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*      SPRINKLINGS OF SPRING
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*      LITERATURE WORKSHOP FOR THE
*      DAILY MEDITATION GUIDE
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*      JOE WHEELER STATE PARK
*      MARCH 22, 23 AND 24, 1985
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March 22, 1985
Joe Wheeler State Park
Elgin, Alabama

Alabama N.W. Florida Region
Literature Sub-Committee
P.O. Box 11332
Montgomery, Alabama 36111

Mid-Coast Region
Literature Sub-Committee

Dear Fellow Servant:

After seeing what our brothers and sisters in the Georgia Region put together for the Daily Meditation Book, we had to do it too. Enclosed are the release forms and input. All rights to this material belong to the Fellowship of N.A. We are deeply grateful for the support of our own Region and the direction and support of the Georgia Region.

Our Gratitude Speaks,

Alabama N.W. Florida Region
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CHARACTER DEFECTS

If there were no defects in our lives we would be perfect humans; therefore we would not be addicts. Everyone has defects, but, as addicts, we are exceptionally vulnerable to character defects; because we are extremists. To continue in old disruptive patterns is lethal to our recovery.

Being aware that "insanity is repeating the same mistakes and expecting different results," (Basic Text, 2nd Edition, Chapter 4, pg 21) will aid in our recovery from character defects.

FOR TODAY

Help me to be aware of my character defects. By learning this, I may grow and not be caught up in the misery of my shortcomings.

THIRTEENTH STEPPING

When we first come into the fellowship of N.A. We are emotionally strung out individuals. The only thing we have to offer to anyone is our physical selves. We have no sobriety to share, no understanding of the Steps. In our loneliness, desperation and vulnerability we need to be shown a new way of verbal communication rather than the physical ways of our addiction. Affection, sex, love and lust all seemed about the same to us. As sobriety comes we begin to know the difference.

FOR TODAY

God please let me not forget how vulnerable and gullible a newcomer is. Help me to stick to Twelve Stepping without crossing over the line to Thirteenth Stepping.

NEWCOMERS

When we come into the program as newcomers, we are filled with all of the old fears of our addiction. We don't realize that we are the most important person at that meeting. We feel shaky and we sweat. Our hearts pound when we try to talk. It is impossible to think in terms of having anything to give to anyone. We are the life-blood of N.A. We bring to those who are believing in and working the Program the chance to keep what they have by giving it away. Today, as recovering addicts ourselves, we understand the true importance of the newcomer...

FOR TODAY

Help me as a newcomer to open my mind and heart to the hope,
love and sobriety that can be mine if I live the N.A. WAY.

OLD TIMER

Sometimes older members become isolated in their groups because of differences in their 'clean time age' and other members. This situation can become magnified by old and new alike. Newcomers need to be aware of not putting oldtimers on pedestals. Older members mature in their recovery. They take on positions of senior citizens instead of cackling old hens.

FOR TODAY

My gratitude speaks for staying clean a day at a time. With a greater powers help, I mature in my recovery. Today I realize that clean is more than abstinence - clean is recovery.

TAKING IT EASY

Impatience is a common obstacle with addicts. We tend to become so obsessed with instant gratification that we sometimes can't slow down and enjoy the peaceful moments that recovery brings to us.

We learn that 'taking it easy' means slowing down and not taking on so much at once. This allows our minds to stop racing long enough to allow for emotional calmness and peace of mind to enter.

FOR TODAY

Help me to slow down but not stop so that my emotional and spiritual well being will be in balance. I am grateful today for the serenity that comes from taking it easy.

UNMANAGEABILITY

Coming to believe that our lives are unmanageable is truly a step in the right direction. Accepting this belief is not only necessary but it is something that we can not run the risk of forgetting. Our past lives have proven that if we can't control our addiction we can't control our lives.

FOR TODAY

God help us to remember that when we admit our inability to manage our own lives, that we open the door for a power greater than ourselves to help us.

WISDOM

Some things we must accept and other we can change, but without the wisdom to know the difference, our lives are full of confusion. Our inability to let go of people places and things over which we have no control will defeat us in our recovery. Only with wisdom and growth can we complete the process of restoration to sanity.

FOR TODAY

Give me the wisdom to let new ideas flow in, to ask questions so that I may better understand those principles that make my recovery possible.

