

*QR code to this page*

# *Table of contents*

## recovery HQ


Daily Reflections
Twenty-Four Hours A Day
As Bill Sees It
Walk In Dry Places
Keep It Simple
Each Day a New Beginning
NA Just For Today
Today's Gift
Touchstones
The Language Of Letting Go
Journey To The Heart
More Language Of Letting Go
A Day at a Time
One More Day
Food For Thought
One Day At A Time
Hour To Hour - Book - Quote

Pocket Sponsor - Book - Quote
Time for Joy - Book - Quote
AA Thought for the Day
Father Leo's Daily Meditation

# Spiritual principle a day

# She Recovers Every Day

# Pancake Marathon

# *Table of contents*


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

Spiritual principle a day

She Recovers Every Day

Pancake Marathon


---

**February-10**

# Daily Reflections

I DON'T RUN THE SHOW

When we became alcoholics, crushed by a self-imposed

crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or

He isn't. What was our choice to be?

ALCOHOLICS ANONYMOUS, p.53

Today my choice is God. He is everything. For this I am truly grateful. When I think I am running the show I am blocking God from my life. I pray I can remember this when I allow myself to get caught up into self.

The most important thing is that today I am willing to grow along spiritual lines, and that God is everything. When I was trying to quit drinking on my own, it never worked; with God and A.A., it is working. This seems to be a simple thought for a complicated alcoholic.

**********

# Twenty-Four Hours A Day

A.A. Thought For The Day

Since I realize that I had become an alcoholic and could never have any more fun with liquor and since I knew that from then on liquor would always get me into trouble, common sense told me that the only thing left for me was a life of sobriety. But I learned another thing in A.A., the most important thing anyone can ever learn, that I could call on a Higher Power to help me keep away from liquor, that I could work with that Divine Principle in the universe and that God would help me to live a sober, useful, happy life. So now I no longer care about the fact that I can never have any more fun with drinking. Have I learned that I am much happier without it?

Meditation For The Day

Like a tree, I must be pruned of a lot of dead branches, before I will be ready to bear good fruit.

Think of changed people as trees which have been stripped of their old branches, pruned, cut and bare, but through the dark, seemingly dead branches flows silently, secretly, the new sap, until with the sun of spring, comes new life. There are new leaves, buds, blossoms and fruit, many times better because of the pruning. Remember, I am in the hands of a Master

Gardener, who makes no mistakes in His pruning.

Prayer For The Day

I pray that I may cut away the dead branches of my life. I pray that I may not mind the pruning, since it helps me to bear good fruit later.

**********

# As Bill Sees It

Membership Rules?, p. 41

Around 1943 or 1944, the Central Office asked the groups to list their membership rules and send them in. After they arrived we set them all down. A little reflection upon these many rules brought us to an astonishing conclusion.

If all of these edicts had been in force everywhere at once it would have been practically impossible for any alcoholic to have ever joined A.A.

About nine-tenths of our oldest and best members could have never gotten by!
<< << << >> >> >>

At last experience taught us that to take away any alcoholic's full chance for sobriety in A.A. was sometimes to pronounce his death sentence, and often to condemn him to endless misery. Who dared to be judge, jury, and executioner of his own sick brother?

1. Grapevine, August 1946

2. 12 & 12, p. 141

**********

# Walk In Dry Places

What is rightfully mine___Personal Gains

One of the hard lessons of life is that we can't always "win" in the worldly game for prestige, power, and property. It is especially galling to see rewards going to others that don't seem to have earned them. Much of the world's conflict, in fact, grows out of disputes over what rightfully belongs to whom.

In sobriety, we need a higher perspective than what we're likely to find in the brawling world around us. Rather than demanding rights to anything, we should know that everything is part of a spiritual world. The real meaning of the last line of The Lord's Prayer is that all power, prestige, and property belong to our Higher Power. Whatever we have or will acquire is only temporary, at best, and can easily be lost through wrong thinking and bad actions.

Emmet Fox, whose writings guided the early A members, taught that we possess things only through "rights of consciousness." In perfectly legitimate ways, we will always possess whatever is necessary for our real work in this life. If one door closes, another will always open. We do not have to envy anything that others possess, nor should we attempt to wrestle it from them. God will always lead us to whatever we need for our highest good.

I will not fret this day about any lost property or opportunities. My needs will be met in a satisfactory manner as I continue to seek the highest and best in every situation.

