

QR code to this page



Table of contents

1. [Pancake Marathon](#)
2. [Spiritual principle a day](#)
 - <https://www.spadna.org/>
 - [Spiritual principle a day](#)
 - [Play on Spotify](#)
 - [spotify details](#)
3. [She Recovers Every Day](#)
 - <https://www.hazeldenbettyford.org/thought-for-the-day>

[Daily Reflections](#)

[Twenty-Four Hours A Day](#)

[As Bill Sees It](#)

[Walk In Dry Places](#)

[Keep It Simple](#)

[Each Day a New Beginning](#)

[NA Just For Today](#)

[Today's Gift](#)

[Touchstones](#)

[The Language Of Letting Go](#)

[Journey To The Heart](#)

[More Language Of Letting Go](#)

[A Day at a Time](#)

[One More Day](#)

[Food For Thought](#)

[One Day At A Time](#)

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

[Pocket Sponsor - Book - Quote](#)

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

[AA Thought for the Day](#)

[Father Leo's Daily Meditation](#)

4. [Daily Reflections](#)

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.

6. [As Bill Sees It](#)

"As Bill Sees It" was published in 1967. It's a collection of writings and reflections from Bill Wilson, co-founder of Alcoholics Anonymous.

7. [Walk In Dry Places](#)

"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.

9. [Each Day a New Beginning](#)

"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.

February 26 Pancake Marathon

- 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.
- It's life's job to come to me if I let it in, that is the thing: if I let it in; I will come to that point of how free I want to be. Where do I want to place my mind, to be at peace or to be at war?
- That war of the mind is takes place within the battlefield of the body, its in that place we see that we are what able to come to asking ourselves "do I want to be free or that of how free do I want to be;" to be that of finding the value within such matter: for all things do have value.
- It's up to me to place the value within myself to then show it to others, as to let go and let god; for the freedom that I have is the value I see within myself.

How: Honest open willing

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

What: wonder how about today?

1. Topic ☹☹
 - The value of life
 2. **Honesty**☹☹
 - To see myself in pain,
 3. **Open-mindedness**☹☹
 - To to see the value of such pain;
 4. **Willingness** ☹☹
 - As to then how will I let that pain go or as to see the value within such Affair?
-

APS: Acronyms Principles Slogans

Acronyms (bold) _ Principles (*italic*) _ Slogans (underlined)

- ★ 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
 - *I admit* that life in this *program* can be *simple* and it's me that can make it complicated, for to *keep it simple*, is to just *admit* and then focus on the solution; As to **halt** and in the same sense to **Q-tip**. As it is simple to let go and let God and then yet how do I keep doing the next right thing, When all I want to do is tear down the Walls: because that times it's like I want to add more walls but these walls weren't good enough; and simply to say show for that miracle I must remind myself, that it is *progress not perfection*: to count my wins, to see the value as such to stay teachable.
-

- **For it's about carrying a message, trusting in your higher power; Practicing the principles in all your affairs.**  **my journey** about what is in this meaning within each thing within the wording of Pancake Marathon: you can also go to
 - Principals context
 - Slogan context
 - Word context
 - How? How: Honest open willing
 - Podcast
 - pancake marathon: journey of recovery
 - simple literature
- 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.

February 2 Pancake Marathon

- 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.



How: Honest open willing

For maybe “how,” is “what,” to you?

What: wonder how about today?

1. Topic ☹☹



2. **Honesty**☹☹



3. **Open-mindedness**☹☹



4. **Willingness** ☹☹



Slogans (underlined) _ Acronyms (bold) _ **Principles (italic)**

- ★ 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



- **For it's about carrying a message, trusting in your higher power; Practicing the principles in all your affairs.** **my journey** about what is in this meaning within each thing within the wording of Pancake Marathon: you can also go to
 - **Principals context**
 - **Slogan context**

- Word context
- How? How: Honest open willing
- Podcast
 - pancake marathon: journey of recovery
 - simple literature
- 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.

February 26 Pancake Marathon [with Gemini]

- **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.

Casual

- Life will come to me if I'm open to it. That's the key - being open to it. I'll reach a point where I'll have to decide how free I truly want to be. Do I want to be at peace or at war with myself?
-
- This internal battle takes place within my body. That's where I need to ask myself, "Do I want to be free, and if so, how free?" It's about finding value in everything, because everything does have value.
-
- I need to value myself first and then show that value to others. It's about letting go and letting God. The freedom I have is the value I see within myself.

