

Light a Candle

“Those of you who have been fortunate enough to get another 24 hours clean/sober say a prayer for those who are not so fortunate. and don't forget to thank the Higher Power that made you one of the fortunate ones today.”

it's friday. a new day. it's not thursday any more, so whatever happened yesterday - let it go. whatever you have planned for the weekend - don't obsess about it. be right where you are now.

me, i'm still on my comfy jammies, drinking my morning tea next to two sleeping chihuahuas. how much better does it get than that?

you know, usually when i read something like the above quote, i read it from the perspective of being the lucky one who should pray for others and thank my HP. and that remains true. but some days. . .well some days i'm also not in that space. i'm not feeling lucky. and i either can't find my HP, or i'm too pissed off at him to even want him around.

i heard a story about a shelter for women who had escaped the slave trade. they lived together as a community and helped each other get away from that horrible nightmare and start a new life. lots of professional help included.

every night they all gathered together for dinner and for checking in with each other. then, just before they left to go to bed in their rooms, they would have a moment of silence during which they lit a candle. that candle was lit for the next woman who would walk through their doors, desperate to escape her nightmare life and start over.

they lit a candle for her. thought about her. prayed for her. waited for her.

we start our meetings in a similar way - by saying a prayer for those who still suffer both in and out of these rooms.

some days we're blessed enough to be the ones saying the prayer for others. and some days were blessed enough to have so many people praying for *US* .

so, today, you are blessed to still be this side of the grass. to have a program that opens lots of possibilities for you to start again. new. a fresh day. and you are blessed enough to pray for others who aren't as fortunate.

and, some days, when you're struggling, remember that others are praying for *YOU*.