

Thank you

*T*his is the last meeting for our 7 Step group and I want to say '*Thank You*' to everyone.

*H*earing from you all, week after week, brought out many emotions; complaints I have none.

*A*ll of us will change in some ways; as 'lifers' experiences and influences will come and go.

*N*o one is perfect and we all make mistakes; but trying to learn to improve and become more caring and aware of what's right will surely help us grow.

*K*ind words, or gestures to people often bring smiles to the one who gives, and the one who receives it.

*Y*es, it can be challenging to have faith in strangers, but with good experiences we can achieve it.

*O*ver the past 7 weeks I've learned to open up to strangers that I feel have become friends.

*U*nderstanding that people all have problems and make mistakes; but can feel better by trying to make amends.

Ronnie Dunbar

July 8 2016