Summarize

- The provided text discusses the internal struggle between peace and mental warfare. It emphasizes the importance of self-value and the choice to embrace freedom. The text suggests that by finding value within oneself, one can then share it with others, ultimately achieving a state of peace. It highlights the idea that life comes to those who allow it in, and true freedom is a matter of personal choice and self-perception.

Formal

- If I remain open, life will naturally come to me. I will reach a point where I must decide how free I want to be. I must choose where to focus my mind: on peace or on conflict.
-
- This mental conflict takes place within the body. It is in this space that we can ask ourselves, "Do I want to be free, and to what extent?" This question leads us to find value in the situation, as all things have inherent value.
-
- It is my responsibility to value myself and demonstrate that value to others. By letting go and trusting in a higher power, I can find freedom and recognize my self-worth.

Bullet points

- I need to be open to life's possibilities to achieve freedom.
- True freedom is a matter of choice and mindset.
- The mind and body are interconnected; inner peace and conflict affect both.
- Freedom is a personal choice that requires self-reflection and evaluation.
- Everything has value; self-value leads to external recognition.
- True freedom comes from recognizing and expressing one's self-worth.

Shortened

- If I let life in, I can choose freedom. The battle for peace or war takes place within me. Do I want to be free? I must value myself and show that value to others. My freedom is found within.

Rephrased

- If I remain open, life will naturally come to me. I will reach a point where I must decide how free I want to be. The question becomes: where do I want to focus my mind - on peace or on conflict?
-
- This mental conflict takes place within the body. It is here that we must ask ourselves how free we truly desire to be. We must find the value within ourselves, as everything has value.
-
- It is my responsibility to value myself and demonstrate that value to others. By letting go and trusting in a higher power, the freedom I possess becomes the value I see within myself.

Empathetic

- Life will come to you if you're open to it. You have the power to choose between peace and war within your mind. This internal conflict manifests in your body. You have the ability to decide how free you want to be, and recognizing your self-worth is crucial. By valuing yourself, you can show others your worth and let go, allowing freedom to flow through you.

Elaborate

- Life presents itself to me when I am open to it. This openness is key; it leads me to question how free I truly desire to be. The choice is mine: a mindset of peace or a mindset of war.
 -
 - This internal conflict unfolds within my body. It is here that I confront the question of freedom's depth and recognize the inherent value in this pursuit. Everything possesses value.
 -
 - It is my responsibility to recognize my own value and demonstrate it to others. This act of surrender and trust in a higher power allows me to express the freedom that comes from self-worth.
 -
-

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

- *Life in this program can be easy, but I'm the one who makes it hard. Keeping it simple means admitting it and focusing on the solution. It's like hitting pause and taking a Q-tip to the situation. Letting go and letting God is simple, but how do I keep doing the next right thing? Sometimes I just want to tear down the walls or build even stronger ones because the current ones aren't good enough. I need to remember that it's about progress, not perfection. I need to count my wins, see the value, and stay open to learning to show up for that miracle.*

Summarize

- The highlighted text discusses the challenges of maintaining simplicity in a program. The author acknowledges their tendency to complicate things and is learning to focus on solutions by admitting mistakes and letting go. They struggle with wanting to tear down or add new walls while also trying to do the next right thing. Ultimately, they remind themselves to focus on progress over perfection, to recognize their wins, to value their growth, and to stay teachable.

Formal

- I acknowledge that life in this program can be simple, and that I am the one who can make it complicated. To maintain simplicity is to simply admit and then focus on the solution; to pause and, in the same sense, to reflect. As it is simple to let go and let God, how do I keep doing the next right thing when all I want to do is tear down the walls? Because sometimes it's as if I want to add more walls, but these walls were not good enough. To simply ask for that miracle, I must remind myself that it is progress, not perfection: to count my wins, to see the value as such, and to remain teachable.

