

MAY 01—AA Thought for the Day

The AA program is one of charity because the real meaning of the word charity is to care enough about other people to really want to help them. To get the full benefit of the program, we must try to help other alcoholics. We may try to help somebody and think we have failed, but the seed we have planted may bear fruit sometime. We never know the results even a word of ours might have. But the main thing is to have charity for others, a real desire to help them, whether we succeed or not. Do I have real charity?

Meditation for the Day

All material things—the universe, the world, even our bodies—may be Eternal Thought expressed in time and space. The more the physicists and astronomers reduce matter, the more it becomes a mathematical formula, which is thought. In the final analysis, matter is thought. When Eternal Thought expresses itself within the framework of space and time, it becomes matter. Our thoughts, within the box of space and time, cannot know anything firsthand, except material things. But we can deduce that outside the box of space and time is Eternal Thought, which we can call God.

Prayer for the Day

I pray that I may be a true expression of Eternal Thought. I pray that God's thoughts may work through my thoughts.

MAY 02—AA Thought for the Day

In AA we often hear the slogan "Easy does it." Alcoholics always do everything to excess. They drink too much. They worry too much. They have too many resentments. They hurt themselves physically and mentally by too much of everything. So when they come into AA, they have to learn to take it easy. None of us knows how much longer we have to live. It's probable that we wouldn't have lived very long if we had continued to drink the way we used to. By stopping drinking, we have increased our chances of living for a while longer. Have I learned to take it easy?

Meditation for the Day

You must be before you can do. To accomplish much, be much. In all cases, the doing must be the expression of the being. It is foolish to think that we can accomplish much in personal relationships without first preparing ourselves by being honest, pure, unselfish, and loving. We must choose the good and keep choosing it, before we are ready to be used by God to accomplish anything worthwhile. We will not be given the opportunities until we are ready for them. Quiet times of communion with our Higher Power are good preparation for creative action.

Prayer for the Day

I pray that I may constantly prepare myself for better things to come. I pray that I may only have opportunities when I am ready for them.

MAY 03—AA Thought for the Day

AA teaches us to take it easy. We learn how to relax and to stop worrying about the past or the future, to give up our resentments and hate and tempers, to stop being critical of people, and to try to help them instead. That's what "Easy does it" means. So in the time that's left to me to live, I'm going to try to take it easy, to relax and not worry, to try to be helpful to others, and to trust God. For what's left of my life, is my motto going to be "Easy does it"?

Meditation for the Day

I must overcome myself before I can truly forgive other people for injuries done to me. The self in me cannot forgive injuries. The very thought of wrongs means that my self is in the foreground. Since the self cannot forgive, I must overcome my selfishness. I must cease trying to forgive those who have upset and wronged me. It is a mistake for me even to think about these injuries. I must aim at overcoming myself in my daily life, and then I will find there is nothing in me that remembers injury, because the only thing injured, my selfishness, is gone.

Prayer for the Day

I pray that I may hold no resentments. I pray that my mind may be washed clean of all past hate and fears.

MAY 04—AA Thought for the Day

When I was drinking, I always tried to build myself up. I used to tell tall stories about myself. I told them so often that I half believe some of them now, even though I know they aren't true. I used to hang around the lowbrow barrooms so I could feel superior to the other customers. The reason I always tried to build myself up was that I knew deep down in my heart that I really didn't amount to anything. It was a kind of defense against my feeling of inferiority. Do I still build myself up?

Meditation for the Day

God thought about the universe and brought it into being. His thought brought me into being. I must think God's thought after Him. I must often keep my mind occupied with thoughts about God and meditate on the way He wants me to live. I must train my mind constantly in quiet times of communion with God. It is the work of a lifetime to develop to full stature spiritually. This is what I am on earth for. It gives meaning to my life.

Prayer for the Day

I pray that I may think God's thoughts after Him. I pray that I may live as He wants me to live.

MAY 05—AA Thought for the Day

I had to show off and boast so that people would think I amounted to something, when, of course, both they and I knew that I really didn't amount to anything. I didn't fool anybody. Although I've been sober for quite a while, the old habit of building myself up is still with me. I still have a tendency to

think too well of myself and to pretend to be more than I really am. Am I always in danger of becoming conceited just because I'm sober?

