

For Today, August 7

"OA teaches me to take people as they are."

One of the first slogans I learned is "Live and Let Live." Simple wisdom that helps me to keep things in perspective. This has helped me in all my relationships - particularly with relatives. The traditions teach us to accept people as they are and treat them with courtesy. Good guidelines to follow. We read a few statements like this before we begin our monthly intergroup meeting. The one that always makes people giggle is "If we were all the same, we would not all be necessary."

So no one has the right to demand that I be different than I am and I can't expect or demand that either. When I look at situations that way, I can relax and say that person is just different from me. Feeling that everyone needs to be the same or feel the way I do is unrealistic, immature and really really frustrating.

So the slogans Easy Does It, Live and Let Live and Let Go and Let God have been helpful to me. In this context they mean I should take it easy, let the other person be and let God hold us both in the palm of His Hand. There is a lot more peace in my life on the days I can follow this advice.

Have a good weekend.

Regards,