my journey](#)
 - Word context
 - [as to be the same: 3 and 2's of life](#)
 - [How? How: Honest open willing](#)
- I know that isolating can be a big factor in keep not hurting, so essentially don't isolate always Reach Out; and maybe today you're willing to leave a comment and let me know essentially where you're at in your recovery and maybe you're ready to carry a message so share this whatever it may be in a way of giving somebody else a chance at a place where you started:
 - as maybe you started here and maybe this is where you find a way to start because it's always about how you finish not how you start but it's also about carrying the message and finding your way back to trust in a peace of mind; As giving freely what you didn't have been given.

- thank you and always know your shoes do fit just right, that you do deserve to take a space; and it's okay to let go of that hurt when you're ready, I hope that you are today in this moment; thank you.

[Podcast](#)

[pancake marathon: journey of recovery](#)

[simple literature](#)

February 1 Pancake Marathon

- For it's about carrying a message, trusting in your higher power; Practicing the principles in all your affairs.
- The Set Aside Prayer (or lay aside prayer): Dear God, please set aside everything I think I know About myself, this book, my disease, these steps, and especially about you dear God so that I might have an open mind And a new experience with all these things. Please help me to see the truth.

 my journey

★ **Word context**

★  as to be the same: 3 and 2's of life

★ **How? How: Honest open willing**

Pancake Marathon

- ★ You may think that there are a thousand different things being done in recovery, really there's just a thousand different ways of saying a few simple things.

Casual from Gemini:

➤

➤ **Topic** 

How: Honest open willing

For maybe how is what to you?

What: wonder how about today?

ASP: **acronyms** SLOGANS *Principles*

- ★ Slogans are **wisdom** written in shorthand and Acronyms are just the sum/the Virtues, of all that **wisdom**: WISDOM: When In Self, Discover Our Motives

Casual from Gemini:

➤

Slogans (underlined) blog page _ Acronyms (**bold**) blog page _ Principles (*italic*): fellowship

topic ideas

past topics

2024

Recovery ACRONYMS

1. GIFT: God Is Forever There
 2. GOD = Good Orderly Direction
 3. STEPS: Solutions. To. Every. Problem.
 4. QTIP: Quit. Taking. It. Personally
 5. THINK: is it...? Thoughtful. Honest. Intelligent.Necessary. Kind.
- **Gift** of a **god** to take the **steps** so that can **qtip**, so I can **think**

RECOVERY SLOGANS together

- First Things First seeing that It's a simple program for complicated people taking Just for Today so that i can Let go and let God by Principles before personalities.

From myself:

- Seeing that I need to make progress, seeing that this pain is hurting me more then it is hurting others; as it is my peace of mind is not at foot: so that is why I run after it to find something that is nothing on foot, as it is holding me up and I is looking at my feet.
-

February 1 Pancake Marathon

- For it's about carrying a message, trusting in your higher power; Practicing the principles in all your affairs.
 - The Set Aside Prayer (or lay aside prayer): Dear God, please set aside everything I think I know About myself, this book, my disease, these steps, and especially about you dear God so that I might have an open mind And a new experience with all these things. Please help me to see the truth.
-

Pancake Marathon

- ★ You may think that there are a thousand different things being done in recovery, really there's just a thousand different ways of saying a few simple things.



1. Topic ☹☹
 -
2. **Honesty** ☹☹
 -
3. **Open-mindedness** ☹☹
 -
4. **Willingness** ☹☹
 -

How: Honest open willing
For maybe "how," is "what," to you?
What: wonder how about today?

