

Model for Daily Recovery

Direct My Thinking Today

God, thank you for this day and your presence. Please direct my thinking today, keep me free from self-pity, dishonest or self-seeking motives. Your will be done, not mine.

Ego

My Ego's image is not who I am, it's what I want others to see. It wants me to believe that I am my idealized persona. It lives in fear of the exposure of my denied shadow self, constantly seeking recognition, validation, and approval. God, please remove my need to be liked, my need for approval and my need to judge others.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil, for thine is the kingdom and the power and the glory, forever and ever. Amen. – Matthew 6:9-13

Help Me to See Only You

Thank you, God. I am truly and humbly grateful as I seek closer proximity to you and your will. Help me to see only you and your power in everything as I strive to be of service.

Where Recovery Occurs

Recovered occurs at the place where I am compelled to actively and intentionally inconvenience myself to try to help others, particularly alcoholics, without regard for recognition.

You Can't Conjure Happiness

You can't conjure happiness; while seemingly erratic, it appears as the direct and proportionate byproduct of Gratitude.

The Power of Gratitude

Father, thank you for showing me that constant gratitude in all things is the gateway to maintaining conscious contact with you. Help me to pray only for the knowledge of your will and the power to carry it out. Please let my first response to every situation, be the question, God, what are you trying to teach me?

Evidence Of a Successful Life

My life will have been a success when, on my death bed, my last thoughts are not about me or a morbid self-reflection of my life but thoughts of how to make this easier on others.

Sick Man's Prayer

God, when a person offends me, help me to remember this is a sick person. Help me show the same tolerance, pity, and patience that I would cheerfully grant a sick friend. Show me how can I help them. Save me from being angry. Thy will be done. – BB p. 67

The Obstacle Becomes the Way

But when people obstruct our proper tasks, they become irrelevant to us—like sun, wind, animals. Our actions may be impeded by them, but there can be no impeding our intentions or our dispositions. Because we can accommodate and adapt. The mind adapts and converts to its own purposes the obstacle to our acting. The impediment to action advances action. What stands in the way becomes the way.

— Marcus Aurelius, *Meditations*, 5.20

A Life Worth Living

Only a life lived for others is a life worthwhile. Albert Einstein

Selfishness, Dishonesty, Resentment, Fear

It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. – BBp.84

One Good Humiliation A Day

I pray for one good humiliation a day. Only then do I witness the battle between my denied shadow self and my idealized persona. The gap is my spiritual illness.

The Journey Long and the Path Narrow

Good God, you know my heart and my struggle between noble desires and perverse motives. Please save me from myself and guide me, as the journey is long, and the path narrow. Relieve me of my need for recognition and acceptance. I pray that I become more aware of your quiet voice. Teach me patience.

The Lord is My Shepherd

*The Lord is my shepherd. I shall not want.
He makes me to lie down in green pastures. He leads me beside the still waters.
He restores my soul.
He leads me in the paths of righteousness, For His name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil. For You are with me.
Your rod and Your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil. My cup runs over.
Surely goodness and mercy shall follow me, All the days of my life.
And I will dwell in the house of the Lord Forever. – Psalm 23*

Gratitude in All Things

Thank you, God for the good and the bad. I give thanks in everything, including my sufferings because I know that suffering produces perseverance; perseverance, character; and character, hope and hope does not fail or shame us, because God's love has been poured into our hearts through your Spirit, who resides in us. Romans 5:3-5

St. Francis Prayer

*Lord, make me a channel of thy peace that where there is hatred, I may bring love,
that where there is wrong, I may bring the spirit of forgiveness,
that where there is discord, I may bring harmony,
that where there is error, I may bring truth,
that where there is doubt, I may bring faith,
that where there is despair, I may bring hope,
that where there are shadows, I may bring light,
that where there is sadness, I may bring joy,
Lord, grant that I may seek rather to comfort, than to be comforted,
to understand, than to be understood, to love, than to be loved,
For it is by self-forgetting that one finds,
It is by forgiving that one is forgiven,
It is by dying that one awakens to Eternal Life. AMEN*

Third Step Prayer

*God, I offer myself to Thee – to build with me and to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness to those I would help of Thy
Power, Thy Love, and Thy Way of Life.
May I do Thy will always! - BBp.63*

Seventh Step Prayer

*My Creator, I am now willing that you should have all of me, good and bad.
I pray that you now remove from me every single defect of character which stands in the way of
my usefulness to you and my fellows.
Grant me strength, as I go out from here, to do your bidding. Amen. - BBp.76*

Eleventh Step - Morning Prayer

*God, direct my thinking today so that it be empty of self-pity, dishonesty,
Self-will, self-seeking and fear.
God, inspire my thinking, decisions and intuitions.
Help me to relax and take it easy. Free me from doubt and indecision.
Guide me through this day and show me my next step.
God, show me what I need to do to take care of any problems.
I ask all these things that I may be of maximum service to you and my fellow man. - BBp.84*

Eleventh Step - Evening Prayer

*We review our tenth steps for the day.
God, forgive me where I have been resentful, selfish, dishonest or afraid today.
Help me to not keep anything to myself but to discuss it all openly with another person.
Show me where I owe an apology and help me make it. Help me to be kind and loving to all
people. Use me in the mainstream of life, God. Free me of worry, remorse or morbid (sick)
reflections that I may be of usefulness to others. May I feel your protection and peaceful
presence throughout the night. Please give me rest so I can be of service. - BBp.84*

Conscious Contact with God

<https://www.dailypioneer.com/2019/sunday-edition/attaining-spiritual-consciousness.html#:~:text=The%20first%20step%20to%20spiritual,outer%20peace%20in%20the%20world.>

Awareness: the quality or state of being aware: Knowledge and understanding that something is happening or exists.

Being In God's Presence!

*Practice Consciousness, Awareness, and Mindfulness of God and the NOW,
Maintain Conscious Contact with God, Gratitude is the Gateway.*

Bill's White Light Experience

In a few seconds he was overwhelmed by a conviction of the Presence of God. It poured over and through him with the certainty and majesty of a great tide at flood. The barriers he had built through the years were swept away. He stood in the Presence of Infinite Power and Love. He had stepped from bridge to shore. For the first time, he lived in conscious companionship with his Creator. BBp56

AA 11th Step

*Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
BBp59*

Awareness

Self-Consciousness Blocks God-Consciousness. External Awareness Blocks Internal Awareness.

