

## Daily Readings and Inspirations July 13

View today's readings from AA's "Daily Reflections", Hazelden's "Twenty-Four Hours A Day", NA's "Just For Today", Hazelden's "Walk In Dry Places", Hazelden's "Keep It Simple", "Each Day a New Beginning" daily meditations for women, Melody Beattie's "Journey to the Heart" and "More Language of Letting Go", Hazelden's "One More Day", Hazelden's "A Day At A Time", "Father Leo's Daily Meditation", AA's "As Bill Sees It" and more.

### July 13

#### Daily Reflections

HUMILITY IS A GIFT, p.203

As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God's will, was missing.

12 & 12, p.72

When I first came to A.A., I wanted to find some of the elusive quality called humility. I didn't realize I was looking for humility because I thought it would help me get what I wanted, and I would do anything for others if I thought God would somehow reward me for it. I try to remember now that the people I meet in the course of my day are as close to God as I am ever going to get while on this earth. I need to pray for knowledge of God's will today, and see how my experience with hope and pain can help other people; if I can do that, I don't need to search for humility, it has found me.

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#### Twenty-Four Hours A Day

A.A. Thought For The Day

Before alcoholics come into A.A., they are "flying blind." But A.A.

gives them a directed beam in the A.A. program. As long as they keep on this beam, the signal of sobriety keeps coming through. If they have a slip, the signal is broken. If they swing off course into drunkenness, the signal stops. Unless they regain the A.A.

directed beam, they are in danger of crashing against the mountain peak of despair. Am I on the beam?

### Meditation For The Day

Be expectant. Constantly expect better things. Believe that what God has in store for you is better than anything you ever had before. The way to grow old happily is to expect better things right up to the end of your life and even beyond that. A good life is a growing expanding life, with ever-widening horizons, an ever-greater circle of friends and acquaintances, and an ever-greater opportunity for usefulness.

### Prayer For The Day

I pray that I may await with complete faith for the next good thing in store for me. I pray that I may always keep an expectant attitude toward life.

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## **As Bill Sees It**

The Obsession and the Answer, p. 194

The idea that somehow, some day, he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

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## **Walk In Dry Places**

Solving Problems is the Proof

Spiritual Guidance.

Although we try, it's almost impossible for us to use logic to prove the existence (for nonexistence) of God. Our best proof of God's activity in our lives has to come from personal experience.

That's the message of the 12 Step movement: God has done for us what we could not do for ourselves. We cannot be responsible for setting simmering religious and doctrinal issues that have been around for centuries. We can find our own help by following the example of others in the 12 Step program.

When spiritual guidance brings answers and solutions, we don't have to defend or justify our belief in our Higher Power. What better proof do we need than evidence that the program does work?

I'll follow my Higher Power today and then let the results speak for themselves.

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## **Keep It Simple**

A brother may not be a friend, but a friend will always be a brother. ---Benjamin Franklin

Many of us come from families that aren't very healthy for us. Many families have lots of love but aren't able to show it. Maybe our parents argued or drank to much. When we share our recovery with them, they may not seem happy with us. They may be doing the best they can, but they don't understand our new way of life.

We can have the love we wanted, but it might not come from our family. We can choose healthy friends to be our new "family." Some friends may seem like the sister or brother we always wanted.

A sponsor can give us advice we never got from our parents. We can have a full, healthy "family life" after all.

Prayer for the Day: Higher Power, help me choose good friend who will help me to be the best that I can be.

Action for the Day: The best way to have a friend is to be a friend. What will I do today to be a friend.

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## **Each Day a New Beginning**

The trouble is not that we are never happy--it is that happiness is so episodic. --Ruth Benedict

Happiness is our birthright. The decision to be happy is ours to make, every day, when confronted with any experience. Too many of us grew up believing that life needed to be a certain way for us to be happy. We looked for the right lover, the right job, and the right dress. We looked outside of ourselves for the key to happiness. In time, we even looked to alcohol, drugs, and food perhaps--to no avail.

Happiness lies within. We must encourage it to spring forth. But first we need to believe that happiness is fully within our power. We must trust that the most difficult circumstances won't keep it from us when we have learned to tap the source within.

Life is a gift we are granted moment-by-moment. Let us be in awe of the wonder of it, and then revel in it. We can marvel at creation for a moment and realize how special we are to be participants. Happiness will overcome us if we let it. We can best show our gratitude for the wonder of this gift by smiling within and without.