ASP: **acronyms** SLOGANS *Principles*

- ★ Slogans are **wisdom** written in shorthand and Acronyms are just the sum/the Virtues, of all that **wisdom**: WISDOM: When In Self, Discover Our Motives



Slogans (underlined) blog page _ Acronyms (**bold**) blog page _ Principles (*italic*): fellowship files

- Go to [☰ Index of Daily Readings and Inspirations](#) / [📺 Daily Readings and Inspirations](#) the live update info to find out More information

- about what is in this meaning within each thing within the wording of Pancake Marathon:
you can also go to
 - Principals context
 - Slogan context
 -  my journey
 - Word context
 -  as to be the same: 3 and 2's of life
 - How? How: Honest open willing
- I know that isolating can be a big factor in keep not hurting, so essentially don't isolate always Reach Out; and maybe today you're willing to leave a comment and let me know essentially where you're at in your recovery and maybe you're ready to carry a message so share this whatever it may be in a way of giving somebody else a chance at a place where you started:
 - as maybe you started here and maybe this is where you find a way to start because it's always about how you finish not how you start but it's also about carrying the message and finding your way back to trust in a peace of mind; As giving freely what you didn't have been given.
 - thank you and always know your shoes do fit just right, that you do deserve to take a space; and it's okay to let go of that hurt when you're ready, I hope that you are today in this moment; thank you.

[Podcast](#)

[pancake marathon: journey of recovery](#)

[simple literature](#)

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 my journey

★ **Word context**

★  as to be the same: 3 and 2's of life

★ **How? How: Honest open willing**

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Casual from Gemini:

➤

➤ **Topic** 

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Spiritual Principle a Day

February 21, 2025

Faith Provides Shelter from the Storm

Page 53

"I know that faith in my Higher Power will not calm the storms of life, but it will calm my heart. I will let my faith shelter me in times of trouble."

Just for Today, "Faith," January 11

Most of us have heard it said that "none of us gets here by accident." It wasn't exceptional skills for handling life on life's terms that got us here--it was unmanageability. Working Step One helps us to see how addiction creates chaos in our lives and shows us how we can begin to gain some freedom.

Some of us, while floating on that early-recovery pink cloud of hope, might prematurely celebrate the end of all the drama in our lives. We might rush off and make amends to our families--or our exes or virtual strangers--eager to let them know that our problems are all in the past now.

Then, life gets tough and reality sets in again. We are let down by people and institutions we think we should be able to respect. Rent is too high. We get sacked from our job for no reason. A public health crisis occurs. On top of that, our favorite television series is canceled. The injustice of it all! And our stepwork doesn't stop any of it from happening.

Our disease creates unmanageability in our lives, sure--and arresting the disease by working Steps can help us put an end to our needless, self-inflicted suffering. However, not all of the messes in our life are self-created. No amount of stepwork or meditation will prevent us from ever experiencing loss, sadness, rage, frustration, and other unpleasant feelings; no amount of prayer will guarantee freedom from unpleasant encounters with coworkers, family members, or random people in traffic.

We may not know how to react to every new type of weather pattern that comes our way. Still, the freedom from our self-made storms that we gained by working Steps is a source of faith: We can endure all sorts of chaos and nonsense by getting right with ourselves and our Higher Power. Things might not go our way, but we can still go with the flow.

The current crisis--whatever it is--will pass. If the problem is one of my own making, the Steps will help me get through it. If the problem is not one of my own making, the Steps will help me get through it.

She Recovers Every Day

21 Serenity Prayer

If you have been around recovery for a while, especially Twelve Step recovery, then you will be very familiar with the Serenity Prayer. If you aren't, google it! Two sisters who just happen to be incredibly dear friends of mine, and who facilitate meetings for Adult Children of Alcoholics & Dysfunctional Families (ACA), recently shared a revised version intended specifically for ACAs. It reads: "God (higher power) grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know that one is me." How much simpler our lives would be if we could embrace and remember this simple prayer. I have wasted so many days of my life trying to change others; I'm just not willing to do that anymore. Wanting to change people today, I now understand, is related to me wanting to change my childhood and the way the people in it showed up for me. That's never going to happen, and I feel better having learned that. Does anything about this prayer resonate for you?

Higher power, please grant me the serenity to accept that I can't change other people or the past. That will save us all a lot of time and energy.

Daily Reflections

I'M PART OF THE WHOLE

At once, I became a part--if only a tiny part--of
a cosmos....

