QR code to this page

Table of contents

Pancake Marathon

Spiritual principle a day

- https://www.spadna.org/
- Spiritual principle a day
  - Play on Spotify
    - spotify details

She Recovers Every Day

She Recovers Every Day

- https://www.hazeldenbettyford.org/thought-for-the-day

- All of those comes from: recoveryhq.com
  1. Daily Reflections
     i. The book "Daily Reflections" was first published by Alcoholics Anonymous in 1990. It contains daily meditations and reflections to support people in recovery.
  2. *Twenty-Four Hours A Day*
     i. "24 Hours a Day," a daily meditation book for recovery, was first published in 1954. It's widely used in the recovery community.
  3. As Bill Sees It

    i. "As Bill Sees It" was published in 1967. It's a collection of writings and reflections from Bill Wilson, co-founder of Alcoholics Anonymous.
4. Walk In Dry Places
    i. "Walk in Dry Places" by Mel B. was first published in 1991. It offers insights and meditations for people in recovery.
5. Keep It Simple
    i. "Keep It Simple" was first published in 1989. It contains daily meditations for people in recovery.
6. Each Day a New Beginning
    i. "Each Day a New Beginning" was first published in 1982. It's a daily meditation book specifically for women in recovery.
7. NA Just For Today
    i. "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.
8. Today's Gift
    i. "Today's Gift: Daily Meditations for Families" was first published in 1985. It's a meditation book designed for families in recovery.
9. Touchstones
    i. "Touchstones: A Book of Daily Meditations for Men" was first published in 1986. It's a meditation book specifically for men in recovery.
10. The Language Of Letting Go
    i. "The Language of Letting Go" by Melody Beattie was first published in 1990. It's a popular meditation book focusing on codependency and recovery.
11. Journey To The Heart
    i. "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.
12. More Language Of Letting Go
    i. "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.
13. A Day at a Time
    i. "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.

14. One More Day
    i. "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.
15. Food For Thought
    i. "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.>>
16. One Day At A Time
    i. "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.
17. Hour To Hour - Book - Quote
    i. The book "Hour to Hour" by Shelly Marshall was first published in 1991. It offers meditations for people in recovery from addiction.
18. Pocket Sponsor - Book - Quote
    i. The "Pocket Sponsor" book by Shelly Marshall was first published in 2004. It provides quick, supportive meditations and affirmations for people in recovery.
19. Time for Joy - Book - Quote
    i. "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.
20. AA Thought for the Day
    i. "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.
21. Father Leo's Daily Meditation
    i. "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.

- We hope you enjoyed today's reading. Click here to receive all of these daily inspirations in an email.
- ***If at any time you wish to unsubscribe then send an email to dailyreadings@recoveryhq.com with unsubscribe in the subject line. Please note what you are unsubscribing from.
- If this message was forwarded by someone other than dailyreadings@recoveryhq.com ,

please reply to the person sending the email.

February 16 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.

➢ As I come to the points, so do my thoughts; it's these thoughts I come to the point: as the same.
➢ As so do the moments of me coming to that point, as I'm what I can find: by my willingness; see that is the key to a great set up; as I said at one time that there is no set up in recovery.
➢ For how else would recovery really work: if it wasn't set up?
➢ Also from that standpoint, recovery is only just a setup, from the setup of we could say the more commonly known original AA group which would be considered in my experience in my interpretation of itself of being called today Celebrate Recovery (the Christian based 12-step recovery Fellowship): as originated from as that of what AA is to that of being called and it's simple name " the Washington Oxford Group;" To the simple fact of a sponsor to a sponsee: for you can only give what you have and in that sense you get to keep it, for that as a setup.
➢ As maybe even the obvious, and its simplest form that we will regain a sense of sanity; for isn't that what step two is about?

1. Topic 👀
    - The good kind of setups?
2. **H**onesty👀
    - Life now is a setup,

3. **O**pen-mindedness👀
    - that I have come to life to be part of;
4. **W**illingness 👀
    - this phase of my development I'm always amazed, because of the setup I have manifested: simply called gratitude.

How: **H**onest **o**pen **w**illing
For maybe how is what to you?
What: wonder how about today?

ASP: acronyms <u>SLOGANS</u> *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

➢ For as I have mocked: living out the slogan " misery loves company," I've come to this conclusion: that I am perfectly imperfect; for is that not why one must <u>let go and let God</u>?

