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## Na just for today june 12th

This program works wonders in our lives.... We became free to live. The Basic Text, p. 11 — Most of us—if we've been in recovery for a long time at all—have heard some members complain in meetings about over work, too busy for meetings or sponsorships or other activities. In fact, we may have been complaining members. The days seem so full: work, family and friends, meetings, activities, sponsorships, step work. There just aren't enough hours in a day, members complain, to get things done and meet everyone's demands on my time! When this happens, there is usually a gentle laugh from some other member — perhaps a member who has planned to grumble about the same thing. Laughter comes from our recognition that we complain about the magic of life that belongs to us today. Not long ago, some of us were able to have one of these problems in our lives. We devote all our energy to maintaining our active addiction. Today we have a full life, complete with all the feelings and problems that occur with living in reality. ————— Just for today: I will remember that my life is a miracle. Instead of hating how busy I am, I will be grateful my life is so full. Yes, we are a vision of hope... Basic Text, p. 53 — By the time we reached the end of our path, many of us had lost all hope of survival without using drugs. We believe we are destined to die from our disease. What an inspiration it was, then, to come to our first meeting and see a room full of junkies who stayed clean! A clean addict is, indeed, a vision of hope. Today, we give the same hope to others. The newcomers see a joyful light in our eyes, pay attention to how we carry ourselves, listen to us speak in meetings, and often want what we have found. They believe in us until they learn to believe in themselves. Newcomers hear we bring a message of hope to them. They tend to see us through rose-tinted glasses. They do not always recognize our struggles with certain character defects or our difficulties by increasing our conscious contact with our High Power. It takes time for them to realize that we, oldtimers with three or six or ten clean years, often put personality ahead of principles or suffer from some other unsightly character defect. Yes, newcomers sometimes put us on a pedestal. It is good, though, to openly acknowledge the nature of our struggle in recovery to, in time, migrants will run through the same trial. And the newcomer will remember that others walked through that predicad and stayed clean. ————— Just for today: I will remember that I am a beacon for all who follow my path, a vision of hope. Daily June 12th FORMS A TRUE PARTNERSHIP But it's from our crooked relationships with family, friends, and society in general that most of us have suffered. We have been very stupid and stubborn about them. The main fact we fail to recognize is our total inability to form true partnerships with other human beings. -TWELVE STEPS AND TWELVE TRADITIONS, p. 53 Can these words apply to me, am I still unable to form a true partnership with another human being? What a terrible flaw that would be for me to bring into my conscious life! In my sobriety, I will meditate and pray to discover how I can be a trusted friend and companion. Twenty-Four Hours a Day June 12, A.A. Thought For The Day When we came to the U.A., we made an incredible discovery. We found that we were sicker than moral lepers. We're not as weird a duck as we thought we were. We found other people who had the same illnesses we had, who had gone through the same experiences we had experienced. They've recovered. If they can do it, we can do it. Was hope born in me the day I walked into the A.A.? Meditation For That Day He who hears these sayings and does them is like to a man who builds his house on stone and it rains and the flood comes and the wind blows and blows over the house and it falls not because it was erected on a rock. But when your life is turned about, there is a plan which you will not be patient with. A quiet, stoic, immobile life - stone houses - laid stones by stones - foundations, walls and roofs - with an act of obedience to heavenly vision. Each day follow God's guidance and daily work will build your house on stone. Prayer For The Day I pray that my life can be established on the rock of faith. I prayed that I could obey heavenly visions. When Bill Sees It June 12 Release and Joy, p. 163 Who can account for all the tribulations that once belonged to us, and who can predict the deliverance and joy that the following years have brought us? Who could possibly tell us the great consequences of what God's work through the A.A. has moved? And who can penetrate the deeper mysteries of our wholesale delivery from slavery, slavery to the most desperate and fatal obsession that for centuries has the minds and bodies of men and women like us? We think fun and laughter make use of it. Outsiders are sometimes shocked when we burst into excitement over seemingly tragic experiences from the past. But why shouldn't we laugh? We have recovered, and have helped others to recover. What greater cause could exist to rejoice than than 1. A.A. Coming From Age, pp. 44-45 2. Alcoholics Anonymous, p. 132\*\*Walking in a Dry Place June 12th Being right or Wrong Step Honesty Ten advises us to immediately admit it when we are