

OCT 01—AA Thought for the Day

AA will lose some of its effectiveness if I do not do my share. Where am I failing? Are there some things I do not feel like doing? Am I held back by self-consciousness or fear? Selfconsciousness is a form of pride. It is a fear that something may happen to you. What happens to you is not very important. The impression you make on others does not depend so much on the kind of a job you do as on your sincerity and honesty of purpose. Am I holding back because I am afraid of not making a good impression?

Meditation for the Day

Look to God for the true power that will make you effective. See no other wholly dependable supply of strength. That is the secret of a truly effective life. And you, in your turn, will be used to help many others find effectiveness. Whatever spiritual help you need, whatever spiritual help you desire for others, look to God. Seek that God's will be done in your life and seek that your will conforms to His. Failures come from depending too much on your own strength.

Prayer for the Day

I pray that I may feel that nothing good is too much for me if I look to God for help. I pray that I may be effective through His guidance.

OCT 02—AA Thought for the Day

What makes an effective talk at an AA meeting? It is not a fine speech with fine choice of words and an impressive delivery. Often a few simple words direct from the heart are more effective than the most polished speech. There is always a temptation to speak beyond your own experience, in order to make a good impression. This is never effective. What does not come from the heart does not reach the heart. What comes from personal experience and a sincere desire to help the other person reaches the heart. Do I speak for effect or with a deep desire to help?

Meditation for the Day

"Thy will be done" must be your oft-repeated prayer. And in the willing of God's will there should be gladness. You should delight to do God's will because when you do, all your life goes right and everything tends to work well for you in the long run. When you are honestly trying to do God's will and humbly accepting the results, nothing can seriously hurt you. Those who accept the will of God in their life may not inherit the earth, but they will inherit real peace of mind.

Prayer for the Day

I pray that I may have a yielded will. I pray that my will may be attuned to the will of God.

OCT 03—AA Thought for the Day

How do I talk with new prospects? Am I always trying to dominate the conversation? Do I lay down the law and tell prospects what they will have to do? Do I judge them privately and feel that they have

a small chance of making the program? Do I belittle them to myself? Or am I willing to bare my soul so as to get them talking about themselves? And, then, am I willing to be a good listener—not interrupting, but hearing them out to the end? Do I feel deeply that they are my brothers or my sisters? Will I do all I can to help them along the path to sobriety?

Meditation for the Day

“The work of righteousness shall be peace and the effect of righteousness shall be quietness and assurance forever.” Only when the soul attains this calm can there be true spiritual work done, and mind and soul and body be strong to conquer and bear all things. Peace is the result of righteousness. There is no peace in wrongdoing, but if we live the way God wants us to live, quietness and assurance follow. Assurance is that calmness born of a deep certainty of God’s strength available to us and in His power to love and guard us from all harm and wrongdoing.

Prayer for the Day

I pray that I may attain a state of true calmness. I pray that I may live in quietness and peace.

OCT 04—AA Thought for the Day

Am I critical of other members of AA or of new prospects? Do I ever say about other members: “I don’t think they’re sincere, I think they’re bluffing, or I think they’re taking a few drinks on the quiet?” Do I realize that my doubtful and skeptical attitude is hurting those members, if only in my attitude toward them, which they cannot help sensing? Do I say about new prospects, “They’ll never make the program,” or do I say, “They’ll only last a few months?” If I take this attitude, I am unconsciously hurting those prospects’ chances. Is my attitude always constructive and never destructive?

Meditation for the Day

To be attracted toward God and a better life, you must be spirit-guided. There is wonderful illumination of thought given to those who are spirit-guided. To those who are material-guided, there is nothing in God or a finer life to appeal to them or to attract them. But to those who are spirit-guided there is strength and peace and calm to be found in communion with an Unseen Lord. To those who believe in this God they cannot see, but whose power they can feel, life has a meaning and purpose. They are children of the Unseen Lord, and all human beings are their brothers and sisters.

