

Don't Forget. by Lorraine W., Woburn, MA

How many times do we say and hear
Those two words – Don't Forget,
Why do we say them and hear them so lovingly?
So we won't regret?

Regret what I say and ask myself,
An item I didn't take?
Or years of walking in life asleep
And never fully awake.

For me and for today
I choose to never forget
That not taking care of me
Is something I'd regret.

So lovingly, I say to me
Don't you ever forget,
All the place you've been
And the obstacles you have met.

For today and here and now
I choose to always remember
The following things that keep me sane,
And an abstinent OA member.

The meeting, the support
And, of course, the telephone,
The sponsor and the writing
It's here I'm never alone.

The books and the literature
And the wonder of "*For Today*"
The meditation and the Steps
It's here I want to stay.

And yes, of course, I don't forget
Those valuable Twelve Traditions.
Or the open and honest sharing
What an extra special addition.

I don't forget to humble myself
And try daily to use the tools,
For this path I walk, it's not alone
I know my Higher Power rules!