

## *Al Kohallek Goes On A Forty-Day Serendipity Journey*

DAY 7 - Today is \_\_\_\_\_

**When you start your daily practice you may ask your Higher Power –** “Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask, for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better so that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”

### INDEX FOR THIS DAY ACTION

1. Today’s reading assignment from Alcoholics Anonymous (The Chapter Three More About Alcoholism, pages 30 – 43) Average reading time is 27 minutes. Underline those things that were most useful for you and/or caused you to have questions.
2. List the most important ideas you can relate to or identify with as a result of today’s reading; from Alcoholics Anonymous. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

Today’s Mission Statement: If we are working this 40-day Commitment on something other than alcoholism we could “change” the chapter title to “More About [your area of concern]”. We are addressing the human condition, so a rose by any other name is still a rose.

*Al: The story about the jay-walker is the message that got to me. As it states on page 37 Alcoholics Anonymous “Our behavior is as absurd and incomprehensible with respect to the first drink as that of an individual with a passion, say, for jay-walking. ...He enjoys himself for a few years in spite of friendly warnings.” I too had some friendly and not friendly warnings. “...Luck then deserts him and he is slightly injured several times in succession.” If I had any luck left at all, it was bad. In the last year I drank I got into the really??? stuff and yet it did not stop my drinking for more than a day*

*or two. “...He shuts himself up in an asylum, hoping to mend his ways. But the day he comes out he races in front of a fire engine, which breaks his back. Such a man would be crazy, wouldn’t he?” I withdrew from everyone hoping I would mend my ways but as soon as I tried to be around others I would drop back into an old sick rut. Yes I now understand why I must be restored to sanity, if I ever was sane. I feel like I need to do whatever it takes to live this Program, this way of life if I’m going to stop being a jay-walker, spiritually, mentally, physically, emotionally and socially.*

