



Pills Anonymous World Service

Submission Form

Daily Reflections Book

Name: _____ Home Group: _____

Email: _____ Telephone number: _____

Topic: _____

(Please name your topic – examples Gratitude, Step 2, Resentments, Higher Power, Traditions)

Please write about your Topic (under 200 words) please include quotes from PA literature if able to and or service manuals:

Affirmation/Meditation (Please include short prayer or affirmation to finish the reflection – example “Higher Power please I allow you to direct my attention for today”)

Email your submission form to markl@pillsanonymous.org

EXAMPLE

Name of person who is submitting: Monica T

Home Group: Founder's Group of NM

Email: monicat@pillsanonymous.org

Telephone number: (555) 555-5555

Topic **Tradition 2**

Please write about your Topic (under 200 words) please include quotes from PA literature, service manual, pamphlets, website, -----

“There are many problems that arise when people, even those who do not have the disease of pill addiction, come together to form a group” There is a Solution page 161

Many times I have tried to control people, places and things.....continue for less than 200 words.....

Affirmation/Meditation (Please include short prayer or affirmation to finish the reflection – example “Higher Power please I allow you to direct my attention for today”

I will ask Higher Power to remind me of the second tradition when interacting with other members of the group I attend