That I am here is a wonderful mystery to which joy is the natural response. It is no accident that I am here.

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## **NA Just For Today**

### **Humility In Action**

"If we are hurting, and most of us do from time to time, we learn to ask for help."

Basic Text, p.80

Sometimes recovery gets downright difficult. It can be even more difficult to get humble enough to ask for help. We think, "I have all this time clean. I should be better than this!" But the reality of recovery is simple: whether we have thirty days or thirty years clean, we must be willing to ask for help when we need it.

Humility is a common theme in our Twelve Steps. The program of Narcotics Anonymous is not about keeping up appearances. Instead, the program helps us get the most from our recovery. We must be willing to lay bare our difficulties if we expect to find solutions to problems that arise in our lives.

There's an old expression sometimes heard in Narcotics Anonymous: We can't save our face and our ass at the same time. It isn't easy to share in a meeting when we have a number of years clean only to dissolve into tears because life on life's terms has made us realize our powerlessness. But when the meeting ends and another member comes up and says, "You know, I really needed to hear what you had to say," we know that there is a God working in our lives.

The taste of humility is never bitter. The rewards of humbling ourselves by asking for help sweetens our recovery.

Just for today: If I need help, I will ask for it. I will put humility into action in my life.

pg. 203

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## **Today's Gift**

When you have to make a choice and don't make it, that is in itself a choice. --William James

There are times when it's hard to make a decision. When we go to the fair, for instance, we may want to do more things than we have time for, so we don't know what plans to make. Waiting to decide until we see what the fair has to offer is one choice. Not deciding because we're afraid of what may happen is also a choice. We may find ourselves thinking so much about what could happen that we miss all the exciting things going on around us.

It's necessary to keep in mind that any course of action is a decision, but no decision is irreversible. We are free to do what we decide, and are freed by the awareness that whatever we do is based on our own decision and no one else's.

What important decisions shall I make without fear today?

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## **Touchstones**

If I were to begin life again, I should want it as it was. I would only open my eyes a little more. --Jules Renard

Spiritual and emotional growth is a process of raising our awareness. Reflecting on our growth as men, before this program and after, we see different levels of consciousness. Some of us might say we weren't at all conscious of what it meant to be a man by the time we entered the adult world.

Now we are forming an awareness of manhood. We see ourselves more as recovering, caring, strong, vulnerable men in relationships with others. We have an increased sense that our actions make a difference as sons, as fathers, as husbands, lovers, and friends. Our increased understanding of ourselves makes it possible to fulfill our potentials for growth. It is not idle fantasy to imagine beginning life again because, in a sense, we have. In recovery, it seems we have begun life again, only with our eyes a little more open.

Help me live this day with all of my awareness.

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## **The Language Of Letting Go**

God as We Understand God God is subtle, but he is not malicious. --Albert Einstein

Recovery is an intensely spiritual process that asks us to grow in our understanding of God. Our understanding may have been shaped by early religious experiences or the beliefs of those around us. We may wonder if God is as shaming and frightening as people can be. We may feel as victimized or abandoned by God as we have by people from our past.

Trying to understand God may boggle our mind because of what we have learned and experienced so far in our life.

We can learn to trust God, anyway.

I have grown and changed in my understanding of this Power greater than myself. My understanding has not grown on an intellectual level, but because of what I have experienced since I turned my life and my will over to the care of God, as I understood, or rather didn't understand, God.

God is real. Loving. Good. Caring. God wants to give us all the good we can handle. The more we turn our mind and heart toward a positive understanding of God, the more God validates us.

The more we thank God for who God is, who we are, and the exact nature of our present circumstances, the more God acts in our behalf.

In fact, all along, God planned to act in our behalf.

God is Creator, Benefactor, and Source. God has shown me, beyond all else, that how I come to understand God is not nearly as important as knowing that God understands me.

Today, I will be open to growing in my understanding of my Higher Power. I will be open to letting go of old, limiting, and negative beliefs about God. No matter how I understand God, I will be grateful that God understands me.

