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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.

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"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.

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.

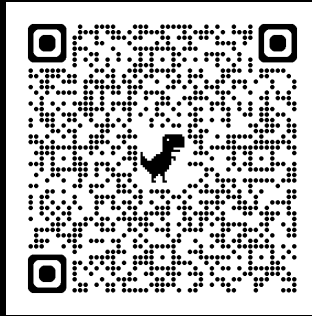
23. [AA Thought for the Day](#)

"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.

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Daily Readings and Inspirations February 18

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

OUR PATHS ARE OUR OWN

... there was nothing left for us but to pick up the
simple kit of spiritual tools laid at our feet.

ALCOHOLICS ANONYMOUS, p. 25

My first attempt at the Steps was one of obligation and necessity, which resulted in a deep feeling of discouragement in the face of all those adverbs:

courageously; completely; humbly; directly; and only.

I considered Bill W. fortunate to have gone through such a major, even sensational, spiritual experience. I had to discover, as time went on, that my path was my own. After a few twenty-four hours in the A.A.

Fellowship, thanks especially to the sharing of members in meetings, I understood that everyone gradually finds his or her own pace in moving through the Steps. Through progressive means, I try to live according to these suggested principles. As a result of these Steps, I can say today that my attitude towards life, people, and towards anything having to do with God, has been transformed and improved.

Twenty-Four Hours A Day

A.A. Thought For The Day

After I became an alcoholic, alcohol poisoned my love for my family and friends, it poisoned my ambition, it poisoned my self-respect. It poisoned my whole life, until I met A.A. My life is happier now than it has been for a long time. I don't want to commit suicide. So with the help of God and A.A., I'm not going to take any more of that alcoholic poison into my system. And I'm going to keep training my mind never even to think of liquor again in any way except as a poison. Do I believe that liquor will poison my life if I ever touch it again?

Meditation For The Day

I will link up my frail nature with the limitless Divine

Power. I will link my life with the Divine Force for Good in the world. It is not the passionate appeal that gains the Divine attention as much as the quiet placing of the difficulty and worry in the Divine Hands. So I will trust God like a child who places its tangled skein of wool in the hands of a loving mother to unravel. We please God more by our unquestioning confidence than by imploring

Him for help.

Prayer For The Day

I pray that I may put all my difficulties in God's hands and leave them there. I pray that I may fully trust God to take care of them.

As Bill Sees It

Out Of Defect. . . Strength, p. 49

If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that some day we will be immune to alcohol.

<<< <<>> >>>

Such is the paradox of A.A. regeneration: strength arising out of complete defeat and weakness, the loss of one's old life as a condition for finding a new one.

1. Alcoholics Anonymous, p. 33

2. A.A. Comes Of Age, p. 46

Walk In Dry Places

Shining shoes for Subordinates

Growing in Humility

Did you ever hear of a man named Samuel Logan Brengle? He was a Salvation Army officer whose spiritual consciousness was legendary. But he didn't start that way. A gifted ministerial student of the nineteenth century, he joined the Salvation Army only to find himself sent to a cellar to clean the shoes of other cadets___ most of them far below him in learning and intelligence.

Brengle used that humbling experience to conquer his pride and resentment. He later recalled the utter joy he felt as he cleaned the shoes and prayed for each person. Later on, Brengle became an inspiration to thousands.

It's not likely any of us will have to clean shoes for subordinates today. What's more likely is that we'll encounter situations that would hurt our pride or churn up resentment. We can turn any such experience into an opportunity for growth by praying to see God's hand in the matter and refusing to fight about it. The peace and serenity we feel is our reward, and, like Brengle, we'll become better people who can be of real service to others.

Somebody may come to me today with something that makes my blood boil. I won't be a doormat, but I will remember that I always have the choice of making anything a positive experience.

Keep It Simple

Whoever gossips to you will gossip about you. Spanish proverb

Gossip can kill the trust in a Twelve Step program. We all need to feel safe when we share our personal lives with others. We need to know our private business won't spread around.

We can do two things to help keep the trust in our groups, and in the rest of our lives too. First, don't gossip. Second, don't listen to gossip about others.

Prayer for the Day: Higher Power, help me mind my own business today. Help me honor the trust of my friends by not gossiping.

Action for the Day: Today, I'll think of two ways to stop someone from telling me gossip. Then, I'll put those ways to use.

Each Day a New Beginning

To keep your character intact you cannot stoop to filthy acts. It makes it easier to stoop the next time. -- Katharine Hepburn

Behaving the way we believe God wants us to behave sounds so easy on the surface. We don't willingly hurt others, do we? Or do we? . . . When did we last secretly burn with jealousy over another's good fortune or good looks? Has there been a time, recently, when we sulked for lack of attention . . . or perhaps picked a fight?

We can simplify life from this moment forth. There is only one path to walk, one decision to make, in every instance, and all our burdens will be lifted, all our anxiety released. We can decide to act in good faith. We can be silent a moment with ourselves and let our inner guide direct our behavior, our words, our thoughts.

Each of us knows, when we dare to let our spiritual nature reign, the right act in every case. Letting God choose our acts will ease our lives. No more obsessive confusion. No more regrets. No more immobility due to fear of wrong moves.

