

SPIRITUAL PRINCIPLES

What are my go to spiritual tools – things I’ve learned in Al-Anon that I find myself trying to practice in all my affairs? Lois W. said that our entire program is one of love, and spirituality (Lois Remembers), and I try to take time when I come to Area meetings to remember this. Instead of looking for perfection in myself or others, I look to her guidance – and that of the 12th Step – we tried to practice these principles in all our affairs.

- **RESPONSIBILITY** – I try to show up when I say I will, to provide the service or complete the task I’ve said I would, and when I can’t I let someone know.
- **UNITY** – I try to look at whatever group I’m in as a unit – and find our common purpose, and I try to align myself with that purpose rather than my own ideas of how to get things done quickly
- **RESPECT** – My 3rd step practice has given me a lively relationship with a loving Higher Power, and so I try to look at others, to listen to others and to interact with others as my Higher Power does with me – with respect.
- **THINK** - I try to use it before I say anything or send an email. I add in a second H & I - Helpful & Inspiring. It helps me to get to the necessary & kind part.
- **1ST TRADITION** - What is best for all of us? I can use it in my family too - particularly with my mother-in-law. If I keep our common welfare in my mind, I stay out of it & let them do their thing. I didn’t add fuel to the fire.
- **QTIP** - Am I taking this personally? I have to check myself.
- **KEEP IT SIMPLE** - Prioritizing & being efficient. Whenever there is a decision to be made, it’s not about me. We make the decisions together. “How best can we support this material?” has affected my personal life. I now fold my underwear! I look at my life as an opportunity, to love & support & find the best way to access things quickly. How do I find what I’m looking for? How much do I have?
- **PATIENCE** - I thought I was patient. Patience is good, tolerance is not. This too shall pass, let go & let GOD, ODAT, how important is it? These slogans help make me patient.