

OA Desert Recovery

Phrase: "One Day at a Time"
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By Becki B

Looking at this slogan as a tool, I can say that I do abstinence one day at a time.

This week, I had some reality thoughts... I tested positive for COVID, and my appetite was reduced. Weight was down 3.2 from last month.

I have had to talk to my idiot head, remind it that this reprieve is temporary. Head keeps saying, I got this. I don't got this. I will never got this. Sigh. My disease lies to me! Ego, telling me I can gain control, always gets me into trouble.

One day at a time, I use the boundaries of my food plan to practice moderation. But, each day I also take time to relax totally, seek conscious contact with my higher power, and let serenity seep in. In that state, abstinence comes. And, I do this one day at a time.

"Time is what we want most,
but what we use worst."
(William Penn)

By Michael A

Even at age 75, I find myself running, rushing ADD-ish through my life. And because my mind jumps ahead to the thing I'll be doing next, I miss the thing I'm doing now. I miss my life.

So, "one day at a time" is the medicine I need. Or better yet "one minute at a time." Recently, about a week ago, I had fun creating a new affirmation—about opening a door. Yup, opening a door!

"With Your help, I measure my life slowly—and yet more slowly. I approach, pause, reach out and, resting a hand on a steel handle, press down and then, at the click of the latch, push out and lift one foot to step through an opening door."

It feels good to engage this simple door-opening act. To relish its divisions and subdivisions. Taking a meditative pace. Choosing to live inefficiently.

May I continue to move through my life one day, one minute, one micro-minute at a time.

By Michelle S

The phrase “one day at a time” is something I rely on every day in my recovery from compulsive overeating. Instead of worrying about how I will manage this journey forever, I focus on just today. Whatever the situation, I do not have to have it figured out all at once.

Just for today, I can be gentle with myself, stay mindful, and take things slowly. Focusing on the present helps me see and take the next right step.



By Judy G

We know that *today—more accurately, the present moment—is all we actually have*. I have been prompted to ask myself, “What if today were my last--and *only*--day left on earth? What would I do differently? Would I eat something from my alcoholic foods list? Would I hit the treadmill?” The answer was obvious: I would contact each of my dear ones and tell them how much I love them and how much they have meant to me because, In the end, Love is what really counts!

A follow-up thought arrived: *Most likely this is NOT the last day of my life*. What actions should I take to ensure that my remaining days are successfully lived? It would behoove me to make the best of the adventure this day offers so that my remaining days—however many are left—can be lived to the fullest: Live life! I can ‘*one day at a time*’ do the things that support my recovery long term. I can: **Do** that exercise, follow my healthy food plan, pray and meditate, attend a meeting. I can, ‘*one day at a time*,’ do what life asks of me: put one foot in front of the other, make the bed, do the dishes...and love on my dear ones!

By Jody M

Learning the full impact of the “One Day at a Time” slogan was a major game changer for me. It took a lot of practice, prayer, acceptance, and surrender, but I eventually got it down. Whenever guilt from the past tries to haunt me, I immediately remember that the past is over; I can’t change it. All I have is today! If thoughts, feelings, or emotions start to plague me about the future, I stop, pause, and pray, *and accept* that I don’t know what the future holds, but I DO know Who holds the future. I can relax! Today, I am given a daily reprieve, contingent upon the maintenance of my spiritual house. It’s where my Higher Power, program literature, the Steps, Traditions, prayer, and the Tools keep me in line, “One Day at a Time”! It does not matter how long I have been in recovery...all I have is today. The journey of a thousand miles starts with a single step. There is no better day to start than today!



By Joy V'M

It happened so quickly, or so I thought. I knew he had serious health issues, but I didn’t realize time was running out. Before I could say my farewell, he was gone. No longer could he hear. No longer could I share. I was left with a blank stare and memories.

When his time ran out, I suddenly was more aware of my own time. I decided to guard it more closely. Not that I examine every minute now, but I am more conscious of time wasted, time poorly spent. I have him to thank for that. For the rest of the time I have, I want to make the most of it. I don’t want a day to begin without some reflection and prayer to guide my footsteps. I don’t want a day to end without at least three gratitudes and a soul-searching review of my day. Without realizing it, my dad’s somewhat sudden departure gave me the gift of time – my own. One day at a time.

Editor’s Note: The focus for the December newsletter will be the OA slogan, “Stay in your own lane.” Your submissions will be gratefully received when you send an email by December 15th to newsletter@oasouthernaz.org. ~Judy