

Acceptance – The two-sided coin

If the Big Book of Alcoholics Anonymous states that “Acceptance is the answer to all of our problems”, what is the question? My life, prior to entering the rooms, was in Jeopardy and I needed to search for that question and live by asking that question on a daily basis. By attempting to live by the spiritual principles every day and being confronted by certain situations, where my acceptance level is challenged, my quick mental quips to myself are; “Consider the source”, “Some are sicker than others”, and “Nothing, absolutely nothing happens in God’s world by mistake”. These, under my breath statements, help me accept those particular situations where I would probably fight back and revolt. Being able to respond to these situations, instead of reacting is probably one of the most unrecognized and most rewarding gifts living the 12 steps have given me without too much effort on my part. “It just comes, that is the miracle of it”

Now, Alex Trebek is wondering what is the question? The question is, Am I willing?

Willingness is my key to NEW freedom, NEW happiness, NEW direction, NEW joy, NEW peace, NEW attitude, and NEW found comfort with living in my own skin. If I am not willing to do the things I don’t want to do, or don’t do the things I want to do, I most assuredly block myself from any and all progress with being able to accept any and all people, places and things. I am not powerless over people, places and things. If I were powerless over people, places and things that would be way to much burden on my shoulders and there would be “road blocks” instead of “speed bumps” toward my progress. I cannot control people, places and

things and I am ONLY powerless over alcohol. That is much easier to shoulder “One Day At A Time”. Being powerless over ONE thing and finding the ONE who has all power gives me the comfort that HE will handle my powerlessness over alcohol and not dabbling with everybody else’s free will. I found very early that I had a spelling problem with acceptance. The majority of the time I spelled it correctly, with an “acc” when and only when my willingness was present. However, when I am not entirely willing my spelling resorted to an “exc”. I could accept that, and that, yes that, except that, accept that except this and on and on infinitum. I am then back to being the Director of self will run riot, running the show, and my acceptance is immediately diluted while sub-consciously easing God out of the situation. I am “headed for trouble” and it is quite apparent. This is where my sponsor and talking to other alcoholics continues to play a pivotal role in enabling me to be willing to accept everything exactly the way it is supposed to be, right here and right now.

Daily living of the spiritual principles contained within the 12 steps, sometimes on a minute by minute basis, I have found that my willingness to do just that is directly proportional to my level of acceptance and my response, not my reaction, to each and every situation. Are some of these situations capable of upsetting the apple cart? You bet!! But, that is where I have to re-evaluate my motives, uncover to discover what part I played in the outcome, or worse yet, my expected outcome. Primarily, it is my expected outcome that causes the cart to begin to wobble. Again, talking to my sponsor or other alcoholics usually brings me back to reality and I am able to stay the course.

Now for the flip side of the acceptance coin and it can be just as devastating to this alcoholic as having to accept the situational person, place or thing as being just the way it is supposed to be because of my lack of control, not power. I had to learn how to accept the good things, the blessings, the miracles, the many favorable results, and sometimes even a compliment, when I began living and practicing the principles of the 12 steps. Early in sobriety I was in no way capable, both mentally and spiritually, of handling those situations which I always used to consider as luck, fate, chance, coincidence, an ah ha moment, and the ultimate alcoholic-killer-reasoning of "I'm entitled" or "I deserve" everything because I did it all. I certainly have a part in controlling my thinking and behavior, but it is not my power doing it, it is His power controlling the outcome. Here is where I attempt to live a gratitude-filled day and strive to feel myself walking hand in hand with the Spirit of the Universe. It is like God is walking with me in a toy store at Christmas as a child. I am so accustomed to expecting a bad or negative outcome that when a positive result happens, I am shocked. I have my wish list with me, those are my prayers. Every time I point at or smile when seeing something I like, all while holding God's hand I listen, watch or feel, that is my meditation, to His answer and know that it will either be checked off my list or I have to wait a little longer. My outlook, wishes and dreams, which were totally hopeless thoughts before entering the rooms, have been realized in His time, not mine and so much better than I could have imagined or even planned. I continue to update my list daily, my prayers, and listen, watch or feel, that is my meditation, for continued growth in my relationship with God because I know He IS keeping track. My God doesn't keep score,

but He does keep track. Each day is another blessing, each meeting is another opportunity to share what it's like to walk with Him on the Broad Highway, and each breath enables me to communion with Him and keep developing this vital sixth sense. To sum it up this two-sided (sixth sense) six-cent acceptance coin is not worth much monetarily, but worth everything spiritually. All negative notions MUST have a positive counterpart and when confronting another situation or situations that used to baffle me I pull my (sixth sense) six-cent acceptance coin out of my pocket and give it a flip while saying the serenity prayer. It doesn't matter what side of the coin comes up because I know God has been handling the situation since I turned it over to Him first thing this morning. It's a "Done Deal". He will grant me the serenity to accept, the courage to change or the wisdom to know the difference. This vital (sixth sense) six-cent coin is proving to be an invaluable "pocket piece" to me daily. I know God already knows whether I am, or am not, willing to accept the result and for that I am extremely grateful. I just give my coin a squeeze and then a flip.

For the very first time in my life after flipping a coin..... I don't say – "two out of three God?"

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