Prayer for the Day

I pray that I may be spirit-guided. I pray that I may feel God’s presence and power in my life.

OCT 05—AA Thought for the Day

Do I have any hard feelings about other group members or for any other AA group? Am I critical of the way a group member thinks or acts? Do I feel that another group is operating in the wrong way and do I broadcast it? Or do I realize that all AA members, no matter what their limitations, have something to offer, some good, however little, that they can do for AA in spite of their handicaps? Do I

believe that there is a place for all kinds of groups in AA, provided they are following AA traditions, and that they can be effective, even if I do not agree with their procedure? Am I tolerant of people and groups?

Meditation for the Day

“The Lord shall preserve thy going out and thy coming in, from this time forth and even forever more.” All your movements, your goings and comings can be guided by the Unseen Spirit. Every visit to help another, every unselfish effort to assist, can be blessed by that Unseen Spirit. There can be a blessing on all you do, on every interview with one who is suffering. Every meeting of a need may not be a chance meeting, but it may have been planned by the Unseen Spirit. Led by the spirit of the Lord, you can be tolerant, sympathetic, and understanding of others and so accomplish much.

Prayer for the Day

I pray that I may be led by the Spirit of God. I pray that the Lord will preserve my goings and my comings.

OCT 06—AA Thought for the Day

Is it my desire to be a big shot in AA? Do I always want to be up front in the limelight? Do I feel that nobody else can do as good a job as I can? Or am I willing to take a seat in the back row once in a while and let somebody else carry the ball? Part of the effectiveness of any AA group is the development of new members to carry on, to take over from the older members. Am I reluctant to give up authority? Do I try to carry the load for the whole group? If so, I am not being fair to the newer members. Do I realize that no one person is essential? Do I know that AA could carry on without me, if it had to?

Meditation for the Day

The Unseen God can help to make us truly grateful and humble. Since we cannot see God, we must believe in Him without seeing. What we can see clearly is the change in a human being, when he sincerely asks God for the strength to change. We should cling to faith in God and in His power to change our ways. Our faith in an Unseen God will be rewarded by a useful and serviceable life. God will not fail to show us the way we should live, when in real gratitude and true humility we turn to Him.

Prayer for the Day

I pray that I may believe that God can change me. I pray that I may be always willing to be changed for the better.

OCT 07—AA Thought for the Day

Do I put too much reliance on any one member of the group? That is, do I make a tin god out of some one person? Do I set that person on a pedestal? If I do, I am building my house on sand. All AA members have “clay feet.” They are all only one drink away from a drunk, no matter how long they

have been in AA. This has been proved to be true more than once. It's not fair to any member to be singled out as a leader in AA and to always quote that member on the AA program. If that person should fail, where would I be? Can I afford to be tipped over by the failure of my ideal?

Meditation for the Day

You must always remember that you are weak but that God is strong. God knows all about your weakness. He hears every cry for mercy, every sign of weakness, every plea for help, every sorrow over failure, every weakness felt and expressed. We only fail when we trust too much to our own strength. Do not feel bad about your weakness. When you are weak, that is when God is strong to help you. Trust God enough, and your weakness will not matter. God is always strong to save.

Prayer for the Day

I pray that I may learn to lean on God's strength. I pray that I may know that my weakness is God's opportunity.

OCT 08—AA Thought for the Day

There is such a thing as being too loyal to any one group. Do I feel put out when another group starts and some members of my group leave it and branch out into new territory? Or do I send them out with my blessing? Do I visit that new offshoot group and help it along? Or do I sulk in my own tent? AA grows by the starting of new groups all the time. I must realize that it's a good thing for a large group to split up into smaller ones, even if it means that the large group—my own group—becomes smaller. Am I always ready to help newgroups?

