

# Meeting Makers, Makeit!

April 3

Some people believe all they have to do in recovery, is to show up at meetings. They think walking through those doors suffices to provide the principles and perceptions necessary to change lives. There are those, too, who can achieve long-term recovery without the program.

But for most, the process of recovery begins by taking part in meetings as it is one place where our Higher Power resides. Our literature tells us that God, as we understand God, is standing right in front of us when healing begins.

While meetings are often essential to recovery, they are only a piece of recovery. For those who stay, there are valuable lessons to learn in our sober survival. Here we become a part of something bigger than ourselves as we listen and work with others. We absorb a multitude of guiding principles in our meetings, with reminders to take what we need and leave the rest.

Most of all, we look for similarities within the group. Our misery—and our recovery—love company. The biggest similarity we share is our common malady, our addiction, which is a three-fold disease: physical, spiritual, and emotional.

We also share a three-fold solution: unity (meetings and fellowship); service (helping others); and recovery (the 12 steps). These three elements represent the whole of recovery. Each Steps work together, when we work it, to bring success in achieving long-term sobriety, no matter how many other methods have failed.

While for most of us, it is not enough to just attend meetings to experience all recovery has to offer, meetings are our place to begin, to return to again and again, and find acceptance.

## TODAY'S MEDITATION

Just for today I will be a meeting maker and earn my seat by participating in my three-fold solution: unity, service, and recovery.

.....  
*"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."--Maya Angelou*