I can go through anything a day at a time, a moment at a time with the faith and the knowledge that my Higher Power is guiding me to peace and security. --Ruth Fishel

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## **Journey To The Heart**

See the Snow on the Desert

I drove through Arizona's petrified forest, a land where dinosaurs once roamed, then headed across the painted desert. A light dusting of snow covered the sand and shrubs. I felt both awe and surprise at the scene nature had created.

Nature does many things. Tornados blow across the land. Hurricanes pound the shores. Bolts of lightning streak through the sky. Dust storms fill the air. Nature petrifies wood, turning trees into beautiful crystal rocks, glowing with brilliant red and orange fossilized patterns. Nature takes centuries to carve bridges out of stone, using only winds and rain and the flow of water from other rocks. And sometimes, she puts snow on the desert.

Many things happen in our lives. Some of them are probable, consequential. Some of them are flukes and seem to come out of the blue, from nowhere. All the events work into a pattern, helping to create us, create our path through life, create our destiny. Sometimes we're influenced greatly by a traumatic storm. Other times seemingly chance occurrences can change the entire pattern and course of our lives.

We don't have to understand everything. Maybe we aren't supposed to. We don't have to be prepared for all the storms. Sometimes the greatest learning occurs when we're caught off guard, by surprise.

Weather the storms. Let them pass. Keep your balance, as best you're able. Remember to be flexible and sway with the winds like the tall trees in the forest. Trust the flukes, too, those moments when it snows on the desert. Let destiny have its way with you.

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## **More Language Of Letting Go**

Say it like it is

Acknowledge your pain. Then you can begin to identify the source of it, and in identifying, you can begin to heal. When we open ourselves to emotions, we don't just get the good ones, like happiness or relief. Feelings are a package deal. We get the entire emotional range.

Pain and suffering are part of the experience of being alive. Things go wrong. Lovers leave us, parents and sometimes children die. We fall, we fail. Don't hide from your pain. Don't bury it under a shell of drugs, alcohol, or shallow achievement. If you hurt, then hurt.

Recognize what you're going through. Then learn to tell it like it is.

God, help me acknowledge the pain in my life instead of trying to mask it with mood-altering substances or mindless busywork. Teach me to say what hurts. Show me what it is that I need to do to heal; then give me the strength to do that.

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## **Food For Thought**

Living from Within

We are often deluded into thinking that we will find our pattern for living from someone else. We look for models to imitate. Although we do learn from others, it is from within that our most sure guidance comes. Since each one of us is unique, there is no other human being who can give us an example to copy exactly.

OA recognizes individual differences and the need we each have to discover our true self. By sharing our experience, strength, and hope, we are able to develop our unique potential as individuals. We are each free to take from and give to the group, according to our own unique needs and abilities.



If we are to receive the strength, which our Higher Power wants us to have, we need to listen to the inner voice that tells us what is right for us at any given moment. The most sure guidance comes from within.

May I listen to Your voice.

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## **A Day at a Time**

Reflection For The Day

These days, I go to meetings to listen for the similarities between myself and others in The Program - not the differences. And when I look for the similarities, it's amazing how many I find, particularly in the area of feelings. Today I go to meetings thinking that I'm here not because of anyone Else's addictions, but because of mine and , most importantly, what my addiction did to my spirit anybody. I'm here because there's no way I can stay free of my addiction by myself. I need The Program and my Higher Power. Am I becoming less harsh in my judgments of others?

Today I Pray

May I stay alert as I listen, just one more time, to Jack or Jill or Fred or Sam or Martha go through his or her tale of woe or weal. May I find, when I listen with the whole-hearted attention I want to be able to give, that each has something to offer me to add to my own life-tale. May I be struck once again by our sameness. May each sameness draw us nearer to each others needs.

Today I Will Remember

In sameness, there is strength.

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## **One More Day**

We often make self-defeating choices because we are unenlightened about our needs. We pick the opposite of what we really need because we don't know what we need.

- Lila Swell

Sometimes we may repeatedly engage in self-defeating behaviors. Poor work habits can lead to being fired and being defeated again. Overeating causes obesity, health issues, and poor image, which may lead to fad dieting and more failure. Until lightening strikes, until we finally realize that we are defeating our deepest needs - spiritual and emotional - we plod along on the same path.

The direction of our behavior changes when we see what our needs are and that they are the same for everyone. we all need love, compassion, and the opportunity to love others, and we can satisfy those needs in healthy ways.

I'll make positive choices for myself today.