Meditation for the Day

I cannot ascertain the spiritual with my intellect. I can only do it with my own faith and spiritual faculties. I must think of God more with my heart than with my head. I can breathe in God's very spirit in the life around me. I can keep my eyes turned toward the good things in the world. I am shut up in a box of space and time, but I can open a window in that box by faith. I can empty my mind of all the limitations of material things. I can sense the Eternal.

Prayer for the Day

I pray that whatever is good I may have. I pray that I may leave to God the choice of what good will come to me.

MAY 06—AA Thought for the Day

I've noticed that the ones who do the most for AA are not in the habit of boasting about it. The danger of building myself up too much is that, if I do, I'm in danger of having a fall. That pattern of thought goes with drinking. If one side of a boat gets too far up out of the water, it's liable to tip over. Building myself up and drinking go together. One leads to the other. So if I'm going to stay sober, I've got to keep small. Have I got the right perspective on myself?

Meditation for the Day

The way sometimes seems long and weary. So many people today are weary. The weariness of others must often be shared by me. The weary and the heavy-laden, when they come to me, should be helped to find the rest that I have found. There is only one sure cure for world-weariness and that is turning to spiritual things. In order to help bring about the turning of the weary world to God, I must dare to suffer, dare to conquer selfishness in myself, and dare to be filled with spiritual peace in the face of all the weariness of the world.

Prayer for the Day

I pray that I may be a help to discouraged people. I pray that I may have the courage to help bring about what the weary world needs but does not know how to get.

MAY 07—AA Thought for the Day

It's very important to keep in a grateful frame of mind, if we want to stay sober. We should be grateful that we're living in a day and age when alcoholics aren't treated as they often used to be treated before Alcoholics Anonymous was started. In the old days, every town had its town drunk, who was regarded with scorn and ridiculed by the rest of the townspeople. We have come into AA and found all the sympathy, understanding, and fellowship that we could ask for. There's no other group like AA in the world. Am I grateful?

Meditation for the Day

God takes our efforts for good and blesses them. God needs our efforts. We need God's blessing. Together they mean spiritual success. Our efforts are necessary. We cannot merely relax and drift with the tide. We must often direct our efforts against the tide of materialism around us. When difficulties come, our efforts are needed to surmount them. But God directs our efforts into the right channels and God's power is necessary to help us choose the right.

Prayer for the Day

I pray that I may choose the right. I pray that I may have God's blessing and direction in all my efforts for good.

MAY 08—AA Thought for the Day

I'm grateful that I found a program in AA that could keep me sober. I'm grateful that AA has shown me the way to faith in a Higher Power, because the renewing of that faith has changed my way of life. And I've found a happiness and contentment that I had forgotten existed, by simply believing in God and trying to live the kind of a life that I know He wants me to live. As long as I stay grateful, I'll stay sober. Am I in a grateful frame of mind?

Meditation for the Day

God can work through you better when you are not hurrying. Go very slowly, very quietly, from one duty to the next, taking time to rest and pray between. Do not be too busy. Take everything in order. Venture often into the rest of God and you will find peace. All work that results from resting with God is good work. Claim the power to work miracles in human lives. Know that you can do many things through your Higher Power. Know that you can do good things through God who rests you and gives you strength. Partake regularly of rest and prayer.

Prayer for the Day

I pray that I may not be in too much of a hurry. I pray that I may take time out often to rest with God.

MAY 09—AA Thought for the Day

We alcoholics used so little self-control when we were drinking, we were so absolutely selfish, that it does us good to give up something once in a while. Using self-discipline and denying ourselves a few things is good for us. At first, giving up liquor is a big enough job for all of us, even with God's help. But later on, we can practice self-discipline in other ways to keep a firm grip on our minds so that we don't start any wishful thinking. If we daydream too much, we'll be in danger of slipping. Am I practicing enough self-discipline?

Meditation for the Day

In material things, you must rely on your own wisdom and that of others. In spiritual things, you cannot rely so much on your own wisdom as on God's guidance. In dealing with personalities, it is a

mistake to step out too much on your own. You must try to be guided by God in all human relationships. You cannot accomplish much of value in dealing with people until God knows you are ready. You alone do not have the power or wisdom to put things right between people. You must rely on God to help you in these vital matters.