Freedom is guaranteed when I depend on God to direct my behavior. Life's burdens are lifted. I will go forth today, doing God's will, and my Spirit will be light.

NA Just For Today

The Recovery Partnership

"As long as I take it easy and make a commitment with my Higher Power to do the best I can, I know I will be taken

care of today"

Basic Text, p. 120

Many of us feel that our fundamental commitment in recovery is to our Higher Power. Knowing that we lack the power

to stay clean and find recovery on our own, we enter into a partnership with a Power greater than we are. We make a

commitment to live in the care of our Higher Power and, in return, our Higher Power guides us.

This partnership is vital to staying clean. Making it through the early days of recovery often feels like the hardest thing

we've ever done. But the strength of our commitment to recovery and the power of God's care is sufficient to carry us

through, just for today.

Our part in this partnership is to do the very best we can each day, showing up for life and doing what's put in front of

us, applying the principles of recovery to the best of our ability. We promise to do the best we can&151not to fake it,

not to pretend to be superhuman, but simply to do the footwork of recovery. In fulfilling our part of the recovery

partnership, we experience the care our Higher Power has provided us.

Just for today: I will honor my commitment to a partnership with my Higher

Power. *****

Today's Gift

United souls are not satisfied with embraces, but desire to be truly each other. --Sir Thomas Browne
If hugs could melt, if kisses were made of nothing but pure air, if talkers always agreed, and if hearts all beat to the

same drum, would we desire any longer to be truly each other? No two leaves on a tree turn the same way in the

wind; no two fish in a school tread the same water; and no two people can live the same life. Therefore, when we hug

let's leave some space; when we kiss let's allow each other to breathe; when we talk let's permit each other to

disagree; when we love let's honor each other's rhythm and way.

Is it our similarities or differences that make us want to know each other better?

Touchstones

Love can be its own reward. --Arnold Label

The feeling of attachment, of being related, of caring about someone, is what life is all about.
Before recovery, we may

have feared we could not love anyone. When we feel love, we may also feel cheated because our affections aren't

returned, as we want them to be. Or we may think relationships are just too complicated and painful. It's true that

relationships are difficult at times. The only thing more difficult is having none.

In this quiet moment, let's reflect on our relationships. Close attachments to both men and women are essential to our

progress. Without them, we would not be in recovery. We don't need to say to our friends, "What have you done for me?" We can feel an inner fullness and satisfaction, knowing we have relationships we truly care about and we are

accepted as we are. That alone is a remarkable reward.

I appreciate the joys my relationships bring.

The Language Of Letting Go

Being Right

Recovery is not about being right; it's about allowing ourselves to be who we are and accepting others as they are.

That concept can be difficult for many of us if we have lived in systems that functioned on the "right wrong" justice

scale. The person who was right was okay; the person who was wrong was shamed. All value and worth may have

depended on being right; to be wrong meant annihilation of self and self-esteem.

In recovery, we are learning how to strive for love in our relationships, not superiority. Yes, we may need to make

decisions about people's behavior from time to time. If someone is hurting us, we need to stand up for ourselves. We

have a responsibility to set boundaries and take care of ourselves. But we do not need to justify taking care of

ourselves by condemning someone else. We can avoid the trap of focusing on others instead of ourselves.

In recovery, we are learning that what we do needs to be right only for us. What others do is their business and needs

to be right only for them. It's tempting to rest in the superiority of being right and in analyzing other people's motives and actions, but it's more rewarding to look deeper.

Today, I will remember that I don't have to hide behind being right. I don't have to justify what I want and need with

saying something is "right" or "wrong." I can let myself be who I am.

Today I am establishing rapport with myself. --Ruth Fishel

Journey To The Heart

Your Body,Mind, and Soul Are One

The body, mind, spirit, and emotions are more than just connected. They are one. To nurture the body is to nurture the

mind, spirit, and emotions.To nurture the spirit is to nurture the body, mind, and emotions. And so it goes, a

continuous connection. A continuing whole.

Do you feel fragmented? Have you disowned a part of yourself? Invite it back. Maybe you've focused too heavily on

one part and neglected others. You can be a world-class athlete and still not be in touch with your soul. You can be

skilled at dealing with any emotion that comes along, and yet not see the delicate connection between that emotion

and your conscious thoughts and beliefs. Or you may be so focused on tending to the needs of your spirit and mind that you neglect your body- resent it and think of it as a limitation.

Tend to each aspect of the whole. Do things that nurture your spirit, perhaps spend time in prayer and meditation or

time with nature. Work on what you believe; clarify the thoughts that run through your head. Nurture yourself

emotionally. Let yourself heal from the feelings of the past, and do what you need to stay current and clear. Listen to

your body and give it what it needs- it's not separate and apart, it's not a nuisance. It's the form your spirit created to

experience the gift of life.

Find that place of balance in nurturing all parts of you. Then life will begin to be magical and you'll see what you

believe. Your feelings won't be a bother. They'll fuel your life; they'll be the passion that adds color and zest to your life.

Your body will lead you instinctively into what you want and away from what you dislike. And the longer you travel the

journey to the heart, the more you'll discover and trust your soul.

Start by becoming connected. If you love yourself and keep walking your path, soon you'll see how connected you are.

More Language Of Letting Go

Remember how to play

We don't stop playing because we get old, we get old because we stop playing.