Buddhism, Taoism, Stoicism, Program

We must let go of ourselves and our egos in order to achieve ultimate unity.

Principles of Mindfulness

1. *Non-judging. Be an impartial witness to your own experience.*
2. *Patience. A form of wisdom, patience demonstrates that we accept the fact that.*
3. *Beginner's Mind. Remaining open and curious allows us to be receptive to new.*
4. *Trust. Develop a basic trust with yourself and your feelings.*
5. *Non-Striving.*
6. *Acceptance.*
7. *Letting Go.*
8. *Gratitude.*

Safety

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. Don't hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed. BBp. 102

I Kept the Faith

I fought the good fight, I finished the race, I kept the faith! The Book of Eli

Prayer of Repentance

*I repent, O God most merciful, for all my sins,
for every thought that was false or unjust or unclean,
for every word spoken that ought not to have been spoken,
and for every deed done that ought not to have been done.*

*I repent for every deed and word and thought inspired by selfishness,
and for every deed and word and thought inspired by hatred.
I repent most specially for every lustful thought and every lustful action,
for every lie; for all hypocrisy,
for every promise not fulfilled,
and for all slander and backbiting.*

*Most specially also, I repent for every action that has brought ruin to others,
for every word and deed that has given others pain,
and for every wish that pain should befall others.
In Your unbounded mercy, I ask you to forgive me, O God,
for all these sins committed by me,
and to forgive me for my constant failures to think and speak and act according to Your will.
- Meher Baba*

Free Me From Doubt

God, please free me from doubt and indecision. Guide me through this day and show me my next step. Give me what I need to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man.

Boy with Evil Spirit

Lord, I believe; help thou, my unbelief. - Mark 9:24

All I Know

All I know is that I know nothing. - Socrates

Every Situation Can Build Faith

Every day, in every situation, God goes before me and places things in my path for me to find to be of service to others. My job is to find them for two reasons. Yes, I get to try and be of service but think of how it builds my faith!

Trudging the Road of Happy Destiny

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the great fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then BBp.164

Commitment

*Commitment has primacy and doesn't acknowledge inconvenience or false obligations.
The proof of commitment is directly proportionate to the cost.*

Broken Brain

No problem can be solved from the same level of consciousness that created it. – Einstein

God is Our Refuge

God is our refuge and strength, a very present help in trouble. Psalm 46:1

Trust in the Lord

*Trust in the Lord with all your heart; and lean not on your own understanding.
In all thy ways acknowledge him, and he will make your paths straight. Proverbs 3:5-6*

Humility

Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me.

It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.

Dr. Bob Smith

What is a Man in the Sight of God?

Blessed is that servant who does not think himself better when he is praised and exalted by men, than when he is despised and considered simple and good-for-nothing, for what a man is in the sight of God, this he is and no more." Francis of Assisi

Love Your Enemies

Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you. - Matthew 5:44

Let Nothing Perturb You

Let nothing perturb you, nothing frighten you. All things pass. God does not change. Patience achieves everything. — Saint Teresa of Avila

Three Types of Prayer

Three types of prayer; vocal prayer, best suited for beginners; meditation, oriented towards those who are more advanced; and contemplation as the highest form of prayer, only obtainable after the meditation stage. Louis Barbo (1381-1443)

Other Issues

God, I have other issues, I pray for spiritual maturity, knowledge of your will and the power to carry it out.

Lead Us

*Lead us, O God, from the sight of the lovely things of the world
To the thought of thee, their Creator.
And grant that delighting in the beautiful things of thy creation,
we may delight in thee, the first author of beauty
and the Sovereign Lord of all thy works, blessed for evermore. - St. Augustine*

Covenant Prayer

*I am no longer my own, but yours.
Put me to what you will, place me with whom you will.
Put me to doing, put me to suffering.
Let me be put to work for you or set aside for you,
Praised for you or criticized for you.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and fully surrender all things to your glory and service.
And now, O wonderful and holy God,
Creator, Redeemer, and Sustainer,
you are mine, and I am yours. So be it.
And the covenant which I have made on earth,
Let it also be made in heaven. Amen. — John Wesley*

What's Your Choice to Be?

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? BBp53

Do Not Judge

*Do not suffer me to judge according to the sight of my eyes, nor to pass sentence according to the hearing of the ears of ignorant men; But to discern with a true judgment between things visible and spiritual, and above all, always to inquire what is the good pleasure of Thy will.
Amen. - Thomas Kempis*

Traditional Hymn

*Praise God from whom all blessings Flow.
praise him, all creatures here below.
praise him above, ye heavenly host.
praise Father, Son and Holy Ghost - Thomas Ken – 1674*

Lead Me

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that, if I do this, you will lead me by the right road, though I may know nothing about it. Therefore, I will trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone. – Thomas Merton

King Solomon Alcoholism

*Who hath woe? Who hath sorrow?
Who hath contentions? Who hath babbling?
Who hath wounds without cause? Who hath redness of eyes?
They that tarry long at the wine; they that go to seek mixed wine.
Look not thou upon the wine when it is red,
When it giveth his colour in the cup, When it moveth itself aright.
At the last it biteth like a serpent, and stingeth like an adder.
Thine eyes shall behold strange women, and thine heart shall utter perverse things.
Yea, thou shalt be as he that lieth down in the midst of the sea,
or as he that lieth upon the top of a mast.
They have stricken me, shalt thou say,
and I was not sick; they have beaten me, and I felt it not:
When shall I awake? I will seek it yet again. - Proverbs 23: 29-35*

Serenity Prayer

*God, grant me the serenity
to accept the things, I cannot change; **(God's Business)**
the courage to change the things I can; **(My Business)**
and wisdom to know the difference. **(For God's Sake, Mind My Own Business)***

*Living one day at a time.
enjoying one moment at a time.
accepting hardships as the pathway to peace.
taking, as He did, this sinful world as it is, not as I would have it.
trusting that He will make all things right
if I surrender to His Will.
that I may be reasonably happy in this life
and supremely happy with Him
forever in the next. AMEN - Reinhold Niebuhr?*

May the Lord Bless You

*May the Lord bless you and keep you.
May the Lord make his face to shine upon you and be gracious to you.
May the Lord lift up his countenance upon you and give you peace. - Numbers 6:24-26*