Prayer for the Day

I pray that I may rely on God in dealing with people's problems. I pray that I may try to follow His guidance in all personal relationships.

MAY 10—AA Thought for the Day

One thing that keeps me sober is a feeling of loyalty to the other members of the group. I know I'd be letting them down if I ever took a drink. When I was drinking, I wasn't loyal to anybody. I should have been loyal to my family, but I wasn't. I let them down by my drinking. When I came into AA, I found a group of people who were not only helping each other to stay sober, but who were loyal to each other by staying sober themselves. Am I loyal to my group?

Meditation for the Day

Calmness is constructive of good. Agitation is destructive of good. I should not rush into action. I should first be still and know that He is God. Then I should act only as God directs me through my conscience. Only trust, perfect trust in God, can keep me calm when all around me are agitated. Calmness is trust in action. I should seek all things that can help me to cultivate calmness. To attain material things, the world learns to attain speed. To attain spiritual things, I have to learn to attain a state of calm.

Prayer for the Day

I pray that I may learn how to have inner peace. I pray that I may be calm, so that God can work through me.

MAY 11—AA Thought for the Day

We can depend on those members of any AA group who have gone all out for the program. They come to meetings. They work with other alcoholics. We don't have to worry about their slipping. They're loyal members of the group. I'm trying to be a loyal member of the group. When I'm tempted to take a drink, I tell myself that if I did I'd be letting down the other members who are the best friends I have. Am I going to let them down, if I can help it?

Meditation for the Day

Wherever there is true fellowship and love between people, God's spirit is always there as the Divine Third. In all human relationships, the Divine Spirit is what brings them together. When a life is changed through the channel of another person, it is God, the Divine Third, who always makes the change, using the person as a means. The moving power behind all spiritual things, all personal

relationships between people is God, the Divine Third, who is always there. No personal relationships can be entirely right without the presence of God's spirit.

Prayer for the Day

I pray that I may be used as a channel by God's spirit. I pray that I may feel that the Divine Third is always there to help me.

MAY 12—AA Thought for the Day

When we come into AA looking for a way out of drinking, we really need a lot more than that. We need fellowship. We need to get the things that are troubling us out into the open. We need a new outlet for our energies and we need a new strength beyond ourselves that will help us face life instead of running away from it. In AA we find these things that we need. Have I found the things that I need?

Meditation for the Day

Turn away all thoughts of doubt and fear and resentment. Never tolerate them if you can help it. Bar the windows and doors of your mind against them, as you would bar your home against a thief who would steal in to take away your treasures. What greater treasures can you have than faith and courage and love? All these are stolen from you by doubt and fear and resentment. Face each day with peace and hope. They are results of true faith in God. Faith gives you a feeling of protection and safety that you can get in no other way.

Prayer for the Day

I pray that I may feel protected and safe, but not only when I am in the harbor. I pray that I may have protection and safety even in the midst of the storms of life.

MAY 13—AA Thought for the Day

In AA we find fellowship and release and strength. And having found these things, the real reasons for our drinking are taken away. Then drinking has no more justification in our minds. We no longer need to fight against drink. Drink just naturally leaves us. At first, we are sorry that we can't drink, but we get so that we are glad that we don't have to drink. Am I glad that I don't have to drink?

Meditation for the Day

Try never to judge. The human mind is so delicate and so complex that only its Maker can know it wholly. Each mind is so different—led to act by such different motives, controlled by such different circumstances, influenced by such different suffering—you cannot know all the influences that have gone to make up a personality. Therefore, it is impossible for you to judge wholly that personality. But God knows that person wholly and He can change it. Leave to God the unraveling of the puzzles of personality. And leave it to God to teach you the proper understanding.

Prayer for the Day

I pray that I may not judge other people. I pray that I may be certain that God can set right what is wrong in every personality.

MAY 14—AA Thought for the Day

Having gotten over drinking, we have only just begun to enjoy the benefits of AA. We find new friends, so that we are no longer lonely. We find new relationships with our families, so that we are happy at home. We find release from our troubles and worries through a new way of looking at things. We find an outlet for our energies in helping other people. Am I enjoying these benefits of AA?