Meditation for the Day

Pray and keep praying until it brings peace and serenity and a feeling of communion with One who is near and ready to help. The thought of God is balm for our hate and fears. In praying to God, we find healing for hurt feelings and resentments. In thinking of God, doubts and fears leave us. Instead of those doubts and fears, there will flow into our hearts such faith and love as is beyond the power of material things to give, and such peace as the world can neither give nor take away. And with God, we can have the tolerance to live and let live.

Prayer for the Day

I pray that I may have true tolerance and understanding. I pray that I may keep striving for these difficult things.

OCT 09—AA Thought for the Day

Am I willing to be bored sometimes at meetings? Am I willing to listen to much repetition of AA principles? Am I willing to hear the same thing over and over again? Am I willing to listen to a long blow-by-blow personal story, because it might help some new member? Am I willing to sit quietly and listen to long-winded members go into every detail of their past? Am I willing to take it, because it is

doing them good to get it off their chest? My feelings are not too important. The good of AA comes first, even if it is not always comfortable for me. Have I learned to take it?

Meditation for the Day

God would draw us all closer to Him in the bonds of the spirit. He would have all people drawn closer to each other in the bonds of the spirit. God, the Great Spirit of the universe, of which each of our own spirits is a small part, must want unity between Himself and all His children. "Unity of the spirit in the bonds of peace." Each experience of our life—of joy, of sorrow, of danger, of safety, of difficulty, of success, of hardship, of ease—should be accepted as part of our common lot, in the bonds of the spirit.

Prayer for the Day

I pray that I may welcome the bonds of true fellowship. I pray that I may be brought closer to unity with God and other people.

OCT 10—AA Thought for the Day

When new members come into my AA group, do I make a special effort to make them feel at home? Do I put myself out to listen to them, even if their ideas of AA are vague? Do I make it a habit to talk to all new members myself, or do I often leave that to someone else? I may not be able to help them, but then again it may be something that I might say that would put them on the right track. When I see any members sitting alone, do I put myself out to be nice to them, or do I stay among my own special group of friends and leave them out in the cold? Are all new AAs my responsibility?

Meditation for the Day

You have let go and surrendered to a Higher Power, and it has worked a miracle in your life. Sharing the message with others who share your same disease keeps you connected to your Higher Power, to AA, and to your sobriety. View your work within the fellowship in this light. Try to do your day's work the way you believe God wants you to do it, never shirking any responsibility and often going out of your way to be of service.

Prayer for the Day

I pray that I may serve well this fellowship that I have needed and that needs me. I pray that I may be willing to go out of my way to be of service.

OCT 11—AA Thought for the Day

How good a sponsor am I? When I bring new members to a meeting, do I feel that my responsibility has ended? Or do I make it my job to stay with them until they have either become good members of AA or have found another sponsor? If they don't show up for a meeting, do I say to myself: "Well they've had it put up to them, so if they don't want it, there's nothing more I can do"? Or do I look

them up and find out whether there is a reason for their absences or that they don't want AA? Do I go out of my way to find out if there is anything more I can do to help? Am I a good sponsor?

Meditation for the Day

"First be reconciled to your brother and then come and offer your gift to God." First I must get right with other people, and then I can get right with God. If I hold resentment against someone, which I find it very difficult to overcome, I should try to put something else constructive into my mind. I should pray for the one against whom I hold the resentment. I should put that person in God's hands and let God show him or her the way to live. "If a man say 'I love God' and hateth his brother, he is a liar, for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?"

Prayer for the Day

I pray that I may see something good in every person, even one I dislike, and that I may let God develop the good in that person.

OCT 12—AA Thought for the Day

Am I still on a "free ride" in AA? Am I all get and no give? Do I go to meetings and always sit in the back row and let the others do all the work? Do I think it's enough just because I'm sober and can rest on my laurels? If so, I haven't gone very far in the program, nor am I getting nearly enough of what it has to offer. I will be a weak member until I get in there and help carry the load. I must eventually get off the bench and get into the game. I'm not just a spectator; I'm supposed to be one of the team. Do I go in there and carry the ball?

