

CO-DEPENDENTS ANONYMOUS

*In This
Moment Daily
Meditation Book*

SECOND EDITION

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is CoDA Conference endorsed literature.

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CoDA Resource Publishing, Inc:

CoRe Publications

www.corepublications.org

1-805-297-8114

info@corepublications.org

For general information about CoDA, contact:

Co-Dependents Anonymous, Inc

For general information about CoDA

www.coda.org

info@coda.org

PO Box 33577

Phoenix, AZ 85067-3577, USA

1-602-227-7991

Toll free: 1-888-444-2359

Spanish Toll Free: 1-888-444-2379

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JANUARY 1

*In This Moment,
I welcome the New Year.*

This is a day when I think about the past year and make resolutions for the coming year. TV programs and newspapers cover the themes “the best of” and “the worst of” in the old year. I like to contemplate last year’s growth and to give thought to possible improvements in my behavior in the year to come.

If I just do the best I can in this moment, as each moment follows another, they add up to a good day. One day at a time, with my Higher Power’s help, each of these days well lived adds up to a lifetime of abundant living.



*In This Moment,
I know this pain will end.*

I know there will be more occasions of pain in my life. I know there will be more occasions of happiness and joy.

Becoming an observer of my life helps me to see there will be both joy and pain. Recovery teaches me to work through the pain and to revel in the happiness. There WILL be both.

I learn from the pain and know I will be happy again.