Bullet points

- Life in the program can be simple, but I can make it complicated.
- Keeping it simple means admitting and focusing on the solution.
- Halting and Q-tipping are also ways to keep it simple.
- Letting go and letting God is simple, but how do I keep doing the next right thing?
- Sometimes I want to tear down the walls, and sometimes I want to add more walls because the existing ones weren't good enough.
- To show for that miracle, I must remind myself that it is progress, not perfection.
- I need to count my wins, see the value, and stay teachable.

Elaborate

- Life in recovery can be straightforward, but my tendency to overthink and complicate matters can hinder my progress. The key to maintaining simplicity lies in acknowledging my challenges and actively seeking solutions. This involves pausing, reflecting, and taking a step back – much like using a Q-tip to clean out my ears.
-
- Similarly, surrendering control and trusting a Higher Power is crucial, yet I still grapple with consistently making the right choices. At times, I feel overwhelmed by the urge to dismantle the protective barriers I've built, while simultaneously wanting to reinforce them

due to a perceived inadequacy. In these moments of doubt, I must remind myself that recovery is a journey of progress, not perfection.

-
- To stay on track, I need to acknowledge my victories, recognize the value in my efforts, and remain open to learning and growth. By focusing on these principles, I can navigate the complexities of recovery with greater ease and maintain a sense of hope and purpose.

Shortened

- Life in this program can be simple, but I tend to complicate it. To keep it simple, I must admit my faults and focus on the solution. I must let go and let God, and continue doing the next right thing. Even when I want to give up, I must remember that progress, not perfection, is the goal.

Rephrased

- I acknowledge that this program can offer a simple life, but I tend to complicate things. Keeping it simple means admitting my complications and focusing on solutions. It's essential to pause and reflect, to let go and trust in a higher power.
-
- The challenge lies in consistently doing the right thing, especially when I feel like breaking down or building up walls. These walls represent my self-imposed barriers, and I must remember that progress, not perfection, is the goal. I need to acknowledge my successes, recognize the value in the program, and remain open to learning.

Empathetic

- It sounds like you're feeling overwhelmed and frustrated right now. You want to keep things simple, but sometimes it feels like everything is getting more complicated. It's understandable that you want to tear down the walls and build new ones, even if the old ones weren't good enough. Remember, progress takes time and it's not always perfect. Try to focus on the small wins and stay open to learning. You're not alone in this, and there is support available.

February 2 Pancake Marathon *[with Gemini]*

- 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.

Casual

➤

Summarize

➤

Formal

➤

Bullet

➤

Elaborate

➤

Shortened



Rephrased



Empathetic



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



Summarize



Formal



Bullet



Elaborate



Shortened



Rephrased



Empathetic





past topics

2024

acronyms

SLOGANS

- The secrets of us going **nuts** is the point of why we are here/doing what we are doing (*Just like one in the same as their Traditions are why we do what we do, how it works the steps is well how it works and the promises are what to come when you put the work in, doing the wise because of the house and as such as simply to say the promises so what's*) for then we can see the **love** we are able to give because we have **qtipped** to the level of **love** so that we can then give **kisses** But For The Grace Of God will help us be able to Cultivate an attitude of gratitude by doing it sober will we be able to see that simply we are looking for a peace of mind and to stop running/building a wall to hide behind; to get to the point of wanting to build a door into the life we are wanting to keep running with the Solution.
- 1. NUTS: Not. Using. The. Steps.
- 2. LOVE: Let. Others. Voluntarily. Evolve.
- 3. QTIP: Quit. Taking. It. Personally
- 4. KISS: keep it simply simple.

From myself:

- Running with the solution to be able to fill the Void of our hearts, being able to have a peace of mind; ultimately finding that each problem being a dead end of its own, can be changed into a challenge(*or it's always about the simple fact that you have a cup and you can feel it, and yet it's up to you how you do such things; really give what you have to give: so that you can get it back and yet when you do get it back you get to keep it with care this time*): In all honesty it's always about changing the way that you look at it, what motivates you will get you started at the same moment The Habit is what keeps you going.
- Void

Spiritual Principle a Day

February 26, 2025

The Practicality of Step Three

Page 58

"Many of us believe that every day we abstain from using, or take suggestions from our sponsor, we are taking practical action on our decision to turn our will and lives over to the care of our Higher Power."