I Am Changing Myself

Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself. - Rumi

Steps to Cultivating Humility

*Acknowledging our wrongdoing
Receiving correction and feedback graciously
Refraining from criticizing others
Forgiving others who have wronged us
Making amends to others who have been wronged by us
Enduring unfair treatment with patience and a forgiving spirit
Thinking and speaking about the good things of other people
Rejoicing over other people's success
Counting our blessings for everything, good and bad
Seeking opportunities to serve others
Willing to remain anonymous in helping others
Showing gratitude for our successes
Giving due credit to others for our successes
Treating success as a responsibility to do more for others
Willing to learn from our failures
Assuming responsibility for our failures
Accepting our limitations and circumstances
Treating all people with respect regardless of their social status
Enjoying/Accepting the lowly status of being an outsider and a nobody - Robert Emmons*

Bengal Prayer

*Let me not pray to be sheltered from dangers but to be fearless in facing them.
Let me not beg for the stilling of my pain but for the heart to conquer it.
Let me not look for allies in the life's battlefield but to my own strength.
Let me not crave in anxious fear to be saved but hope for the patience to win my freedom.
Grant that I may not be a coward, feeling Your mercy in my success alone,
But let me find the grasp of Your hand in my failure. – Rabindranath Tagore*

Prayer Is Not Asking

*Prayer is not asking,
Prayer is putting oneself in the hands of God, at his disposition and listening to his voice
in the depths of our hearts. - Mother Teresa*

Prayer of Peace

*May I become at all times, both now and forever
A protector for those without protection
A guide for those who have lost their way
A ship for those with oceans to cross
A bridge for those with rivers to cross
A sanctuary for those in danger
A lamp for those without light
A place of refuge for those who lack shelter
And a servant to all in need. - Buddhist Prayer of Peace*

If I Speak in The Tongues of Men and Angels

Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing.

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things.

Love never fails. But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away. For we know in part, and we prophesy in part. But when that which is perfect has come, then that which is in part will be done away.

When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things. For now, we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known.

And now abide faith, hope, love, these three; but the greatest of these is love. - 1 Cor.13:1-13

Fully Alive

*I will not die an unlived life, I will not live in fear of falling or catching fire.
I choose to inhabit my days, to allow my living to open me, to make me less afraid,
more accessible, to loosen my heart until it becomes a wing, a torch, a promise.
I choose to risk my significance. to live so that which came to me as seed
goes to the next as blossom and that which came to me as blossom,
goes on as fruit. - Dawna Markova*

God is Present

Bidden or not bidden, God is Present - Desiderius Erasmus

Do It Anyway

*People are often unreasonable, irrational, and self-centered. Forgive them anyway.
If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.
If you are successful, you will win some unfaithful friends and some genuine enemies.
Succeed anyway.*

*If you are honest and sincere people may deceive you. Be honest and sincere anyway.
What you spend years creating, others could destroy overnight. Create anyway.
If you find serenity and happiness, some may be jealous. Be happy anyway.
The good you do today, will often be forgotten. Do good anyway.
Give the best you have, and it will never be enough. Give your best anyway.
In the final analysis, it is between you and God.
It was never between you and them anyway. - Mother Teresa*

Gandhi's Talisman

I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him. Will he gain anything by it? Will it restore him to a control over his own life and destiny? In other words, will it lead to swaraj [freedom] for the hungry and spiritually starving millions? Then you will find your doubts and yourself melt away." -Mahatma Gandhi

Prayer for Peace

*Send Thy peace O Lord, which is perfect and everlasting, that our souls may radiate peace.
Send Thy peace O Lord, that we may think, act and speak harmoniously.
Send Thy peace O Lord, that we may be contented and thankful for Thy bountiful gifts.
Send Thy peace O Lord, that amidst our worldly strife, we may enjoy Thy bliss.
Send Thy peace O Lord, that we may endure all, tolerate all, in the thought of Thy grace and mercy.
Send Thy peace O Lord, that our lives may become a Divine vision, and, in Thy light, all darkness may vanish.
Send Thy peace O Lord, our Father, that we Thy children on Earth may all unite in one family.
- Pir-O-Murshid Inayat Khan*

What We Don't Know

*What, we know we know is but a drop. What, we know we don't know, a pond.
What, we don't know that we don't know, an ocean.*

You Are Who You Are Today

You are not who you thought you were yesterday; you are who you are today.

Empty Print and Trace

"What else does this craving, and this helplessness proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace? This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words, by God himself" - Blaise Pascal

The Weight of Glory

"If we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy has offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased." C.S. Lewis, - The Weight of Glory

The Abyss

*Man looks in the abyss, there's nothing staring back at him.
At that moment, man finds his character, and that is what keeps him out of the abyss.
Hal Holbrook – Wall Street*

The Greatest Discovery

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes, - William James

The Meaning of Life

The meaning of life is to find your gift. The purpose of life is to give it away. - Pablo Picasso

The Self in All Beings

The wise man beholds all beings in the Self, and the Self in all beings; for that reason, he does not hate anyone. To the seer, all things have verily become the Self: what delusion, what sorrow, can there be for him who beholds that oneness (everywhere)? Isa Upanishad (Hindu) Verse 6-7

You Are That - Enlightenment

*As the rivers flowing east and west merge in the sea and become one with it, forgetting they were ever separate streams, so do all creatures lose their separateness when they merge at last into pure Being. There is nothing that does not come from him. Of everything he is the inmost Self. He is the truth; he is the Self supreme.
You are that Shvetaketu. you are that! - The Chandogya Upanishad*

Carl Jung Quotes

Your vision will become clear only when you can look into your own heart.

Who looks outside, dreams, who looks inside, awakes

Everything that irritates us about others can lead us to an understanding of ourselves.

The healthy man does not torture others - generally it is the tortured who turn into torturers.

It all depends on how we look at things, and not how they are in themselves.

We cannot change anything until we accept it. Condemnation does not liberate, it oppresses.

Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism.

In all chaos there is a cosmos, in all disorder a secret order.

There is no coming to consciousness without pain.

Show me a sane man and I will cure him for you.

The most terrifying thing is to accept oneself completely.

If one does not understand a person, one tends to regard him as a fool.

