

For Today, June 20

"I show respect for myself and others by accepting my mistakes as proof of our humanness."

One of the important principles of our program is humility. One author's definition of humility was to "accept myself as I am". What a relief! When I am able to do that - then there is a real opportunity for growth and learning.

I was asked to speak in NYC yesterday. Another speaker and I were speaking on Step 6 and 7. How fortunate we are to be in a community of people who want to become the best versions of ourselves we can be. It is so inspiring!

To get to that place, I can still only walk towards that goal one day at a time - doing the next right thing. There is so much healing in these rooms and everyone in our lives benefit from that.

I read in another Intergroup's newsletter "With a drop of God's grace defects can be turned into assets." I've seen this many times over my years in program. I've seen people become miracles of transformation when they have been able to embrace the program. I've seen the light come on in their eyes and the joy of living on their faces. You can't write a check for that. It always makes my heart smile and I think "Yeah I can do this one more day."

I am grateful for every day I have been here.

Have a good day,