**********

# Keep It Simple

Life didn't promise to be wonderful. ---Teddy Pendergrass
Life doesn't promise us anything, except a chance. We have a chance to live any way we like. No matter how we choose to live, we'll have pain and we'll have joy. And we can learn from both.

Because of our recovery program, we can have life's biggest wonder---love. We share it in a smile, a touch, a phone call, or a note. We share it with our friends, our partners, our family. Life didn't promise to be wonderful, but it sure is full of little wonders! And we only have to open up and see them, feel them, and let them happen.

Prayer for the Day: Higher Power, help me see the wonders of life today, in nature, in people's faces, in

my own heart.

Action for the Day: I can help make a wonderful things happen for others, with a smile, a greeting, a helping hand. What "little" things will I do for somebody today?

**********

# Each Day a New Beginning

God knows no distance. --Charleszetta Waddles

As close as our breath is the strength we need to carry us through any troubled time. But our memory often fails us. We try, alone, to solve our problems, to determine the proper course of action. And we stumble. In time we will turn, automatically, to that power available. And whatever our need, it will be met.

Relying on God, however we understand God's presence, is foreign to many of us. We were encouraged from early childhood to be self-reliant. Even when we desperately needed another's help, we feared asking for it. When confidence wavered, as it so often did, we hid the fear--sometimes with alcohol, sometimes with pills. Sometimes we simply hid at home. Our fears never fully abated.

Finding out, as we all have found, that we have never needed to fear anything, that God was never distant, takes time to sink in. Slowly and with practice it will become natural to turn within, to be God-reliant rather than self-reliant.

Whatever our needs today, God is the answer.

There is nothing to fear. At last, I have come to know God. All roads will be made

smooth. **********

# NA Just For Today

Fun!
"In recovery our ideas of fun change"

Basic Text, p. 102

In retrospect, many of us realize that when we used, our ideas of fun were rather bizarre. Some of us would get dressed up and head for the local club. We would dance, drink and do other drugs until the sun rose. On more than one occasion, gun battles broke out. What we then called fun, we now call insanity.

Today, our notion of fun has changed. Fun to us today is a walk along the ocean, watching the dolphins frolic as the sun sets behind them. Fun is going to an NA picnic, or attending the comedy show at an NA convention. Fun is getting dressed up to go to the banquet and not worrying about any gun battles breaking out over who did what to whom.

Through the grace of a Higher Power and the Fellowship of Narcotics Anonymous, our ideas of fun have changed radically. Today when we are up to see the sun rise, it's usually because we went to bed early the night before, not because we left a club at six in the morning, eyes bleary from a night of drug use. And if that's all we have received from Narcotics Anonymous, that would be enough.

Just for today: I will have fun in my recovery!

**********

# Today's Gift

A bird does not sing because he has an answer. He sings because he has a song. --Joan Walsh Anglund

Each of us has a song to sing, just as birds do. Part of knowing who we are is appreciating our own songs. Are our songs gentle like the robins, or are we brilliant leaders like the bluejay? Are we easy to be around like the sparrow, or do we radiate joy and laughter like the loon?

Each of these birds has something special to offer. So do we, with our own unique personalities and talents. What a waste it would be if the loon never dashed across the lake because he wanted to be a robin instead. It is important to learn who we are and to believe we are special in our own way. We give joy to the world around us when we sing our own songs.

Have I listened to my own song lately?

**********

# Touchstones

In the beginner's mind there are many possibilities, but in the expert's there are few. --Shunryu Suzuki

As we travel the path of recovery, we are sometimes overwhelmed by a feeling of how much we lack. It rises within us as a feeling of inadequacy, emptiness, or loneliness. We are in pain because we feel like such beginners. Now we need to discard our competitive thinking, our drive to be on top, and accept another, wiser, way of seeing. The big difference is in being on the path of recovery rather than lost on some diversion, as we have been in the past. It is not important how far along we are or who is ahead of whom. The important thing is that we are on the path and experiencing the process.

In recovery, wisdom comes with staying a beginner. Then we remain open to further learning. In some sense this program and our mutual powerlessness are the great levelers. Once on the path, we are all equals.

Today, I will appreciate my vulnerability. It keeps me spiritually alive and growing.

**********

# The Language Of Letting Go

Letting Go of Sadness

A block to joy and love can be unresolved sadness from the past.

In the past, we told ourselves many things to deny the pain: It doesn't hurt that much.... Maybe if I just wait, things will change.... It's no big deal. I can get through this.... Maybe if I try to change the other person, I won't have to change myself.

