

Writing from FOR TODAY, March 6, 2015

"I guard my abstinence and my program as though they were my dearest possessions-- and they are."

How appropriate this reading is this morning. I had a lot of contrasts this week.

New Jersey had an extraordinary Unity Day on Saturday. The 5 intergroups celebrate the day together and 130 people came. We had 2 great keynote speakers and 12 workshops and there was a heartwarming feeling of fellowship at the end of the day during the prayer at 2:30.

Then the life wheel turned and we had 3 snowstorms this week. Every time I went out with the shovel I had to remind myself that I was grateful that I have my health. I used to have 75 pound swings in my weight and I don't know if I would have been able to help clear the paths if I were still that big.

How I feel depends in part on the lens I am using. In the Big Book (Acceptance was the Answer) says "And acceptance is the answer to all my problems today.and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake." So I have to relax and Easy Does It. The whole state has been shoveling this week! My neighbors were all out on the street.

This morning what a difference a day makes. The sky is a striking clear blue and the block is a beautiful postcard this morning! My Scottie dogs are out playing in the snow. The little dog is jumping in the snow which is up to her shoulders and she looks like she loves her life! She has an orthopedic problem and it's hard for her to run and climb stairs but that does not stop her from galloping across the yard and being joyful.

So I am grateful today that the storms are over and we are expecting warmer weather. I am still abstinent and I don't take that for granted. I just realized that I can't write a check for all of the things on my gratitude list today. I am grateful that I have the eyes to see that this morning. I learned this in our beautiful program of recovery.

Have a great day no matter where you are!

Regards,
Christina