➢ Maybe it has something to do with not making permanent decisions off of a temporary moment, to **halt** and to **Q-tip**; Or then it would stand that and as simple aspect of itself that I've given my peace of mind away. this sanity, Trust that has nothing more than given me something that it has; would that then not be God: for is that just how I understand God, for *the god of my understanding*.

➢ Maybe in a simple list way of seeing a miracle: which is as I can seemingly put this in words is religion, and yet would not understanding: be the simplest way to seemingly word for science; to that of what is seemingly Trust: maybe the simplest way of calling spirituality.

- for all three of these things [science/spirituality/ religion], Maybe best understood as different archetypes, that are posing the same question; how does one become good for themselves to become good for others.
- to per se, outgrow that of misery loves company, seeing that we are all miserable (or would that word misery: he simply explained in what is a normie understanding of what is the showcasing of addiction(the action of/ a verb alcoholism): which in of itself alcoholism: is just a hopeless body state in mind); as then in at simplest way of saying: Free Will comes to those that choose to see God….. As in that same sense in the simplest aspect of itself God in and of itself then can see, by those that see; as for it says that in the AA book: those that are earnest/ for the, they shall find God….. as then it is truly funny, how science: through the, aspect of the Double Split experiment: showcases Focus(science)/ which is equivalent to spirituality (you get what you feel)/ as the same as religion (you reap what you sow.).
- so what kind of free will will you have today, will you plan to seed and let someone else prosper from the fruit of something you may never see in your time:

with that that not be the truest aspect of a servant that is a trusted leader(?); or as simply as what it is in anonymity to try and in that simplest fact of to carry a message/ as the same to that concept of a good setup would then be a minute that maybe we all suffer from misery/ alcoholism, when we are in a fear state (as maybe a fear state is simply that of a lack of trust).... as if one is in a lack of trust then is one truly at peace or or then are they finding that they need some company because they're miserable but they're going to love the Company?

Slogans (underlined) blog page _ Acronyms **(bold)** blog page _ Principles *(italic)*: A.A. 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**
    -
- 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 16 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.

➢

From Pancake Marathon

➢ As I come to the points, so do my thoughts; it's these thoughts I come to the point: as the same.

➢ As so do the moments of me coming to that point, as I'm what I can find: by my willingness; see that is the key to a great set up; as I said at one time that there is no set up in recovery.

➢ For how else would recovery really work: if it wasn't set up?

➢ Also from that standpoint, recovery is only just a setup, from the setup of we could say the more commonly known original AA group which would be considered in my experience in my interpretation of itself of being called

From Gemini casual:

➢ My thoughts and points are coming together. The moments I reach that point, I find what I'm willing to see - the key to a great setup. I once said there's no setup in recovery, but how else could it work?

➢

➢ Recovery is just a setup from the original AA group, Celebrate Recovery (the Christian-based 12-step program), which originated from the Washington Oxford Group. It's like a sponsor and a sponsee - you can only give what you have, and you get to keep it. It's a setup for regaining sanity, plain and simple.

today Celebrate Recovery (the Christian based 12-step recovery Fellowship): as originated from as that of what AA is to that of being called and it's simple name " the Washington Oxford Group;" To the simple fact of a sponsor to a sponsee: for you can only give what you have and in that sense you get to keep it, for that as a setup.

- ➢ As maybe even the obvious, and its simplest form that we will regain a sense of sanity; for isn't that what step two is about?
    -

From Pancake Marathon

2. Topic 👀
    - The good kind of setups?
3. **H**onesty👀
    - Life now is a setup,
4. **O**pen-mindedness👀
    - that I have come to love to be part of;
5. **W**illingness 👀
    - for this phase of my development I'm always amazed, because of the setup I have manifested: simply called gratitude.

From Gemini casual:

- ➢ The good kind of setups?
- ➢
- ➢ **H**onesty
- ➢ **O**pen-mindedness
- ➢ **W**illingness
- ➢
- ➢ Life now is a setup that I've grown to love and be a part of. And because of the setup I've manifested in this phase of my development - simply called gratitude - I'm always amazed!

