



## **CLOSING THE MEETING**

I'd like to close with a quotation from the How Was Your Week handbook.

“The outside world little understands or appreciates our recovery journey. They tend to believe that we can “just say no” and be done with it. But we who fight this battle every day know the inner struggles we go through and the work that’s involved in rebuilding our lives. We appreciate the courage that it takes to be here. We know the sweetness of the victory that each sober week signifies.

“We applaud one another, and ourselves, for our success in being here clean and sober today. If someone among us has tripped and fallen, we applaud them all the more strongly for coming back. We applaud to express our confidence that we can meet our challenges in the coming week.

“Recovery is an estimable project, and we have earned the self-esteem that we feel today. We are heroes and winners in each other’s eyes.”

Let’s give each other a hand for being clean and sober today...