

Thought for the month

August

BRIGHT LIGHTS, BIG EGO

My first attempt at sobriety was back in 1988. I went to meetings every night, I read the Big Book, I prayed. I,I,I... You see, even though I prayed to God I really felt as though I as conquering all my problems by myself. I lived in a community called Montego Bay. I didn't drive, so friends took me to and from meetings. On one particular night I was very discontented. I didn't care for anything said at the meeting and all the way home I questioned why I was even bothering to stay sober. Then something miraculous happened as we approached the "Montego Bay" sign – the light bulbs started to burn out. The only part of the sign left burning was "ego." No one but me seemed to notice, and I took it as a sign from God. My ego had been edging God out and my pride and self-centeredness were blocking my serenity. My night immediately changed for the better.

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