RECOVERY

The road to recovery is not a smooth one; it is full of chuckholes. Often we find ourselves in traffic jams. But with the help of our higher power and the tools provided in the Twelve Steps, we are able to travel at a rate of speed that will eventually restore us to our sanity.

FOR TODAY

As I travel the road of recovery, give me the wisdom to use the tools that will help me safely reach my destination.

ANONYMITY

Being anonymous, we escape many of the traps we used to fall into. We seem to glide right by known pitfalls from our past. Many of the insecurities and inadequacies fade away and we are surprised to find ourselves succeeding where we knew only failure. It generally takes us a while clean to see the connection between our successes and our anonymity. By having less need to take personal credit and be assertive when we should be quiet, we don't make other people mad at us over unimportant things. Anonymity is not becoming a nonperson - for us it is becoming ourselves and letting go of what we don't really care about.

FOR TODAY

Am I aware and grateful for the miracle of anonymity in my life. Do I see how being anonymous frees me of trying to be what I am not.

RECOVERY

Recovery is a big word for us as members of Narcotics Anonymous. Other terms have been applied to our recovery by others and ourselves. We have that freedom. Recovery in N.A. means not having to use today, against our will. As we grow in recovery, we can see how our addiction affected every area of our lives. It says in our literature, "Our whole life and thinking is centered in drugs in one form or another,...". We discovered in N.A. that we needed a big word to describe what happens to us when we stop using and begin to grow spiritually. When we totally surrender to the fight we used to put up against our addiction, and all the lying, cheating and stealing that went with it, we call it RECOVERY.

FOR TODAY

Am I comfortable in my surrender. What losing battles am I fighting with the disease today that I can be freed from by surrender? God grant me the ability to let go of these losing battles and get on with living clean!

SERVICE

The opposite of taking is giving so the two are related. When we begin to move away from our fear, faithlessness and self-centeredness, we are capable of taking a sincere interest in the well being of another human being. We seek only the joy of giving which counteracts the old images we have of ourselves. Serving in any way is evidence of recovery from the disease of addiction which is based around the idea that we can never get enough. Too much is never enough! Helping others helps us see our own problems in a new light. We can see not only where we have gone wrong before but see ways to change ourselves for the better.

We learn to do only our part and then only when we are asked. This keeps our sick egotisms from telling us we know what is right for others. Praying to be the instrument of a Loving God as expressed in group consciousness, is the first step of service.

FOR TODAY

I pray that in some way my thoughts, words and actions can benefit a fellow human being today. I have a positive need to know I have surrendered and in the process of recovery of the life which was lost to me while using.

FELLOWSHIP

Without the crying, laughing, living, breathing, loving clean addicts we find and come to love, Narcotics Anonymous would be only a dream. When we can see the daily courage, love and dedication we need in fellow addicts like ourselves, we can become highly motivated to get some of these good things for ourselves. As using addicts, we were all exposed to various kinds of scams and hustles. As newcomers, we feared that with recovery would come a catch which would spoil it all for us somehow. Each of us, as members, has had to hope N.A. was for real, had to believe that it might work for us and had to try to do our own part however we could. If we had to do these things alone, almost all of us would simply never make it.

FOR TODAY

I thank the God of my understanding for my clean fellow addicts, members of N.A. Let me do something special for them to let them know how grateful I am.

HONESTY

Adjusting to the world as it is saves us time and trouble. We learn by our inventory the things we have been doing which have been defective in getting the results we claim to want. The Steps don't leave off here. Our Seventh Step frees us from the many forms our dishonesty can take. In recovery, we find our honesty working for us.

The result of personal honesty is that we find ourselves with time and energy left over. Doing something wrong most often means doing it again and again until we get it right. Inability to accept personal responsibility is a trap where we blame others for not doing what we alone can.

FOR TODAY

I realize that without willingness, I can't continue my recovery. Please let me see the things I can do to help myself get better.

AMENDS

Step Eight in the N.A. program tells us to list and become willing to make amends to those persons we have harmed. Making amends is vital to our sobriety and eventual serenity as recovering addicts. If we approach this Step with feelings of resentment or if we are thinking, "I am sorry - but how about you and what you said or did to me?" we will surely fail. We may just open old wounds or even create new ones. The healing process of amends made in the spirit of humility and love can speed us on

the journey to recovery.