How: **H**onest **o**pen **w**illing
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
- ★

From Pancake Marathon

- For as I have mocked: living out the slogan " misery loves company," I've come to this conclusion: that I am perfectly imperfect; for is that not why one must <u>let go and let God</u>?
- Maybe it has something to do with not making permanent decisions off of a temporary moment, to **halt** and to **Q-tip**; Or then it would stand that and as simple aspect of itself that I've given my peace of mind away. this sanity, Trust that has nothing more than given me something that it has; would that then not be God: for is that just how I understand God, for *the god of my understanding*.
- Maybe in a simple list way of seeing a miracle: which is as I can seemingly put this in words is religion, and yet would not understanding: be the simplest way to seemingly word for science; to that of what is seemingly Trust: maybe the simplest way of calling spirituality.
    - for all three of these things [science/spirituality/ religion], Maybe best understood as different archetypes, that are posing the same question; how does one become good for themselves to become good for others.
    - to per se, outgrow that of misery loves company, seeing that we are all miserable (or would that word misery: he simply explained in what is a normie understanding of what is the showcasing of addiction(the action of/ a verb alcoholism): which in of itself alcoholism: is just a hopeless body state in mind); as then in at simplest way of saying: Free Will

From Gemini casual:

- I used to think "misery loves company" was true, but now I realize I'm perfectly imperfect. Isn't that why we need to let go and let God?
-
- Maybe it's about not making permanent decisions based on temporary feelings, to just pause and think. Otherwise, I'm giving away my peace of mind, my sanity, and trust. Isn't that what God is? Or at least, how I understand God.
-
- Maybe a miracle is just being able to put things into words, which we call religion. But wouldn't understanding those words be science? And maybe trust is just spirituality.
-
- All three of these things – science, spirituality, and religion – are like different characters asking the same question: How can we be good to ourselves so we can be good to others?
-
- To grow beyond the idea that misery loves company, we need to see that we're all a little messed up (maybe "misery" is just a normal way of understanding addiction, which is just a hopeless state of mind and body). Basically, free will comes to those who choose to see God. In the same way, God can be seen by those who choose to see. It's like that saying in the AA book: those who are earnest will find God. It's funny how science, through the Double Split experiment, shows that focus (science) is the same as spirituality (you get what you feel) and religion (you reap what you sow).
-

comes to those that choose to see God….. As in that same sense in the simplest aspect of itself God in and of itself then can see, by those that see; as for it says that in the AA book: those that are earnest/ for the, they shall find God….. as then it is truly funny, how science: through the, aspect of the Double Split experiment: showcases Focus(science)/ which is equivalent to spirituality (you get what you feel)/ as the same as religion (you reap what you sow.).

- so what kind of free will will you have today, will you plan to seed and let someone else prosper from the fruit of something you may never see in your time: with that that not be the truest aspect of a servant that is a trusted leader(?); or as simply as what it is in anonymity to try and in that simplest fact of to carry a message/ as the same to that concept of a good setup would then be a minute that maybe we all suffer from misery/ alcoholism, when we are in a fear state (as maybe a fear state is simply that of a lack of trust).... as if one is in a lack of trust then is one truly at peace or or then are they finding that they need some company because they're miserable but they're going to love the Company?

➢ So, what kind of free will will you have today? Will you plant a seed and let someone else benefit from it, even if you never see it happen? Isn't that what a true servant leader is? Or is it just about carrying a message anonymously? Maybe we all suffer from misery/alcoholism when we're afraid (maybe fear is just a lack of trust). If we don't trust, are we really at peace? Or do we just look for company because we're miserable and want someone to love us?

- 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**
    -
- 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

topic idea

past topics

2024

Recovery ACRONYMS

1. PUSH: Pray Until Something Happens
2. TIME: This I Must Experience
3. LOVE: Let. Others. Voluntarily. Evolve.
4. WISDOM: When In Self, Discover Our Motives *
5. How
    a. HOW: Honest. Open. Willing
    b. HOW it works = Honesty, Open mindedness, and Willingness
6. FEAR: Face Everything And Rise
7. FAITH: Fantastic Adventure In Trusting Him/hope
8. KISS: keep it simply simple.

➢ **Push** by seeing that the **time** that we have is to **love** and see the **wisdom** that we have, **how** we go about the **fear** that we have by the **faith** to **kiss**.

