## JUST for TODAY Wednesday Night Open Speaker Meeting



Just for today I will try to live through this day only, and not tackle all my peoblems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "Jack" as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do — just for exercise. I will not show anyone that my feelings are hart; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteeus, criticine not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

AL-ANON FAMILY GROUPS« buye for families of friends of shouldies **When:** Wednesday
September 29, 2021

**Time:** 7:00 PM

**Where:** Zoom meeting: 845 0322 7889

Passcode: just42day

Al-Anon speaker-SANDY H. from Marango, IL

Please join us for our first speaker meeting!!!