

For Today, August 6

"I was not spiritually teachable until my illness forced me to look in that direction."

That's the way it is with many of us. We survive the best way we can until we can't take the pain anymore. Then grace puts the idea of OA in our path and life opens up.

For me, I got abstinent first and then got into the literature and eventually started working the steps. What has kept me here is working with others. This work keeps the program alive for me.

It is such a gift to be able to study the literature with someone who wants to figure out how this program could work for them. There is such great stuff in there.

This is a program of love and service. I need a sponsor to be accountable to and I need to help others. I get to witness their courage and transformation. The work takes a lot of effort and a lot of practice and our lives are so worth it.

All the best,