AS BILL SEES IT, p. 225

When I first came to A.A., I decided that "they" were very nice people--perhaps a little naive, a little too friendly, but basically decent, earnest people (with whom I had nothing in common). I saw "them" at meetings

--after all, that was where "they" existed. I shook hands with "them" and, when I went out the door, I forgot about "them." Then one day my Higher Power, whom I did not then believe in, arranged to create a community project outside of A.A., but one which happened to involve many A.A. members. We worked together, I got to know "them" as people. I came to admire "them," even to like "them" and, in spite of myself, to enjoy "them." "Their" practice of the program in their daily lives--not just talk at meetings --attracted me and I wanted what they had. Suddenly the "they" became "we." I have not had a drink since.

Twenty-Four Hours A Day

A.A. Thought For The Day

I go to the A.A. meetings because it helps me in my business of keeping sober. And I try to help other alcoholics when I can, because that's my part of my business of keeping sober. I also have a partner in this business and that's God. I pray to Him every day to help me keep sober. As long as I keep in mind that liquor can never be my friend again, but is now my deadly enemy, and as long as I remember that my main business is keeping sober and that it's the most important thing in my life, I believe that I'll be prepared for that crucial moment when the idea of having a drink pops into my mind. When that idea comes, will I be able to resist it and not take that drink?

Meditation For The Day

I will be more afraid of spirit-unrest, of soul disturbance, of any ruffling of the mind, than of

earthquake or fire. When I feel the calm of my spirit has been broken by emotional upset, then I must steal away alone with God, until my heart sings and all is strong and calm again. Uncalm times are the only times when evil can find an entrance. I will beware of unguarded spots of unrest. I will try to keep calm, no matter what turmoil surrounds me.

Prayer For The Day

I pray that no emotional upset will hinder God's power in my life. I pray that I may keep a calm spirit and a steady heart.

As Bill Sees It

To Guard Against A Slip, p. 52

Suppose we fall short of our chosen ideals and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth.

It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. These are facts out of our experience.

Alcoholics Anonymous, p. 70

Walk In Dry Places

Walk In Dry Places

- Unexpected Disappointments _____ Acceptance.
- As life unfolds, we sometimes get unexpected disappointments that seem undeserved -- the car breaks down, a business deal goes sour, or a close friend betrays us. As alcoholics, most of us don't handle such things too well. "Why me, Lord?" we often respond.
- Our best approach is simply to view life as a mixture of bitter and sweet, knowing that we've been given real mastery over conditions. We cannot always be sure that a disappointment really is as bad as it seems to be, and sometimes it can become a step toward our good. As one alcoholic phrased it, "some of the worst things that have happened turned out to be the best."
- It's good to face the day with optimism, with confidence, and even with some excitement about the opportunities ahead. If we're

maintaining sober thinking, everything that happens today will be transformed into gains for tomorrow -- all our tomorrows. We're on a spiritual journey that goes far beyond anything we're doing here and now.

- I won't expect to be disappointed today, but I'll know that nothing can really upset or disturb me without my permission.

Keep It Simple

It easier to speak of love, than to practice it.

--Anonymous

- Do we help our neighbor who is in need? We must help when we see the need, not just when it fits our schedule. In the program, this becomes our goal. We work at helping out. For example, when someone is needed to run the meeting, we offer. We see that the needs of the group are also our needs. We are the group. Over time, the idea of service spreads to the rest of our lives. Maybe we help a family down the street. We start to see that we have something to offer the world; ourselves. We start to see that the needs of the world are also our needs. We are an important part of the world.

Prayer for the Day:

- Higher Power, make me quick to act when I see a need. Please don't let my fear stop me..

Action for the Day:

- Today, I'll list what I have to offer the world. I will think of two ways I can use these gifts my Higher Power has given me.

Each Day a New Beginning

1. We can never go back again, that much is certain. --Daphne DuMaurier
2. Yesterday is gone, but its experiences will be reflected in those of today. We learned from both the good and the bad situations of yesterday. Where we travel today, likewise, will influence our direction tomorrow. We can't do over what has gone before, but we can positively incorporate all that life is offering us from this moment forth.
3. We are moving toward greater understanding of life's mysteries with each experience. As today unfolds, we can be moved by the adventures. What we experience is ours alone and will contribute to the unfolding of our special destiny. We move forward, only forward. The doors behind us are closed forever.
4. Facing what comes to us, with strength, is a gift from this program we share. Letting go of the yesterdays and the last years is another gift offered by this program. And trust that what

we face along with what we let go will weave the pattern of our rightful unfolding--that is the ultimate gift given to us by this program.