NA Step Working Guides, Step Three, "Turning It Over"

Sometimes we get anxious about how we're faring in recovery. Are we doing enough to stay clean? Is our concept of a Higher Power crystal clear? Have we struck the right balance of NA versus life responsibilities? When was the last time we reached out to a newcomer--like really made an effort? "Stop trying to do it perfectly," a member suggests. "Just stop and turn it over."

Just turn it over. Just?!

The concept of "turning it over" to our Higher Power can be a tough one for many of us. We can be confused about what the "it" is that we're turning over, who/what we're turning it over to, and what "turning it over" is in the first place. Luckily, we have plenty of opportunities to explore this concept in recovery--we can answer all the questions in our Step Working Guides, we can discuss it with our sponsor, we can ask other members we trust about their experience, we can devour every passage on the Third Step to be found in NA literature.

But let's all just take a moment and consider this: Since we are reading these words right now, we are clearly taking a practical action of turning our will over. Whether alone or with a group, we are in our Higher Power's will at this very second as we take in this moment. This is all-inclusive, whether we have tons of time clean or are wrestling with our recent relapse. Right now, as we are reading these words or hearing them read aloud by another member, we are having a spiritual experience. We don't have to force it or define it or wonder about it or control it. We can just reflect on it.

So simple. So practical.

Right here, right now, in this moment, I'm applying the spiritual principle of practicality. I don't have to do anything else except acknowledge it.

She Recovers Every Day

26 Loving Our Inner Child

The year after I got serious about recovery, John Bradshaw published *Homecoming: Reclaiming and Healing Your Inner Child*. My therapist at the time recommended that I read it, and I did, and before I knew it everyone around me in recovery was reading it too. The premise of the book was that we each carry within us a wounded inner child who is seeking attention and healing. Our inner child's needs can be met when we learn how to reparent ourselves, to give ourselves what we didn't receive as children. It sounds complicated, but it works. The one thing that my inner child lacked most was knowledge that she was loved. Figuring that out was instrumental in my early recovery, and Bradshaw's work helped me give that little girl what she needed. I could close my eyes, picture little me, and tell her that she really was loved; her parents just didn't know how to show her love in a way that she would recognize. It was such a healing process, and I've continued to nurture little Dawn for these past many

decades. Have you met your inner child and helped her process her past? Have you been able to show her that she has been worthy of love all along?

I see you, little one. I've got your back now, and I had it then.

[Daily Reflections](#)
[Twenty-Four Hours A Day](#)
[As Bill Sees It](#)
[Walk In Dry Places](#)
[Keep It Simple](#)
[Each Day a New Beginning](#)
[NA Just For Today](#)
[Today's Gift](#)
[Touchstones](#)
[The Language Of Letting Go](#)
[Journey To The Heart](#)
[More Language Of Letting Go](#)
[A Day at a Time](#)
[One More Day](#)
[Food For Thought](#)
[One Day At A Time](#)
[Hour To Hour - Book - Quote](#)
[Pocket Sponsor - Book - Quote](#)
[Time for Joy - Book - Quote](#)
[AA Thought for the Day](#)
[Father Leo's Daily Meditation](#)

Daily Reflections

NO ORDINARY SUCCESS STORY

A.A. is no success story in the ordinary sense of the word. It is a story of suffering transmuted, under grace, into spiritual progress.
AS BILL SEES IT, p. 35

Upon entering A.A. I listened to others talk about the reality of their drinking: loneliness, terror and pain. As I listened further, I soon heard a description of a very different kind--the reality of sobriety. It is a

reality of freedom and happiness, of purpose and direction, and of serenity and peace with God, ourselves and others. By attending meetings, I am reintroduced to that reality, over and over. I see it in the eyes and hear it in the voices of those around me. By working the program I find the direction and strength with which to make it mine. The joy of A.A.

is that this new reality is available to me.

Twenty-Four Hours A Day

A.A. Thought For The Day

When we came into A.A., we came to believe in a Power greater than ourselves. We came to believe in that Divine

Principle in the universe which we call God, and to whom we could turn for help. Each morning we have a quiet time. We ask God for the power to stay sober for the next twenty-four hours. And each night we thank Him for helping us to keep sober for that day. Do I believe that each man or woman I see in A.A. is a demonstration of the power of God to change a human being from a drunkard to a sober person?

