

## Reminders in Recovery A Daily Reading Group

*Based on Twenty-Four Hours a Day  
Published by Hazelden*

### Your Morning Format:

1. Read the Sanskrit Proverb. It is found one page before January 1<sup>st</sup>.
2. Read Today's Thought for the Day in the first person.  
Change "we" to I and "our" to my, etc. Read out loud if you find it helpful. Ask for help if needed.
3. Read the Meditation for the Day.  
Change the word God if needed to a more personal term that represents your own beliefs.  
For example, read it as *Good Orderly Direction* or substitute *God* for the word *Love*.  
If it suits your beliefs then use more formal terms like Jesus, Allah, Jehovah, Mohamed or Buddha or use informal spiritual names like Mother Nature, Grandfather (or mother) etc.
4. Read the Prayer for the Day.  
A prayer is hope, try changing the word pray or prayer for the word hope. Read it as "I hope..."
5. Join Us via Zoom – see page 2.

You're invited to join us every day between 7:00 and 7:30 AM, **whenever it works for you**.  
Stay for at least 15 minutes to listen or share as time allows.  
You don't have to join right at 7:00 AM — the host will let you in whenever you arrive.

The hope is that you will take advantage of this short morning group to apply a small amount of effort and a simple reminder of your recovery to begin each new day.

### Log into Zoom Meeting

Topic: Reminders In Recovery Zoom Meeting  
Time: Daily 07:00 AM Mountain Time

Join Zoom Meeting  
<https://us05web.zoom.us/j/82924325090?pwd=1jPLzO9I5vQcETZN9kKqljxsVfiev2.1>

Meeting ID: 829 2432 5090  
Passcode: 24hrAday