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## **One Day At A Time**

### **SERVICE**

"I do not know what path in life you will take, but I do know this:

If, on that path, you do not find a way to serve, you will never be happy."

Albert Schweitzer

Working the Twelfth Step means carrying the message of recovery to those who still suffer from our disease. To be a messenger of hope has to be the highest form of service we can provide to our fellow compulsive eaters.

Giving service means more than volunteering to set chairs up at a meeting, tidying up afterwards, or giving another person a ride to the meeting. Giving service means living a triumphant program every single day. It's taking a telephone call from someone who's having a rough day ... and it's making an outreach call even when I don't feel like it. It's not hiding my slips in abstinence, and it sure isn't wallowing in my misery. It's getting up and moving on. It's presenting a positive view of the program.

We don't recruit members to recovery; we attract them by our example. If I don't put a positive face on my program, I can't expect a fellow-sufferer to consider the Twelve Steps as a way to recover from the disease of compulsive overeating. I know this program works -- and others won't know it unless I show them that it does.

One Day at a Time . . .

I will serve by living a triumphant program.

~ JAR

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## **Hour To Hour - Book - Quote**

Compulsive behavior is characterized by the need to be better than, sooner than, bigger than, more than. This creates pressure which creates stress, which for us creates danger! That is why we take the slogan 'Easy Does It,' seriously.

Help me to enjoy the journey, slow down and not expect five years of recovery in five weeks.

The Treasures Within

Within me is the perfect life waiting to awaken. The gifts I seek are already within me. A deep pool of awareness and aliveness is present all of the time but I am too distracted to know it. I get so lost in the superficial details and tasks of my life that I forget to live it, to drop down and contact the spirit that God has planted within me. It is the best kept secret that spirit lives within me, that the way in which I come in touch with my inner light is through letting the constant preoccupations of my mind float by, not taking them so seriously, not trying to control them. Today I realize that the gold is not in my ability to control my mind, the gold is in what lies beneath. What emerges when my mind, for a precious moment, is stilled.

Spirit is with me always

- Tian Dayton PhD

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## **Pocket Sponsor - Book - Quote**

Speak when you are angry and you will make the best speech you will ever regret.

I never trust my tongue when my heart is bitter.

"Walk Softly and Carry a Big Book" - Book

You get sober not with your head, but with you feet.

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## **Time for Joy - Book - Quote**

I can go through anything a day at a time, a moment at a time with the faith and the knowledge that my Higher Power is guiding me to peace and security.

Alkiespeak - Book - Quote

If I don't stand for something, I'll fall for anything. - Anon.

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## **AA Thought for the Day**

Step Seven

"Humbly asked Him to remove our shortcomings."

To get completely away from our aversion to the idea of being humble, to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself, takes most of us a long, long time.

- Twelve Steps and Twelve Traditions, p. 73

Thought to Ponder . . .

Humility is not thinking less of myself, but thinking of myself less.

AA-related 'Alconym' . . .

H O W = Honesty, Open-mindedness, Willingness.

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## **Father Leo's Daily Meditation**

### **DIGNITY**

"To behave with dignity is nothing less than to allow others freely to be themselves."

--Sol Chaneles

I believe that ultimately I can only be responsible for me. It is impossible for me to live another person's life. It is disrespectful to assume the role of decision-maker for another adult human being.

People must have the freedom to grow and be themselves. Dignity is affording people this freedom.

Today I can see how I continued to keep members of my family sick by taking on a responsibility that was not mine. I can see how I was not giving dignity to my family; I was unintentionally withholding dignity from those I loved. People, especially family members, must be given the freedom to express their hurts. They have a responsibility to deal with their pain -- because it is theirs!

I pray that I may give to others the dignity I desire in my own life.

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.

John 3:16

Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.  
Psalm 9:10

I will give thanks to the LORD because of his righteousness and will sing praise to the name of the LORD Most High.

Psalm 7:17

Freely you have received, freely give.

Matthew 10:8

### Daily Inspiration

Today is for living and giving because God's presence is in each of us always. Lord, may I truly live a full life because I am aware that You are unceasingly blessing me.

To have a great day isn't always doing what you like, but trying to like what you must do. Lord, today I will spruce up my attitude and have a great day no matter what my circumstances.

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We hope you enjoyed today's reading. Click here to receive all of these [daily inspirations in an email](#).

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