Man needs difficulties; they are necessary for health.

Buddha Quotes

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

There are only two mistakes one can make along the road to truth: not going all the way, and not starting.

You will not be punished for your anger; you will be punished by your anger.

Peace Below the Crashing Waves

Have you ever been swimming in the ocean and dropped below the crashing waves to find peace and quiet below the surface?

The top 1% of the ocean is completely dominated by factors external to itself. As the drama occurs above, just a few feet below the chaos there is tranquility.

The world below is unfazed by the turbulence above.

Most of us live on the surface of life, at the mercy of external forces, with serenity within reach.

Meditation is the mental exercise of slipping below the turbulence at life's surface to connect with the quiet power within.

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Recovery and Spiritual Growth are derived from performing steps 10, 11 and 12 daily.

Service – Not Optional

Thank you, God, for the opportunity to be useful. Not only is service my pleasure and privilege but the very heart of recovery. The more unpleasant and inconvenient, the more powerful and valuable.

Step 12 – 4 Components

- 1. I am in this world to be of continual service to everyone – especially alcoholics.*
- 2. A service commitment is a rare and sacred gift given to me from God – treat it as such.*
- 3. Sponsorship is not optional, each protegee is selected by, prepared by and sent by God.*
- 4. To practice these principles in all my affairs.*

Gift of God

For by grace, you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.
Ephesians 2:8-10

I Have Called You by Name

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by name, you are mine.”
Isaiah 43:1

One Man in His Time Plays Many Parts

All the world's a stage, and all the men and women merely players: they have their exits and their entrances; and one man in his time plays many parts, his acts being seven ages. -
William Shakespeare

Commitment

What is a commitment? Who is capable of a commitment? Who or what are we committed to?

Commitment may start as a declaration but becomes a process.

Commitment has primacy and doesn't acknowledge inconvenience.

The value of a commitment is directly proportionate to the cost.

Have compassion on those you perceive as behind on the path, a few will pass you!

The Path is Narrow

Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. - Matthew 7:13-14 KJV

An Alcoholic's Prayer v1

Lord:

In the past several hours I have not hurt anyone.

I have peacefully coexisted with life.

For that I am grateful.

But I'm about to get out of bed now and I'm really going to need your help.

An. Alcoholic's Prayer v2

So far today, God, I've done all right.

I haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty or self-centered.

I'm really glad about that.

But in few minutes, God, I'm going to get out of bed, and then I'm going to need a lot of help.

Thank You.

Random Quotes

Those on the path are all but invisible to those not on the path. - Jim Frost

Freedom is secured not by the fulfilling of one's desires, but by the removal of desire. - Epictetus

The function of prayer is not to influence God, but rather to change the nature of the one who prays. - Søren Kierkegaard

The brave man is he who overcomes not only his enemies but his pleasures. — Democritus

Simplicity, patience, compassion.

These three are your greatest treasures.

Simple in actions and thoughts, you return to the source of being.

Patient with both friends and enemies, you accord with the way things are.

Compassionate toward yourself,

you reconcile all beings in the world. - Lao Tzu

This is my religion. No need for temples. No need for complicated philosophy. Your own mind, your own heart is the temple. Your philosophy is simple kindness. - Dalai Lama XIV

We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. — Mother Theresa

If you want happiness for an hour — take a nap. If you want happiness for a day — go fishing. If you want happiness for a year — inherit a fortune. If you want happiness for a lifetime — help someone else. — Chinese proverb

Before you diagnose yourself with depression or low self-esteem, first make sure that you are not, in fact, just surrounded by assholes. — Unknown

Who you are is who you are today, not who you were!

Success is going from failure to failure without losing your enthusiasm. - Winston Churchill

The journey of a thousand miles begins with one step. - Lao Tzu

Humiliation is the mother of humility.

Pride goeth before destruction, and a haughty spirit before a fall. - Proverbs 16:18

Humility is the solid foundation of all virtues. – Confucius

Pride is about my glory; Humility is about God's.

*The two most important days in your life are the day you are born and the day you find out why.
- Mark Twain*

*Whenever you find yourself on the side of the majority, it is time to pause and reflect.
- Mark Twain*

Excuse me, which level of hell is this? - Unknown

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”- Einstein

Love and tolerance of others is our code. BB p. 84

Serenity can only occur when I have trust that God is, that he is in control of all.

God doesn't care about how I feel but what I do!

God is, God is all powerful, God doesn't make mistakes!

St Jude – the Patron Saint of Desperate Cases and Lost Causes.

My gift is the ability to bring comfort and hope to the Lost, Lonely and Dispossessed, my purpose is to do so!

Amor Fati - “That one wants nothing to be different, not forward, not backwards, not in all eternity. Not merely bear what is necessary, still less conceal it.... but love it.” - Friedrich Nietzsche

Less Stupid AA Slogans

If I'm not the problem, then there is no solution.

Who will answer?

What other people think about me is none of my business.

Humility is not thinking less of yourself but thinking of yourself less.

You can't think your way into good acting, but you can act your way into good thinking.

God doesn't care about how I feel, he cares about what I do.

You might as well pray for God's will because that's what you're going to get anyway!

In every situation or trial, thank God, then ask, what are you trying to teach me?

A spiritual awakening may get you sober but a spiritual awakening will not keep you sober!

The Irish Blessing

May the road rise to meet you, May the wind be always at your back, May the sunshine warm upon your face, The rains fall soft upon your fields and, until we meet again, May God hold you in the palm of His hand. Anonymous

My Ride's Here

To die is to die alone, usually only one person holds the golden ticket. Grace is going through the process being exclusively considerate of other people's feelings. The opportunity is to learn what God is teaching us as we shuffle off our mortal coils. It's not our right to hold people emotionally hostage to validate our lives and impending demise.

Prayer List

- 1. Sister**
- 2. PPG**
- 3. Sponsor**
- 4. Sponsees**
- 5. World**

Resentments

Daily Devotionals & Meditation

AA Meditation - <https://www.youtube.com/watch?v=xneMNuxryiI>

Daily Reflection: https://www.aa.org/pages/en_US/daily-reflection

Just For Today: <http://www.justfortodaymeditations.com>

My Utmost for His Highest <https://utmost.org>

Beginning 3-Minute Meditation - <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Model for Daily Recovery

1. Upon awakening think about the twenty-four hours ahead, Consider your plans for the day.

God, I ask you to direct my thinking, I especially ask that my thinking be divorced from self-pity, dishonest or self-seeking motives.