Meditation For The Day

I should pray for more faith as a thirsty man prays for water in a desert. Do I know what it means to feel sure that God will never fail me? Am I sure of this as I am sure that I still breathe? I should pray daily and most diligently that my faith may increase. There is nothing lacking in my life because really all I need is mine, only I lack the faith to know it. I am a king's son who sits in rags and yet all around me are stores of all I could desire.

Prayer For The Day

I pray for the realization that God has everything I need.

I pray that I may know that His power is always available.

As Bill Sees It

Better Than Gold, p. 57

As newcomers, many of us have indulged in spiritual intoxication.

Like a gaunt prospector, belt drawn in over the last ounce of food, we saw our pick strike gold. Joy at our release from a lifetime of frustration knew no bounds.

The newcomer feels he has struck something better than gold. He may not see at once that he has barely scratched the limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product.

Alcoholics Anonymous, pp. 128-129

Walk In Dry Places

The Fix that Never was _____ Recovery

In all of the despair and defeat that went along with drinking, most of us held to the ideal of a "fantastic fix"----- a drinking experience so fulfilling and complete that it would solve our problems and leave us searching no more.

Compulsive disorders, like alcoholism, seem to include this delusion. The gambler looks for the big score, the overeater seeks the total enjoyment of food, and the sex junkie searches for the perfect partner. But the search never ends, because our compulsions always drive us to seek stronger wine and greater excitement.

The only fix that will ever work has to be rooted in sobriety and right living. When we think and live properly, free from alcohol, we find a fix that really works. We find continuous satisfaction instead of soaring excitement, sound relationships with other people instead of ego-gratifying encounters, and purpose instead of drifting.

The peak experience we had been seeking is a fix that never can be. We can be truly "fixed" only by staying sober.

I will live calmly and gratefully today, forgetting the drive for excitement that was destroying me. My Higher Power knows who I am and what I should be doing.

Keep It Simple

Forewarned. forearmed: being prepared is half the victory.---Miguel de Cervantes

There will be hard times in our program. There will be hard times in our lives. That's the way the life is. It helps if we accept this. Then we can prepare for tough times. We can prepare by getting a good set of habits and sticking to them. We can make it a habit to give time to our program each day. Sticking to good habits is like having a savings account: when hard times come, we can take the "investment" we've made and overcome our problems.

Prayer for the Day: Higher Power, help me accept that there will be hard times. Help me prepare for them. With Your help, I'll stay close to You, my friends, and the program.

Action for the Day: I'll put something into my program "savings account" today. I'll make that extra call. I'll read a little longer or go to an extra meeting.

Each Day a New Beginning

Happiness is a byproduct of an effort to make someone else happy. --Gretta Brooker Palmer

We have striven for happiness, generally in self-centered ways. We expected others to favor us with their attention, for example. Or we waited for invitations or gifts. We have probably tried to buy happiness with the purchase of a new dress or shoes. Fleeting moments of happiness were gained, that's all. And soon we were discontent once again. And the search was begun anew.

But things have changed for some of us. We are learning, maybe slowly, how to find a more permanent happiness. And we know the happiness that comes from "getting" is elusive. Giving to others, giving attention, sharing hope, sharing our own stories, listening to theirs, is the key to finding the happiness for which we've searched so long. We must get outside of ourselves and focus on another's joy or sorrow. Only then do we get a clear perspective on who we are and the necessary role we play in the lives of others who need our attention and who have a message we also need to hear.

The creative power stirring in me needs recognition. Looking deeply into another person, listening intently to the stirring will elicit joy. I will feel in touch with my own creative power, a lasting thrill, not a

fleeting moment of happiness.

NA Just For Today

Remorse

"The Eighth Step offers a big change from a life dominated by guilt and remorse." Basic Text, p. 38

Remorse was one of the feelings that kept us using. We had stumbled our way through active addiction, leaving a trail of heartbreak and devastation too painful to consider. Our remorse was often intensified by our perception that we couldn't do anything about the damage we had caused; there was no way to make it right.

We remove some of the power of remorse when we face it squarely. We begin the Eighth Step by actually making a list of all the people we have harmed. We own our part in our painful past. But the Eighth Step does not ask us to make right all of our mistakes, merely to become willing to make amends to all those people. As we become willing to clean up the damage we've caused, we acknowledge our readiness to change. We affirm the healing process of recovery.

