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| **Looking UP** | | |
| **Tri-COunty Intergroup Article Archive** | | |
| Some quotes relating to OA Steps 6 & 7in my opinion Last 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. Edison  Thinking 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 | |  |