

My Right to Recovery

June 22

In recovery, we rely upon security, safety, and the spirit of our Higher Power that lives within us; a reliance that strengthens as we grow along spiritual lines. The rooms of recovery are a place revered by those who care to share their experience, strength, and hope with others as we seek to recover from a common disease and all its manifestations.

Sometimes security and serenity in our rooms are disrupted. Someone feels threatened. They may not like a group decision or engage in a verbal attack, disrupting the calm and everyone in attendance.

Each of us is different and brings our truth into the light in our way. Interspersed in the discussions are personal opinions that sometimes lead to arguments. But regardless of the disruptive situation, we must remember *why* we are here. We have earned our seat in recovery, not by being a model citizen, but because of mounting consequences, and an inability to stop drinking or drugging.

We are all misfits; emotional, physical, and spiritual rejects of society. For some of us, the occupants of our rooms are the only family we have. When disruption comes, we practice love and tolerance even as we, ourselves, sometimes must admit that we are the source of that disruption.

This is not about perfection as we will all continue to learn and to exercise life's lessons, at best, imperfectly. We remember our need to treat each other like delicate China, but especially the newcomer. Together, we strive for a greater good for our most trusted group and its patrons, and in so doing, exercise our right to recovery.

With a Higher Power who walks before us, we forgive ourselves and remember our daily walk is never aimed at perfection. We will always be a work in progress.

We hold fast to our right to recover and honor the right to recovery for those with whom we share our rooms.

TODAY'S MEDITATION

I am grateful for reminders that all of us deserve recovery achieved one day at a time.

"Whether I or anyone else accepted the concept of alcoholism as a disease didn't matter; what mattered was that when treated as a disease, those who suffered from it were most likely to recover."—Craig Ferguson