2. Recite Third Step Prayer, thereby acknowledging the first three steps each day.

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!

If you are faced with indecision, pray.

God, I ask you for inspiration, an intuitive thought, or a decision.

God, I pray that I be shown all through the day what my next step is to be. I pray that I be given whatever I need to take care of such problems. I ask especially for freedom from self-will. I ask that I be given strength only if others will be helped.

My creator, I ask that you show me the way of patience, tolerance, kindness and love (page 83)

God, what can I do today for the man who is still sick? (page 164)

If you have resentment that you want to be free of, pray: *God, I ask that everything I want for myself be given to _____, I ask for _____'s health, prosperity, and happiness (page 552)*

3. Practice meditation (part of the 11th step) to increase conscious contact with God.
See Attached Meditation
4. Review Gratitude List. See Attached Gratitude List
5. Recite the St. Francis Prayer.

*Lord, make me a channel of thy peace
that where there is hatred, I may bring love
that where there is wrong, I may bring the spirit of forgiveness
that where there is discord, I may bring harmony
that where there is error, I may bring truth
that where there is doubt, I may bring faith
that where there is despair, I may bring hope
that where there are shadows, I may bring light.
that where there is sadness, I may bring joy*

*Lord, grant that I may seek rather to comfort, than to be comforted
to understand, than to be understood
to love, than to be loved.*

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to Eternal Life. AMEN

6. Daily Devotional(s) https://www.aa.org/pages/en_US/daily-reflection

7. During the Day - Big Book, pages 87- 88;

Constantly remind yourself: *I am no longer running the show.*

Say to yourself many times each day: *Thy will be done.*

When agitated or doubtful: *God, please give me the right thought or action*

Page 85 (thoughts which must go with you constantly):

How can I best serve thee?

Thy will (not mine) be done.

If a person offends you Prayer: *This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done. Page 67*

8. Practice 10th Step Continually - Make any amends that need to be made, whenever possible (9th and 10th steps)

We continue to watch for ...

- a. Selfishness
- b. Dishonesty
- c. Resentment
- d. Fear

When these crop up, we ...

- a. Ask God at once to remove them. (Pray, Reference Steps 6 and 7)
- b. We discuss them with someone immediately. (10th Step Call, Preferably our sponsor) (Reference Steps 4 and 5)
- c. Make amends quickly if we have harmed anyone. (Reference Steps 8 and 9)
- d. Then we resolutely turn our thoughts to someone we can help. (Reference Step 12)

9. Incorporate spiritual reading into my day.

10. Practice mindfulness and try to be keenly aware of my character defects. Try to be virtuous always, See Attached Defects List

11. Meditate again. Say another prayer.

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

12. Call your sponsor, or talk to someone close, if you need to acknowledge some character defects (Step 5).

13. At the end of my day, do an Eleventh Step inventory. This will inevitably walk me through the Steps 4 through 8.

On retiring at night, constructively review your day: Page 86

- Were you resentful, selfish, dishonest or afraid?
- Do you owe an apology?
- Have you kept something to yourself which should be discussed with another person at once?
- Were you kind and loving toward all?
- What could you have done better?
- Were you thinking of yourself most of the time?
- Or were you thinking of what you could do for others, of what you could pack into the stream of life?

God, please forgive me and tell me what corrective measures should be taken.

Be careful not to drift into worry, remorse or morbid reflection, for that would diminish your usefulness to others.

14. Get a good night's sleep knowing you have tried to do God's will and practice these principles in all our affairs.

15. Do you have a Sponsor?
Do you have a Commitment?
Do you have a Home Group?
Do you perform Service Work?

Mediation

What is meditation in AA?

Step Eleven calls for 'prayer and meditation'. The books Alcoholics Anonymous and Twelve Steps and Twelve Traditions provide plenty of guidance on the matter; in fact, some people successfully rely on just these two sources. It is helpful to remember that the Steps were written in the 1930s and the term "meditation", according to Webster's dictionary of 1913, is defined chiefly as follows: 'The act of meditating; close or continued thought; the turning or revolving of a subject in the mind; serious contemplation; reflection; musing.'

The current Merriam-Webster definition of 'meditate' adds a new meaning: 'to engage in mental exercise (as concentration on one's breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness' i.e., 4-7-8

4-7-8 Breathing Technique

Exhale completely through your mouth, making a whoosh sound.

- Close your mouth and inhale quietly through your nose to a mental count of four seconds.
- Hold your breath for a count of seven seconds.
- Exhale completely through your mouth, making a whoosh sound to a count of eight seconds.

The authors of the AA program did not, when they wrote the program, have the 21st-century definition in mind. They had the early 20th-century definition in mind.

There is much advice, also, throughout AA about meditation. Many AAs will insist that, unless one is engaging in some form of mindfulness, breathing exercise, or quasi-Buddhist meditation, one is not actually meditating, and one is certainly not following Step Eleven properly. This is factually untrue. Any practice consistent with the guidance in the AA literature can be considered 'following Step Eleven properly'. Anything else, whilst of merit, falls into the category of 'optional extras', which are indeed suggested on page 88 of the book Alcoholics Anonymous, which suggests looking outside AA for guidance on further spiritual development.

There are many roads to the top of Mount Fuji, it is said, and there are many ways to meditate, both within what is described in the AA literature and in the various religious and spiritual traditions that incorporate some form of meditation into their practices.

An alarming trend in AA is the constant scouting around for the one true path, the one true method of taking step four, the one true approach to prayer or meditation. There are indeed whole schools of AA bent on insisting that the rest of AA is going to hell in a handbasket because they are doing it 'wrong'.

Step Three in Twelve Steps and Twelve Traditions: 'Everywhere he sees people filled with anger and fear, society breaking up into warring fragments. Each fragment says to the others, "We are right, and you are wrong."

Practice Meditations - Increase Progressively

Beginning 3-minute Meditation - <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Working Gratitude List

“A thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives ... As a result, gratitude also helps people connect to something larger than themselves as individuals—whether to other people, nature, or a higher power” *The Harvard Medical School*

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” *Ralph Waldo Emerson*

1. Make a Gratitude List with a minimum of 5 things.
2. Write at least 5 things about each.
3. Each morning and evening review (modify) your list as part of your Prayer or Meditation.

