January 29 | AA 12 Steps In Action | 2012 | Today's AA daily reflection: "the Joy of sharing" is all about life taking on new meaning. So many new questions in recovery and at the beginning no answers, and often many assumptions by all. The first question, what am I going to do now with all this time? Still in the grip of fear and out of sorts with everything, fear of the unknown can grip. When an old-timer may say "take it easy" it seems like they have no clue what goes on for the newcomer, they do because they are listening to you. Taking it easy means listening and trying to understand as we emerge from the darkest of days…

[video:http://www.youtube.com/watch?v=pfW8Box0qxw 210x172]

The shock of being included again, hearing people share their experience, strength and hope with each other is a dramatic turnaround. From isolation and hiding, to knowing it is okay to share the worst of times so we can move on to the best of times, and hear about "new times" from others starts a way of life living one day to time. As we start to learn from our history and stop fearing our future, recovery life is all about our emotional and spiritual condition now. Knowing our feelings fit with reality and we can cope, the best of times is whatever the feelings may be good or catastrophic, whatever the pressure, feelings fit with the moment of now. And we really can cope as we ask for help today…

We are making day by day progress, by sharing experience strength and hope with newcomers becomes essential to understanding our own recovery, and continually sharing how recovery works. And as each newcomer soon realises, the experience they have of each day in recovery is essential to share with their fellow newcomers and old-timers. Newcomers and old-timers alike are only as good as they may be when asked for help in any day, and we keep learning and changing as we put into practice whatever useful comes our way…

I can remember the harsh and stark desolation of those final days of drink. The isolation needed, to hide away from everyone and everything was coming to an end. The rattling and tremors subsiding and just able to get to a meeting and almost hold a cup of tea and munch on a biscuit. It took a few days to realise I was not in the spotlight and no one was looking at me other than to offer help… And "the Joy of sharing" took quite a while for me…

Many discussions about love come my way, from what is love to how can I possibly love myself, to if I am attracted to a person will I fall in love? All good questions and no answers. One critical factor about unconditional love means that we don't put conditions on ourselves about loving ourselves, and if we are wondering if we can fall in love with another person, or we want to, how on earth can this happen? All good questions with no answers…

Attraction and not promotion? This is what we know in recovery in our fellowship, attraction is what you see is what you get. Promotion, a bit like a profile on a web dating site is relating the best and not the worst, or quite the truth of who we are. Fellowship cannot fix through promotion, and when it comes to love and learning about others who we may be attracted to us by what we see may be not quite what we get. Many questions and no answers and often many assumptions…

The truth of love is? So many questions and no answers and so many assumptions. Relationships, we feel a need for them and we feel better in them? The first relationship to find is the one with ourselves where we ask the questions and find out the answers day by day. And as our relationships grow with others, the unanswered questions start to be answered, in the moment when we ask and as we develop as people, in relationships and family and community and society today. The question asked directly to the person in the moment of now offers an

answer immediately in the moment of now. Sometimes things work out sometimes they don't, better to know now and not be lost in dream or fantasy without reality. And always in reality today, we find the key…

DonInLondon 2005-2011

I have found that when I let go trying to manage outcomes and let outcomes emerge life is bigger than my imagination and bigger than anything I can control. When I narrow my focus, my world becomes small. When I broaden my outlook, more choice and more freedom, opportunity knocks today...

Spiritual, simply is being in the moment, experiencing 'now'...Voltaire "What then do you call your soul? What idea have you of it? You cannot of yourselves, without revelation, admit the existence within you of anything but a power unknown to you of feeling and thinking."-/-

AA Daily: THE JOY OF SHARING ~ JANUARY 29, life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you. to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. ALCOHOLICS ANONYMOUS , p. 89

To know that each newcomer with whom I share has the opportunity to experience the relief that I have found in this Fellowship fills me with joy and gratitude. I feel that all the things described in A.A. will come to pass for them, as they have for me, if they seize the opportunity and embrace the program fully.

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