

# August 28, 2015

## LIGHTENING THE BURDEN

Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. . . . the dark past is . . . the key to life and happiness for others.

— ALCOHOLICS ANONYMOUS, p. 124

Since I have been sober, I have been healed of many pains: deceiving my partner, deserting my best friend, and spoiling my mother's hopes for my life. In each case someone in the program told me of a similar problem, and I was able to share what happened to me. When my story was

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