wrong. Perhaps there should be another step warning us not to be overcons rest assured when we believe we are right. It is true that there are many times when we are right. It's also possible, however, that we may only be 99 percent right, and that a small percentage of mistakes could mean our downfall. Something is also wrong when we find ourselves passionately asserting that we are right. We don't have to admit it when we're right because it rightly speaks for itself. In the long run, the truth and the right actions don't really have to be maintained. Part of being right is a willingness to believe that we may be wrong, however difficult it is to accept. If I'm wrong today, I'll admit it. If I'm right, I'll refrain from announcing it with too much reassurance. Keep It Simple June 12th The lust for power is not rooted in strength, but for weakness. We believe Alcohol or other drugs can help us control our happiness. But now we learn to rely on faith for our happiness. Faith is about leaving things to control our High Power. Instead of wanting control ourselves, we believe our High Power will help us deal with things coming. In recovery, we work to have more faith. Faith in a Higher Power. Faith in Steps. Faith in our group. Faith that our lives will get better, if we don't use chemicals and we work honest recovery programs. Faith makes life a lot easier. Every New Beginning Day June 12th If people only knew the healing power of laughter and joy, many of our fine doctors would be out of business. Joy is one of the greatest remedies in nature. Joy is always healthy. Pleasant state of mind tends to bring abnormal conditions back to normal. —Catherine Ponder Feeling happy may not come naturally to us most of the time. We may, in fact, have to act as if with great effort. We may not even recognize genuine joy at first. The technique of finding it lives fully in the present and with gratitude for everything we can see, touch, and feel. An open and honest expression of gratitude for the presence of those closest to us is now creating a flurry in our breasts, a rush that will be shared by our friends as well. Joy is contagious. Joy is liberating. Joy brings to focus our distorted perceptions. Greet life with joy every experience for us and for those we share. I'll bring joy wherever I go today. I will give the gift of joy to everyone I meet. Pastor Leo's Daily Meditation June 12TH POTENTIAL Meaningless for life which means man gives his life by revealing his power. - Eric Fromm my life was helpless when I was drinking. Drug alcohol stopped me reaching my full potential – I was depressed, tired, angry, lonely and confused. It sounds amazing that I'm the enemy of my life. By drinking alcohol, I feed the disease and make my life unmanageable. Then I had a moment when I saw what I was doing in my life. The pain caused by drinking outweighs any gains. I've hit my bottom. I started to change my life by refusing the first drink, and I began to experience new vitality and potential. A new and creative life dawns. Friendship and relationships are possible again. God is All-knowing and All-wise. My power as a human being is unleashed in my sobriety. Master, may I discover my potential in the loving decisions I give you. An Anonymous Alcoholic June 12 Pioneering Our Southern Companions A.A., the minister's son, and a southern farmer, he asks, Who am I to say there is no God? Some men and women came to visit a friend of mine the night before. He invited me to meet them. They were an exhilarating crowd. I've never seen people who are excited before. Let's talk. I told them about peace, and that I believed in God. I'm thinking of my wife. I have to write to him. A girl suggested that I call her. That's a good idea! Pp. 215-216 \*\*Twelve Steps and Twelve Traditions June 12, Step Ten – Keep taking personal inventory and when we get it wrong immediately admit it. Seeing continuously our assets and obligations, and the real desire to learn and grow in this way, is a necessity for us. We alcoholics have learned this the hard way. More experienced people, of course, at all times and places have practiced inseparable self-surveys and criticism. To be wise always knew that nothing could make much of his life until self-searching became a habit of ordinary, until he was able to acknowledge and accept what he found, and until he patiently and persistently tried to correct what was wrong. p. 88\*\* Thoughts Xtra June 12 Not enough to love those who are close and dear to us. We have to show them that we did it. -Lord Eric Avebury Never say more than necessary. -Richard Brinsley Sheridan The power behind me is bigger than the problem in front of me. - Unknown The surest sign of wisdom is constant cheerfulness. -Montaigne Worries never robs tomorrow of his grief, but only saps today his power. -A. J. Cronin... when we not to focus on what is missing from our lives but to be grateful for the abundance that exists – love, health, family, friends, work, the joy of nature, and the personal pursuit that brings us pleasure – the desert illusions fall and we experience on earth. -Sarah Ban Brethnach \*\*\* Bible Scripture June 12 For it is easier for camels to go through the eye of the needle than the rich to enter the kingdom of God. - Luke 18:25 Do not retaliate for evil. Don't retaliate when people say bad things about you. Instead, pay them back with