Remorse is no longer an instrument we use to torture ourselves. Remorse has become a tool we can use to achieve self-forgiveness.

Just for today: I will use any feelings of remorse I may have as a stepping-stone to healing through the Twelve Steps.

Today's Gift

From harmony, from heavenly harmony,

This universal frame began . . .

--John Dryden

Our family is like a small orchestra. Each of us has an important part to play. To achieve harmony we tune in to how others are sounding. We recognize that every orchestra needs a conductor, a center for direction. We rely on our Higher Power for this support and guidance, and we realize that our family's music exists in time. It changes, it passes, and we begin a new song. Our music comes and goes. It is not carved in marble. It is a free expression of family love.

No one of us has to play alone, because we are an ensemble. The time for soloing comes later. Today we rejoice that we can play together.

How can my music add to the family's symphony today?

Touchstones

I have never for one instant seen clearly within myself. How then would you have me judge the deeds of others?

--Maurice Maeterlinck

We have been given the job of getting to know ourselves and dealing with our own craziness. We aren't so good at it that we have spare time and energy left to make judgments about those around us. We are tempted to become absorbed in their behavior and choices, and it does feel like a welcome distraction from anxieties about ourselves. So we must learn to detach from the family members and friends that we are tempted to fix, or monitor, or judge.

Although we are very close, we are on separate paths in life. We were not born together, and we will not die together. We will make our family or our friendships and the world a little bit better by staying centered on our own sanity.

I pray for a clear separation between what is on my path in this program and what is on someone else's path. Then we can make good bridges between us.

The Language Of Letting Go

Twelve Step Programs I was furious when I found myself at my first Al Anon meeting. It seemed so unfair that he had the problem and I had to go to a meeting. But by that time, I had nowhere left in the world to go with my pain. Now, I'm grateful for Al Anon and my codependency recovery. Al Anon keeps

me on track; recovery has given me a life. --Anonymous

There are many Twelve Step programs for codependents: Al Anon, Adult Children of Alcoholics, CoDa, Families Anonymous, Nar-Anon, and more. We have many choices about which kind of group is right for us and which particular group in that category meets our needs. Twelve Step groups for codependents are free, anonymous, and available in most communities. If there is not one that is right for us, we can start one.

Twelve Step groups for codependents are not about how we can help the other person; they're about how we can help ourselves grow and change. They can help us accept and deal with the ways codependency has affected us. They can help us get on track and stay there.

There is magic in Twelve Step programs. There is healing power in connecting with other recovering people. We access this healing power by working the Steps and by allowing them to work on us. The Twelve Steps are a formula for healing.

How long do we have to go to meetings? We go until we "get the program." We go until the program "gets us." Then we keep on going and growing.

Selecting a group and then attending regularly are important ways we can begin and continue to take care of ourselves. Actively participating in our recovery program by working the Steps is another.

I will be open to the healing power available to me from the Twelve Steps and a recovery

program. It is safe to know there is a special place within me where I can feel peace. --Ruth Fishel

Journey To The Heart

Embrace the Lessons of Night

I reached Wyoming's Yellowstone Park late, much later than I had planned. The park was sprawling. I wasn't certain how to find the lodge. I couldn't find anyone to ask for help or directions. Tired and exhausted, I couldn't make sense of the map. I found myself driving around and around, becoming almost frantic.

Suddenly, beyond the treetops, I spotted a bright light. Good, I thought, it must be the lodge. I drove a little further, then stopped the car and stared in awe. What I saw stilled my heart, and calmed my frantic pace.

Above Yellowstone Lake, nestled between two mountain peaks, glowed a huge, white, full moon, the largest I'd ever seen it. The pines stood guard, quiet and still. A light layer of snow and ice frosted the

lake's surface. I pulled to the side of the road and watched the moon set. It was the single most beautiful, breathtaking scene of the journey.

I would never have seen this scene in the daytime. I would never have seen this moon, had I not gotten lost. I would never have seen it, had it not been this particular time of night. So maybe I'm not lost, I thought. And maybe I'm not late. Maybe what I'm really doing is taking a beautiful evening drive.

When we're lost, when the way gets dark, sometimes we see things we never would have seen in the daylight. Sometimes, the lessons we learn in the darkness are breathtakingly beautiful.