Meditation for the Day

Try to be thankful for whatever vision you have. Try to perform, in the little things, faithful service to God and others. Do your small part every day in the spirit of service to God. Be a doer of God's word not a hearer only. In your daily life try to keep faith with God. Every day brings a new opportunity to be of some use. Even when you are tempted to rest or let things go or to evade the issue, make it a habit to meet the issue squarely as a challenge and not to hold back.

Prayer for the Day

I pray that I may perform each task faithfully. I pray that I may meet each issue of life squarely and not hold back.

OCT 13—AA Thought for the Day

AA work is one hundred percent voluntary. It depends on each and every one of our members to volunteer to do his or her share. Newcomers can sit on the sidelines until they have got over their nervousness and confusion. They have a right to be helped by all, until they can stand on their own feet. But the time inevitably comes when they have to speak up and volunteer to do their share in

meetings and in Twelfth-Step work. Until that time comes, they are not a vital part of AA. They are only in the process of being assimilated. Has my time come to volunteer?

Meditation for the Day

God's kingdom on earth is growing slowly, like a seed in the ground. In the growth of His kingdom there is always progress among the few who are out ahead of the crowd. Keep striving for something better and there can be no stagnation in your life. Eternal life, abundant life is yours for the seeking. Do not misspend time over past failures. Count the lessons learned from failures as rungs upon the ladder of progress. Press onward toward the goal.

Prayer for the Day

I pray that I may be willing to grow. I pray that I may keep stepping up on the rungs of the ladder of life.

OCT 14—AA Thought for the Day

How big a part of my life is AA? Is it just one of my activities and a small one at that? Do I only go to AA meetings now and then and sometimes never go at all? Do I think of AA only occasionally? Am I reticent about mentioning the subject of AA to people who might need help? Or does AA fill a large part of my life? Is it the foundation of my whole life? Where would I be without AA? Does everything I have and do depend on my AA foundation? Is AA the foundation on which I build my life?

Meditation for the Day

Lay upon God your failures and mistakes and shortcomings. Do not dwell upon your failures, upon the fact that in the past you have been nearer a beast than an angel. You have a mediator between you and God—your growing faith—which can lift you up from the mire and point you toward the heavens. You can still be reconciled with the spirit of God. You can still regain your harmony with the Divine Principle of the universe.

Prayer for the Day

I pray that I may not let the beast in me hold me back from my spiritual destiny. I pray that I may rise and walk upright.

OCT 15—AA Thought for the Day

Am I deeply grateful to AA for what it has done for me in regaining my sobriety and opening up an entirely new life for me? AA has made it possible for me to carry on other interests in business and in various other associations with people. It has made a full life possible for me. It would perhaps be wrong if all my activities were limited to AA work. It has made a well-rounded life possible for me in work, in play, and in hobbies of various kinds. But will I desert AA because of this? Will I accept a diploma and become a graduate of AA? Do I realize that I could have nothing worthwhile without AA?

Meditation for the Day

There is only one way to get full satisfaction from life and that is to live the way you believe God wants you to live. Live with God in that secret place of the spirit and you will have a feeling of being on the right road. You will have a deep sense of satisfaction. The world will have meaning, and you will have a place in the world, work to do that counts in the eternal order of things. Many things will work for you and with you, as long as you feel you are on God's side.

Prayer for the Day

I pray that I may have a sense of the eternal value of the work I do. I pray that I may not only work for now, but also for eternity.

OCT 16—AA Thought for the Day

How seriously do I take my obligations to AA? Have I taken all the good I can get out of it and then let my obligations slide? Or do I constantly feel a deep sense of loyalty to the whole AA movement? Am I not only grateful but also proud to be a part of such a wonderful fellowship, which is doing such marvelous work among alcoholics? Am I glad to be a part of the great work that AA is doing, and do I feel a deep obligation to carry on that work at every opportunity? Do I feel that I owe AA my loyalty and devotion?

