

ACCEPTANCE

I once wrote an article on the word ACT, based on how we could look at our lives, and the people places and things around us that we thought were giving us trouble. The words represented by the word ACT were; ACCEPTANCE>CONTROL>TRUST. It seems to me that the key to all my problems is the inability to accept. I would like to pass on to you a paragraph from the 4th edition of the book Alcoholics Anonymous, that to me sums up the word acceptance.

Acceptance is the answer to all my problems. When I am disturbed, it is because I find some person, place, thing or situation-some fact of my life-unacceptable to me, and I can find no serenity until I accept that person, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake, until I accept my (fill in the blank), I could not have peace of mind. Unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world, as on what needs to be changed in me and my attitudes

Everyday each of us is faced with a set of people, places, circumstances and things, that need to be accepted for our peace of mind. If only for this day I can accept this, I know that with the Grace of God things will work out, and in the midst all the turmoil, things will be okay

Deacon Len