-Herbert Spencer

I was sitting in my back porch watching a group of children playing in the surf. As the waves came surging in, they

would turn to face the shore on their body boards and paddle like heck to try to catch the wave. I watched the surf

crash down on top of them, one by one. There would be nothing for a few moments but the torrent of water, and then

a little while later a green foam board would pop up and a little while later, a laughing head and body. They'd shriek and

laugh, then one by one turn around, go back out, and do it again.

Later toward sunset, I saw two gray-haired men in ocean kayaks paddling near the shore. They would wait for the

perfect wave and then paddle as hard as they could, trying to catch it and ride it into shore. Again I watched as the

waves reared up and crashed down on the little boats. A kayak would get pushed up on the beach, followed a few

moments later by a laughing gray-haired man, who would then paddle back out and do it again.

I have a friend in his thirties who is determined to make it. He doesn't know where he's going; he just knows that he is

going somewhere. And no, he doesn't have time to go to a basketball game or Magic Mountain. He's busy and doesn't have time to play.

I have a friend in his fifties. He's in excellent health. He sits in his house, feeds the dog, and complains about the pain

and the shortness of life. He doesn't play because his poor body just isn't what it used to be.

We can play or we can not play. It doesn't make any difference one way or another, except that at the end, you will

have had a much more enjoyable time if you did.

God, help me start having some fun.

A Day at a Time

Reflection For The Day

We learn in The Program that we cannot punish anyone without punishing ourselves. The release of my tensions,

even justified, in a punishing way leaves behind the dregs of bitterness and pain. This was the monotonous story of

my life before I came to The Program. So in my new life, I'd do well to consider the long-range benefits of simply

owning my emotions, naming them and thus releasing them. Does the voice of God have a chance to be heard over

my reproachful shouting?
Today I Pray

May I avoid name-calling, ego-crushing exchanges. If I am angry, may I try to assign my anger to what someone did

instead of what someone is. May I refrain from downgrading, lashing out at character flaws of mindless abuse. May I

count on my Higher Power to show me the way.

Today I Will Remember

To deal with anger appropriately.

One More Day

Self pity is our worst enemy and if we yield to it, we can never do anything wise in this world. -
Helen Keller

Pity, either from ourselves or others, harms us. yet, sometimes, we allow it to happen.

What we really need from others is empathy - for them to feel as if they were in our shoes. Pity can be a deep pit to

fall into, and the climb back out is difficult. We can't begin to make the ascent until we are fully aware of why we have

allowed pity and self-pity to prevail. Maybe feeling sorry for ourselves has been easier than encountering the frustration

that may come when we make an effort.
The actions I take today will be based on growth for myself and will help me avoid

self-pity. *****

Food For Thought

Setting Priorities

One of our slogans is "first things first." We cannot have or do everything; we must set our priorities and choose what means the most to us.

Each of us needs to spend quiet time searching the inner self to determine which people, which activities, which tasks are most important. The results may surprise us. We may find that we are spending too much time with someone we really do not enjoy, preparing complicated meals which no one needs, working at a job which we dislike in order to make more money to buy more things. Do we really need the things? Do they enrich our lives or are they merely impressive?

Because I am a compulsive overeater, abstinence is the most important thing in my life. Without it, I do not enjoy other people, I do not like myself, I do not work well. If abstinence does not come first, everything else suffers.

May I remember that abstinence is my number one priority.

One Day At A Time

SERENITY

God, grant me the serenity to accept the things I cannot change;
the courage to change the things I can;

and the wisdom to know the difference.
The Serenity Prayer

My life before abstinence was a fight in the dark to stabilize my world and protect myself from more pain.
Too much

suffering was endured by this child. She never understood that she could ever come back into the Light.
But, the fog is

lifting now ... there are days of clarity and joy. How could she have known? She was too little.

Circumstances change ... memories fade away ... I can be safe again ... I can allow myself to be me. I
will work my

program to secure the Light again in my world.

One day at a time . . .

I pray to understand that the stream of life keeps moving ... I will live in darkness no
longer. Margaret ~

Hour To Hour - Book - Quote

It often happens that you won't know the role addiction played in your life until you stop using. You have
replace roles now. Learning new skills, and this is done at meetings and with your sponsor, is a necessary
step in adjusting to your new circumstances.

Rather than see additional burdens in new tasks, I choose to see them as a breath of new

life. Courage

I will develop the courage necessary to meet life. I cannot possibly meet the challenges of my life without

courage. Today I understand that courage is something I develop. Each time I go through an experience that stretches me, each time I hold my own feet to the fire, each time I discipline myself and hold myself to a slightly higher standard than before, I grow inside, I get a little bit stronger, I strengthen my own courage to meet the next challenge.

I will I will grow in courage

- Tian Dayton PhD

Courage

I will develop the courage necessary to meet life. I cannot possibly meet the challenges of my life without courage. Today I understand that courage is something I develop. Each time I go through an experience that stretches me, each time I hold my own feet to the fire, each time I discipline myself and hold myself to a slightly higher standard than before, I grow inside, I get a little bit stronger, I strengthen my own courage to meet the next challenge.

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"Walk Softly and Carry a Big Book" - Book

'Choice, not chance, determines destiny.

