

For Today, May 12

"For today: Thank God I have a path to follow that leads me to my objective: a life of sanity and usefulness to myself and others."

I came into this program 35 years ago today. I never thought I would be here 35 years later. What I have learned over 35 years is that growth is not stagnant. We can't rest on our laurels. This program invites to to a lifetime of learning. I learn more about myself each day - where I have grown and where I still feel small. I can take refuge in the fact that the people I enjoy most in my life are still learning too.

I ask my sponsees when we study the literature "Do you buy that? How can you use this in your life?" There aren't any wrong answers. It's a matter of how can I open my mind and see something from a new viewpoint. It takes time and trust to give up a position that I thought was "right" or "the way". We live in a society where information moves faster than a click. I still need my quiet time each day to center myself so I can live the path that is right for me. I need to choose my thoughts and when my thinking goes to a sad or cranky place choose again.

So today I choose to be grateful for all the anonymous people that brought this program to Central Jersey. The people that started our meetings, kept the doors open, ordered the literature, formed an intergroup, shared their excitement about a program of love and service and helped others. I was one of the others that came 7 years after they did the ground work. They created something out of nothing. I am grateful too for all the people who did more service than I could for many years to keep our doors open. Sometimes I could only put away the chairs at a meeting or carry a shopping bag to a marathon day. What I learned is this is my OA and it is up to me to do what I can each day to bring some life to the program.