Enjoy the sunshine, but trust the darkness, too. It is more than to be endured. It is to be experienced, and later cherished.

More Language Of Letting Go

Open the door to fun experiences

You will do foolish things, but do them with enthusiasm.

-Colette

It was nighttime. A light breeze ruffled through my hair as I sat on the bench looking out over the lights of Las Vegas. How did I get here again? I thought. Then I remembered. It had been another of Chip's wrong turns that had led us from southern California into the unknown.

The man wrapped a thick cloth around my ankles and then attached the cord to it. Another backup cord ran to the harness around my waist.

I was on a tower 150 feet above the ground getting ready to bungee jump. By my feet. At night. In Vegas. Again.

Sometimes the first step is the hardest. Sometimes it's the second step that gets you. The thing about a new experience is that you have no expectations, there is no frame of reference. But the second time. ... I remembered the feeling of looking down off the platform to the ground below, the unnatural, terrifying step into nothingness, then my stomach jumping up into my chest, the long second when time seemed to

freeze, the plunge toward the ground, and the tug of the cord slowing me. I remembered the rebound, the hanging there, waiting to be pulled back up. I remembered it all, and it grew in my mind. And besides, this time it was night, and I was going to be hanging by my feet.

I walked to the edge of the platform. I wasn't holding on. But I was shaking.

"5-4-3-2-1- go!" came the count. I closed my eyes and let myself fall.

And I laughed and I screamed, and I laughed at myself for screaming. It was fun.

Later, as we headed farther down the road, farther away from home on another intuitive road trip, I was still smiling.

Growth is self-perpetuating. Each new experience opens the door for further experiences. Today, remember something that you may have done only once, something you liked; then do it again. Allow your mind to fill you with uncertainty as you remember all of the experiences of the first time. It doesn't have to be work-related. Maybe you went to a play instead of watching TV. Camped in the woods. Or wrote a poem. Find something that was fun, and do it again. Then, bring that feeling back to your ordinary world. Bring the woohoo of the second time into the third, forth, and fifth times that you do a thing.

Keep the life in your life.

God, please remind me of some fun, interesting things that I like to do. Then help me get out of my chair and do them.

A Day at a Time

Reflection For The Day

"What if..." How often we hear these words from newcomers to The Program. How often, in fact, we tend to say them ourselves. "What if I lose my job?" "What if my car breaks down?" What if I get sick and can't work?" "What if my child gets hooked on drugs?" What if - anything our desperate imaginings can project. Only two small words, yet how heavy-laden they are with dread, fear and anxiety. The answer to "What if..." is, plainly and simply, "Don't project." We can only live with our problems as they arise,

living one day at a time. Am I keeping my thoughts positive?

Today I Pray

May I grow spiritually, without being held back by anxieties. May projected fears not hobble my pursuits or keep me from making the most of today. May I turn out fear by faith. If I will only make a place for God within me, He will remove my fears.

Today I Will Remember

I can only borrow trouble at high interest rates.

One More Day

I shall not pass this way again;

Then let me now relieve some pain,

Remove some barrier from the road,
Or brighten someone's heavy load.

- Eva Rose York

Sometimes we help other through - neighborhood clean-up committees, recycling stations, and paint-tons. Maybe we've volunteered through school or church or community organizations.

Illness has helped us better understand the relationship between those who help and those who need help. Loving help is not prompted by pity or superiority, but by empathy and shared humanness. Also, we've learned that no one is always the helper or always the one needing help. We are both. We are bonded to others through what we give - and what we receive.

I will show my love by helping and being willing to be helped.

Food For Thought

Eating Slowly

We compulsive overeaters are inclined to devour our meals in a great rush. Mealtime often finds us anxious and tense, and sometimes we are just plain greedy! While others at the table are interested in conversation and socializing, we may be narrowly focused on food and preoccupied with trying to satisfy a ravenous appetite.

We need to break out of our self-centeredness. Rather than being completely absorbed with satisfying our own appetite (which we can never do), we can learn to focus some of our attention on the concerns of those around us. When we eat more slowly, we have more time for others and we feel less deprived. Our enjoyment, of both the company and the food, is greatly increased.

Even when we eat a meal alone, we should remember that we do not receive all of our nourishment from physical food. When we eat more slowly, we become more relaxed and refreshed both physically and spiritually. When we are aware of our Higher Power and thankful for all of His blessings, the meal is more satisfying.

