

No problem lasts forever. No matter how permanently fixed in the center of our lives it may seem, whatever we experience in this ever-changing life is sure to pass. Even pain.

Difficult situations often bring out qualities in us that otherwise might not have risen to the surface, such as courage, faith, and our need for one another. All of our experiences can help us to grow.

But we may need patience. Some wounds cannot be healed quickly. They must be given time. In the meantime, we can appreciate the new capabilities we are developing, such as the capacity to mourn and the willingness to accept. Let us share our losses and triumphs with each other, for that is how we gather courage.

Today's reminder

Remembering that this too shall pass can make it easier to get through a difficult day. I will be very gentle with myself during this time. Some extra loving care and attention to myself can make everything a little easier.

"I am equal to what life presents when I use the Twelve Steps and Twelve Traditions, the slogans, literature, sponsorship, conventions, and most importantly, meetings."

... *In All Our Affairs*