Meditation for the Day

If your heart is right, your world will be right. The beginning of all reform must be in yourself. It's not what happens to you, it's how you take it. However restricted your circumstances, however little you may be able to remedy financial affairs, you can always turn to your inward self and, seeing something not in order there, seek to right it. And as all reform is from within outward, you will always find that the outward is improved as the inward is improved. As you improve yourself, your outward circumstances will change for the better. The power released from within yourself will change your outward life.

Prayer for the Day

I pray that the hidden power within me may be released. I pray that I may not imprison the spirit that is within me.

OCT 17—AA Thought for the Day

What am I going to do today for AA? Is there someone I should call up on the telephone or someone I should go to see? Is there a letter I should write? Is there an opportunity somewhere to advance the work of AA which I have been putting off or neglecting? If so, will I do it today? Will I be done with procrastination and do what I have to do today? Tomorrow may be too late. How do I know there will be a tomorrow for me? How about getting out of my easy chair and getting going? Do I feel that AA depends partly on me today?

Meditation for the Day

Today look upward toward God, not downward toward yourself. Look away from unpleasant surroundings, from lack of beauty, from the imperfections in yourself and in those around you. In your unrest, behold God's calmness; in your impatience, God's patience; in your limitations, God's perfection. Looking upward toward God, your spirit will begin to grow. Then others will see something in you that they also want. As you grow in the spiritual life, you will be enabled to do many things that seemed too hard for you before.

Prayer for the Day

I pray that I may keep my eyes trained above the horizon of myself. I pray that I may see infinite possibilities for spiritual growth.

OCT 18—AA Thought for the Day

Have I got over most of my sensitiveness, my feelings that are too easily hurt, and my just plain laziness and self-satisfaction? Am I willing to go all out for AA at no matter what cost to my precious self? Is my own comfort more important to me than doing the things that need to be done? Have I got to the point where what happens to me is not so important? Can I face up to things that are embarrassing or uncomfortable if they are the right things to do for the good of AA? Have I given AA just a small piece of myself? Am I willing to give all of myself whenever necessary?

Meditation for the Day

Not until you have failed can you learn true humility. Humility arises from a deep sense of gratitude to God for giving you the strength to rise above past failures. Humility is not inconsistent with self-respect. The true person has self-respect and the respect of others and yet is humble. The humble person is tolerant of others' failings and does not have a critical attitude toward the foibles of others. Humble people are hard on themselves and easy on others.

Prayer for the Day

I pray that I may be truly humble and yet have selfrespect. I pray that I may see the good in myself as well as the bad.

OCT 19—AA Thought for the Day

Do I realize that I do not know how much time I have left? It may be later than I think. Am I going to do the things that I know I should do before my time runs out? By the way, what is my purpose for the rest of my life? Do I realize all I have to make up for in my past wasted life? Do I know that I am living on borrowed time and that I would not have even this much time left without AA and the grace of God? Am I going to make what time I have left count for AA?

Meditation for the Day

We can believe that somehow the cry of the human soul is never unheard by God. It may be that God hears the cry, even if we fail to notice God's response to it. The human cry for help must always

evoke a response of some sort from God. It may be that our failure to discern properly keeps us unaware of the response. But one thing we can believe is that the grace of God is always available for every human being who sincerely calls for help. Many changed lives are living proof of this fact.

Prayer for the Day

I pray that I may trust God to answer my prayer as He sees fit. I pray that I may be content with whatever form that answer may take.

OCT 20—AA Thought for the Day

For the past few weeks we have been asking ourselves some searching questions. We have not been able to answer them all as we would like. But on the right answers to these questions will depend the usefulness and effectiveness of our lives, and to some extent the usefulness and effectiveness of the whole AA movement. It all boils down to this: I owe a deep debt to AA and to the grace of God. Am I going to do all I can to repay that debt? Let us search our souls, make our decisions, and act accordingly. Any real success we have in life will depend on that. Now is the time to put our conclusions into effect. What am I going to do about it?

