

For Today, May 21

"Defeat is a school in which truth always grows strong."

I read somewhere one definition of sanity is the ability to see the truth. This program has the miraculous benefit of helping us to acknowledge the truth about our past and our patterns of living. That burns sometimes but if I see it I can change. I work on my thinking and then I am able to practice different actions.

We were blessed to have a beautiful Step Study last Saturday. People were excited to be learning about the transformation that can happen as a result of working the steps. There was so much fellowship and enthusiasm in the room! Our people really wanted the freedom you can get from sincerely working the steps.

There is a pinch with giving up old behaviors and excuses and it is not comfortable. One lady said it so well on Saturday - she was uncomfortable with being uncomfortable. Sponsors help us with have patience with those feelings. Our lives are worth taking the time to do this work.

I am so grateful to be living at this period in time. This is a program of second chances. We are not condemned because of our family histories. Using these steps we can stop the patterns that have existed for generations in our families. We have choices for how we will live. We have a process that helps us restore our life. We can live well and our children can see that. We can become the good souls we were born to be and be satisfied at the end of the day. This is abundance.

Have a good day,