Help me to slow down and appreciate Your gifts.

One Day At A Time

~ MEMORIES ~

Some memories are realities ...

and are better than anything that can ever happen to one again.

Willa Cather

When one is young, the world is large and the thought of exploring it is exciting. Each year that we live

we add to our memory chest ... and by middle age those memories are substantial. I have found as I have grown older that I remember more of the good things that have happened in my life than the bad. The good things seem to become sharper as time goes by ... and the bad seem less so. It's almost as though the memory has turned into a "feeling" rather than a specific event.

When I work on the fourth and the eighth Steps, my life flashes before me and, like one of those calendars from an old movie, time whizzes by and people who have been part of my life hurtle through space ... each triggering a memory.

Memories aren't made more poignant by time. One might think that a decade of recurring events might be remembered with more clarity than a year ... but I have found in the case of my own memories that it is the quality and intensity of time that produces the kind of memories Willa Cather talks about. A year or two or three, given the right circumstances, can produce the feelings we love our memories to trigger, more than those experienced during a lifetime. And a lifetime of memories can be dwindled into just moments.

One Day at a Time . . .

I will cherish my memories ~ Because I may never experience the reality of some of them again. ~ Mari ~

Hour To Hour - Book - Quote

There is a fundamental unity that underlies the fellowship of our programs. It is this unity that can comfort us and help us hold on when we want a fix, pill, drink, smoke, or snort more than we want this new unfamiliar life.

God, as I understand You, show me how to take comfort from the unity of fellowship when drugs call me back.

Fear

Today, I allow myself to experience my fears as fears. I don't need to let them control and color the circumstances of my life. They are real, and it is understandable that I have them. Healing can mobilize my deep fears, they come up more intensely than normal. But this is a part of my process, and growth and healing aren't neat and tidy. When I am very afraid, I will comfort myself or seek comfort from someone else. I will understand that even though I fear the worst, the worst will not necessarily happen. My

feelings feel very powerful inside me, but they are not facts. I can survive my fears and understand that they will pass.

I have compassion for the fearful part of me.

- Tian Dayton PhD

Pocket Sponsor - Book - Quote

Whatever you are trying to avoid, we won't go away until you confront it.

When I see myself as others see me, do I deny it?

"Walk Softly and Carry a Big Book" - Book

Your Higher Power makes your life uncomfortable when it's time for you to change.

Time for Joy - Book - Quote

It is safe to know there is a special place within me where I can feel peace.

Alkiespeak - Book - Quote

I'm unique, just like everybody else. - Anon.

AA Thought for the Day

Peace of Mind

As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter.

- Alcoholics Anonymous, p. 63

Thought to Ponder . . .

Happiness and peace of mind are always here, open and free to anyone.

AA-related 'Alconym' . . .

A A = Always Awesome.

Father Leo's Daily Meditation

UNIQUENESS

"Each honest calling, each walk of life, has its own elite, its own aristocracy based upon excellence of performance."

-- James Bryant Conant

Everybody has a gift and a special feature that is unique to themselves. Unfortunately so many people are so busy admiring the gifts of others that they miss their own; they are so caught up in the lives of others that they miss the "specialness" of their own existence. One of the symptoms of my alcoholism was low self-esteem.

Of course I acted a role of confidence. I pretended that everything was okay. I wore the mask of success -- - but deep within myself, I was always waiting for the world to find out that I was a fake, that something was missing in my life.

In recovery I have discovered God's powerful gift of spirituality and I know that through my life a uniqueness exists in the world. I have the capacity to make the day better --- not only for myself but also for others.

Thank You for the "specialness" of my life.

Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: for the wrath of man worketh not the righteousness of God.

James 1:19-20

"Reckless words pierce like a sword, but the tongue of the wise brings healing."

Proverbs 12:18

We love because [God] first loved us.

1 John 4:19

Daily Inspiration

Lift yourself above the seriousness of life by keeping a gentle sense of humor. Lord, You have made me one of a kind. Help me to enjoy who I am.

No one can live for himself alone for then he will have no purpose in life. To give of self is one of life's greatest joys and blesses us with a full and rich life. Lord, help me to be selfless and loving to those around me.