RECOVERY SLOGANS together

➢ Serenity is not freedom from the storm but peace amid the storm so we can stay in the herd so we can stay teachable by Willingness is the key and when When all else fails, follow directions so we can we have to build a door to never tear down a wall, because we don't wish to shut the door to the past. We want to learn from it; this is a spiritual program for it is simply You only get out of it what you put into it.

From myself:

➢ In times when we see the pain that we have we see that we get to live life on life's terms, it's only then we can see that life is a joyous thing if we let go of the pain; to be able to

build within the solution and adding a door to the walls that we built, and find a level of unity.

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.

➢

1. Topic 👀
   -
2. **H**onesty👀
   -
3. **O**pen-mindedness👀
   -
4. **W**illingness 👀
   -

How: **H**onest **o**pen **w**illing
For maybe how is what to you?
What: wonder how about today?

ASP: acronyms SLOGANS *Principles*

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

Slogans (underlined) blog page _ Acronyms **(bold)** blog page _ Principles *(italic)*: A.A. 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**
    -
- I know that isolating can be a big factor in keep not hurting, so essentially don't isolate always Reach Out; and maybe today you're willing to leave a comment and let me know essentially where you're at in your recovery and maybe you're ready to carry a message so share this whatever it may be in a way of giving somebody else a chance at a place where you started:
    - as maybe you started here and maybe this is where you find a way to start because it's always about how you finish not how you start but it's also about carrying the message and finding your way back to trust in a peace of mind; As giving freely what you didn't have been given.
    - thank you and always know your shoes do fit just right, that you do deserve to take a space; and it's okay to let go of that hurt when you're ready, I hope that you are today in this moment; thank you.

Podcast
pancake marathon: journey of recovery
simple literature

February 1 Pancake Marathon

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

---

my journey

★ **Word context**

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

★ **How? How: Honest open willing**

Pancake Marathon

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

From Pancake Marathon

➢

From Gemini casual:

➢

From Pancake Marathon

➢ Topic 👀

  ○

➢ **H**onesty👀

  ○

➢ **O**pen-mindedness👀

  ○

➢ **W**illingness 👀

  ○

From Gemini casual:

➢ Topic 👀

  ○

➢ **H**onesty👀

  ○

➢ **O**pen-mindedness👀

  ○

➢ **W**illingness 👀

How: **H**onest **o**pen **w**illing
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

From Pancake Marathon
➢

From Gemini casual:
➢

Slogans (underlined) blog page _ Acronyms (**bold**) blog page _ Principles (*italic*): A.A. 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**
  -
- 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

Spiritual Principle a Day

February 16, 2025
Service and Carrying NA's Message
Page 48

"Everything that occurs in the course of NA service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers."

Basic Text, Introduction

Of all the spiritual principles in this book, service may be the most directly related to action. Sure, service has a place in our hearts, minds, and souls, but we aren't practicing this principle unless we are doing something.

Our primary purpose in Narcotics Anonymous is service. Essentially, that means carrying the message of recovery to the still-suffering addict who can be any of us at any moment. Participating in service to other addicts, both on an individual level and within the Fellowship, helps us to keep each other and NA alive and thriving.

We often say there are no "musts" in NA, but the Basic Text says otherwise in one of its earliest passages. Depending on who we are, where we are in our recovery, or even what we

ate for breakfast that morning, we may find this direction--that all of NA service must be motivated by our primary purpose--either inspirational or distressing. Some of us may be more driven than ever to carry the message. Others may start to second-guess our motivations for service. We may get defensive at the absoluteness of the statement that "everything" we're doing "must" be motivated by the purest, most fundamental "desire" to help another. Really? All the time?

Truthfully, the framework of NA--the Steps, Traditions, Concepts, and principles--are indeed oriented toward our singular purpose. Because of the simplicity of service as a principle and its reliance on action to practice it, showing up is all we have to do, really: go to a meeting and share what's going on, answer the phone when our sponsee calls, pitch in for the Seventh Tradition, fill the teakettle. We come early and stay late.

Our purely motivated desire to carry the message won't always be there, but we take the action anyway. That's service in a nutshell.

_____ _____ _____ _____ _____

Simply, I will carry the message to the still-suffering addict today with intention. I'll contemplate my level of desire--and practice willingness along with service.