Time for Joy - Book - Quote

'Today I am establishing rapport with myself' - Peter Vegso

Alkiespeak - Book - Quote

Early in recovery. I heard Aldous Huxley give a lecture. Afterwards I went up to him, I had an AA pin on

my lapel and he spotted it and he was ebullient and said; 'I'm a friend of Bill W!' I didn't know Bill W, so I said: Mr. Huxley, what is God? and with this grin, he said; 'God is the inner experience of principles applied.' I said: ' Yeah...maybe you, didn't understand the question.' He said; 'You have a program, if you will apply those Steps, one day at a time, in your life, you will eventually have inner experiences that can't come about any other way. Then you won't have to ask that question because you will have the experience.' - Eddie C.

AA Thought for the Day

Obsession

It is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people.

The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker.

The persistence of this illusion is astonishing.

Many pursue it into the gates of insanity or death.

- Alcoholics Anonymous, p. 30

Thought to Ponder . . .

When we try to control our drinking, we have already lost control.

AA-related 'Alconym' . . .

A A = Absolute Abstinence.

Father Leo's Daily Meditation

LAW

"The life of the law has not been logic; it has been experience."

-- Oliver Wendell Holmes, Jr.

Today I respect the law. In this way I respect the society in which I live. I am not "an island unto myself". I live in a community and have a responsibility to myself and that community --- such is sobriety.

For years I did what I wanted and tried not to be "found out". I was manipulative, dishonest and unhappy; to stay sick is depressing and exhausting.

Then I decided to remove the pain. I accepted the disease and began to "change" my life. I discovered the "spiritual law" of freedom with responsibility. Law is the collective experience of the many who choose to live a certain way, and today I choose to live amongst them.

My understanding of spirituality involves respecting the laws that give me the dignity of

citizenship. O Lord, help me to see that in the laws of civilization is the gift of freedom.

"I will give thanks to the Lord with my whole heart; I will tell of all thy wonderful deeds. I will be glad and exult in thee, I will sing praise to thy name, O Most High." Psalm 9:1-2

"O God, you are my God, I seek you, my soul thirsts for you." Psalm 63:1

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Ephesians 5:8-10

Daily Inspiration

Never be too busy to pray. Lord, without Your presence in my life, today would be barren.

We don't choose how or when we will die, but we do decide how we will live. Lord, forgive my frequent drifting and help me to see clearly the best path for me.

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

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February 18 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.
- As I come to the point in what is life, reading my glass: yes the cup of life: the water of life, for it's as that some of i will let it become so; for it is as to the simple fact that life is great: yes I can choose to see life as such or i can create the space for it to show the parts that I would then seemingly create into something that has me: maybe by simple slogan (misery love's comparison.... For then ani that misery?
- As to say it simply: they're is more to live than just recovery, yes it is only after the then of recovery: will one: maybe; stay to life again (sure we can say that it is as to the phone of seeing that you have a voice and/or, you will find a voice: by you caring a message.
- As the same would them stand for it's seemingly moments of life/love/and willingness, to show up for that marical, as to then the point of finding the joy you can bring into the moments all around: for as what then will you see the fact of what is life upon you being someone to the table (for recovery can be a helping hand or something you can give others as the helping hand); as that then the only of you caring a message.
- As then what is to be the voice of what you want to be able to say and be as, for that then is the only of you seeing that you really aren't the problem (for you aren't your thinking: the thoughts that are by what is to be the observatory [of those thoughts] to(spiritual) as to the simple fact of you being by action (to love your neighbor as oneself: religion); for you aren't your thoughts and they aren't you, they are just what is part of God coming to you as the answer(meditation) you by that of thoughts and maybe the simple fact of it being part of the human Experience .

1. Topic ☹☹
 - Experiences
2. Honesty ☹☹
 - Upon what is life and what I have to give,
3. Open-mindedness ☹☹

- I get to see every experience as what I may and willing to give;
4. Willingness 🙏
- for it's what I have to give simply to say, but I can bring to the table.

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 grow I come to the point of letting go and letting god, it is within that I can find my way within *trying to carry a message*; to the simple fact of the matter is that is all me seeing that I have something to give and by the fact of staying teachable.

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


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 - 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.
-

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:

- Life's all about those moments when you realize you just need to chill and let things happen. If you don't, you'll only see the pain you've caused and have to figure out how to forgive yourself. It's really that simple.
- Of course, it's easy for me to say, and it's easy to do when you let go and let God. But that's before and after it happens. When you come in to fix the hurt or let go of the pain you created, just keep it simple and let others heal and forgive themselves for holding onto the pain they let in.
- That's the power of forgiveness. I see that I get to make my life what I want it to be, and it'll always be a great day unless I have other plans.

➤ 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:

- Things will fall into place only if I'm patient. I'll be ready for the miracle when it happens, and I'll be open to learning. A true teacher only appears when the students are ready, and they are also the best learners. This is similar to how a great leader is actually a great servant.
- A leader is trusted to carry a message because they serve others and remain a part of the group. I can approach this with a divine perspective, recognizing that we all have value. We are our own best and worst critics, and everyone else is just part of the show – the show where we reveal our new selves. This happens through making amends, or even living amends. I give time the space it needs, allowing for anonymity, and recognizing my own incredible worth and unwavering honesty.