Meditation for the Day

“Our Lord and our God, be it done unto us according to Thy will.” Simple acceptance of God’s will in whatever happens is the key to abundant living. We must continue to pray: “Not my will but Thy will be done.” It may not turn out the way you want it to, but it will be the best way in the long run, because it is God’s way. If you decide to accept whatever happens as God’s will for yourself, whatever it may be, your burdens will be lighter. Try to see in all things some fulfillment of the Divine Intent.

Prayer for the Day

I pray that I may see the working out of God’s will in my life. I pray that I may be content with whatever He wills for me.

OCT 21—AA Thought for the Day

Now that we have considered the obligations of real, working members of AA, let us examine what the rewards are that have come to us as a result of our new way of living. First, I understand myself more than I ever did before. I have learned what was the matter with me, and I know now a lot of what makes me tick. I will never be alone again. I am just one of many who have the illness of alcoholism and one of many who have learned what to do about it. I am not an odd fish or a square peg in a round hole. I seem to have found my right place in the world. Am I beginning to understand myself?

Meditation for the Day

“Behold, I stand at the door and knock. If any man hear my voice and open the door, I will come in to him and will remain with him and him with me.” The knocking of God’s spirit, asking to come into your life, is due to no merit of yours, though it is in response to the longing of your heart. Keep a listening ear, an ear bent to catch the sound of the gentle knocking at the door of your heart by the spirit of God. Then open the door of your heart and let God’s spirit come in.

Prayer for the Day

I pray that I may let God’s spirit come into my heart. I pray that it may fill me with an abiding peace.

OCT 22—AA Thought for the Day

Second, I am content to face the rest of my life without alcohol. I have made the great decision once and for all. have surrendered as gracefully as possible to the inevitable. I hope I have no more reservations. I hope that nothing can happen to me now that would justify my taking a drink. No death of a dear one. No great calamity in any area of my life should justify me in drinking. Even if I were on some desert isle, far from the rest of the world, but not far from God, should I ever feel it right to drink. For me, alcohol is out—period. I will always be safe unless I take that first drink. Am I fully resigned to this fact?

Meditation for the Day

Day by day we should slowly build up an unshakable faith in a Higher Power and in that Power’s ability to give us all the help we need. By having these quiet times each morning, we start each day with a renewing of our faith, until it becomes almost a part of us and is a strong habit. We should keep furnishing the quiet places of our souls with all the furniture of faith. We should try to fill our thoughts each day with all that is harmonious and good, beautiful and enduring.

Prayer for the Day

I pray that I may build a house in my soul for the spirit of God to dwell in. I pray that I may come at last to an unshakable faith.

OCT 23—AA Thought for the Day

Third, I have learned how to be honest. What a relief! No more ducking or dodging. No more tall tales. No more pretending to be what I am not. My cards are on the table for all the world to see. “I am what I am,” as Popeye used to say in the comics. I have had an unsavory past. I am sorry, yes. But it cannot be changed now. All that is yesterday and is done. But now my life is an open book. Come and look at it, if you want to. I’m trying to do the best I can. I will fail often, but I won’t make excuses. I will face things as they are and not run away. Am I really honest?

Meditation for the Day

Though it may seem a paradox, we must believe in spiritual forces which we cannot see, more than in material things which we can see, if we are going to truly live. In the last analysis, the universe

consists more of thought or mathematical formulas than it does of matter as we understand it. Between one human being and another only spiritual forces will suffice to keep them in harmony. These spiritual forces we know, because we can see their results although we cannot see them. A changed life—a new personality—results from the power of unseen spiritual forces working in us and through us.

Prayer for the Day

I pray that I may believe in the Unseen. I pray that I may be convinced by the results of the Unseen which I do see.