FOR TODAY

Let me honestly become willing to clean up the wrongs of my past life by making the amends I owe.

POWERLESSNESS

We've got to be rid of the notion that we can use drugs. Face it, using may have been fun once upon a time, but for most of us, by the time we get here, it has lost it's appeal. Our lives have become unmanageable and we seem to be incapable of change.

We admit our powerlessness, we admit that we need help, we admit that our addiction has us beaten. Just for today, we recognize our limitations. Out of this recognition comes unlimited strength. Together we can do what was impossible alone. We are living proof of recovery from active addiction.

FOR TODAY

I am grateful today for the freedom through surrender. Today I don't have to fight anymore.

FREEDOM

Let's allow ourselves time to enjoy the flow of the day. How can we enjoy our miraculous freedom from addiction if we are always on the run - to a job, to a meeting, to important appointments? The more inner peace we develop, the freer we are from compulsion and obsession. Thus freedom from addiction grows into freedom to live.

FOR TODAY

Today I live in freedom from active addiction. I am grateful to N.A. for this, because it gave me this freedom. Help me to be aware of the many choices I have in my life today.

SERVICE

Sometimes we use the fact that we are addicts to neglect our responsibilities to ourselves and others. Our own lives and feelings assume such importance that all thought of being of service to others goes out the window. We have to be rid of this self-centeredness, or it will kill us.

We, who have known the despair and misery of addiction, have been touched by a higher power's benevolence. For this we are

grateful.

FOR TODAY

What can I do today to give back what has so freely been given to me? May I follow your will for me by an act of selfless service.

12 STEPS

We have Twelve Steps each one is a link
In the chain of life that leads us to think.
How far they will take us we will never know.
But if we continue to work them, we will continue to grow.
Without this program, we would all be lost:
Jails, institutions or death, who could afford the cost?
No Steps, no life, no sanity, no health,
But with these Twelve Steps we have instant wealth.

FOR TODAY

God give me the wisdom to use the Twelve Steps in my life to grow and to become interested in the recovery of any addict that still suffers.

THE FELLOWSHIP

We came into the N.A. Fellowship not knowing what to expect,
Most of us confused, full of fear, a mental wreck.
We sat and we listened as others shared.
We sometimes dropped our heads when members said they cared.
Full of doubt, despair and feeling alone,
Some of us came back to check it out, just to see what was going on!
We shared the hugs, our eyes full of tears.
Little did we know our days of recovering were near.
As days went by and our involvement grew,
We said to ourselves, I like this feeling, it's something new.

FOR TODAY

Just for today, I know N.A. is there. I am glad I came. I am glad I shared so another suffering addicts life will be spared.

SPIRITUAL AWAKENING

Our spiritual awakening brings a change in our lives. By practicing the spiritual principles we release ourselves from our selfishness and self-centeredness. This gives us that peace of mind that we struggled to find with the use of drugs. Now we have

a choice and the tools to be free of drugs...

FOR TODAY

May my spiritual awakening pilot me through the stormy seas of recovery.

ABSTINENCE

We have seen addicts come into our Fellowship, try our program and stay clean for a period of time and eventually return to active addiction. They forgot that it is really the first fix, pill or drink that starts the deadly cycle all over again.

(from N.A. Basic Text, Third Edition, Chapter Seven, page 72)

FOR TODAY

God give me the wisdom to learn from the past. If I take that first fix, pill or drink, it won't be the last.

RELAPSE

Relapse can be the destructive force that kills us or leads us to the realization of who and what we are. The misery of using is not worth the temporary escape it might give us. For us to use is to die, often in more ways than one.

(N.A. Basic Text, Chapter Seven, page 75)

FOR TODAY

Just for today, I will remember the effort it took to get a period of freedom in my life, and avoid self destruction.

CARING AND SHARING

Nothing is more rewarding for us than caring and sharing with other addicts. We can grow in wisdom and become less self centered in our daily lives by carrying the message to the addicts who still suffer.

FOR TODAY

Give me strength, just for today, to care and share the N.A. WAY.

REMORSE

The Steps of N.A. release us from our past. We no longer have to feel remorse for the things we did in active addiction. The Steps also give us freedom from self-pity and bitter resentments that remorse is associated with. We no longer forget the past - we let go of the past.