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

topic ideas

past topics

2024

Recovery ACRONYMS

1. GOD = Good Orderly Direction
 2. HOW: Honest. Open. Willing
 3. GIFT: God Is Forever There
 4. LOVE: Let. Others. Voluntarily. Evolve.
 5. FEAR: Face Everything And Rise
- **God** is the way we find the way back to ourselves, and **how** we are able to do just for today; giving/getting to be able to give the **gift** of the **love** that we now have: by simply letting the **fear** we have, become the **fear** that we had.

RECOVERY SLOGANS together

- Although we are not responsible for our disease we are responsible for our recovery by Cultivate an attitude of gratitude we can see that we Don't pick up, ask for help, call your sponsor, and go to meetings so we can do is sober for it is always by Easy does it but do it; to see that Humility is not thinking less of yourself, but thinking of yourself less to be able to Keep it simple: so that we can Live and Let Live/Live life on life's terms.

From myself:

- The life we get to live is by the fact that we are putting in the work, for maybe the first time, we see what life has a beauty: that somehow we missed/looked past, being in our head's/being in our way; its then that we see that we get to do this and in that we are able to add value to life and stop acting like taking is the way to get what we need.
- Giving yourself a chance to life(live)

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
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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

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📖 my journey

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

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From Pancake Marathon

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From Gemini casual:

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From Pancake Marathon

➤ Topic 🐼

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➤ **Honesty** 🐼

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➤ **Open-mindedness** 🐼

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➤ **Willingness** 🐼

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Spiritual Principle a Day

February 18, 2025

Making Room for Humility

Page 50

"Understanding that we are not unique is a good indication of humility."

It Works, Step Seven

The disease of addiction turns us into masters of self-deception. A distorted view of the world might convince us that we're smarter than the average addict. When we're new to Narcotics Anonymous, this outlook can keep us separate from everyone in the room and lead us right back out the door.

The pain of stubbornly holding on to our perceived uniqueness can keep us stuck in isolation. As one member found, "Eventually the pain was great enough, and it didn't matter how different I thought I was from everyone else. I was an addict, and if I didn't want to die, I had to start doing some work."

Step Seven shows us that in surrendering the defect of denial, we can let go of arrogance and pride, creating room for

humility and identification within the Fellowship. We can see our humility grow when we can sit in a meeting and naturally hear the similarities rather than our differences.

When we trust a loving Higher Power to remove our shortcomings, we begin to make space for our true selves and develop a sense of our place within an NA community. Regardless of how long we have been clean, how old we were when we got here, or our career status--we remain teachable. The gift of humility allows us to learn how to ask for help and take suggestions.

Sometimes, even with years clean, we can convince ourselves that "our case is different" or "we are the exception." Calling our sponsors, regularly attending meetings, and continuing to practice spiritual principles remind us that we share the bond of addiction, as well as a common solution in NA. Whether we think we are "nowhere near that bad" or "the most flawed person in the room," we eventually find a place where we can be right-sized by continuing to work the Steps.

Today I will be grateful for freedom from the sharp edges of my uniqueness and find opportunities to identify with my fellow addicts.

18 Words Unspoken

My parents never said "I love you" when my two brothers, sister, and I were growing up. I had a couple of aunts who said it to me, and I heard my favorite television parents Mike and Carol Brady say it all the time to their kids, but those words were unspoken in my childhood home. I was fifteen the first time my mom told me that she loved me. It was following my first accidental overdose on pills and alcohol, and I recall her saying, "You know we love you, right?" Well, no, Mom, I haven't ever been too sure of that, I remember thinking. But also, it meant everything to me. My mom didn't find it easier to say she loved me as the years went on, and my dad has only found those words since she passed away. But I'm okay. I now understand that my parents didn't depend on words to show us they loved us. They showed us in a thousand other ways, including showing up for me every time I needed them. When my mom passed away, I didn't feel like there were any words, of any nature, left unspoken.

Actions really do speak louder than words.

Daily Reflections

OUR PATHS ARE OUR OWN

... there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet.

ALCOHOLICS ANONYMOUS, p. 25

My first attempt at the Steps was one of obligation and necessity, which resulted in a deep feeling of discouragement in the face of all those adverbs:

courageously; completely; humbly; directly; and only.

I considered Bill W. fortunate to have gone through such a major, even sensational, spiritual experience. I had to discover, as time went on, that my path was my own. After a few twenty-four hours in the A.A.

Fellowship, thanks especially to the sharing of members in meetings, I understood that everyone gradually finds his or her own pace in moving through the Steps. Through progressive means, I try to live according to these suggested principles. As a result of these Steps, I can say today that my attitude towards life, people, and towards anything having to do with God, has been transformed and improved.

Twenty-Four Hours A Day

A.A. Thought For The Day

After I became an alcoholic, alcohol poisoned my love for my family and friends, it poisoned my ambition, it poisoned my self-respect. It poisoned my whole life, until I met A.A. My life is happier now than it has been for a long time. I don't want to commit suicide. So with the help of God and A.A., I'm not going to take any more of that alcoholic poison into my system. And I'm going to keep training my mind never even to think of liquor again in any way except as a poison. Do I believe that liquor will poison my life if I ever touch it again?

