

Nothing is interesting if you are not interested." - Helen MacInnes

There is a subtle distinction between the "dry" alcoholic and the "sober" alcoholic.

The sober alcoholic chooses not to drink because he has accepted his alcoholism.

The "dry" alcoholic is "not drinking" but is invariably angry and resentful — and he is now expressing these feelings. His abstinence is not exciting because he is not interested in it — he is bored.

The "dry" alcoholic is also boring to be around. **Why? Because he is bored.** His boredom makes him boring. He really wants to drink. He has stopped drinking for reasons that do not include the acceptance of the disease; he is still a victim of the disease.

Sobriety, by contrast, **is an adventure into self.** It greets the new day with enthusiasm and energy. Sobriety is the spiritual discovery of God in our lives.

The simplicity of this program never changes -- what works is constant:

Trust in God, Clean house, and Work with others. --Grapevine

The spiritual life is not a theory. We have to live it. --Big Book p.83

Our mind is our predicament. --Dan Millman

We ask God to direct our thinking... -Big Book

The real problem is how you deal with the original problem. --Pocket Sponsor

One of the major dilemmas we face is SIMPLISTIC thinking - or failure to think at all.

It isn't just a problem, it is THE problem. --M. Scott Peck

Our combined 'original' sins of laziness, fear, and pride, limit us from fulfilling the human potential.

The common denominator is our human tendency of failing to think well. --M. Scott Peck

We are put on the earth to participate in life.

We have a beautiful mind,
We have the ability to pray,
We have the ability to change,
We have the ability to accept,
And we have choices.

All things God created are **constantly changing.**

This constant change **causes our circumstances to change.**

Sometimes we say **life is difficult.** During these times **we need to use our tools:**

the tools of prayer, and

the tools of meditation.

We are designed to change and live joyfully on this earth. The only requirement for living joyfully is to live according to the laws, principles and values given to us by the Creator. --Elders Meditations

Serenity and satisfaction come when we learn to expect the unexpected, when we learn **the art of responding to change** and accommodating the ever-shifting circumstances of our lives.

The best part of the adventure comes in taking what life brings to us

We become stronger when we cope with the events that shape our lives.

The status quo can only be for today, never for tomorrow.
Change we must; we cannot stand still. --As Bill Sees It p.25