

## Carla's share at A Design 4 Living Meeting 1/7/23

Let Go, Let God Higher

God, help me to understand:

~To "let go" does not mean to stop caring; it means I can't do it for someone else.

~To "let go" is not to enable but to allow learning from natural consequences.

~To "let go" is to admit powerlessness, which means the outcome is not in my hands.

~To "let go" is not to try to change or blame another; it's to make the most of myself.

~To "let go" is not to care for but to care about.

~To "let go" is not to fix but to be supportive.

~To "let go" is not to judge but to allow another to be a human being.

~To "let go" is not to protect; it's to permit another to face reality.

~To "let go" is not to deny but to accept.

~To "let go" is not to nag, scold, or argue but instead to search out my own shortcomings and correct them.

~To "let go" is not to adjust everything to my desires but to take each day as it comes and cherish myself in it.


(The 12 Step Prayer Book")


Accepting is the fact-finding, and fact-facing without judgment, it is not an end, but simply a beginning, putting ourselves in a place to be changed.

More than submitting, it is not just following the road map...it's closing our eyes and holding a hand for guidance...completely giving myself in abandonment of what I think I know...

Relinquishing control...


Turning...is an inside job...Going from "figuring out" to handing over...





Ebby Thatcher

*Ebby's  
Promise*




Bill Wilson

My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems.

Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements. Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all.

AA p13 "Bill's Story"



## The Twelve Rewards

Spirit of the Universe, I humbly ask for Your help so I may continue to realize the rewards of recovery:

- ~ Hope instead of desperation. ~ ~ Faith instead of despair.
- ~ Courage instead of fear.
- ~ Peace of mind instead of confusion.
- ~ Self-respect instead of self-contempt.
- ~ Self-confidence instead of helplessness.
- ~ The respect of others instead of pity and contempt.
- ~ A clean conscience instead of a sense of guilt.
- ~ Real friendship instead of loneliness.
- ~ A clean pattern of life instead of a purposeless existence.
- ~ The love and understanding of my family instead of their doubts and fears.
- ~ The freedom of a happy life instead of the bondage of addiction.

12 Step Prayer Book January 5th