We denied that it hurt because we didn't want to feel the pain.

Unfinished business doesn't go away. It keeps repeating itself, until it gets our attention, until we feel it, deal with it, and heal. That's one lesson we are learning in recovery from codependency and adult children issues.

Many of us didn't have the tools, support, or safety we needed to acknowledge and accept pain in our past. It's okay. We're safe now. Slowly, carefully, we can begin to open ourselves up to our feelings. We can begin the process of feeling what we have denied so long - not to blame, not to shame, but to heal ourselves in preparation for a better life.

It's okay to cry when we need to cry and feel the sadness many of us have stored within for so long. We can feel and release these feelings.

Grief is a cleansing process. It's an acceptance process. It moves us from our past, into today, and into a better future - a future free of sabotaging behaviors, a future that holds more options than our past.

God, as I move through this day, let me be open to my feelings Today, help me know that I don't have to either force or repress the healing available to me in recovery. Help me trust that if I am open and available, the healing will happen naturally, in a manageable way.
Today I look inside for my answers. Today I will trust my instincts and my connecting to my Higher Power. --Ruth Fishel

**********

# Journey To The Heart

Free Yourself from Manipulation

Learn to recognize passive-aggressive hits. Learn to recognize when other people have hidden agendas, when they're trying to control or manipulate you. When we're being controlled, we may feel guilty, obligated, indebted. In our muddled state, we agree to another's wishes but we're not sure why. Then we wander around feeling uncertain, unbalanced, confused.

The lesson still isn't about them. The lesson is about how we respond. If their behavior, their energy, is affecting us that strongly, it's because something in us needs to be healed. A part of us isn't clear, is still mucked up by something old and outworn, such as guilt or fear. Once we heal ourselves, we will know how to deal with their energy, how to handle their passive-aggressive behavior and their attempts to control us. Then we can thank them for helping trigger our healing process, for helping us grow.

Everything that happens along the way is part of the journey. Everything can be incorporated into our healing process. All roads lead to growth.

**********

# More Language Of Letting Go

Say woohoo even if you don't like where you are

"Once you get into the desert there's no going back," said the camel driver." And when you can't get back, you have to worry only about the best way of moving forward."

-Paulo Coello, The Alchemist
Sometimes we get into situations and we can easily get out. We date someone, it's not right for us, and we stop seeing that person. We experiment with drinking or drugs, decide that this isn't for us, and we stop experimenting. We accept a job, it's not what we want or hoped it would be, so we leave and find

another.We may even marry someone who's not right for us, and we get out. No children. No excessive property or financial entanglements. It's a mistake. We're sorry. There may be a few emotions involved, but correction is relatively painless and easy.

There are other times when it's not easy. We don't just date the person. We get married, have one or more children, and then realize we've made a mistake. We begin using alcohol or drugs, and wake up one day to find that our life is out of control. What we need to do is stop drinking, and it's the very thing we can't do, at least not without help. Or we accept the job or sign a contract, one with serious legal entanglements and consequences.

These are the situations that bring us to our knees. It is in these situations that we work out our destiny. If we've hit a point of no return with some situation in our lives, the only way out is through.

Surrender to the experience. You may not have bargained for this, may not have consciously desired it. Learn to say woohoo anyway. You're meeting your destiny head-on. A spiritual adventure has just begun.

God, help me be gentle with others and myself as we each work out our destinies, karma, and fate. Give me the courage, help, insight, resilience, and grace to learn all the lessons I came here to face.

Activity: Write your memoirs. This is an extensive activity. If you take the time to do it, you will learn much about yourself. Break down your life into stories. Don't worry about writing a literary masterpiece. Just break your life down into sections and write about what you learned. Write about what you went through- how you thought it would be, what it actually turned into, how you struggled against this, and how you finally saw the light and learned the lesson at hand. We all have ways of keeping a timeline of our lives, for instance, graduation, marriage, divorce, getting that big job, our sobriety date. This is a journal you may want to keep and add to for the rest of your life. It is your book of life. An interesting twist on this activity is to give your memoirs to your children, or ask your parents to do this activity as a gift. Reading your parents' memoirs can be an enlightening and healing event.

