

## Daily Readings and Inspirations July 14

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 14

#### Daily Reflections

A NOURISHING INGREDIENT, p.204

Where humility had formerly stood for a forced feeding on humble pie  
it now begins to mean the nourishing ingredient which can give us serenity.  
12 & 12, p.74

How often do I focus on my problems and frustrations? When I am having a "good day" these same problems shrink in importance and my preoccupation with them dwindles. Wouldn't it be better if I could find a key to unlock the "magic" of my "good days" for use on the woes of my "bad days?"

I already have the solution! Instead of trying to run away from my pain and wish my problems away, I can pray for humility!

Humility will heal the pain. Humility will take me out of myself.

Humility, that strength granted me by that "power greater than myself," is mine for the asking! Humility will bring balance back into my life. Humility will allow me to accept my humanness joyously.

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#### Twenty-Four Hours A Day

A.A. Thought For The Day

One of the best things about the A.A. program is the peace of mind and serenity that it can bring us. In our drinking days, we had no peace of mind or serenity. We had the exact opposite, a kind of turmoil and that "quiet desperation" we knew so well.

The turmoil of our drinking days was caused partly by our physical suffering, the terrible hangovers, the cold sweats, the shakes and the jitters. But it was caused even more by our mental suffering, the loneliness, the feeling of inferiority, the lying, the remorse that every alcoholic understands. Have I achieved more peace of mind?

### Meditation For The Day

Try to look for God's leading in all your personal relationships, in all your dealings with other persons. God will help you to take care of all your relationships with people, if you are willing to let

Him guide you. Rejoice that God can protect you and keep you from temptation and failure. God can protect you in all situations during the day, if you will rely on His strength and go forward. You should feel that you are entering upon the stage of success in the proper way of living. You should not doubt that better things are ahead for you. Go forward unafraid because you feel deeply safe under

God's protection.

### Prayer For The Day

I pray that God may protect and keep me as long as I try to serve Him. I pray that I may go forward today unafraid.

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## **As Bill Sees It**

The Language of the Heart, p. 195

Why, at this particular point in history, has God chosen to communicate His healing grace to so many of us? Every aspect of this global unfoldment can be related to a single crucial word. The word is "communication." There has been a lifesaving communication among ourselves, with the world around us, and with God.

From the beginning, communication in A.A. has been no ordinary transmission of helpful ideas and attitudes. Because of our kinship in suffering, and because our common means of deliverance are

effective for ourselves only when constantly carried to others, our channels of contact have always been charged with the language of the heart.

A.A. Today, pp. 7-8

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## **Walk In Dry Places**

Self-esteem in responsible work self-confidence.

"Whatever your hand finds to do, do it with all your might," goes an ancient saying. However long ago this was said, it applies to our work here and now.

Part of recovery lies in doing useful and satisfying work. We can't wait until the "perfect" job appears. Our success will come in doing the very best we can in our present situation. If we're unemployed, we can still be useful and active in ways that will help us find the right situation.

And as we work for a living, we'll find that another important benefit of our work will be greater self-esteem. We'll have more respect for ourselves as we continue to be both productive and active.

Whatever my job is, I'll give it my best today. I'll be grateful for having the opportunity to work productively.

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## **Keep It Simple**

Most of the evils of life arise from man's being unable to sit still in a room.---Blaise Pascal

Our program teaches us to slow down. We learn to slow down by taking time out. During these times-outs, we look at our values and see if we're staying true to them.

Because of that, meditation is an important part of our program. It teaches us to slow down. Our Higher Power wants us to have fun and play. But we need to bring our Higher Power along. Remember, our Higher Power loves fun. We can have fun, but not at the expense of others.

Prayer for the Day: I pray for help so I can remember my values. Higher Power, teach me to have fun. Teach me to be true to You at the same time.

Action for the day: Today, I'll three times mischief has been good fun. I'll talk with a friend about the difference between trouble mischief and fun mischief.

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## **Each Day a New Beginning**

Through spontaneity we are reformed into ourselves. Freed from handed-down frames of reference, spontaneity becomes the moment of personal freedom when we are faced with a reality, explore it, and act accordingly. --Viola Spolin

Living in the here and the now opens up untold possibilities for new growth. Our inner self is enticed in new directions when our attention is fully in the present. When our minds are still on last night's argument or tomorrow's board meeting, we wear blinders to the activity at hand. And God, as our teacher and protector, resides in this experience, in the hearts of these people present.

