

Ruth O'N. got sober on 4/14/48. Within a few months, at a meeting in Brooklyn NY, she was given a business card by another AA member. On one side of the card was the Four Absolutes of the Oxford Group (Absolute Honesty, Absolute Unselfishness, Absolute Love, and Absolute Purity) and on the other side of the card was the following prayer. She still recites it daily and shares it when she speaks (as she did this past Saturday). It has come to be known as "Ruth's Prayer":

Thank You, dear God, for another day,  
The chance to live in a decent way,  
To feel again the joy of living  
and happiness that comes from giving.  
Thank You for friends who can understand  
and the peace that flows from Your loving hand.  
Help me to wake with the morning sun,  
With the prayer today, "Thy will be done."  
For with Your help I will find the way.  
Thank You again, dear God, for AA.