OCT 24—AA Thought for the Day

Fourth, I have turned to a Power greater than myself. Thank God, I am no longer at the center of the universe. All the world does not revolve around me any longer. I am only one among many. I have a Father in heaven and I am only one of His children and a small one at that. But I can depend on Him to show me what to do and to give me the strength to do it. I am on the Way and the whole power of the universe is behind me when I do the right thing. I do not have to depend entirely on myself any longer. With God, I can face anything. Is my life in the hands of God?

Meditation for the Day

The grace of God is an assurance against all evil. It holds out security to the believing soul. The grace of God means safety in the midst of evil. You can be kept unspotted by the world through the power of His grace. You can have a new life of power. But only in close contact with the grace of God is its power realized. In order to realize it and benefit from it, you must have daily quiet communion with God, so that the power of His grace will come unhindered into your soul.

Prayer for the Day

I pray that I may be kept from evil by the grace of God. I pray that henceforth I will try to keep myself more unspotted by the world.

OCT 25—AA Thought for the Day

Fifth, I have learned to live one day at a time. I have finally realized the great fact that all I have is now. This sweeps away all vain regret and it makes my thoughts of the future free of fear. Now is mine. I can do what I want with it. I own it, for better or worse. What I do now, in this present moment, is what makes up my life. My whole life is only a succession of nows. I will take this moment, which has been given to me by the grace of God, and I will do something with it. What I do with each now will make me or break me. Am I living in the now?

Meditation for the Day

We should work at overcoming ourselves, our selfish desires and our self-centeredness. This can never be fully accomplished. We can never become entirely unselfish. But we can come to realize

that we are not at the center of the universe and that everything does not revolve around us at the center. I am only one cell in a vast network of human cells. I can at least make the effort to conquer the self-life and seek daily to obtain more and more of this self-conquest. "He that overcomes himself is greater than he who conquers a city."

Prayer for the Day

I pray that I may strive to overcome my selfishness. I pray that I may achieve the right perspective of my position in the world.

OCT 26—AA Thought for the Day

Sixth, I have AA meetings to go to, thank God. Where would I go without them? Where would I be without them? Where would I find the sympathy, the understanding, the fellowship, the companionship? Nowhere else in the world. I have come home. I have found the place where I belong. I no longer wander alone over the face of the earth. I am at peace and at rest. What a great gift has been given me by AA! I do not deserve it. But it is nevertheless mine. I have a home at last. I am content. Do I thank God every day for the AA fellowship?

Meditation for the Day

Walk all the way with another person and with God. Do not go part of the way and then stop. Do not push God so far into the background that He has no effect on your life. Walk all the way with Him. Make a good companion of God, by praying to Him often during the day. Do not let your contact with Him be broken for too long a period. Walk all the way with God and with other people, along the path of life, wherever it may lead you.

Prayer for the Day

I pray that I may walk in companionship with God along the way. I pray that I may keep my feet upon the path that leads upward.

OCT 27—AA Thought for the Day

Seventh, I can help other alcoholics. I am of some use in the world. I have a purpose in life. I am worth something at last. My life has a direction and a meaning. All that feeling of futility is gone. I can do something worthwhile. God has given me a new lease on life so that I can help other alcoholics. He has let me live through all the hazards of my alcoholic life to bring me at last to a place of real usefulness in the world. He has let me live for this. This is my opportunity and my destiny. I am worth something! Will I give as much of my life as I can to AA?

Meditation for the Day

All of us have our own battle to win—the battle between the material view of life and the spiritual view. Something must guide our lives. Will it be wealth, pride, selfishness, and greed, or will it be faith, honesty, purity, unselfishness, love, and service? Each one has a choice. We can choose good or

evil. We cannot choose both. Are we going to keep striving until we win the battle? If we win the victory, we can believe that even God in His heaven will rejoice.

Prayer for the Day

I pray that I may choose the good and resist the evil. I pray that I will not be a loser in the battle for righteousness.