a blessing. That's what God wants you to do, and he'll bless you for it. -1 Peter 3:9 Therefore if there is anyone in Christ, he is a new being; Then they are set a light upon you. -Isa. 58:11 \*\*The Daily Inspiration of June 12 The more generous and kind we are, the wiser and forgiving we come to the realization of God's strong love. My Lord, let My love take over in me and lead me to goodness. You can't ask too much if you use your blessings endlessly. Lord, help me to meditate and live in my spirit. A Day At A Time June 12th Many of us have trouble ridding ourselves of the damage of guilt. In my own case, during the early days in the Program, I misunderstood a few Steps, or tried to apply them too quickly and overzealously. The result was that I increased my feelings of guilt and worthlessness, rather than acquitting myself as The Steps intended. Soon, though, I became at least willing to forgive myself, and I made a new start. I did all the soul-searching and cleansing steps in our Program because they were meant to be taken, and not from a position underground that crippling hatred and guilt. Did I make amends? Today I Pray May I forgive myself, for God has forgiven me. May I know that if I depend on an old bag full of guilt, then I follow the example He has shown me. If the Lord can forgive me — and He has shown His forgiveness by bringing me to this place of healing — then so have I. May I not beg myself what He has offered generously. Today I will remember God forgave him. So am I. \* One More Day June 12 Develops a sense of wonder that extends to the world to one another, in God. The world will never starve for miracles - only to want miracles. - Bernard S. Raskas The crisis in our lives can make us cruel and bitter but it can also cause us to do soul searching. Those of us who take inventory, who are soul-searching, may have a personal awakening to our capacity for joy and giving, the beauty and symmetry that constantly surrounds us allows the horizons of our minds to develop. When our sense of spirituality becomes intact again, we realize our impact on others and on nature. Spiritual sense of self is important in my quest to find find Who I am and what kind of person I want to be. One Day At A Time June 12 EXPECTATIONS It's amazing in this world how things don't change at all as you'd expect. - Agatha Christie My life has been gripped by the hope – hope that I hold for myself, other people's expectations of me; the expectations I have from others; the hope I have for my life; and the hope I have from God is my understanding. Again and again, my hopes were not met – and I was angry. I found it very disappointing and I was filled with hatred and shame. Eventually I became consumed by a toxic sense of anger and pathetic apathy. If nothing turns out as I expected, why bother? I held tight to my hope that they choked life out of my soul. They condemned me to futility, frustration, selfishness, and despair. I think that my expectations are realistic and correct; therefore every variance of my expectations seems to be a violation of the natural order of things. Since starting my Restoration work, I have realized that I almost believe that I am God. I think I know what's best, what's right, and what's supposed to happen. Although I am sometimes resistant, I learn to let go of my expectations. I learned to change my focus from my limited understanding to a mysterious and supreme plan held safely and sanely in God's hands. As I worked my steps and learned from others, I found that I was relieved that my previous expectations were not paying off. One day at a time... I gave up my expectations before and now expect only one thing: that when I work my steps, the Lord will bring me an increased depth of sanity. ~Sharon\* Meditation Elder Today June 12Th The faces of our future generations look to us from the earth and we tread very carefully not to disturb our grandchildren. When they're done with their lives in the trees, they'll come back to Earth. The leaves that return to Earth are the trees of the future. So inside Mother Earth is the forest of the future. Man, when finished with his life on Earth, will return to Earth. So on Earth are the grandchildren of our future. Knowing this, we must respect the place where our future generations live. Just take from Earth what you need. Whenever you choose a plant or medicine, leave an offering and leave a prayer. Honor and walk in a sacred way. Great Spirit, teach me to respect the place of future generations. Travel to the Heart June 12 Recharge Your Battery Rest when you're tired. Get some rest when life is stale. Take the time to fill in your battery. Energy is not not You have -- it's something you have. To give and give, to extinguish without taking, drain your battery. It drains you, runs you down. Running on a low battery is no longer necessary, because now we know how to live differently. Taking the time to rest, renew, and refresh is not a wasted time. Recharge. Choose what gives you energy. Natural. A song. The voice of a friend. Take a nap. Hot shower. A cup of tea. Favorite program. A movie that makes you laugh or cry. Take a walk. Run. A prayer. A poem. A book that speaks to your soul. Actions that arise from energy sources are easier, go further, achieve more. Let your work and love come from vital spirits. Today's Gift June 12, The more diamonds are