Working List

1. God, God’s Faithfulness and Forgiveness, Conscience Contact w/
2. My family
3. Alcoholism
4. AA, Recovery
5. Dogs
6. Pie
7. Love
8. Prayer
9. Capacity for Occasionally Loving Others Above Self
10. My Mother’s Brother
11. Nephews
12. Safety and Protection
13. Joy
14. Laughter
15. Peace, Serenity
16. Coffee
17. Tea
18. Friends
19. Trouble
20. Pain
21. Struggle - because I never learned anything from my successes.
22. Camping
23. Weekends
24. Twilight
25. Phosphorescence
26. Lightening Bugs
27. Surprises
28. Fishing

29. Pets
30. Walking
31. Animals
32. Jobs
33. Science
34. Physics
35. Health
36. Soft tee shirts
37. Old jeans and tee shirts
38. Old Corduroy
39. Indian Food
40. Past Failures
41. Music, Art, Literature
42. Eagle Scout
43. Education
44. Texas, California, Georgia
45. Canada, Vancouver
46. Kites
47. Firecrackers
48. Scale of the universe
49. Strong water pressure
50. Farmers markets
51. Aroua Borealis
52. The Love of
53. Barbecue
54. Lemonade
55. Fresh Squeezed Orange Juice
56. Fruit
57. Vegetables
58. Waffles
59. Tomato Sandwiches
60. Tuna fish Sandwiches
61. Pumpkin Pie
62. Hickory House
63. Lemon Pie
64. A/C
65. Internet
66. Cars, Driving
67. Music
68. Clothes
69. Comedy
70. Cooking
71. Curiosity, Wonder
72. Lists
73. Gear
74. Netflix

75. Baths
76. Showers
77. Travel
78. CS Lewis
79. Gratitude
80. Home
81. Yoga
82. Freedom
83. Absence of Pain
84. Comfort
85. Surprises
86. Movies
87. Knowledge
88. Kindness
89. Good News
90. Joy
91. Independence
92. The Rose Bowl Restaurant
93. Holidays
94. Clean cars
95. Christmas
96. Christmas tree smell
97. Traditions
98. Hiking trails
99. Savings
100. Vacations
101. Words
102. Popcorn
103. Spellcheck
104. Autocomplete
105. New things
106. Cold Water
107. Fun
108. Helping
109. A good night's sleep
110. The mother who gave you life, nurtured you, loved you, taught you and supported you
111. Good Book Recommendations
112. Salvation Army
113. The ability to work from home
114. Finishing something difficult or taxing
115. Computers, Computer Programs
116. Prayers
117. Meditation
118. AA Friends
119. La Jolla, CA
120. Carmel, CA

121. Special Times with family, Dad
122. Beautiful things
123. Vistas
124. Past Loves
125. Cool interior design
126. Sex
127. Past experiences
128. Tallulah Gorge
129. Grand Canyon
130. Chattahoochee River
131. Fireplaces, Fires
132. Rugs
133. Gardens
134. Adirondack Chairs
135. Old Texas
136. Owls
137. Fire pits
138. Ivy
139. Apples
140. Juices
141. Physics
142. CERN
143. Compassion
144. Dreams
145. Chimenea
146. Gazebos
147. Oldtimers, meetings
148. AA literature
149. Affection, some hugs, some kisses
150. Airconditioning
151. Airplanes, flight
152. Amazon
153. Amazon prime
154. Animation
155. Animals
156. Antiques and heirlooms
157. Cool Screen Savers
158. Cool Backgrounds
159. Art
160. Artists
161. Authors
162. Architecture
163. Asian culture, people food
164. Auto mechanics
165. Bags
166. Balls

167. Bare feet, in grass, in sand
168. Barns, Sheds, Lofts
169. Moody weather
170. Beauty
171. Beds, a great one, great linens
172. Bibles, old
173. Bicycles, bicycling
174. Big Book (Alcoholics Anonymous)
175. Birds
176. Blogs
177. Boats, ships, ocean liners, sails,
178. Books
179. Bookstores
180. Books on cd
181. Great books
182. Boots, old
183. Boxes, old
184. Breathing, and all other natural bodily functions
185. Bridges, dams
186. Buildings, cool deigns
187. Candles
188. Cameras
189. Photography
190. Photographs
191. Camping
192. Cars
193. Cartoons
194. Caregivers
195. Cell phones
196. Change
197. Character
198. Charity, Charities, helping others, giving
199. Children
200. Christmas
201. Holidays
202. Churches, old, church bells
203. Classical Music
204. Movies
205. Style
206. Cities
207. New places
208. San Francisco
209. Clean Clothes
210. Smells
211. Clothes
212. Coats

213. Coffee
214. Colors
215. Complements
216. Computers, Programs, iPads
217. Consciousness
218. Cookbooks
219. Cooking, cookware
220. Creativity
221. Culture(s)
222. Curiosity, curiosities, wonder, discovery
223. Democracy
224. Dentists, dental care
225. Desire(s)
226. DIY
227. Doctors
228. Dog sighs
229. Dogs, bird dogs, puppies
230. Dog parks
231. Donations of time, money
232. eBay
233. Education
234. Electricity
235. Electronics
236. Emotions, real, heartfelt
237. Empathy
238. Employment, Income, Ability to support myself
239. Exercise
240. Eyesight, glasses
241. Faith, hope
242. Family, parents, relatives, grandparents, remembering
243. Fear
244. Finding lost things
245. Fire
246. Old TV Shows
247. Fireworks
248. Explosions
249. Fish, fishing
250. Flowers, wildflowers
251. Food
252. Barbeque
253. Vegetables
254. Asian
255. Italian
256. Breads
257. Sandwiches
258. Pastries