Every single moment has something for us. Maybe a new piece of information. A piece that solves a problem that's been puzzling us. Perhaps a chance to make a new friend, one who will be there in a time of need.

Letting go of yesterday frees us. We need not be burdened. It is gone. Our lives could be eased, so much, if we kept our focus on the experience at hand, where the problems we ponder have their solutions. Always.

I will greet today, skipping, smiling, ready for the answers, the truths, the directions meant only for me. The wonders of today will bless me.

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## **NA Just For Today**

An "Inside Job"

"Social acceptability does not equal recovery."

Basic Text, p.21

One of the first things that happens to many of us in recovery is that we start to look better. We get healthier; we bathe; we dress more appropriately. And without the goading of active addiction, many of us finally stop stealing, lying, and hustling. We start to look normal - just by removing the drugs.

Looking normal is very different than being normal. Acceptability in the eyes of the world is a benefit of recovery; it is not the same thing as recovery. We can enjoy the benefits of recovery, but we must take care to nurture their true source. Lasting recovery isn't found in acceptance from others, but in the inner growth set in motion by the Twelve Steps.

Just for today: I know that looking good isn't enough. Lasting recovery is an inside job.

pg. 204

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## **Today's Gift**

Happiness is not a matter of events; it depends upon the tides of the mind. --Alice Meyvell

It's thought that Abe Lincoln once said, "We're as happy as we make up our minds to be." In other words, we decide to be happy. Bad weather, lost toys, broken plans, even angry friends don't have to ruin our own happiness unless we let them. We're always in control of our own thoughts and feelings, and happiness is a feeling we can choose even when others around us have chosen to be angry or sad. Even when the day is gloomy and none of our plans are working out, we can still be cheerful if we decide to be. How lucky we are that someone else can't decide for us how to feel. We'd be nothing more than robots if that were true.

Am I ready to make this day a happy one?

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## **Touchstones**

Life is not a "brief candle." It is a splendid torch that I want to make burn as brightly as possible before handing on to future generations. --George Bernard Shaw

We are men who have sought intensity. Some have said the extremes of our past were a kind of search for a Higher Power, although we went to self-defeating ends. There is no need now for us to give up our intense love of life. Serenity need not be bland. In facing ourselves, confronting our pain, surrendering our arrogant individualism, we are released to live the life we deeply desire.

What do men really want? We want to have true, lasting friendships with other men and women - to be at peace with our Higher Power and ourselves. We want to be fully aware in the present moments of our lives. We want to have some joy and to make a contribution to the world.

I am grateful that my torch burns brightly. I am finding what I really want.

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## **The Language Of Letting Go**

We Are Lovable

Even if the most important person in your world rejects you, you are still real, and you are still okay. --  
Codependent No More

Do you ever find yourself thinking: How could anyone possibly love me? For many of us, this is a deeply ingrained belief that can become a self-fulfilling prophecy.

Thinking we are unlovable can sabotage our relationships with co-workers, friends, family members, and other loved ones. This belief can cause us to choose, or stay in, relationships that are less than we deserve because we don't believe we deserve better. We may become desperate and cling as if a particular person was our last chance at love. We may become defensive and push people away. We may withdraw or constantly overreact.

While growing up, many of us did not receive the unconditional love we deserved. Many of us were abandoned or neglected by important people in our life. We may have concluded that the reason we weren't loved was because we were unlovable. Blaming ourselves is an understandable reaction, but an inappropriate one. If others couldn't love us, or love us in ways that worked, that's not our fault. In recovery, we're learning to separate ourselves from the behavior of others. And we're learning to take responsibility for our healing, regardless of the people around us.

Just as we may have believed that we're unlovable, we can become skilled at practicing the belief that we are lovable. This new belief will improve the quality of our relationships. It will improve our most important relationship: our relationship with our self. We will be able to let others love us and become open to the love and friendship we deserve.

Today, God, help me be aware of and release any self-defeating beliefs I have about being unlovable. Help me begin, today, to tell myself that I am lovable. Help me practice this belief until it gets into my core and manifests itself in my relationships.

Food for Thought.

Energize, Don't Tranquelize

Food is nourishment for our bodies, not a drug. When we overeat, we sap our energy and dull our responses. Too much food makes us lazy and lethargic. We should eat for energy, not oblivion.