5. I need never go back again. I am spared that. My destiny lies in the future. And I can be certain it will bring me all that I desire, and more.

The Language Of Letting Go

Living in the Present

The present moment is all we have. Yes, we have plans and goals, a vision for tomorrow. But now is the only time we possess. And it is enough.

We can clear our mind of the residue of yesterday. We can clear our mind of fears of tomorrow. We can be present, now. We can make ourselves available to this moment, this day. It is by being fully present now that we reach the fullness of tomorrow.

Have no fear, child, a voice whispers. Have no regrets. Relinquish your resentments. Let Me take your pain. All you have is the present moment. Be still. Be here. Trust. All you have is now. It is enough.

Today, I will affirm that all is well around me, when all is well within.

It is exciting to know that I have all the strength I need today to do what is good and right in my life. -- Ruth Fishel

NA Just For Today

1. Self-Pity Or Recovery - It's Our Choice

- "Self-pity is one of the most destructive of defects; it will drain us of all positive energy." Basic Text, p. 77
- In active addiction, many of us used self-pity as a survival mechanism. We didn't believe there was an alternative to living in our disease¹⁵¹ or perhaps we didn't want to believe. As long as we could feel sorry for ourselves and blame someone else for our troubles, we didn't have to accept the consequences of our actions; believing ourselves powerless to change, we didn't have to accept the need for change. Using this "survival mechanism" kept us from entering recovery and led us closer, day by day, to self destruction. Self-pity is a tool of our disease; we need to stop using it and learn instead to use the new tools we find in the NA program.

- We have come to believe that effective help is available for us; when we seek that help, finding it in the NA program, self-pity is displaced by gratitude. Many tools are at our disposal: the Twelve Steps, the support of our sponsor, the fellowship of other recovering addicts, and the care of our Higher Power. The availability of all these tools is more than enough reason to be grateful. We no longer live in isolation, without hope; we have certain help at hand for anything we may face. The surest way to become grateful is to take advantage of the help available to us in the NA program and to experience the improvement the program will bring in our lives.

2. Just for today:

- I will be grateful for the hope NA has given me. I will cultivate my recovery and stop cultivating self-pity.

Today's Gift

1. We cannot do all things. --Virgil
2. We are each limited in terms of time and energy. If we try to do too much, we do everything half-rate. How much better it is to clearly sort out what is really important to us, and then give ourselves to those things or people wholeheartedly.
3. Famous writers have written about the difficulty of having more than one or two really good friends. That number seems so unimpressive if we equate popularity with the number of friends we have. If we want quality, we must accept our limitations. In this way we avoid wasting energy on unimportant tasks, on friends who aren't true or close, on goals which aren't what we really want. We can only commit ourselves wholeheartedly to a limited number of tasks and a limited number of people.
4. Who are my truly good friends?

Touchstones

1. The readiness is all. --William Shakespeare
2. Our concept of control was flawed. This program leads us into a New World. Here we meet the fact that we are powerless to change some aspects of ourselves. But we can become ready to be changed. That makes all the difference. When we accept this truth, we are already changed and we are more in line with nature and the universe.
3. We can't make ourselves less perfectionistic, but we can become

ready to let go of our demand for perfection. We can't force family harmony into our lives, but we can become more ready to be harmonious. We can't make a lasting love appear for us on command - we can become ready for such a relationship when the opportunities appear. Do we yearn for some change? How might we ready ourselves to receive it?

