

A Woman's Spirit

More Meditations for Women

from the author of *Each Day a New Beginning*

Karen Casey

Introduction

I am so happy to be meeting you once again through these pages. This journey you and I are on has been full of surprises. Who could have imagined all the joys that have come to us? We have suffered setbacks too, but knowing we have the support of one another has helped us survive. What lies ahead for any of us remains a mystery, but we do know now, even though we occasionally forget, that the God of our understanding travels with us.

We are incredibly lucky women. No other group of people has the steady assurance that our program gives us every moment of our lives. All we have to do is remember to use the tools we have been given, be willing to listen to and love one another, and quietly pray to our God for direction and comfort. Because we are human, not perfect, we often need reminders of “how it works.” That’s the intent of this book.

I am just like you. I have no special knowledge of what makes one’s life meaningful. Simply, I have consistently done what the Big Book tells me to do. I go to meetings, generally three a week, including Al-Anon. I stay in touch daily with sponsors and friends. I keep no secrets, and I willingly make amends rather than go to bed in discomfort. What I have written here and in other books has simply come to me.

I believe we all have within us the wisdom and knowledge to pass through any experience in life. Because of our fears, we sometimes block the guidance that’s trying to reach us. It is my hope that these meditations can help move you beyond your fears.

We need each other, you and I. None of us can make this journey alone, not with any real joy and sanity at least. I know of no magic, but I do know that the promises outlined by the founders of Alcoholics Anonymous will be fulfilled if we follow their suggestions and invite one another to travel with us. This is my invitation to you. Come with me through the pages of this book. Help me in my recovery, and I will help you. I do believe that is God’s most meaningful lesson. Together, with faith and perseverance, we can create the kind of tomorrow we long for today. Thank you for being here.

—the author

January 1

God does not require that we be successful, only that we be faithful.

—Mother Teresa

It's probable we have never equated success with faith. Being successful meant accomplishing worthy goals and receiving the expected praise. We may have even considered that relying on faith to help us was a cop-out. Fortunately, so much about how we interpret life has changed since joining this journey through recovery.

In Step Three we learn that God wants us to have faith. We are coming to see, in fact, that acting as if we have faith begins to feel like faith. Coming to believe that God's only expectation is that we turn within for guidance makes every circumstance far less threatening.

Practicing faith promises that we will begin to feel successful in all our experiences because we are walking through them peacefully, trusting fully that God is at hand. Believing in God, being truly faithful, can be the greatest success of our lives.

I can be faith-filled today if I turn my life and my will over to the care of God. I will remind myself of this every time I get in the "driver's seat."

January 2

Watching a child acquire language, I realize, again, that naming things demystifies them.

—Mary Casey

Sharing with another woman our fears of starting a new job, ending a relationship, getting into therapy, or even joining a social club will help us keep the fear in perspective. Fears that go undiscussed have a way of growing and overtaking our lives. In time we find that because of our shame about being afraid, we have isolated ourselves from the very people who can help us.

All of us are afraid some of the time. Our fears, however, can be managed if we use the tools found in this fellowship. Sponsors, friends, and meetings are the channels for our release from fear. Naming the fear loosens its hold on us. And equally important, we discover that others understand our fear, for they have experienced something very similar. We are not unique. That knowledge makes it easier to reveal another fear, another time.

Perhaps the best gift I can give another woman is talking with her about something I fear. Naming the fear will help me. Sharing it will help her because of the bond we will feel.

January 3

Happiness consists of a solid faith, good health, and a bad memory.

—Clare Boothe Luce

Resentments are guaranteed to hinder our growth. We can never know full happiness when resentment clouds our vision. Why is it so hard for us to “forget” the small injuries of life? We have never been promised freedom from pain. Many of the lessons we are destined to learn will scuff our egos. But we will know happiness, completely, if we free our minds of resentments.

The formula for happiness is simple. We don't need material wealth, a perfect job, or an exceptional relationship. In fact, it's possible to know happiness with no job, very little money, and no significant other. Happiness is a by-product of a healthy attitude. And a healthy attitude is one that takes the normal turmoil of life and mixes it with a belief in God's presence. The result is an acceptance of God's will and a certainty that, in spite of appearances, all is well.

I am in charge of my attitude today. Happiness is a choice I can make regardless of what the people around me are doing.