cut, the more sparkling. —Anonymous There is something of value to be found even in the worst of things. Consider oysters. When a grain of sand penetrates the oyster shell, it irritates the oyster, making it uncomfortable. Oysters relieve pain by layering sand with a soothing liquid. When this liquid hardens, pearls are formed. The process that heals oysters creates precious gems for others to cherish and admire. The way we deal with our own frustrations – painful though they may be – can make a difference. Pearls can form from our experiences, making us wiser and stronger, or grains of sand - anger, bitterness, hatred - can remain ingrained within us. The choice is ours. How can I turn my irritation into a pearl today? Language Releases June 12 Spontaneity and Fun Practices to be Spontaneous. Practice having fun. The joy of recovery is that we can finally experiment. We can learn new behaviors, and we don't have to do it perfectly. We just need to find a way that works for us. We even had fun experimenting, learning what we liked, and how to do what we loved. Many of us have

gone into burrows with stiffness, martyrdom, and deprivation. One of the normal experiences many of us have seized is having fun. Another one's spontaneous. We may not have a foggy idea of what we want to do for fun. And we may hold ourselves so tightly that we won't allow ourselves to try anything fun anyway. We can let ourselves go a little bit now and then. We can loosen up a little bit. We don't have to be so stiff and stiff, so afraid to be ourselves. Take some risks. Try some new activities. What do we want to do? What might we enjoy? take other risks. Select the movie we want to see; Call a friend, and invite him to go along. If that person says no, try someone else, or try again next time. Decide to try something, and then go through with it. Left once. Go twice. Practice having fun until the fun becomes fun. Today, I will be Something just for fun. I will practice having fun until I really enjoy it. More Languages Letting Go June 12 Relaxing will help you work Joe is a professional chef. She started working in the kitchen before she was a teenager. Gradually, he worked hard from washing dishes until he found himself running a successful catering operation. The only problem is, the more successful the business becomes, the less time Joe has for the rest of his life. Joe was pleased with the knowledge that he was the hardworking man he knew. In his mind, the company existed solely because he was there. Joe was surprised when his wife left him for someone less successful. How could he do that to me? He moans to friends. I work my tail off so he can have good things and this is how he pays me? Then one day while serving the wedding, she realized what was happening. She's not there for the wedding yet. He has been a victim of his own success, imprisoned by the company he has created. He's taking the day off. Then the weekend. Then he trained an assistant to help run the company. It cost him money at first, but he found life in the process. I was so busy being successful, she said, that I didn't realize how miserable I was. When she vacations in the Southwest, her culinary instincts get the best of her and she spends half of the holidays studying new recipes, but she has fun. For the first time in years, I played in the kitchen again rather than just working, Joe said. Today Joe has found the joy of balance. He no longer felt that he himself had to bear the weight of the world, and was stronger for it. His business is growing and he has gained a reputation as an innovator, largely because of the things he has learned while not in the kitchen. When we succeed, it is difficult to take time away from our work; it feels like a success that we work so hard to be going to slip away if we're not there taking care of him all the time. The truth is, we are so busy making a living that we forget to have a life. Take the time to see if you can spend a little less time in the office and a little more time with yourself and your loved ones. You may be surprised by the effects rest can have on your motivation and the joy you have for what you do. God, teach me – and help me learn – to have fun in my life, my work, and my relationships with the people I love. Meditation Touchstones For Men June 12 Originality is unexplored territory. You there by canoeing - you can't take a taxi. —Alan Alda We are on an adventure journey in this program. Each of us is a wilderness that is only partially explored and mapped. We can't know exactly what we will find along the way, but we can expect to find some great and and beauty, some spectacular experiences, as well as amazing and scary, and some soft and pleasant resting places. Each day will have a mixture of different feelings. This program is not an uncharted area map. This is a guide to survival in the wilderness. It tells us how to orient ourselves when there are no familiar landmarks and how to learn and grow from experience. The more time we spend in this wilderness, exploring the mysteries of life, the more comfortable we become with it and the greater appreciation we have for its unique beauty. Today, I pray for the courage to explore the indigenous people I was created to be. Tao Daily June 12 Navigation Do you know Where You are On your journey? Travel?

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