

# LEARNING TO REACH OUT

March 14

It's startling how comfortable we become directing our world all by ourselves. Sometimes, we don't even include loved ones. Sometimes, we stop communicating yet seem surprised when relationships become threatened, even non-existent.

Isolating, keeping others at arm's length, makes for sick and lonely thinking. Victimization and low self-esteem gain strength. We who suffer from addictions already know this slippery slope. We are told that if we want to experience life differently, we *must* do life differently.

Learning to pick up the telephone and call a friend, no matter how hard at first, becomes easy with practice. Each time we speak to someone with compassion, we become a little more caring and a little more compassionate too. We see as we share with others, we are no longer thinking of just ourselves.

Someone once said if we want to have friends, we must first be a friend. So, we do something different and make ourselves useful instead of useless. We do this because we need a real connection with others and as that connection develops; we learn to be there when needed. What a joy it is to comfort and be comforted by others.

## TODAY'S MEDITATION

Dear God, thank you for giving me the courage to reach out to others, and for being with me when I need you the most.

*"Sometimes, reaching out and taking someone's hand is the beginning of a journey."  
—Vern Nuzarian*