

Daily Reflections Book submission form

All members of our fellowship are invited to submit daily reflections. Please consider being of service, and share your experience, strength, and hope by following these simple guidelines and sample provided. You are also encouraged to look at existing daily recovery readers for inspiration and guidance related to style of writing/form.*

1. First name, and last initial only:

2. Email address:

3. Phone number:

4. Suggest a topic or title: *i.e. Humility*

5. Choose a quote from MA Conference approved literature, including *Life with Hope*, the *Life with Hope* workbook, or MA pamphlets. Include the source name and page number (if applicable): *i.e. Humility is not thinking less of yourself, but thinking about yourself less (Life With Hope p. 43)*

6. Write a personal and original reflection, keeping the text length between 150 and 300 words: *i.e. When I got to recovery and heard the term "humility," I had no idea what they were talking about. I had to look the word up in the dictionary. It still didn't make sense until I started working the Steps with my sponsor. I kept hearing people at meetings say things like: humility is being "right size" with your Higher Power (and other people)...not better than or worse than. I also heard that the Latin root of the word humility means "of the earth." Then I heard that addicts are ego-maniacs with an inferiority complex. As I worked the Steps, I began to lose that sense of feeling less than all the time. A miracle happened and I began to work the Third Step every day, praying to my Higher Power to do their will, not mine. Being in acceptance also feels like humility because it means I know I'm not in charge or thinking I know best.*