Meditation for the Day

The Kingdom of Heaven is within you. God sees, as no one can see, what is within you. He sees you growing more and more like Himself. That is your reason for existence, to grow more and more like God, to develop more and more the spirit of God within you. You can often see in others those qualities and aspirations that you yourself possess. So also can God recognize His own spirit in you. Your motives and aspirations can only be understood by those who have attained the same spiritual level as you have.

Prayer for the Day

I pray that I may not expect complete understanding from others. I pray that I may only expect this from God, as I try to grow more like Him.

MAY 15—AA Thought for the Day

In AA we find a new strength and peace from the realization that there must be a Power greater than ourselves that is running the universe and that is on our side when we live a good life. So the AA program really never ends. You begin by overcoming drink and you go on from there to many new opportunities for happiness and usefulness. Am I really enjoying the full benefits of AA?

Meditation for the Day

“Seek ye first the Kingdom of God and His righteousness and all these things shall be added unto you.” We should not seek material things first, but seek spiritual things first and material things will come to us, as we honestly work for them. Many people seek material things first and think they can then grow into knowledge of spiritual things. You cannot serve God and mammon at the same time. The first requisites of an abundant life are the spiritual things: honesty, purity, unselfishness, and love. Until you have these qualities, quantities of material things are of little real use to you.

Prayer for the Day

I pray that I may put much effort into acquiring spiritual things. I pray that I may not expect good things until I am right spiritually.

MAY 16—AA Thought for the Day

In the story of the Good Samaritan, the wayfarer fell among robbers and was left lying in the gutter, half dead. And a priest and a Levite both passed by on the other side of the road. But the Good Samaritan was moved with compassion and came to him and bound up his wounds and brought him to an inn and took care of him. Do I treat another alcoholic like the priest and the Levite or like the Good Samaritan?

Meditation for the Day

Never weary in prayer. When one day you see how unexpectedly your prayer has been answered, then you will deeply regret that you have prayed so little. Prayer changes things for you. Practice praying until your trust in God has become strong. And then pray on, because it has become so much a habit that you need it daily. Keep praying until prayer seems to become communion with God. That is the note on which true times of prayer should end.

Prayer for the Day

I pray that I may form the habit of daily prayer. I pray that I may find the strength I need as a result of this communion.

MAY 17—AA Thought for the Day

A lot of well-meaning people treat alcoholics like the priest and the Levite. They pass by on the other side by scorning them and telling them what low people they are, with no willpower. Whereas, they really have fallen for alcohol, in the same way as the man in the story fell among robbers. And the member of AA who is working with others is like the Good Samaritan. Am I moved with compassion? Do I take care of another alcoholic whenever I can?

Meditation for the Day

I must constantly live in preparation for something better to come. All of life is a preparation for something better. I must anticipate the morning to come. I must feel, in the night of sorrow, that understanding joy that tells of confident expectation of better things to come. "Sorrow may endure for a night, but joy cometh in the morning." Know that God has something better in store for you, as long as you are making yourself ready for it. All your existence in this world is training for a better life to come.

Prayer for the Day

I pray that when life is over, I will return to an eternal, spaceless life with God. I pray that I may make this life a preparation for a better life to come.

MAY 18—AA Thought for the Day

We're in AA for two main reasons: to keep sober ourselves and to help others keep sober. It's a well-known fact that helping others is a big part of keeping sober yourself. It's also been proved that it's

very hard to keep sober all by yourself. A lot of people have tried it and failed. They come to a few AA meetings and then stay sober alone for a few months, but usually they eventually get drunk. Do I know that I can't stay sober successfully alone?

Meditation for the Day

Look by faith into that place beyond space or time where God dwells and whence you came and to which you shall eventually return. "Look unto Him and be saved." To look beyond material things is within the power of everyone's imagination. Faith's look saves you from despair. Faith's look saves you from worry and care. Faith's look brings a peace beyond all understanding. Faith's look brings you all the strength you need. Faith's look gives you a new and vital power and a wonderful peace and serenity.

Prayer for the Day

I pray that I may have faith's look. I pray that by faith I may look beyond the now to eternal life.