259. German, Japanese,
260. Ice Cream
261. Candy
262. Peaches
263. Berries
264. Onions
265. Garlic
266. Turkey and Dressing
267. Popsicles
268. Forgiveness
269. Foster care for animals
270. Fragrances
271. Freedom
272. Fresh sheets
273. Friends
274. Old Friends
275. Good Friends
276. Furniture
277. Funky Things
278. Games
279. Cards
280. Pool, Etc.
281. Gardens, Gardening
282. Gear, Cool
283. Giving Gifts
284. God's Grace
285. GPS
286. Grass, Freshly Mowed Lawns, Fields
287. Gratitude and the ability to appreciate things
288. Guns
289. Hammocks, gear
290. Hats
291. Health
292. Helping Others
293. History, Historians
294. Holidays, Christmas, Thanksgiving, Halloween
295. Home Remedies and old wisdom
296. Homes, houses
297. Hope
298. Humor
299. Comedy
300. Ideas
301. Idiots, Morons, Retards, Dimwits, Crazy People Like Me
302. Imagination
303. Insurance
304. Intelligence

305. Genius
306. Internet
307. Jeans
308. Joy
309. Kindness
310. Kittens, not cats
311. Knives, Blades, Pocket knives
312. Lamps
313. Lessons learned
314. Libraries
315. Life
316. Light
317. Literature
318. Love
319. Machines
320. Magazines
321. Magic, tricks, illusions
322. Manners
323. Massages
324. Math
325. Medical care, medicine, medications
326. Meditation
327. Marine life
328. Memories
329. Mirrors, old
330. Mobility, the ability to get from place to place
331. Motors, engines
332. Motivation
333. Movies, good, old, scary
334. Ridiculous things
335. Mysteries
336. Science fiction
337. Music, songs, singing, melodies, symphonies, bands etc.
338. Music Gear, guitars, amps, pedals
339. Crops
340. National parks (protected wild spaces)
341. Nature
342. Stars
343. Earth
344. Sunrises
345. Sunsets
346. Mountains
347. Oceans
348. Lakes
349. Seasons
350. Rainbows

351. Scenic
352. Views
353. Sunshine
354. Palm Trees
355. Plants
356. Corral
357. Clouds
358. Snow
359. Mountains
360. Bamboo
361. Beaches
362. Deserts
363. Sand Dunes
364. Sandcastles
365. Storms
366. Fields
367. Pastures
368. Meadows
369. Vistas
370. Deserts
371. Swamps
372. Rocks
373. Sand
374. Clouds
375. Canyons
376. Glaciers
377. Icebergs
378. Sunrise
379. Sunsets
380. Waves
381. Plants
382. Flowers
383. Leaves
384. Sun
385. Sunlight
386. Trees
387. Snowflakes
388. Drifts
389. Humidity
390. Lightning Bugs
391. Butterflies
392. Seasons
393. Oceans
394. Gravity
395. Dusk
396. Mud

397. Trains
398. Dirt
399. New Things
400. Interesting Things
401. Curiosities
402. Novelties
403. Online Communities
404. Parents of People with Disabilities
405. Parks
406. Patience
407. Peace, the hope of
408. People, Different
409. People who do what I won't, can't, don't want to
410. Pets – current, past
411. Philosophy, Philosophers
412. Stoicism
413. Taoism
414. Playing
415. Podcasts
416. Police, firefighters
417. Polymath
418. Protecting the people, I love
419. Puppies
420. Racing
421. Rain
422. Rainstorms
423. Smells
424. Rainbows
425. Recovery
426. Reading – the physical and mental ability, and the desire and love
427. Religion – freedom of and from
428. Reporters, journalists and writers
429. Restaurants, great
430. Rivers
431. Streams
432. Lakes
433. Creeks
434. Ponds
435. Road crews taking risks in the snow and ice
436. Roads
437. Highways
438. Byways
439. Rockets
440. Role models
441. Romance
442. Ropes

443. Running
444. Safety – the relative safety of my environment, knowing people I love are safe
445. Senses
446. Schools
447. Science
448. Scuba diving
449. Seafood
450. Second (third, fourth, fifth) chances
451. Selflessness
452. Senses – Touch, Taste, Smell(S)(In), Hearing (Sounds), Seeing (Sight)
453. Serenity
454. Service, being of
455. Shellfish
456. Shoes
457. Shopping over the Computer
458. Siblings
459. Sleep, Naps
460. Small Spaces
461. Smells
462. Smiles
463. Tobacco Pipe Smoking
464. Soaps
465. Sobriety
466. Soldiers
467. Songs, Song Writing
468. Making Music with People
469. Space
470. Spell Check
471. Sports, Sports Gear
472. Stars, Planets, Galaxies, Etc.
473. Stereo Gear
474. Stores, Great Ones
475. Style, People with Great Style
476. Adair
477. Lang
478. Surprises
479. Sweaters
480. Swings, Swinging
481. Talent
482. Teachers
483. Technology
484. Texting
485. Theater
486. Time
487. Tools
488. Towns, city, country

489. Travel
490. Transportation
491. Veterinarians
492. Video, Digital, And Film Recordings
493. Universities of Texas
494. UGA Georgia
495. Georgia State
496. Georgia Tech
497. Walking
498. Watches
499. Water
500. Weather, Changes, Storms, Lighting, Smells
501. Wireless Internet
502. Wit, Wisdom
503. Work
504. Words, Language, Grammar
505. Writing, Pens, Pencils, Ink, Paper, Stationary, Tablets
506. Yoga
507. YouTube
508. Gratitude Lists
509. Wet noses from a puppy
510. Butterflies
511. The sound of waves in the ocean
512. Gardens, garden art, garden lights
513. Vanilla Cake with Chocolate Icing
514. Hot Baths on a Cold Day
515. Watching the Snow Fall Outside
516. Running Water
517. Watching People
518. Watching the sun coming up on a mountain
519. The sun going down at the beach
520. Fall when you notice the leaves have changed colors
521. Bats
522. Sherlock Holmes
523. Caves
524. Comics
525. A butterfly crossing your path
526. Hummingbirds feeding
527. The smell of freshly cut grass
528. Favorite tunes
529. Dolphins in the ocean
530. Cicadas,
531. Crickets chirping
532. Rain Falling on Roof
533. Clean Teeth, Teeth Cleanings
534. Nights with a Full Moon