OCT 28—AA Thought for the Day

What other rewards have come to me as a result of my new way of living? Each one of us can answer this question in many ways. My relationship with my spouse or partner is on an entirely new plane. The total selfishness is gone and more cooperation has taken its place. My home is a home again. Understanding has taken the place of misunderstanding, recriminations, bickering, and resentment. A new companionship has developed which bodes well for the future. "There are homes where fires burn and there is bread, lamps are lit, and prayers are said. Though people falter through the dark and nations grope, with God Himself back of these little homes, we still can hope." Have I come home?

Meditation for the Day

We can bow to God's will in anticipation of the thing happening which will, in the long run, be the best for all concerned. It may not always seem the best thing at the present time, but we cannot see as far ahead as God can. We do not know how His plans are laid. We only need to believe that if we trust Him and accept whatever happens as His will in a spirit of faith, everything will work out for the best in the end.

Prayer for the Day

I pray that I may not ask to see the distant scene. I pray that one step may be enough for me.

OCT 29—AA Thought for the Day

My relationships with my children have greatly improved. My children have seen me at my worst and have also seen me sober; they have turned to me in confidence and trust and have forgotten the past as best they could. They have given me a chance for companionship that I had completely missed. I am their father or their mother now. Not just "that person that Mom or Dad married and God knows why." I am a part of my home now. Have I found something that I had lost?

Meditation for the Day

Our true measure of success in life is the measure of spiritual progress that we have revealed in our lives. Others should be able to see a demonstration of God's will in our lives. The measure of His will that those around us have seen worked out in our daily living is the measure of our true success. We can do our best to be a demonstration each day of the power of God in human lives, an example of the working out of the grace of God in the hearts of men and women.

Prayer for the Day

I pray that I may so live that others will see in me something of the working out of the will of God. I pray that my life may be a demonstration of what the grace of God can do.

OCT 30—AA Thought for the Day

I have real friends where I had none before. My drinking companions could hardly be called my real friends, though when drunk we seemed to have the closest kind of friendship. My idea of friendship has changed. Friends are no longer people whom I can use for my own pleasure or profit. Friends are now people who understand me and I them, whom I can help and who can help me to live a better life. I have learned not to hold back and wait for friends to come to me, but to go halfway and to be met halfway, openly and freely. Does friendship have a new meaning for me?

Meditation for the Day

There is a time for everything. We should learn to wait patiently until the right time comes. “Easy does it.” We waste our energies in trying to get things before we are ready to have them, before we have earned the right to receive them. A great lesson we have to learn is how to wait with patience. We can believe that all our life is a preparation for something better to come when we have earned the right to it. We can believe that God has a plan for our lives and that this plan will work out in the fullness of time.

Prayer for the Day

I pray that I may learn the lesson of waiting patiently. I pray that I may not expect things until I have earned the right to have them.

OCT 31—AA Thought for the Day

I have more peace and contentment. Life has fallen into place. The pieces of the jigsaw puzzle have found their correct position. Life is whole, all of one piece. I am not cast hither and yon on every wind of circumstance or fancy. I am no longer a dry leaf cast up and away by the breeze. I have found my place of rest, my place where I belong. I am content. I do not vainly wish for things I cannot have. I have “the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.” Have I found contentment in AA?

Meditation for the Day

In all of us there is an inner consciousness that tells of God, an inner voice that speaks to our hearts. It is a voice that speaks to us intimately, personally, in a time of quiet meditation. It is like a lamp unto our feet and a light unto our path. We can reach out into the darkness and figuratively touch the hand of God. As the Big Book puts it: “Deep down in every man, woman, and child is the fundamental idea of God. We can find the Great Reality deep down within us. And when we find it, it changes our whole attitude toward life.”

Prayer for the Day

I pray that I may follow the leading of the inner voice. I pray that I may not turn a deaf ear to the urging of my conscience.
