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| **Looking UP** |
| **Tri-COunty Intergroup Article Archive** |
| Some quotes relating to OA Steps 6 & 7in my opinionLast night at the meeting, we read and shared about OA Steps 6 & 7.  My children had recently shared the following quotations with me and they were helpful as I considered these steps for myself. I hope you will like them also. "Instead of indulging in comfort food, indulge in:   comfort Meditation,   comfort journaling,   comfort walking,   comfort talking,   comfort manicures,   comfort reading,   comfort yoga,   comfort hugging."----Karen Salmonsohn     "No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying." ---quote from #MorningMotivation"Nothing ever goes away until it has taught us what we need to know." ---Pema Chodron"Attract what you expect, Reflect what you desire, Become what you respect, Mirror what you admire."  -- source not given"We must be willing to let go of the life we planned so as to have the life that is waiting for us."  --Joseph Campbell"Our greatest weakness lies in giving up.  The most certain way to succeed is always to try just one more time."--Thomas A. EdisonThinking of you today, wishing you a peaceful, hopeful and abstinent day.  **Carolyn D****Looking Up APR 2015** |
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| Suggested Tags | Step 6, Step 7, Humility, Willingness |
| sent to Web Master |  |