FOR TODAY

By living in the present, I no longer hold on to past mistakes or failures. REcovery through N.A. is ongoing. It is a program of action. Help me to progress and not regress in my recovery. I am grateful today for the ability to let go of yesterday.

ADDICTION

"Addiction is a mental, spiritual and physical disease affecting every area of our lives." This tells us that addiction as a disease goes far beyond just using drugs. Our self-centeredness allows our disease to take on many forms of compulsions and obsessions.

FOR TODAY

Help me to be aware of my disease. Through understanding comes acceptance and ability to recover daily. Today I am aware that abstinence does not equal recovery.

* N.A. Basic Text, Third Edition, Chapter Four, page 18.

COURAGE

Through applying the Steps of N.A. in our lives, we find the strength of a greater power. This is a source of strength and reassurance that gives us courage to break free from our disease.

FOR TODAY

With the suport of a Power greater than myself, I can recover daily. The courage to change the things I can is allowing me to be responsible to myself and for my actions.

BASICS

We are all subject to try and figure out the program of Narcotics Anonymous at some point in our recovery. WE seem to see surrender as something for newcomers. Naturally, if we're clean

today, we're doing something right! In time, however, we all reach a point where we know a lot about N.A: the history, the struggle, the slow painful progress achieved at a great cost. We have a personal knowledge of the Twelve Steps and Traditions of N.A. So, after all this time, we think we know something about N.A. It is what we learn after we think we know it all that really makes the difference. If we lose, even for a short time, our essential surrender, we can quickly undo ourselves by becoming proud and arrogant. We can unleash the restraints we have imposed on ourselves and get into a mess of squabbles by trying to do things our way. We seem to forget that our disease only sleeps in recovery and will awaken whenever we get away from what works for us. We are reminded that what worked for us in the beginning, when we knew nothing and were at our weakest, will work for us today if we only get back to our basics.

FOR TODAY

I pray for God to grant me the serenity to remember who, what and where I am. I need to learn more about spiritual principles and become willing to try anything which N.A. offers which might work for me.

HUMILITY

Humility is a spiritual quality which comes to us when we get honest about ourselves. We access the strength of our Higher Power when we seek strength and guidance. This gives us the ability to see what is really going on at any given point in our recovery our peace is real when we can see God's plan for us. In our defects, we are simply faulty. The Program gives us the ability to become self correcting. We learn that our principles will work for a lot of people, even non addicts, because they are based in spiritual truths gathered from all sources. The important thing for us is to stay away from our areas of personal powerlessness. What is left is the things we can do well and easily. In time we get the good sense to not take lightly those gifts which we have already been given. Somehow, we find it difficult to get more goodness into our lives until we get serious about gratitude. Our humility is our foundation for spiritual growth.

FOR TODAY

Just for today, help me realize how lucky I am. I know I tend to forget and take for granted and permanent those who try to love me and wish me well. I forget the pain and desperation I come from. I want to continue my growth and recovery and will look for opportunities which are there for me in this very day!

HAPPINESS

Happy people make things happen. Unconcerned by a need to run the show, happy when others do well, willing to do their share and take personal responsibility, happiness is a state of existence which comes to us when we finally realize that the good in our lives outweighs the bad by a healthy margin. Those who come in contact with us, feel better. Problems dissolve because we can look at things squarely without the old need to cut and run. Our attitude reflects personal contentment rather than envy, satisfaction rather than gnawing need, and optimism rather than successive fears.

FOR TODAY

God grant me freedom from my hatred and envy of those who appear to be doing better than I am. I want to do well too, and I know I'm asking for a real miracle. Let me see into the world of peace and abundance. I am willing to pay the price for these things because I have already paid a greater price in my active addiction.

NON AFFILIATED

N.A. isn't a religion and has no reason to proselitize. This means we carry our message of recovery only to those who know they are in need and are asking for help in some way. Furthermore, we have no need of great material wealth, no expensive bureaucracies to maintain, no forms to fill out and no jars to pee into. Our knowledge of the disease is sufficient to let us know that these things will not work for people like us. We are allergic to bigness and do better to simply take things easy, work on our recovery and helping others instead of playing the games which could kill us!

We learn as members that we share a recovery process developed by the thousands who have gone before. These people worked their programs as if their lives depended on it and we are clean today because of their intense desire for recovery. We have sought answers elsewhere and found no answers we could use which would give us what we find in N.A. Whatever we give to N.A. comes back to us many fold and we follow a wise path in staying out of the business of others. We have come too far against great odds to take cheaply what we have received.