Meditation For The Day

I will link up my frail nature with the limitless Divine Power. I will link my life with the Divine Force for Good in the world. It is not the passionate appeal that gains the Divine attention as much as the quiet placing of the difficulty and worry in the Divine Hands. So I will trust God like a child who places its tangled skein of wool in the hands of a loving mother to unravel. We please God more by our unquestioning confidence than by imploring Him for help.

Prayer For The Day

I pray that I may put all my difficulties in God's hands and leave them there. I pray that I may fully trust God to take care of them.

As Bill Sees It

Out Of Defect. . . Strength, p. 49

If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that some day we will be immune to alcohol.

<< << << >> >> >>

Such is the paradox of A.A. regeneration: strength arising out of complete defeat and weakness, the loss of one's old life as a condition for finding a new one.

1. Alcoholics Anonymous, p. 33

2. A.A. Comes Of Age, p. 46

Walk In Dry Places

Shining shoes for Subordinates

Growing in Humility

Did you ever hear of a man named Samuel Logan Brengle? He was

a Salvation Army officer whose spiritual consciousness was

legendary. But he didn't start that way. A gifted ministerial

student of the nineteenth century, he joined the Salvation Army

only to find himself sent to a cellar to clean the shoes of other

cadets___ most of them far below him in learning and intelligence.

Brengle used that humbling experience to conquer his pride and

resentment. He later recalled the utter joy he felt as he cleaned the

shoes and prayed for each person. Later on, Brengle became an

inspiration to thousands.

It's not likely any of us will have to clean shoes for subordinates today. What's more likely is that we'll encounter situations that would wound our pride or churn up resentment. We can turn any such experience into an opportunity for growth by praying to see God's hand in the matter and refusing to fight about it. The peace and serenity we feel is our reward, and, like Brengle, we'll become better people who can be of real service to others.

Somebody may come to me today with something that makes my blood boil. I won't be a doormat, but I will remember that I always have the choice of making anything a positive experience.

Keep It Simple

Whoever gossips to you will gossip about you.

Spanish proverb

Gossip can kill the trust in a Twelve Step program. We all need to feel safe when we share our personal lives with others. We need to know our private business won't spread around.

We can do two things to help keep the trust in our groups, and in the rest of our lives too. First, don't gossip. Second, don't listen to gossip about others.

Prayer for the Day: Higher Power, help me mind my own business today. Help me honor the trust of my friends by not gossiping.

Action for the Day: Today, I'll think of two ways to stop someone from telling me gossip. Then, I'll put those ways to use.

Each Day a New Beginning

To keep your character intact you cannot stoop to filthy acts. It makes it easier to stoop the next time.

-- Katharine Hepburn

Behaving the way we believe God wants us to behave sounds so easy on the surface. We don't willingly hurt others, do we? Or do we? . . . When did we last secretly burn with jealousy over another's good fortune or good looks? Has there been a time, recently, when we sulked for lack of attention . . . or perhaps picked a fight?

We can simplify life from this moment forth. There is only one path to walk, one decision to make, in every instance, and all our burdens will be lifted, all our anxiety released. We can decide to act in good faith. We can be silent a moment with ourselves and let our inner guide direct our behavior, our words, our thoughts.

Each of us knows, when we dare to let our spiritual nature reign, the right act in every case. Letting God choose our acts will ease our lives. No more obsessive confusion. No more regrets. No more immobility due to fear of wrong moves.

Freedom is guaranteed when I depend on God to direct my behavior. Life's burdens are lifted. I will

go forth today, doing God's will, and my Spirit will
be light.

NA Just For Today

The Recovery Partnership

"As long as I take it easy and make a commitment with my Higher Power to do the best I can, I know I will be taken care of today"

Basic Text, p. 120

Many of us feel that our fundamental commitment in recovery is to our Higher Power. Knowing that we lack the power

to stay clean and find recovery on our own, we enter into a partnership with a Power greater than we are. We make a commitment to live in the care of our Higher Power and, in return, our Higher Power guides us.

This partnership is vital to staying clean. Making it through the early days of recovery often feels like the hardest thing we've ever done. But the strength of our commitment to recovery and the power of God's care is sufficient to carry us

through, just for today.

Our part in this partnership is to do the very best we can each day, showing up for life and doing what's put in front of

us, applying the principles of recovery to the best of our ability. We promise to do the best we can&151not to fake it,

not to pretend to be superhuman, but simply to do the footwork of recovery. In fulfilling our part of the recovery partnership, we experience the care our Higher Power has provided us.

Just for today: I will honor my commitment to a partnership with my Higher Power.

Today's Gift

United souls are not satisfied with embraces, but desire to be truly each other. --Sir Thomas Browne

If hugs could melt, if kisses were made of nothing but pure air, if talkers always agreed, and if hearts all beat to the same drum, would we desire any longer to be truly each other? No two leaves on a tree turn the same way in the wind; no two fish in a school tread the same water; and no two people can live the same life. Therefore, when we hug let's leave some space; when we kiss let's allow each other to breathe; when we talk let's permit each other to disagree; when we love let's honor each other's rhythm and way.

Is it our similarities or differences that make us want to know each other better?

Touchstones

Love can be its own reward. --Arnold
Label

The feeling of attachment, of being related, of caring about someone, is what life is all about. Before recovery, we may

have feared we could not love anyone. When we feel love, we may also feel cheated because our affections aren't

returned, as we want them to be. Or we may think relationships are just too complicated and painful. It's true

that

relationships are difficult at times. The only thing more difficult is having none.