MAY 19—AA Thought for the Day

Fellowship is a big part of staying sober. The doctors call it group therapy. We never go to an AA meeting without taking something out of it. Sometimes we don't feel like going to a meeting and we think of excuses for not going. But we usually end up by going anyway. And we always get some lift out of every meeting. Meetings are part of keeping sober. And we get more out of a meeting if we try to contribute something to it. Am I contributing my share at meetings?

Meditation for the Day

"He brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock and established my goings." The first part, "He brought me up out of a horrible pit," means that by turning to God and putting my problems in His hands, I am able to overcome my sins and temptations. "He set my feet upon a rock" means that when I trust God in all things, I have true security. "He established my goings" means that if I honestly try to live the way God wants me to live, I will have God's guidance in my daily living.

Prayer for the Day

I pray that my feet may be set upon a rock. I pray that I may rely on God to guide my comings and goings.

MAY 20—AA Thought for the Day

If we get up in a meeting and tell something about ourselves in order to help the other person, we feel a whole lot better. It's the old law of the more you give the more you get. Witnessing and confession are part of keeping sober. You never know when you may help somebody. Helping others is one of the best ways to stay sober yourself. And the satisfaction you get out of helping a fellow human being is one of the finest experiences you can have. Am I helping others?

Meditation for the Day

Without God, no real victory is ever won. All the military victories of great conquerors have passed into history. The world might be better off without military conquerors. The real victories are won in the spiritual realm. "He that conquers himself is greater than he who conquers a city." The real victories are victories over sin and temptation, leading to a victorious and abundant life. Therefore, keep a brave and trusting heart. Face all your difficulties in the spirit of conquest. Remember that where God is, there is the true victory.

Prayer for the Day

I pray that the forces of evil in my life will flee before God's presence. I pray that with God I will win the real victory over myself.

MAY 21—AA Thought for the Day

One of the finest things about AA is the sharing. Sharing is a wonderful thing because the more you share the more you have. In our old drinking days, we didn't do much sharing. We used to keep things to ourselves, partly because we were ashamed, but mostly because we were selfish. And we were very lonely because we didn't share. When we came into AA, the first thing we found was sharing. We heard other alcoholics frankly sharing their experiences with hospitals, jails, and all the usual mess that goes with drinking. Am I sharing?

Meditation for the Day

Character is developed by the daily discipline of duties done. Be obedient to the heavenly vision and take the straight way. Do not fall into the error of calling "Lord, Lord," and not doing the things that should be done. You need a life of prayer and meditation, but you must still do your work in the busy ways of life. The busy person is wise to rest and wait patiently for God's guidance. If you are obedient to the heavenly vision, you can be at peace.

Prayer for the Day

I pray that I may be obedient to the heavenly vision. I pray if I fall, I will pick myself up and go on.

MAY 22—AA Thought for the Day

What impresses us most at an AA meeting is the willingness to share, without holding anything back. And pretty soon we find ourselves sharing also. We start telling our own experiences and by so doing we help the other person. And when we've got these things off our chest, we feel a lot better. It does us a lot of good to share with some other poor unfortunate person who's in the same box that we were in. And the more we share, the more we have left for ourselves. Do I know that the more I share, the better chance I'll have to stay sober?

Meditation for the Day

Constantly claim God's strength. Once convinced of the right of a course of action, once reasonably sure of God's guidance, claim that strength now. You can claim all the strength you need to meet any situation. You can claim a new supply when your own supply is exhausted. You have a right to claim it and you should use your right. A beggar supplicates; a child appropriates. When you supplicate, you are often kept waiting, but when you appropriate God's strength in a good cause, you have it at once.

Prayer for the Day

I pray that I may claim God's strength whenever I need it. I pray that I may try to live as a child of God.

MAY 23—AA Thought for the Day

The Twelfth Step of AA, working with others, can be subdivided into five parts, five words beginning with the letter C—confidence, confession, conviction, conversion, and continuance. The first thing in trying to help other alcoholics is to get their confidence. We do this by telling them our own experiences with drinking, so that they see that we know what we're talking about. If we share our experiences frankly, they will know that we are sincerely trying to help them. They will realize that they're not alone and that others have had experiences as bad or worse than theirs. This gives them confidence that they can be helped. Do I care enough about other alcoholics to get their confidence?