**********

# A Day at a Time

Reflection For The Day
Until now, we may have equated the idea of beginning again with a previous record of failure. This isn't necessarily so. Like students who finish grade school and begin again in high school, or workers who find new ways to use their abilities, our beginnings must not be tinged with a sense of failure. In a sense, every

day is a time of beginning again. We need never look back with regret. Life is not necessarily like a blackboard that must be erased because we didn't solve problems correctly, but rather a blackboard that must be cleaned to make way for the new. Am I grateful for all that has prepared me for this moment of beginning?

Today I Pray

May I understand that past failures need not hamper my new courage or give a murky cast to my new beginnings. May I know, from the examples of others in The Program, that former failings, once faced and rectified, can be a more solid foundation for a new life than easy-come successes.

Today I Will Remember

Failings can be footings for recovery.

**********

# One More Day

The best thinking has been done in solitude. The worst has been done in

turmoil. - Thomas Edison

When the rush of a busy world becomes overwhelming, we can restore ourselves to peace and tranquility. When we feel battered by the stress of the day, it's time to take a few moments for relaxation. We need to steady ourselves; in fact, we owe it to ourselves.

Solitude, meditation, serenity - these can be ourse if we settle in for a few moments of private time. Alne. Taking this time is not self-indulgent; it's self-care and simple to do. We can tune the radio to some beautiful, soft music and sit back with a cup of herbal tea. Taking slow breaths, we can allow our bodies to relax with the warmth of the tea, the beauty of the music and the solitude of the moment.

I relish the gift of privacy and relaxation each day.
**********

# Food For Thought

Write Before You Eat

When you are tempted to grab an extra bite, stop and make contact with another OA member. If you cannot bring yourself to make the call, or if you make it and still want to eat, then try writing.

Before you take the bite, write down exactly how you are feeling, what you think the extra food will do for you, what the likely result will be, and how you will feel an hour later. It is a good idea to keep a pad of paper handy in the kitchen; you can grab a pencil instead of food.

Often the process of writing down exactly how you are feeling will reveal the hidden emotions which are masquerading as hunger and a desire to eat. You may discover that you are angry, or fearful, or lonely. Write the feelings and write the consequences of eating because of them.

Grant me insight, Lord, and self-understanding.

**********

# One Day At A Time

~ ATTITUDE ~

The last of the human freedoms is to choose one's attitude.

Viktor Frankl

I have always found someone like Viktor Frankl to be an inspiration. His attitude to life totally amazes me, especially after suffering and losing all his family in the Nazi concentration camps. How could anyone come away from an experience like that and still find meaning in life, much less meaning in suffering? I certainly could never find any meaning in all the years of suffering through compulsive eating which caused me so much pain. Life didn't seem meaningful at the time, and I wondered if it ever could.

But one of the things I have learned in the program is that I can allow myself to wallow in self pity, which I did many times, or I can take the lessons from my life's experiences and use them as opportunities for growth. That has not been an easy one for me in my journey, and there have been many times when life just seemed to be too hard. I wondered whether I had the same strength and positive attitude that Viktor Frankl did. Intellectually I know that attitude is a choice I make. There have been times when I've been depressed and full of self pity and I allowed myself to sink into that abyss of despair. But now, knowing that I have a choice, that I can pick myself up and "act as if," I can have a positive attitude. When I make the positive choice, miraculous things happen, and life somehow seems a lot easier.

One Day at a Time . . .

I will make a choice to think positive thoughts, and try to emulate people like Viktor Frankl and others who have battled enormous difficulties and yet kept a positive attitude. When I do that, I know my life will become infinitely better.

~ Sharon ~

**********

# Hour To Hour - Book - Quote

In the beginning there probably isn't much time that goes by when you don't think about using. This is normal, after all, you've just lost your constant companion. Only time will remove your constant thoughts of your old buddies, drugs and alcohol, but it does pass.

Every time I think getting high would feel good, let me remember the pain in my gut and fear in my heart just a short time ago.

Getting Even Today

I will push myself through to letting go of some recent insult, knowing that if I don't I bind myself to that energy. Revenge only keeps me stuck at the place of wrong doing. Better to let go the hurt or insult than the act of kindness. If I want to continue to grow my blessings in life, I will look up not down. Today I will look toward someone who has been good to me and I will think of a way to repay their kindness, knowing that when I do that, my own life feels better, too.

I connect myself to the energy of goodness.

- Tian Dayton PhD
**********

# Pocket Sponsor - Book - Quote

Do not ask what your Higher Power can do for you, but rather what you can do for your Higher Power. This gets us out of self.

Dear God, what can I do for you today?

