

One Day at a Time

By Dick Sedlack

Wow!! Whoopee!! Oh boy!! I did it! I did the workbook: One lesson every day for the whole year of 2003!!!

What does this mean? Does this mean I am an enlightened being? No. Does this mean that I am saved? No. That I am self-actualized? No. That I am a wise man? No. What this means to me is that with this knowledge and 50¢ I can get a cup of coffee in any restaurant in town. It also means that I have immersed the tip of my big toe into the lake of wisdom that the Course represents.

I think I have been studying the Course for around two years. There was the year 2003. There was the time in 2002 when I was serious about the Course. There was also a time in 2002 when I just went to please somebody (to whom I will always be grateful). And of course there is the time from New Year's Day 2004 to today.

I consider my "spiritual path" as having started over 30 years ago when I had my last drink of alcohol. It has included 12 step groups, Zen Buddhism, Taoism, psychotherapy, Animism, Paganism, meditation and a lot of deep conversations with a lot of wonderful people. I do the Course one day at a time, as I try to live my life.

Today, the Course is the epitome of all other spiritual teachings I have been exposed to. I struggled with the Christian terminology. I struggled with the sexist language. I struggled with people's egos. I still struggle occasionally today. I have a "commitment meeting" that I attend once a week. I learned about "commitment meetings" in AA. The meaning of the term is that you just go to this meeting no matter what. You go, and go, and go. The only excuse for not going is if you are in the hospital or if you are dying.

I have written this little article because in the short time I have been around I see a lot of coming and going, and I would encourage the new people like myself to stick around a little longer. This article is also a way of saying thanks to all the great people I have met while studying the Course and especially to the people in my little group.

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