Meditation for the Day

I fail not so much when tragedy happens as I did before the happening, by all the little things I might have done but did not do. I must prepare for the future by doing the right thing at the right time now. If a thing should be done, I should deal with that thing today and get it right with God before I allow myself to undertake any new duty. I should look upon myself as performing God's errands and then coming back to Him to tell Him in quiet communion that the message has been delivered or the task done.

Prayer for the Day

I pray that I may seek no credit for the results of what I do. I pray that I may leave the outcome of my actions to God.

MAY 24—AA Thought for the Day

In Twelfth-Step work, the second part is confession. By frankly sharing with prospects, we get them talking about their own experiences. They will open up and confess things to us that they haven't been able to tell other people. And they feel better when this confession has been made. It's a great load off their minds to get these things out into the open. It's the things that are kept hidden that weigh on the mind. They feel a sense of release and freedom when they have opened up their hearts to us. Do I care enough about other alcoholics to help them make a confession?

Meditation for the Day

I should help others all I can. Every troubled soul that God puts in my path is the one for me to help. As I sincerely try to help, a supply of strength will flow into me from God. My circle of helpfulness will widen more and more. God hands out the spiritual food to me and I pass it on to others. I must never say that I have only enough strength for my own need. The more I give away, the more I will keep. That which I keep to myself, I will lose in the end.

Prayer for the Day

I pray that I may have a sincere willingness to give. I pray that I may not hold back the strength I have received for myself alone.

MAY 25—AA Thought for the Day

In Twelfth-Step work, the third part is conviction. Prospects must be convinced that they honestly want to stop drinking. They must see and admit that their life is unmanageable. They must face the fact that they must do something about their drinking. They must be absolutely honest with themselves and face themselves as they really are. They must be convinced that they must give up drinking and they must see that their whole life depends on this conviction. Do I care enough about other alcoholics to help them reach this conviction?

Meditation for the Day

There is no limit to what you can accomplish in helping others. Keep that thought always. Never relinquish any work or give up the thought of any accomplishment because it seems beyond your power. God will help you in all good work. Only give it up if you feel that it's not God's will for you. In helping others, think of the tiny seed under the dark, hard ground. There is no certainty that, when it has forced its way up to the surface, sunlight and warmth will greet it. Often a task seems beyond your power, but there is no limit to what you can accomplish with God's help.

Prayer for the Day

I pray that I may never become discouraged in helping others. I pray that I may always rely on the power of God to help me.

MAY 26—AA Thought for the Day

In Twelfth-Step work, the fourth part is conversion. Conversion means change. Prospects must learn to change their way of thinking. Until now, everything they've done has been connected with drinking. Now they must face a new kind of life without liquor. They must see and admit that they cannot overcome drinking by their own willpower, so they must turn to a Higher Power for help. They must start each day by asking their Higher Power for the strength to stay sober. This conversion to belief in a Higher Power comes gradually, as they try it and find that it works. Do I care enough about other alcoholics to help them to make this conversion?

Meditation for the Day

Discipline of yourself is absolutely necessary before the power of God is given to you. When you see others manifesting the power of God, you probably have not seen the discipline that went before. They made themselves ready. All your life is a preparation for more good to be accomplished when God knows that you are ready for it. So keep disciplining yourself in the spiritual life every day. Learn so much of the spiritual laws that your life cannot again be a failure. Others will see the outward manifestation of the inward discipline in your daily living.

Prayer for the Day

I pray that I may manifest God's power in my daily living. I pray that I may discipline myself so as to be ready to meet every opportunity.

MAY 27—AA Thought for the Day

In Twelfth-Step work, the fifth part is continuance. Continuance means staying with prospects after they have started on the new way of living. We must stick with them and not let them down. We must encourage them to go to meetings regularly for fellowship and help. They will learn that keeping sober is a lot easier in the fellowship of others who are trying to do the same thing. We must continue to help prospects by going to see them regularly or telephoning them or writing them so that they don't get out of touch with AA. Continuance means good sponsorship. Do I care enough about other alcoholics to continue with them as long as necessary?

