

Howard's Blog - 12 Step Recovery

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Today is Thursday, May 20th, 2010

My sobriety date is March 25th, 2009, I have been sober for 422 days.

I am on my sixth step and I have 1 sponsee; his name is Marcus.

Today I am working in my studio, building a website and starting a blog site for my company on photography, video production and editing. I am also starting to blog on this site for my AA journal.

I've talked to my sponsor this morning and talked to Marcus this morning.

On Thursdays my grand sponsor has a gathering of our AA family at a restaurant in Glendale, CA. I will go and I've invited Marcus (he is new and never participated in this family gathering). After the meeting we will go to a AA meeting starting at 8:30p.

Today my life is free of Alcohol and other mind altering substances by the Grace of my Higher Power and the principles of AA. I surrender control of my life to GOD and work the first three steps almost everyday. I must work and live the steps, take suggestions, help another alcoholic and keep a close connection with my Higher Power everyday; without doing these things I will slowly lose my serenity, my sobriety, my sanity and my life.

Today I am grateful to my Higher Power and to AA for my life. I am grateful for liking myself and the people in my life, the people I love and the ability to be of service.