

2020 Gratitudes

2020—the year of the pandemic. For me, this is the year of gratitudes. I can focus on the things—and even the people—I have lost, or I can look at what I am grateful for.

I am grateful for Zoom that allows me to attend meetings from all over the country (even my “home” group up north), and to attend without getting in my car, wearing makeup, or digging for cash to put in the basket. I can sponsor people by Zoom and telephone to keep my connections. I’m grateful for staying home and saving money, able to shop on-line to get what I need; I’m grateful for a closer relationship through journaling, prayer and meditation with my Higher Power. I have had more time to read books, do jigsaw puzzles, relax and slow down, and I have found closeness with family through new traditions.

I am grateful that I am accepting that we will be ok, no matter what. Wishing you all peace, serenity and happiness... pandemic or not.

Anonymous