Meditation for the Day

Every strong and beautiful flower must have a strong root in the ground. It must send a root down so that it may be rooted and grounded while at the same time it sends a shoot up to be the flower that shall gladden the world. Both growths are necessary. Without a strong root, it would soon wither. The higher the growth upward, the deeper must be the rooting. My life cannot flower into success and helpfulness unless it is rooted in a strong faith, or unless it feels deeply secure in the goodness and purpose of the universe.

Prayer for the Day

I pray that my life may be deeply rooted in faith. I pray that I may feel deeply secure.

MAY 28—AA Thought for the Day

In AA we learn that since we are alcoholics we can be uniquely useful people. That is, we can help other alcoholics when perhaps somebody who has not had our experience with drinking could not help them. That makes us uniquely useful. The AAs are a unique group of people because they have taken their own greatest defeat and failure and sickness and used it as a means of helping others. We who have been through the same thing are the ones who can best help other alcoholics. Do I believe that I can be uniquely useful?

Meditation for the Day

I should try to practice the presence of God. I can feel that He is with me and near me, protecting and strengthening me always. In spite of every difficulty, every trial, every failure, the presence of God suffices. Just to believe that He is near me brings strength and peace. I should try to live as though God were beside me. I cannot see Him because I was not made with the ability to see Him else there would be no room for faith. But I can feel His spirit with me.

Prayer for the Day

I pray that I may practice feeling the presence of God. I pray that by doing so I may never feel alone or helpless again.

MAY 29—AA Thought for the Day

We who have learned to put our drinking problem in God's hands can help others to do so. We can be used as a connection between an alcoholic's need and God's supply of strength. We in Alcoholics Anonymous can be uniquely useful, just because we have the misfortune or fortune to be alcoholics ourselves. Do I want to be a uniquely useful person? Will I use my own disease, defeats, and failures to help others?

Meditation for the Day

I will try to help others. I will try not to let a day pass without reaching out an arm of love to someone. Each day I will try to do something to lift another human being out of the sea of discouragements into which he or she has fallen. My helping hand is needed to raise the helpless to courage, to strength, to faith, to health. In my own gratitude, I will turn and help other alcoholics with the burden that is pressing too heavily upon them.

Prayer for the Day

I pray that I may be used by God to lighten many burdens. I pray that many souls may be helped through my efforts.

MAY 30—AA Thought for the Day

I am part of AA, one among many, but I am one. I need the AA principles for the development of the buried life within me. AA may be human in its organization, but it is divine in its purpose. The purpose is to point me toward God and a better life. Participating in the privilege of the movement, I shall share in the responsibilities, taking it upon myself to carry my fair share of the load, not grudgingly but joyfully. To the extent that I fail in my responsibilities, AA fails. To the extent that I succeed, AA succeeds. Do I accept this as my AA credo?

Meditation for the Day

"Praise the Lord." What does praising God mean? It means being grateful for all the wonderful things in the universe and for all the blessings in your life. So praise God by being grateful and humble. Praise of this kind has more power to vanquish evil than has mere resignation. The truly grateful and

humble person, who is always praising God, is not tempted to do wrong. You will have a feeling of security because you know that fundamentally all is well. So look up to God and praise Him.

Prayer for the Day

I pray that I may be grateful for all my blessings. I pray that I may be humble because I know that I do not deserve them.

May 31—AA Thought for the Day

I shall not wait to be drafted for service to AA. I shall volunteer. I shall be loyal in my attendance, generous in my giving, kind in my criticism, creative in my suggestions, loving in my attitudes. I shall give to AA my interest, my enthusiasm, my devotion, and most of all, myself. Do I also accept this as my AA credo?

Meditation for the Day

Prayer is of many kinds, but of whatever kind, prayer is the linking up of the soul and mind to God. So if prayer is only a glance of faith, a look or a word of love, or just a feeling of confidence in the goodness and purpose in the universe, still the result of that prayer is added strength to meet all temptations and to overcome them. Even if no supplication is expressed, all the supply of strength that is necessary is secured, because the soul, being linked and united to God, receives from Him all spiritual help needed. The soul, when in its human body, still needs the things belonging to its heavenly habitation.

Prayer for the Day

I pray that I may be taught how to pray. I pray that I may be linked through prayer to the mind and will of God.
