

Sustaining Partner:

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When we stop using drugs and alcohol, we can see the void we were trying to fill. We can see the emptiness that existed before our addiction.

Filling this void with drugs and alcohol did not work. But maybe this emptiness has a purpose. Maybe recovery can help us fill the void with what it was intended for. If you are new, you are beginning your recovery journey and the void is visible. And it is scary. Don't worry! When you have the support of the fellowship, when you have a homegroup, when you work steps, when you talk with a trusted friend, you can see that this void can be filled with good things. Filled with things it was intended for.

Tonight, we talk about Emptiness.

Our very own Buddy C has recently published a book entitled

Powerless but not Helpless

A Recovery Interpretation of the Tao Te Ching

81 Essential Meditations That Can Change Your Life!

As Buddy wrote in his preface, "In Twelve-step recovery, finding a "God of our understanding" who helps with our addiction can be challenging. The process of surrender to a Power Greater than myself is difficult, at best, and impossible for some. In hindsight, I see that a lack of surrender kept me in

a cycle of relapse for over six years. My difficulty was how to move from a belief that did not relieve my alcoholism to actions that did.”

Verse 11 Emptiness

It is the emptiness of the hub that makes a wheel useful.

It is the empty space within the cup that gives it purpose.

It is the space within the house that makes the house livable.

The emptiness we allow is our true value.

What is an emptiness to you?

Have you ever felt the void?

How did you try to fill the void?

Is this feeling of emptiness a positive or negative thing?

How is it negative?

How can it be a positive thing?

What were you longing for when you used drugs and alcohol?

How did the program help you?

What step helped you find your purpose?

Today, what is your purpose?

Today, what is your heart's desire?

How does your higher power help you discern?

How does the fellowship help in this journey?

We have calls