4. Today, I will try to become ready for the help and change I most need in my life.

Journey To The Heart

1. Let Love Be
2. You can't control love. It's impossible. It's like screaming and screeching and begging a rose to unfold faster, better, or differently.
3. Love is an energy- an active, living force that runs its threads through all of life, through all of the universe. But we can't control love. It is not its nature to be controlled. It's futile to stand with our hands in our pockets and heels dug into the ground saying, I shall control the course of love, or I shall allow another to control me because I'm afraid love will go away.
4. We can open our hearts and let love run through us. We can open our hearts and receive love. We can open our eyes and see universal love all around us, in places we never saw it before. We can awaken our souls and see that all these experiences have been lessons of love. Learning courage, faith, patience. Learning to love ourselves, when it looked and felt as if no one

else did. Learning to express our creativity, express our emotions, and experience joy. Each one has been a lesson of love.

5. We have learned to let love be and be open to what that is and the new direction it may lead us in. Love is a powerful living force that permeates the universe and funnels through us. We don't lead it, it leads and guides us.

6. Honor the guidance of your heart, and you will be honoring the guidance of love.

More Language Of Letting Go

1. Say woohoo wherever you are
2. I walked into the beach house after a day of work to find my friendly tormentors, Chip and Andy, standing by the window that drops down to the beach. Actually, Chip was standing next to the window; Andy was outside, hanging by a climbing harness. The rope led into the house and was tied off around one of the support beams.
3. I didn't ask what they were doing. I just grabbed the climbing harness that was lying on the floor at Chip's feet and asked if I could try, too.
4. Rappelling from the house down to the beach is not my ordinary activity. But sometimes, even the smallest, most ridiculous things can be a chance for a mini-woohoo. That night, I learned to rappel in the moonlight on the beach from the living room of my house.

5. Be open to new experience in your life. If it isn't life-threatening, maybe it's okay, even if it is a little odd. Don't be afraid to be ridiculous, look a little uncool, and even let out an aaah now and then.
6. Have you had a woohoo lately? Have you got one on your list? Or maybe in your garage? Put on some Rollerblades, buy a surfboard, get out your sled. Order something new off the menu. Take a different road. Find the woohoo; then carry it with you into your ordinary world and let it lighten your spirit.
7. Woohoos are the moments we'll remember all our lives.
8. God, help me lighten my spirit by putting a little woohoo into my daily life.

A Day at a Time

Reflection For The Day

- Do I waste my time and energy wrestling with situations that aren't actually worth a second thought? Like Don Quixote, the bemused hero of Spanish literature, do I imagine windmills as menacing giants, battling them until I am ready to drop from exhaustion? Today, I'll not allow my imagination to build small troubles into big ones. I'll try to see each situation clearly, giving it only the value and attention it deserves. Have I come to believe, as the second of the Twelve Steps suggest, that a Power greater than myself can restore me to sanity?

Today I Pray

- God, keep my perspective sane. Help me to avoid aggrandizing petty problems, trying to much significance to casual conversations, making a Vesuvius out of an anthill. Keep my fears from swelling out of scale, like shadows on a wall. Restore my values,

which became distorted during thee days of my
chemical invollvement.

Today I Will Remember

- Sanity is perspective.

One More Day

1. I will not keep myself from taking positive action. - K. O'Brien
2. The inability to get going can sometimes plague us. Muscles that don't work properly or joints that won't bend can keep us from beginning the day as we once did, even if we have excellent intentions.
3. Excellent intentions only, however, get us nowhere unless we act upon them. What we need is that extra measure of strength, drawn from some inner resource that we hold in store only for days such as these. Often those sources spring from our intense belief that we will make it through these difficult times. Gradually we recognize that our actions and reactions are becoming more positive.
4. I try to reach a little bit further for the strength I need to fulfill my good intentions.

Food For Thought

Serenity

1. Serenity comes when we are tuned in to our Higher Power. Serenity enables us to take external circumstances in stride, even the most difficult ones. Serenity is a gift, which we are each free to receive daily.
2. Turning our will and our lives over to God, as we understand Him encourages serenity. Staying in contact with our Higher Power as we go about our daily activities produces serenity. Practicing abstinence from compulsive overeating maintains serenity.
3. In meeting after meeting, we hear people testify to the change that has come over them since they began the OA program. Circumstances which once would have sent them into a tailspin and into the refrigerator are now manageable. By the grace of God, they have been granted the serenity to accept the things they cannot change.