In this quiet moment, let's reflect on our relationships. Close attachments to both men and women are essential to our

progress. Without them, we would not be in recovery. We don't need to say to our friends, "What have you done for

me?" We can feel an inner fullness and satisfaction, knowing we have relationships we truly care about and

we are

accepted as we are. That alone is a remarkable reward.

I appreciate the joys my relationships bring.

The Language Of Letting Go

Being Right

Recovery is not about being right; it's about allowing ourselves to be who we are and accepting others as they are.

That concept can be difficult for many of us if we have lived in systems that functioned on the "right wrong" justice

scale. The person who was right was okay; the person who was wrong was shamed. All value and worth may have

depended on being right; to be wrong meant annihilation of self and self-esteem.

In recovery, we are learning how to strive for love in our relationships, not superiority. Yes, we may need to make

decisions about people's behavior from time to time. If someone is hurting us, we need to stand up for ourselves. We

have a responsibility to set boundaries and take care of

ourselves. But we do not need to justify taking care of

ourselves by condemning someone else. We can avoid the trap of focusing on others instead of ourselves.

In recovery, we are learning that what we do needs to be right only for us. What others do is their business and needs

to be right only for them. It's tempting to rest in the superiority of being right and in analyzing other people's motives and actions, but it's more rewarding to look deeper.

Today, I will remember that I don't have to hide behind being right. I don't have to justify what I want and need with

saying something is "right" or "wrong." I can let myself be who I am.

Today I am establishing rapport with myself. --Ruth Fishel

Journey To The Heart

Your Body, Mind, and Soul Are One

The body, mind, spirit, and emotions are more than just connected. They are one. To nurture the body is to nurture the

mind, spirit, and emotions. To nurture the spirit is to nurture the body, mind, and emotions. And so it goes, a

continuous connection. A continuing whole.

Do you feel fragmented? Have you disowned a part of yourself? Invite it back. Maybe you've focused too heavily on

one part and neglected others. You can be a world-class athlete and still not be in touch with your soul. You can be

skilled at dealing with any emotion that comes along, and yet not see the delicate connection between that emotion

and your conscious thoughts and beliefs. Or you may be so focused on tending to the needs of your spirit and mind that you neglect your body- resent it and think of it as a limitation.

Tend to each aspect of the whole. Do things that nurture your spirit, perhaps spend time in prayer and meditation or

time with nature. Work on what you believe; clarify the thoughts that run through your head. Nurture yourself

emotionally. Let yourself heal from the feelings of the past, and do what you need to stay current and clear. Listen to

your body and give it what it needs- it's not separate and apart, it's not a nuisance. It's the form your spirit created to

experience the gift of life.

Find that place of balance in nurturing all parts of you. Then life will begin to be magical and you'll see what you

believe. Your feelings won't be a bother. They'll fuel your life; they'll be the passion that adds color and zest to your life.

Your body will lead you instinctively into what you want and away from what you dislike. And the longer you travel the

journey to the heart, the more you'll discover and trust your soul.

Start by becoming connected. If you love yourself and keep walking your path, soon you'll see how connected you are.

More Language Of Letting Go

Remember how to play

We don't stop playing because we get old, we get old because we stop playing.

-Herbert Spencer

I was sitting in my back porch watching a group of children playing in the surf. As the waves came surging in, they

would turn to face the shore on their body boards and paddle like heck to try to catch the wave. I watched the surf

crash down on top of them, one by one. There would be nothing for a few moments but the torrent of water, and then

a little while later a green foam board would pop up and a little while later, a laughing head and body. They'd shriek and

laugh, then one by one turn around, go back out, and do it again.

Later toward sunset, I saw two gray-haired men in ocean kayaks paddling near the shore. They would wait for the

perfect wave and then paddle as hard as they could, trying to catch it and ride it into shore. Again I watched as the

waves reared up and crashed down on the little boats. A kayak would get pushed up on the beach, followed a few

moments later by a laughing gray-haired man, who would then paddle back out and do it again.

I have a friend in his thirties who is determined to make it. He doesn't know where he's going; he just knows that he is

going somewhere. And no, he doesn't have time to go to a basketball game or Magic Mountain. He's busy and doesn't have time to play.

I have a friend in his fifties. He's in excellent health. He sits in his house, feeds the dog, and complains about the pain

and the shortness of life. He doesn't play because his poor body just isn't what it used to be.

We can play or we can not play. It doesn't make any difference one way or another, except that at the end, you will

have had a much more enjoyable time if you did.

God, help me start having some fun.

A Day at a Time

Reflection For The Day

We learn in The Program that we cannot punish anyone without punishing ourselves. The release of my tensions,

even justified, in a punishing way leaves behind the dregs of bitterness and pain. This was the monotonous story of

my life before I came to The Program. So in my new life, I'd do well to consider the long-range benefits of simply

owning my emotions, naming them and thus releasing them. Does the voice of God have a chance to be heard over

my reproachful shouting?
Today I Pray

May I avoid name-calling, ego-crushing exchanges. If I am angry, may I try to assign my anger to what someone did

instead of what someone is. May I refrain from downgrading, lashing out at character flaws of mindless abuse. May I

count on my Higher Power to show me the way.