535. Stargazing
536. Old Porsches, Sports Cars
537. Drive-In Theaters
538. Family who loves you
539. Family you love
540. Best friends
541. Picnics in the Park
542. Camping in the great outdoors
543. Flowing rivers
544. Animals at the fair, circus
545. Cirque de Soleil
546. The smell and feel of freshly laundered sheets
547. Sitting in front of a fire
548. My beating heart
549. Homemade pasta
550. Fresh dew in the morning
551. Flowers in your garden
552. Freshly cut herbs
553. Homemade potato salad
554. Home cooked cakes and pies
555. Solitude
556. Companionship
557. Shelter
558. Taking your dog for a walk
559. Swinging on a Swing
560. Good Conversations
561. Your Brain
562. Challenges
563. Mexico
564. Canada
565. Paris
566. London
567. Flowers
568. Historic Buildings
569. Records
570. John Prine
571. History
572. Cobblestone streets
573. Feeling the sun on your face
574. San Francisco
575. Cuddling
576. Kisses
577. Coloring books
578. Waking up every morning
579. Fireworks
580. Cold showers on a hot day

581. Cannonballs into the pool
582. Going for a run
583. Laughing
584. Donuts
585. Pastries
586. Fresh Bread
587. Kayaks
588. Old People
589. Texts from someone saying hello
590. Long, Random Drives
591. Going to hear your favorite band play
592. Aloe after a sunburn
593. A soft place to lay your head
594. Trying something new
595. Feeding Ducks, Birds, Squirrels
596. Dinner with Friends
597. Walks with Dogs
598. Peachtree 10K
599. Baking
600. Sleeping in
601. Being alive, most days
602. Past experiences
603. Aeron Chair
604. Cool Lamps
605. Yellow Pads
606. Extension cords
607. Graveyards

Character Defects List

1. Resentment
2. Anger
3. Fear
4. Self-Pity
5. Self-Justification
6. Self-Importance, Egotism
7. Self-Condemnation
8. Guilt
9. Lying
10. Dishonesty
11. Impatience
12. Hate
13. False Pride
14. Jealousy
15. Envy
16. Laziness
17. Procrastination
18. Insincerity
19. Negative Thinking
20. Immoral Thinking
21. Perfectionism
22. Intolerance
23. Criticizing
24. Gossip
25. Greed

Spiritual Principles Behind Each Step

...and to practice these principles in all our affairs

Step 1 - Honesty

Step 2 - Hope

Step 3 - Faith

Step 4 - Courage

Step 5 - Integrity

Step 6 - Willingness

Step 7 - Humility

Step 8 - Brotherly Love

Step 9 - Justice

Step 10 - Perseverance

Step 11 - Spirituality

Step 12 - Service

Areas of Focus Questions - Steel on Steel

1. The Circle and triangle

- a. Are you proportionally involved in each of the three sides of the Circle and Triangle?
In other words:
- b. Where are you specifically in your Program of Recovery (Steps)?
- c. Where are you in Unity & Fellowship, which is the interacting with other AA's (Traditions)?
- d. Where are you in Service, which is the giving back and contributing, inside or outside of AA (Concepts & Warrantees)?

2. Prayer and Meditation

- a. How many times did I do evening review and meditation in the past week?
- b. How many times did I do morning prayer and meditation in the past week?
- c. Have I been using my evening review to help with my vision in my morning meditation? d. How is my relationship with God?
- d. What specific things am I doing to deepen and broaden my relationship with God?
- e. Have I been praying the 9th Step prayers?
- f. Have I been praying for others?
- g. Have I invited, or have I been praying with other members of my family?

3. My A.A. Program

- a. How many meetings have I attended in the past week?
- b. Do I have and am I a member of a homegroup?
- c. Am I of service to my AA group? (coffee, cleanup, speaking, group officer)
- d. Am I of service to those OUTSIDE of AA? (work, family, friends)
- e. Am I spiritually accountable to some people in my life? (sponsor and spiritual advisors) f. Do I have a sponsor? How do I use my sponsor? Am I accountable to my sponsor?
- f. Am I a sponsor? If so, what am I doing for my sponsees?

4. Relationships

- a. How are my relationships with others going? (friends, fellow A.A.'s, neighbors, coworkers, strangers in traffic, etc.)
- b. Have I been short, hard to be around, easily angered, sarcastic, etc.?
- c. Am I frequently having to apologize for what I've done?
- d. Have I been lusting after or coveting my neighbor or my neighbor's things? e. Am I happy with what I have or am I obsessing about what I want?

5. Home Life

- a. How is my home life?
- b. Have I been kind, considerate, understanding and loving, even when I don't think the other person "deserves" it?
- c. Have I needed amends lately? (did I raise my voice, was I sarcastic, did I angrily break something, slam doors, etc.) If so, did I make the amends?
- d. Have I been in fights or arguments at home? (Wife, kids, parents)

- e. Am I having any sex problems? Is there intimacy (or is it more closely described as “Into Me See”) with my lover? Would your partner agree with your opinion of this?
- f. Am I fantasizing about others? Am I acting out sexually? (Pornography, selfish gratification, masturbation, affairs)

6. Career

- a. How are things at work, school, or my career?
- b. Am I having problems with my boss or co-workers? Am I being short, grumpy, or acting out of silent scorn?
- c. How am I doing with my money? Do I have enough to pay my bills? Am I overspending? Am I carrying money on credit cards or lines of credit? Am I in debt?
- d. Am I giving to charities? (things, time and/or money)

7. General

- a. How is my physical health?
- b. Am I overweight?
- c. Am I exercising my body?
- d. Am I exercising my mind?
- e. Do I keep my word?
- f. Am I where I say I will be?
- g. Am I on time?
- h. Do I have a good attitude toward life?
- i. Am I living life on my terms, "life's terms", or on "God's terms"?
- j. Where has my self-will/ego manifested itself recently? (judgementalism, manipulation, agenda's, condescension, dishonesty, fear, justification, being inconsiderate, stubbornness, close-mindedness, etc.)

Do I have false pride particularly intellectual pride?

Areas of Interest

The Dunning–Kruger effect is a hypothetical cognitive bias stating that people with low ability at a task overestimate their ability.

As described by social psychologists David Dunning and Justin Kruger, the bias results from an internal illusion in people of low ability and from an external misperception in people of high ability; that is, "the miscalibration of the incompetent stems from an error about the self, whereas the miscalibration of the highly competent stems from an error about others". ***It is related to the cognitive bias of illusory superiority and comes from people's inability to recognize their lack of ability.*** Without the self-awareness of metacognition, people cannot objectively evaluate their level of competence.