4. May I grow in serenity.

One Day At A Time

~ PROGRESS ~

1." ... I was taught that the way of progress is neither swift nor easy."

2.Marie Curie

3.I have always been the queen of quick fix, so if I wanted something to happen, it had to happen today if not yesterday. So coming into the program was very hard for me, in that for the first time I have had to realise that recovery is not an overnight thing. For a perfectionist like me, that has been a very hard lesson to learn, in that I don't have to have perfect recovery. My journey in this program has been an up and down one, with many slips along the way, and everytime I have slipped, I have had to remember that I may think I'm a failure, but I'm only a failure if I fail to pick myself up. In the past if I made a mistake, I was a total and utter failure, but I know now that all I have to do each time is to pick myself up, dust myself off and start over.

4. The other thing I've learned in the program is that I also always need to remember where I came from, and when I look back, I can see the progress I have made. My self esteem is growing, and even though I still seem to slip back into the old character defects from time to time, they are nowhere near as bad as in the past. I am able to forgive people whom I thought I would never be able to forgive, and I make amends whenever the need arises, and as a result my relationships with people have improved dramatically.

One Day at a Time . . .

5. May I remember that in this program, it is always progress and not perfection that counts. ~
Sharon ~

Hour To Hour - Book - Quote

1. One of the games our mind plays with us during withdrawal is to suggest that if we were addicted to one chemical, that was our problem and maybe we could use another type of chemical to help us. But switching chemicals will insure that we never get well, because the disease is not a chemical--it is a dysfunction to any mind-affecting chemical.
2. If I learn nothing else this hour, help me understand that the disease is not a drug but a reaction to drugs.

Gifts

3. Today I will be thankful for the many gifts that are mine. Life is a gift. Health is a gift. Love is a gift. Friends and family are gifts. If I take the time to say thank you, I have so many things to be thankful for. When I learn to say thank you, to

give praise and gratitude, my life immediately feels more full.

4. I embrace the gifts that surround me

- - Tian Dayton PhD

Pocket Sponsor - Book - Quote

1. We often hear 'turn it over.' This means turn over problems not under our control right now--whether they are with family, friends, work, or the law--we offer the things we cannot change to a Higher Power and LET GO.
2. If I turn it over and don't let go, I'll be upside down!
3. "Walk Softly and Carry a Big Book" - Book
4. Put one foot in front of the other.

Time for Joy - Book - Quote

1. It is exciting to know that I have all the strength I need today to do what is good and right in my life.

a. Alkiespeak - Book - Quote

2. Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

a. - Judy Garland.

AA Thought for the Day

Selfishness

1. Selfishness -- self-centeredness! That, we think, is the root of our troubles.
2. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.
3. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later put us in a position to be hurt.
 - - Alcoholics Anonymous, p. 62

Thought to Ponder . . .

4. If I self-forget I find.

AA-related 'Alconym' . . .

5. [A A = Always Aware.](#)

Father Leo's Daily Meditation

ART

1. "Only work which is the product of inner compulsion can have spiritual meaning." --
Walter Gropius
2. I have developed, in my recovery, an awareness of the beauty of this world and an appreciation of what man can produce. Sobriety has made art accessible. Today I can see beauty in paintings, sculpture, music, literature and the natural "art" of nature.
3. Spirituality is always creative and it is at the center of all that is good, noble and inspiring. Although I am not an artist, I can appreciate and have a feeling of "belonging" to the beauty of this world --- in a sense it all happens and takes shape through me. The rediscovery of spirituality has brought the world and the universe into my life.

4. Help me to have the desire to recreate Your splendors through my experiences.
5. "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." Romans 15:13
6. "I can do all things in Him who strengthens me." Phillipians 4:13
7. "Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing." 1 Peter 3:8-9
8. "And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying.... Instead, strive for his kingdom, and these things will be given to you as well." Luke 12:29,31

Daily Inspiration

1. All the good things in life don't mean much if we fail to enjoy them. Lord, may I pause to notice my blessings and be joyful.

2. Your last chance to do anything about today is right now. Lord, help me keep my thoughts on making this day better so that I build a good foundation for tomorrow.