"Walk Softly and Carry a Big Book" - Book

Formula for failure: try to please everyone.

**********

# Time for Joy - Book - Quote

Today I look inside for my answers. Today I will trust my instincts and my connecting to my Higher Power.

Alkiespeak - Book - Quote

An alcoholic is anyone I don't like who drinks more than me. - Dylan

Thomas. **********

# AA Thought for the Day

The Ladder

No one who drank as I did wakes up on the edge of the abyss one morning and says:
Things look pretty scary; I think I'd better stop drinking before I fall in.

I was convinced I could go as far as I wanted, and then climb back out when it wasn't fun anymore. What happened was,

I found myself at the bottom of the canyon thinking I'd never see the sun again.

AA didn't pull me out of that hole.

It did give me the tools to construct a ladder, with Twelve Steps.

- Alcoholics Anonymous, p. 316

Thought to Ponder . . .

I stood in the sunlight at last.

AA-related 'Alconym' . . .

S T E P S = Solutions Through Each Positive Step.

**********

# Father Leo's Daily Meditation

INSIGHT

"Nothing is more terrible than activity without insight."

-- Thomas Carlyle

I believe that recovery can only begin when we "see" or start to get a glimpse of who we are and what we are dealing with . . . insight; an insight into self.

However, the moment we begin to see must be followed by a determined effort to discover more; digging through the denial, pain and manipulation to the disease. Then after discovering the disease in our lives, we must be prepared to risk talking about it --- on a daily basis.

Recovery requires a daily desire to see, discover and talk about our addiction --- with this insight comes recovery.
You are the light of the world; shine through my honesty.

"Let everything that has breath praise the Lord. Praise the Lord!" Psalms 150:6

"Remember to welcome strangers, because some who have done this have welcomed angels without knowing it." Hebrews 13:2

"Love your neighbor as you love yourself." Galatians 5:14

Daily Inspiration

Each morning gives us one more chance to pray, one more chance to help another and one more chance to make this a better world. Lord, thank you for working in and through everything.

Not one day passes without receiving wonderful blessings from our loving and generous God. Lord, may I forget the irritations that distract me from Your happiness.

- recoveryhq.com
- 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.

Spiritual principle a day from Spiritual Principle a Day

Play on Spotify
spotify details

---

Spiritual Principle a Day

February 10, 2025
Loving Ourselves
Page 42

"My sponsor was one of the people in NA who loved me until I could love myself."

Sponsorship, Chapter 1, "A cornerstone of the Narcotics Anonymous program"

Many of us came to the rooms of NA battered and broken apart, full of secrets we planned to take to the grave. We couldn't keep a job. Our health was terrible. We couldn't bear to see that look in our parents' eyes one more time. But, hey, we're clean now. Yes! We are done with using and more than happy to move on.

But what's this "secrets keep you sick" thing we keep hearing? We just want to put the past behind us, and instead, we're encouraged to tell some sponsor about it? We can share

some of it, but not that. Oh, hell, no! No one can ever know that. And "loving ourselves"? Does that mean I have to look in the mirror and say nice things? Is this a requirement?

For many of us, our sponsor is the first--and perhaps only--person who hears about our darkest actions toward others, our insane thoughts and behaviors, and our deep pit of self- destructiveness. The shame and self-hatred we feel are met with empathy and patience. Our sponsor's loving response and commitment to loving us helps us to understand, a bit at a time, that we are deserving of love. We start to organize the mess we made of our lives as we work the Steps. We know we can tell our sponsor anything, and we know we have to in order to stay clean.

Gazing at ourselves in the mirror and blowing loving kisses at our reflection is not a requirement of NA membership. But, after sustained exposure to the love and acceptance freely given to us by our sponsor, the thought of doing so might make us far less uncomfortable than it would have on day one.

_____ _____ _____ _____ _____

I will thank my sponsor for loving me unconditionally. Today I truly can say that I am on the road to loving the person I've become in NA.

She Recovers Every Day from https://www.hazeldenbettyford.org/thought-for-the-day

---

# 10 Never Question Your Worthiness

Brené Brown says that we all deserve love and belonging, and that our worthiness is our birthright. Louder for the people in the back: our worthiness is our birthright. I love how solid, simple, and complete that phrase is. We don't have to prove our worthiness. We don't have to hustle or fight for it. We are worthy just through the simple act of being born.