Today I Will Remember

To deal with anger appropriately.

One More Day

Self pity is our worst enemy and if we yield to it, we can never do anything wise in this world. -
Helen Keller

Pity, either from ourselves or others, harms us. yet, sometimes, we allow it to happen.

What we really need from others is empathy - for them to feel as if they were in our shoes. Pity can be a deep pit to

fall into, and the climb back out is difficult. We can't begin to make the ascent until we are fully aware of why we have

allowed pity and self-pity to prevail. Maybe feeling sorry for ourselves has been easier than encountering the frustration

that may come when we make an effort.

The actions I take today will be based on growth for myself and will help me avoid

self-pity.

Food For Thought

Setting Priorities

One of our slogans is "first things first." We cannot have or do everything; we must set our priorities and choose what means the most to us.

Each of us needs to spend quiet time searching the inner self to determine which people, which activities, which tasks are most important. The results may surprise us. We may find that we are spending too much time with someone we really do not enjoy, preparing complicated meals which no one needs, working at a job which we dislike in order to make more money to buy more things. Do we really need the things? Do they enrich our lives or are they merely impressive?

Because I am a compulsive overeater, abstinence is the most important thing in my life. Without it, I do not enjoy other people, I do not like myself, I do not work well. If abstinence does not come first, everything else suffers.

May I remember that abstinence is my number one priority.

One Day At A Time

SERENITY

**God, grant me the serenity to accept the things I cannot change;
the courage to change the things I can;
and the wisdom to know the difference.**

The Serenity Prayer

My life before abstinence was a fight in the dark to stabilize my world and protect myself from more pain. Too much

suffering was endured by this child. She never understood that she could ever come back into the Light. But, the fog is

lifting now ... there are days of clarity and joy. How could she have known? She was too little.

Circumstances change ... memories fade away ... I can be safe again ... I can allow myself to be me. I will work my

program to secure the Light again in my world.

One day at a time . . .

I pray to understand that the stream of life keeps moving ... I will live in darkness no longer. Margaret ~

Hour To Hour - Book - Quote

It often happens that you won't know the role addiction played in your life until you stop using. You have to replace roles now. Learning new skills, and this is done at meetings and with your sponsor, is a necessary step in adjusting to your new circumstances.

Rather than see additional burdens in new tasks, I choose to see them as a breath of new

life. Courage

I will develop the courage necessary to meet life. I cannot possibly meet the challenges of my life without courage. Today I understand that courage is something I develop. Each time I go through an experience that stretches me, each time I hold my own feet to the fire, each time I discipline myself and hold myself to a slightly higher standard than before, I grow inside, I get a little bit stronger, I strengthen my own courage to meet the next challenge.

I will I will grow in courage

- Tian Dayton PhD

Courage

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"Walk Softly and Carry a Big Book" - Book

Pocket Sponsor - Book - Quote

Time for Joy - Book - Quote

'Today I am establishing rapport with myself' - Peter Vegso

Alkiespeak - Book - Quote

Early in recovery. I heard Aldous Huxley give a lecture. Afterwards I went up to him, I had an AA pin on my lapel and he spotted it and he was ebullient and said; 'I'm a friend of Bill W!' I didn't know Bill W, so I said: Mr. Huxley, what is God? and with this grin, he said; 'God is the inner experience of principles applied.' I said: ' Yeah...maybe you, didn't understand the question.' He said; 'You have a program, if you will apply those Steps, one day at a time, in your life, you will eventually have inner experiences that can't come about any other way. Then you won't have to ask that question because you will have the experience.' - Eddie C.

AA Thought for the Day

Obsession

It is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people.

The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker.

The persistence of this illusion is astonishing.

Many pursue it into the gates of insanity or death.

- Alcoholics Anonymous, p. 30

Thought to Ponder . . .

When we try to control our drinking, we have already lost control.

AA-related 'Alconym' . . .

A A = Absolute Abstinence.

Father Leo's Daily Meditation

LAW

"The life of the law has not been logic; it has been experience."

-- Oliver Wendell Holmes, Jr.

Today I respect the law. In this way I respect the society in which I live. I am not "an island unto myself". I live in a community and have a responsibility to myself and that community --- such is sobriety.

For years I did what I wanted and tried not to be "found out". I was manipulative, dishonest and unhappy; to stay sick is depressing and exhausting.

Then I decided to remove the pain. I accepted the disease and began to "change" my life. I discovered the "spiritual law" of freedom with responsibility. Law is the collective experience of the many who choose to live a certain way, and today I choose to live amongst them.

My understanding of spirituality involves respecting the laws that give me the dignity of

citizenship. O Lord, help me to see that in the laws of civilization is the gift of freedom.

"I will give thanks to the Lord with my whole heart; I will tell of all thy wonderful deeds. I will be glad and exult in thee, I will sing praise to thy name, O Most High." Psalm 9:1-2

"O God, you are my God, I seek you, my soul thirsts for you." Psalm 63:1

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Ephesians 5:8-10

Daily Inspiration

Never be too busy to pray. Lord, without Your presence in my life, today would be barren.

We don't choose how or when we will die, but we do decide how we will live. Lord, forgive my frequent drifting and help me to see clearly the best path for me.