If we have been using food as a narcotic to temporarily deaden the pain of living, then we need to learn other ways to cope. Much of our pain is needless, brought on by egocentric fears and demands. If we accept the fact that we cannot change another person's behavior, then we will not hurt ourselves by anger at what that person does.

At the same time, we will learn to remove ourselves from people and situations, which cause us unnecessary pain. We do not have to be martyrs! Abstinence gives us the energy to make positive changes.

A certain amount of pain, both physical and emotional, is unavoidable. Often, it accompanies growth. To tranquilize ourselves with food is to impede growth.

May I remember to eat for energy instead of oblivion.

Today I know that if I'm coming from good and love, then only good and love will happen. Today I know that what I give, I receive back. Ruth Fishel

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## **Journey To The Heart**

Touch the Eternal

My friend, a clerk in a local bookstore, and I were sitting on a bench one evening about twenty feet from the edge of the Pacific Ocean. A few stars and a tiny sliver of moon softly lit the sky. We were drinking

coffee and staring at the sea. “I like the ocean,” my friend said. “I need to see it. It’s nature’s way of reminding us of eternity.

Sometimes, we zoom in on the details of our lives and all we can see is the small picture- the problems, issues, and specifics of what we need to do today. These moments are real. They’re the heart of our lives. It’s good to stay focused and attend to them, but sometimes we need to step back and see the big picture,too.

Visit places that remind you of eternity when you can. See the mountains. See the stars. Walk among the ancient redwoods. Stand at the ocean’s door. Let nature and life remind you of eternity in ways that speak to your soul.

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## **More Language Of Letting Go**

Take care of yourself, no matter what

Some days, we wake up in the morning, and by the time we go to bed that evening, our life has twisted, changed in a way that we couldn’t predict and don’t want. Our worst fears have come true.

Life as we have known it will never be the same again. The problem isn’t just that this tragedy has come along and knocked our lives for a loop, although that alone would be enough. To complicate matters, we now know how vulnerable we are. And we wonder, in that vulnerability, if we can ever trust God, life, or ourselves again.

Many years ago, the founders of Alcoholics Anonymous, a spiritually based program designed to help alcoholics recover, cautioned people not to base sobriety and faith in God on the false notion that any person is immune from tragedy. They knew that life would continue to be life.

You are not alone, in your joy or in your sorrow. You may feel that way for a while. But soon you’ll begin to see that many others have experienced, surrendered to, and transcended a similar misfortune or loss. Your pain is important. But you’re not being singled out. Don’t use your misfortune to prove that you were right all along- you’re a victim of circumstance, fate, and God.

“God must really love me,” a young man said one day after walking away from a motorcycle accident that should have been tragic.



God loves all of us, whether we walk away pain-free or not.

Keep taking care of yourself, no matter what.

God, transform my pain into compassion for others and myself.

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## **A Day at a Time**

## Reflection For The Day

Conditioned as we are by our old ideas and old ways of living, it's understandable that we tend to resist certain suggestions made to us when we first come to The Program. If that's the case, there's no need to permanently reject such suggestions; it's better, we've found, just temporarily to set them aside. The point is, there's no hard-and-fast "right" way or "wrong" way. Each of us uses what's best for himself or herself at a particular time, keeping an open mind regarding other kinds of help we may find valuable at another time. Am I trying to remain open-minded?

## Today I Pray

May I be enlightened about the real meaning of an open mind, aware that my one-time definition of "open-minded" as "broad-minded" doesn't seem to fit here. May I constantly keep my mind open to the suggestions of the solid many who came into The Program before me. What has worked for them may work for me, no matter how far-fetched or how obvious it may be.

## Today I Will Remember

Only an open mind can be healed.

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## One More Day

Nothing is unthinkable, nothing impossible to the balanced person, provided it arises out of the needs of life and is dedicated to life's further developments.

- Lewis Mumford

Occasionally, we may be discouraged over the loss of an ability we'd always counted on. Accepting this loss often requires a major emotional adjustment.

Our lives need not be defined by our disabilities, but instead by our possibilities. If bogged down in negativity, we may truly become the disabled people that others see at first glance.

Marvelous opportunities for growth and joy often await us - through doors we can choose the open and pass through. Almost nothing is impossible if we want to get there badly enough.

I won't use medical problems as excuses to bow out of life. Today, I will look for opportunities for challenge and growth.

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## **One Day At A Time**

### ETERNITY

"Every action of our lives touches on some chord that will vibrate in eternity."