16 When We Give Too Much

You know how it feels when you see someone you love or care about struggle with a mental health or substance use issue? You personally want to help them, and you try your hardest to find the support they need or provide it to them yourself. That is a loving gesture. And sometimes it's also codependency. Sometimes that person isn't interested in receiving help, but you keep working hard at their recovery for them. It doesn't really work that way. It's important in cases like this that you focus on your own self-care and healing.

If you are a helper, healer, nurse, coach, or another type of health care or allied professional with a passion and drive to help others, you know that our soul-purpose work can also end up being something from which we ourselves need to recover. If we aren't mindful about how much we are giving away, we become fatigued at best, burned out or very ill at worst.

We can't give it all away, and we shouldn't.

Daily Reflections

COMMITMENT

Understanding is the key to right principles and attitudes, and right

action is the key to good living.

TWELVE STEPS AND TWELVE TRADITIONS, p. 125

There came a time in my program of recovery when the third stanza of the Serenity Prayer -- "The wisdom to know the difference" --

became indelibly imprinted in my mind. From that time on, I had to face the ever-present knowledge that my every action, word and thought was within, or outside, the principles of the program. I could no longer hide behind self-rationalization, nor behind the insanity of my disease. The only course open to me, if I was to attain a joyous life for myself (and subsequently for those I love), was one in which I imposed on myself an effort of commitment, discipline, and responsibility.

Twenty-Four Hours A Day

A.A. Thought For The Day

One drink started a train of thought that became an obsession, and from then on, we couldn't stop drinking. We developed a mental compulsion to keep drinking until we got good and drunk. People generally make two mistakes about alcoholism. One mistake is that it can be cured by physical treatment only. The other mistake is that it can be cured by willpower only. Most alcoholics have tried both of these and have found that they don't work. But we members of A.A.

have found a way to arrest alcoholism. Have I got over my obsession by following the A.A.

program? Meditation For The Day

I will try to be unruffled, no matter what happens. I will keep my emotions in check, although others about me are letting theirs go. I will keep calm in the face of disturbance, keep that deep, inner calm through all the experiences of the day. In the rush of work and worry, the deep, inner silence is necessary to keep me on an even keel. I must learn to take the calm with me into the most hurried days.

Prayer For The Day

I pray that I may be still and commune with God.

I pray that I may learn patience, humility, and peace.

As Bill Sees It

Seeing Is Believing, p. 47

The Wright Brothers' almost childish faith that they could build a machine which would fly was the mainspring of their accomplishment.

Without that, nothing could have happened.

We agnostics and atheists were sticking to the idea that self-sufficiency would solve our problems. When others showed us that God-sufficiency worked with them, we began to feel like those who had insisted the Wrights would never fly. We were seeing another kind of flight, a spiritual liberation from this world, people who rose above their problems.

Alcoholics Anonymous, pp. 52-53

Walk In Dry Places

Mental Arguments are bad Thinking____Serenity

Again and again we hear that bad thinking and drinking are linked together. Bad thinking is any line of thought that tends to be destructive. Mental arguments are in that class because they destroy peace of mind and self-control. We can avoid them by learning acceptance and maintaining serenity at all costs.

Sometimes we engage in mental arguments with those who seem to have defeated us or put us down. This only gives more life to the hurt we have been feeling: in effect, we cooperate in hurting ourselves repeatedly. Even the satisfaction of letting ourselves "win" the mental argument doesn't really settle the matter.

We can maintain our serenity in all situations by accepting people as they are. We are not responsible for changing their opinions. We must also accept and dismiss past mistakes and failures, no matter who was at fault. We owe it to ourselves not to destroy another moment's happiness with futile mental arguments that serve no good purpose in our lives.

Once we dismiss mental arguments, we can give our time and attention to things that really matter.

I will not waste a single second on any kid of mental argument. Anything another person said or did is forgiven and forgotten, and it has no power to hurt me a second time.

Keep It Simple

Friendships, like marriages, are dependent on avoiding the unforgivable.---John D. MacDonald We

need to remember that relationships are made up of people---people who are strong, but also fragile.

We don't break easily, but we do break. We need to be aware of how fragile relationships are. Don't say something that will hurt others even if it's honest. It's mean to be honest with someone, without showing that you care for the person's feelings. We can learn to be honest without being cruel. The backbone of any relationship is this: we need to honor the rules and agreements we make. If we promise to be faithful to someone, we follow this rule. And we need to trust the other person to do the same. When we see that our agreements don't work, we need to go to that person and talk about them.