Those of us in recovery need to work hard to stop questioning whether we are worthy or not of . . . anything. We deserve to be loved by our partner, our children, other family members, friends, and other important people in our life. We are worthy of forgiveness for what I like to call "the shit we did." We are worthy of respect and equality and health care and all the services we each need to heal. Don't question your worthiness, if you are still doing that. Just claim it.

Operating from a place of knowing we are worthy frees up a whole lot of time and energy.

# February 10 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.
★ **Word context**
★ spiritual◦ / religion / Science: 3's are 1
★ **How? How: Honest open willing**

➢ As I come to the point of finding my way, as we all do by the way of recovery, is to *Practice the principles in all our affairs*; as it is that simple to read and yet to act is then the point of finding *Principles before personalities*.
➢ For it is as simple to say things but then to do things is upon its own value, for is that why one can't be the face of a fellowship; as that is what Tradition 6: as I Interpret:  as to practice the principles in all my affairs.
➢ As such it would then stand that I then can find my voice or to the simple fact of it being that I can have a voice, for some maybe at the points of finding their voice; as still, we do not shut the door on the past.
➢ As the same as fear was seen as a bad word, to the point of now holding to it being a Spiritual program that fear:  does something arise as its own value;  for it's not the outcome/ the value? and Maybe even a virtue upon itself spirituality?

1. Topic 👀
    - Your voice.
2. **H**onesty👀
    - Finding your voice is at point, scary(it can be),
3. **O**pen-mindedness👀
    - As still it is as to what we get to do;
4. **W**illingness 👀
    - As it is how we then use are voice, that will then show our progress.

**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
- ➢ I see only by the fact that when out of the the goal of living life, as it may seem by *step 1*; being then where we all seems to start when then seeing that *Tradition 3*: holds welcoming arms for us and those that will come.
- ➢ For it is within the fact of life that we might just come to losing, to losing to the point of seeing that, as it seems to myself(as only I can speak for myself/ as the same as how any fellowship can't speak for me: Would that not then be anonymity?) that the only way to be right is to be wrong; maybe as to that point of what is to become right is to start off being wrong?
- ➢ So I get to **halt**, as then *I become willing to* <u>let go and let **god**</u>*; for then I try to carry a message*.

Slogans (<u>underlined</u>) 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
    - **<u>Principals context</u>**
    - **<u>Slogan context</u>**
    -
- 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  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.

---

★ **Word context**
★ spiritual◦ / religion / Science: 3's are 1
★ **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 (<u>underlined</u>) 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
    - **<u>Principals context</u>**
    - **<u>Slogan context</u>**
    -
- 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

# topics

## 2024

### Recovery ACRONYMS

1. WISDOM: When In Self, Discover Our Motives *
2. HOPE: Happy. Our. Program. Exists.
3. PUSH: Pray Until Something Happens
4. QTIP: Quit. Taking. It. Personally
5. NUTS: Not. Using. The. Steps.
6. TIME: This I Must Experience
7. THINK: is it...? Thoughtful. Honest. Intelligent.Necessary. Kind.
8. T R U S T = Try Relying Upon Steps and Traditions.

➢ The **wisdom** i have is because I have this **hope**, maybe at times I have not yet got to the hope that I have to then **push**, push past the moment of acting/**qtip**ing so that I and others won't go **nuts** for its about the **time** that we have to **think**; as its in that we find **trust**.

### RECOVERY SLOGANS together

1. Cultivate an attitude of gratitude
2. Call your sponsor before, not after, you take the first drink
3. Don't Use No Matter What
4. First Things First
5. God doesn't make junk
6. Humility is not thinking less of yourself, but thinking of yourself less
7. Hugs not Drugs
8. The newcomer is the most important person in any meeting
9. Willingness is the key
10. When all else fails, follow directions

- ➢ Cultivate an attitude of gratitude is at times Call your sponsor before, not after, you take the first drink so that we Don't Use No Matter What seeing that First Things First knowing that God doesn't make junk and in that we are able to see that Humility is not thinking less of yourself, but thinking of yourself less to be able to Hugs not Drugs and always able to be the Help that is only a phone call away and that The newcomer is the most important person in any meeting as To keep what you have, you have to give it away by seeing that the Willingness is the key and When all else fails, follow directions.

---

## From myself:

- ➢ Finding the grove, finding that I get to do this and that at times I can let life be on my team or on my terms; it's in that moment I will see that I have a part, and if I have a part then I will be able to do what needs to be done to carry the message or be able to act and stop reacting.
- ➢
- ➢