FOR TODAY

To help me counteract my intensely selfish nature, let me pause from time to time today and think of all that has been done to bring me the message of N.A.

TWELFTH STEPPING

In Narcotics Anonymous, one of the main benefits of membership is being able to carry a message of hope and recovery to any addict seeking recovery. This is a big part of how we stay clean. It can make us feel powerful and we tend to go overboard on almost anything we do, or not do it at all! We learn balance and responsibility. We may be the only member a newcomer talks to. They may never go to an N.A. meeting or read any of our literature or have any other contact with our program or people. We sincerely want to give them the best we have found to be true in N.A. Our message doesn't consist of a bunch of grand statements but simple things which have a known appeal for our sort of folks.

We know if we tell them N.A. is a simple way to live clean which works, costs nothing and requires only personal honesty, that will be attraction enough to someone who is hurt, confused and desperate for help.

We pray to be used as instruments of a loving power greater than ourselves and approach the opportunity to practice our Twelfth Step with memories of other days, when someone took time out of their lives for us.

FOR TODAY

In gratitude for my own recovery, I pray to be used as an instrument of the loving spirit which has guided me to N.A. I know that my own best may not be good enough. I really care about those who still suffer. I will try to remember what was said and done for me when I was new and pass it on to those who may get clean today...

FORGIVING

We have all been guilty, mainly through ignorance, of wrongdoings both before N.A. and during our clean time. When we forgive those who wrong us today, we are forgiving ourselves in a way. There is little we haven't done or wouldn't do if we weren't clean today. In all honesty, we can't afford to be proud, just grateful.

FOR TODAY

If I run into someone who I believe has wronged me or someone I have wronged, I will try to remember that my opportunity to forgive or be forgiven is a special gift and try to do my part either way.

COMPULSION

Compulsion is a word for loss of control. When we are in the

grip of a compulsion, we are past the point of discussion. Sometimes the only thing we can do is sit still and hope the compulsion will wear off before we do something stupid. At these times, we will need all the help we can get. Whatever we have been able to do in better times will work for us now. We do many things in N.A. to avoid these times or insure that when we need it, help will be at hand.

FOR TODAY

I know I am a miracle and depend on spiritual principles for my life as well as my abstinence. If today I get myself in a difficult place, I pray I have the good sense to ask for help and the wisdom to accept it.

DISEASE

If it ain't easy, it's probably disease. We suffer from a disease which has mental, physical and spiritual characteristics. We have learned in N.A. that efforts to treat our disease as anything else doesn't get results. We're not bad people, we're just people with a disease.

Through not using, we stop our disease in its tracks. Not using alone will not wipe out those tracks. To help us make the changes we need to recover, we apply the principles contained in our Twelve Steps starting with surrender, continuing through a change of personality and leading to a spiritual life clean.

FOR TODAY

I accept the fact that I suffer from a disease and not a moral deficiency. I pray to be able to do my best to keep my body clean, focus my mind on the spiritual principles which can help me recover and maintain a conscious contact with my Higher Power. I know that if I stay clean and keep moving towards the spiritual, I will move away from the old life and all that went with it.

MEMBERSHIP

Our addiction cost us a positive role in life. As our disease progressed, it wiped out our ability to associate with other people on an easy and open basis. From the beginning, in N.A., we find ourselves with others who accept and even love us for what we are. They can respect the courage it takes for us to seek recovery because they have been where we're at and achieved a measure of recovery themselves. They aren't afraid of us and smile at our games. Our desire for recovery is the key which opens this door. It is the only requirement for membership in N.A. and entitles us to all the benefits thereof.

FOR TODAY

As I go through my day, let me dwell on my membership and what it means to me. Unless I exert myself in some way, I can grow complacent and forget all I can be grateful for today.

RECOVERY

The road to recovery is a process of remaining teachable, to be willing to go to any lengths to stay clean. I keep my mind occupied with how I can become a better person on a daily basis. I am willing to work on my spiritual program, be of maximum service to my Higher Power, to myself and to society, keeping my will 'turned over' at all times.

FOR TODAY

Help me to keep a conscious contact with my Higher Power today, remembering where I came from and being grateful today.