Prayer for the Day: Higher Power, help me become a person who honors rules and agreements in my relationships.

Actions for the Day: I'll make no promises today that I will not keep.

Each Day a New Beginning

Within our dreams and aspirations we find our opportunities. --Sue Atchley Ebaugh

Our dreams beckon us to new heights. All that we may need is the courage to move toward them, taking the necessary steps to realize those dreams. Trusting that we will be shown the steps, one at a time, patiently waiting for the right step and right time is all we need to do, today.

Our dreams, when they are for the good of ourselves and others, are invitations from God to spread our wings, to attempt new heights. Those dreams are part of the destiny designed for us. They are not happenstance. Our gifts are unique. Our contributions are ours alone. Our dreams reflect the contributions we are called on to make in this life.

Our opportunities for fulfillment are varied and not always recognized as for our good. Again and again we need to turn to God, be patient, and trust that we are being called to offer something very special to those around us. No one of us has escaped a special plan. And everyone of us is inspired in particular ways, with particular talents. Our recovery is clearing the way for us to burst forth with our talents.

I will be grateful for all that I am, for all that I have. And I will remember, what I give today to friends around me is mine only to give.

NA Just For Today

Faithful Feelings

"When we refuse to accept the reality of today we are denying faith in our Higher Power This can only bring more suffering."

IP No. 8, "Just for Today"

Some days just aren't the way we wish they would be. Our problems may be as simple as a broken shoelace or having to stand in line at the supermarket. Or we may experience something far more serious, such as the loss of a job, a home, or a loved one. Either way, we often end up looking for a way to avoid our feelings instead of simply acknowledging that those feelings are painful.

No one promises us that everything will go our way when we stop using. In fact, we can be sure that life will go on whether we're using or not. We will face good days and bad days, comfortable feelings and painful feelings. But we don't have to run from any of them any longer.
We can experience pain, grief, sadness, anger, frustration- all those feelings we once avoided with drugs. We find that we can get through those emotions clean. We won't die and the world won't come to an end just because we have uncomfortable feelings. We learn to trust that we can survive what each day brings.

Just for today: I will demonstrate my trust in God by experiencing this day just as it

is.

Today's Gift

Shame-filled people feel that something is wrong at their very core. It is a sense of being bad . . ..
--Susan Kwiecien

Nobody is rotten to the core. Whenever we start to believe we are bad all the way through, we can picture good things we have done, days when someone else was happy to be with us, and see for ourselves that we have many good points that outweigh the bad.

If we have done something wrong, we must apologize and make amends. Making a mistake is not the same as being worthless. Mistakes are a natural part of living, not something to be ashamed of. Our freedom to make mistakes is one of our greatest assets, for this is the way we learn humility, persistence, courage to take risks, and better ways of doing things. All of us are valuable and lovable. How could we be otherwise? Since mistakes are natural aspects of growth, we can salute them in others and ourselves as signs of life and celebrate our ability to learn and to forgive.

What mistakes have helped me grow?

Touchstones

Hatred is never anything but fear - if you feared no one, you would hate no one. --Hugh Downs

On those occasions when we find the bigger man within, we are more generous in spirit toward others. But sometimes we think too much about what is wrong with others and how they ought to change. That is a form of hate. If we are searching for what we have power to change in our families, in our friendships, in the world, we can learn to be big enough to set aside our fears.

Do we bear ill will toward someone today? When we are honest with ourselves, do we feel a sense of fear in relation to this person? What are we really afraid of? Perhaps the same person fears us. When we can do something about our fear, the hatred melts with no further effort. Then we are in touch with the bigger man within.

I have the inner, strength to face my fears today. I will not send them outward as hatred.

The Language Of Letting Go

Detachment

The concept of letting go can be confusing to many of us. When are we doing too much or trying too hard to control people and outcomes? When are we doing too little? When is what we're doing an appropriate part of taking care of ourselves? What is our responsibility, and what isn't?

These issues can challenge us whether we've been in recovery ten days or ten years. Sometimes, we may let go so much that we neglect responsibility to others or ourselves. Other times, we may cross the line from taking care of ourselves to controlling others and outcomes.

