

FOR TODAY, 11/25

I would like to express a little pre-holiday gratitude today. Today's *For Today* talks about the miracles of program and the joy of giving it away. I have experienced many miracles in program and today, I want to share some of them with deep gratitude. I am thankful for:

- The wisdom of those who came in before me and their willingness to share it
- My sponsors
- The support of the Fellowship as a whole
- New friends
- Hugs (even though I have a hard time accepting them sometimes)
- New ways of thinking
- New ways of living
- Growing kindness
- My sponsees and service (opportunities to clarify my defects, lest I imagine they are all gone)
- My Higher Power (Grace)
- Feelings of safety and serenity, and relief from many bedevilments
- Weight loss
- Not obsessing over my body
- Abstinent meals (still loves me some food!)

I will be thinking of all of you when I sit down and give thanks tomorrow!