IT WORKS IF YOU WORK IT

I work my Program to the best of my ability 'today', talking to my Higher Power in the morning to start my day off, and by keeping a conscious contact throughout the day. I try to become a little more honest each day. I live in the answer, practicing patience and tolerance today.

FOR TODAY

I will take a look at myself in the mirror and decide what is a weak point in my recovery and make a conscious effort to improve it today.

LUST

Lust is something we do all the time but do not realize it. When we have thoughts of desire or of desiring someone we are lusting for this person or thing. When we catch ourselves doing this we can turn it over and put our minds on better or more constructive thoughts.

FOR TODAY

Today I pray that when I have these thoughts, I can see them for what they are and try to change them.

ACTION

Our entire program is worked by action. If we don't change we will be miserable. We must honestly examine ourselves on what we have done and how we feel. We must surrender ourselves to God as we know Him, completely, and to another human being. We must openly admit all of our fears, angers and resentments. By doing this the past no longer has control and we are free to live up to our ideals today. We then begin to behave differently and are ready to be changed by our Higher Power into the person He wants us to be.

FOR TODAY

Just for today, I will review my behavior regularly and correct my mistakes as soon as possible. I will continuously develop my faith and spiritual principles. I will share with others and try to keep my life clean.

PEACE OF MIND

As we grow spiritually by living the principles of the N.A. program, our thinking and emotions become more and more stable. We develop a positive outlook on life and learn to appreciate the simple things of life.

One day at a time we grow to cherish our new lives and our peace of mind. By working the N.A. program and remaining grateful for what we have, we are able to live our lives without the need for drugs.

FOR TODAY

Let me be grateful for my new way of life and the inner peace I have found through living the N.A. program.

STEP ONE

Thinking back on how we functioned when we were using, how our disease controlled our lives, we became spiritually and mentally dead. At this point, we were able to take the First Step. We surrendered to the First Step.

FOR TODAY

As we surrender, we become teachable. Our minds opened to a new way of life, clean and free.

TEMPTATION

Our old playmates and playgrounds that were a part of our active addiction. When confronted with temptation, we think about the consequences.

FOR TODAY

God help me avoid temptation today. Don't let me forget where I came from.

LUST

Our lives have been controlled by lust and depravity. Due to the nature of our disease. We continued to lust after those things that offered temporary satisfaction and fulfilled our diseased cravings. Our relationships were destroyed. Our sanity regressed but our lust and disease grew. This insidious and cunning defect has led us to the brink of destruction. Only with acceptance, faith and commitment, can we find relief from this driving foe.

FOR TODAY

Just for today, I will deal with those lust and cravings that would destroy my life. I have the tools to use and a Higher Power to lead me. With these I am well on my way.

ACCEPTANCE

With the help of the Fellowship of recovering addicts, we have stayed clean by the minute, by the hour, by the day. We have discovered that we can live without the use of drugs. Our obsession caused us to use continuously. Our disease would not release us from this compulsion. By admitting and accepting our powerlessness over this disease we were able to turn our lives over to a power greater than ourselves. We felt relieved from the awesome burden of active addiction.

FOR TODAY

By accepting my disease and turning my will over to God as I know Him, I have learned to forgive and share. Today I have a choice and the desire for a new way of life.

DEPRESSION

Often we find ourselves dwelling in the past, or on something in the present which depresses us. When we continue our

depressive thinking, and refuse to turn it over to our Higher Power, we frequently find ourselves in a deeper depression. To overcome this, we must change our thinking by trying to look at the good in a situation, as opposed to focusing on the bad. It is not always an easy task to accept what we cannot change but acceptance can be a key to alleviating our depression.

FOR TODAY

Help me to conquer my depression by learning acceptance. My Higher Power is much more capable of managing the things that depress me than I.

THE GROUP IS MY HIGHER POWER

Atheists and agnostics who join our Fellowship often feel as though the N.A. program can be of no help to them. They sometimes feel as if they are different, somehow.

The importance of finding a Higher Power is necessary for our recovery. We can find our Higher Power by becoming willing first. Through willingness many find strength from the group and choose to call it their Higher Power. With the group as our Higher Power, we can find the strength we need to stay clean, and we no longer feel different.

FOR TODAY

Let us become willing to find a power, greater than ourselves, so we can have the strength to live a clean life.