There is no rulebook. But we don't have to make ourselves crazy; we don't have to be so afraid. We don't have to do recovery perfectly. If it feels like we need to do a particular action, we can do it. If no action feels timely or inspired, don't act on it.

Having and setting healthy limits - healthy boundaries - isn't a tidy process. We can give ourselves permission to experiment, to make mistakes, to learn, to grow.

We can talk to people, ask questions, and question ourselves. If there's something we need to do or learn, it will become apparent. Lessons don't go away. If we're not taking care of ourselves enough, well see that. If we are being too controlling, we'll grow to understand that too. Things will work out. The way will become dear.

Today, I will take actions that appear appropriate. I will let go of the rest. I will strive for the balance between self-responsibility, responsibility to others, and letting go.

Peace and relaxation flow through me with every eath that I take. --Ruth Fishel

Journey To The Heart

The Answer May Be Right in Front of You

It was late at night. I had just pulled into Chimayo, New Mexico. The streets were poorly lit, addresses and signs were difficult to see. I had been driving around for what seemed like hours, looking for an address. Finally, in desperation. I stopped the car, got out, and flagged someone down. A man stopped, but said he couldn't help me. I was at my wits end. I turned around, staring frantically at the mailbox in front of me. To my surprise, I was right where I wanted to go.

How often we wave our hands in panic and despair, certain the answer, the insight, the piece of information we need will never come. Yet often the answer we're seeking is right in front of us.

There's a part of us, our heart, that knows where we're going, knows what we need, knows what the next step is. Our heart will lead us on. Our soul will move us forward. Our instincts will take us home like a radar signal beaming us to safety.

Feel your panic. Feel your frustration. But keep your eyes and your heart open. The answer may be closer than you think- maybe it's right in front of you.

More Language Of Letting Go

Joy is your destiny

Adam fell that man might be, and men are that they might have joy.

-Book of Mormon

In the garden, original man was perfect, unchanging, never knowing sickness or the sorrow of separation. It was only after the fall that we could learn the contrast between joy and sorrow and truly learn what joy is. More than the absence of sorrow, it is the embrace of life in all its turmoil. To live joyously means living with full awareness of how impermanent each life on earth is- how precious each moment, each conversation, each sunrise is.

Each day is the beginning of another new adventure, another opportunity to take a chance and live life to its fullest.

Look around you. Find the joy in your world.

After all, that's why you're here.
God, help me find and create true joy and peace in my world.

A Day at a Time

Reflection For The Day

What about “justifiable anger?” If somebody cheats us or acts toward us in an outrageous manner, don’t we have the right to be furious? The hard-learned experiences of countless others in The Program tell us that adventures in rage are usually extremely dangerous. So, while we must recognize anger enough to say “I am angry,” we must not allow the build-up of rage, however justifiable. Can I accept the fact that if I am to live, I have to be free of anger?

Today I Pray

Even though I go out of the way to skirt them, may I be aware that there always will be certain situations or certain people who will make me angry. When my anger doesn’t seem justifiable - with arguable reason behind it - I may deny it, even to myself. May I recognize my anger, whether it is reasonable or not, before I bury it alive.

Today I Will Remember

It is alright to feel anger.

One More Day

Every Soul is a melody which needs renewing.

- Stephne Mellarme

It may be difficult to admit how discordant our lives become at times - and even more difficult to restore a sense of peace. We may plunge into self-improvement programs with the idea that we, and we alone, can fix ourselves and ease our emotional pain. In doing this, we ignore the spiritual resources outside ourselves.

We better understand and accept our human flaws now and find it easier to ask God for help. Occasionally we may feel inadequate or angry or frightened. We question and doubt ourselves; we get lost in the maze of our own emotions. But we know these feelings are only temporary and that the calming spiritual tempo of our lives is briefly being drowned out by the emotions of the moment. It is comforting to know the melody is always there.

Today, I trust God to keep me in tune with the peace within.

Food For Thought

Meetings

We have proved that we cannot control our eating alone. Through OA, we have found a way that works, provided we work the program. If we become careless about attending meetings, we are thrown back on our own weakness.

It is the OA meeting which gives us the hope and enthusiasm we need to continue in the program. The sharing and fellowship of the group provides strength and encouragement. In times of difficulty, most of us find that the more meetings we attend, the better able we are to cope.