Edwin Hubbel Chapin

When I first read this quote two thoughts came to mind. The first thought was that I owed it -- to myself and to every compulsive overeater in the world -- to recover from my disease. If I can recover from compulsive eating with the help of my Higher Power, then others will know that recovery is possible for them as well.

My second thought had to do with Bill W., Dr. Bob and all the other Twelve Step trailblazers. Did they realize that what they did in 1935 would have such a far-reaching impact on the world? Did they know that they would set in motion a program that would bring hope to addicted people everywhere? My guess is that they did not know, and that they probably would have scoffed at the very idea that they were starting a global recovery program that would empower millions.

I have written Edwin Chapin's quote in my Big Book to remind me of those who went before me and of those who will come after. It is my tribute to the eternal value of the Twelve Step program.

One day at a time...

I will remember that the things I do today will have a lasting impact on the future.

~ Jeff

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

How long do we have to keep going to meetings? Until we want to go to meetings.

Grant me the will to keep going to meetings, until the day arrives that I want to go.

I Am Whole

Today, I see that my life is up to me. How I choose to live, what I will accomplish, how I conduct my intimate relationships, how I treat myself, all are in my own hands. I am no longer afraid that pain and anxiety will return me to a state of helplessness and vulnerability. Let it come; I am ready to meet it head-on. I am strong in the awareness that I can live as I choose to live. I have been willing to walk a path of recovery that, though difficult, has built a strength in me and a knowledge that I can survive my most painful feelings. I do not need to be afraid of my life if I am not afraid of myself or an emotional death. I have met and tamed the monsters that live inside me. I am comfortable in my own skin.

I am free to be who I am.

- Tian Dayton PhD

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

We are often surprised by who we can count on when the going gets tough. Someone we did not expect to come through might and others whom we thought we could count on may fall short of our expectations. We do not blame the ones that fall short and are grateful for the ones who go the extra mile.

I measure others by their best moments, not their worst.

"Walk Softly and Carry a Big Book" - Book

Everyone needs to be loved...especially when they do not deserve it.

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

Today I know that if I'm coming from good and love, then only good and love will happen. Today I know that what I give, I receive back.

### **Alkiespeak - Book - Quote**

After a few years sober a lady felt sorry for me and got me a job in sales. On the streets I used to sell a lot of things I didn't have, so with a product and a business card it was a piece of cake.- Allen F.

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## **AA Thought for the Day**

### **Turning Points**

Every day I stand at turning points.

My thoughts and actions can propel me toward growth or turn me down the road to old habits and to booze.

Sometimes turning points are beginnings, as when I decide to start praising, instead of condemning someone. . .

At other times turning points are endings, such as when I see clearly the need to stop festering resentments or crippling self-seeking.

- Daily Reflections, p. 15

### **Thought to Ponder . . .**

May the road always lead where you need to be.

AA-related 'Alconym' . . .

A A = Attitude Adjustment.

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## Father Leo's Daily Meditation

{{FatherLeoStartsHere}}

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## Father Leo's Daily Meditation

GREATNESS

"The ability to accept responsibility is the measure of the man."

--Roy L. Smith

I believe the greatest insight into my life is that I am responsible;  
my responsibility is an important and dignified gift from God.

My responsibility reveals my involvement in God's creation, in my life and my recovery from alcoholism. Greatness is in the choices I make, and the choices come with God's gift of freedom. Human beings are more than puppets on a string or automated machines.

We are creative creatures who carry the burden and joy of responsibility.

Along with the acceptance of my alcoholism I also accepted the responsibility to remain sober in my decisions and lifestyle: such is greatness.

Thank You for giving me the responsibility to co-create with You.

"Fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."

Isaiah 41:10

Forget the former things; do not dwell on the past.

Isaiah 43:18

But Jesus remains a priest forever; his priesthood will never end.

Therefore he is able, once and forever, to save everyone who comes to God through him. He lives forever to plead with God on their behalf.

Hebrews 7:24-25

"Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; never be conceited. Repay no one evil for evil, but take thought for what is noble in the sight of all. If possible, so far as it depends upon you, live peaceably with all."

Romans 12:15-18

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."

Galatians 5:22-25

#### Daily Inspiration

By helping others, we enrich our own life even more. Lord, help me be a little kinder today, reach out a little quicker, and share a few more smiles.

God has already prepared you for everything that He plans for you to do. Lord, You believe in me, therefore I can believe in me, and will have all the necessary confidence to succeed in what I will be doing today.

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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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