When we don't feel like going to a meeting, it may be because our old overeating habit is trying to surface. We are never cured of our disease and we never outgrow our need for the strength, fellowship, and love we receive from OA meetings.

I give thanks for OA.

One Day At A Time

A TEENAGER'S PRAYER

"I felt as if angels were pushing."

Adolf Galland - on his first flight in a jet aircraft

A letter from a TRG Teenager . . . . .

Sometimes I feel I really can't take anymore, I really can't do it. I feel so alone. I feel no one cares. I just want to hide away and eat and eat until I am so sick I can't eat anymore.

A minute at a time I got through my day, and it was so hard. Didn't anyone understand how hard it is to get through school with the teachers giving me a hard time. The other kids laughing at me in a corner, I know they are, I can feel them. They don't know what it's like to be me. And when I get home, I get even more of a hard time.

But sometimes I feel so bad and I come here on my computer and share or I go to an online meeting, and I know I'm not alone after all. Someone cares, they really do.

I feel heaps better and I suddenly realize that angels had pushed me through the day. And even though the day had been hard, I HAD got through it! I had a whole day of abstinence!

Suddenly I feel so much better about myself, about you and about the world in general.

One day at a time ...

I will remember tonight. An angel walked with me today, and if I close my eyes and sleep, maybe, just maybe an angel will walk with me in my dreams.

Anonymous

Hour To Hour - Book - Quote

There is no one with a 'better' program than another if they are clean and sober for we know that we are only one drink away from a drunk--each and everyone of us!

May I realize that I am no better or worse than another, or them from me. We are equal in our recovery.

Looking Toward What is Good

I am a creative being. I have the power of reason, the ability to think, hope and dream. I can envision my life not only as it is, but as I might wish it to be. I can then think through the steps I might need to become more of who I wish to be. I have the power to think my way into a happy point of view, to see the glass as half full rather than half empty. My mind can be my greatest enemy or my greatest ally. It depends on how I choose to use it.

I hold a beautiful vision of life

- Tian Dayton PhD

Pocket Sponsor - Book - Quote

'Rather than put a label on yourself as Christian, Jew, Moslem, Buddhist, or whatever, instead make a commitment to be Christ-like, God-like, Buddha-like and Mohammed-like.' -Dr. Wayne Dryer

I make a commitment to be 'Twelve Step-like' today.

"Walk Softly and Carry a Big Book" - Book

Real change requires real change.

Time for Joy - Book - Quote

Peace and relaxation flow through me with every breath that I take.

Alkiespeak - Book - Quote

An alcoholic is a fellow who is trying to get his religion out of a bottle, when what he really wants is unity within himself. Unity with God. - Bill W.

AA Thought for the Day

Easy Does It

We find it hard to relax and savor life.

When one of us is in a dither to get something done or get somewhere in a hurry, a friend may gently remonstrate, "'Easy Does It,' remember?"

Then there's often a flash of annoyance at the adviser.

And that indicates the advice must have hit home, wouldn't you say?

- Living Sober, p. 44

Thought to Ponder . . .

While it isn't always easy, if I keep it simple, it works.

AA-related 'Alconym' . . .

J F T = Just For Today.

Father Leo's Daily Meditation

ENEMIES
"The Bible tells us to love our neighbors and also to love our enemies; probably because they are generally the same people."

-- G. K. Chesterton

The spiritual program that I embrace makes me look to where I am, rather than where I want to be. I must live in the now, rather than the never-never-land of tomorrow.

To love my world I need to seek to understand those people who live in my world. To love my world involves an acceptance of those who are different from me. I must seek to build bridges, rather than barriers. It is so easy for me to talk about loving and being concerned for the starving millions and forgetting to love and relate to the typist in my office or the neighbor down the street.

I have some experience of people who can be difficult because I lived with the addicted me for many years; I am the key to my enemies.

Teach me to accept in love those who, for today, I do not like.

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love. 1 Corinthians 1: 1-13

Show me Your ways, O LORD; Teach me Your paths. Lead me in Your truth and teach me, For You are the God of my salvation; On You I wait all the day. Psalm 25:4-5

Daily Inspiration
No troubles that we face are new to this world. Guide and protect me, Lord, and strengthen my faith and trust in You so that I will not falter.

God gives us power, love and self-discipline, not fear and timidness. Lord, I will not be afraid to proclaim that You are my God. All will see it in my actions.