Breakfast, Entry 1 of 1

I discovered that breakfast is a spiritual principle: With honesty, open-mindedness, willingness, and breakfast, we’re well on our way.

—Basic Text, “Life on Life’s Terms”

Breakfast? A spiritual principle? It won’t be the first that comes to mind, but food can be as much a part of our daily recovery routine as prayer or meditation. And although we’re not all breakfast eaters, mornings are a good time to reflect on our lives and contemplate the day ahead.

Breakfast can be a ritual at the beginning of the day when we take time to prepare food and consciously reflect on the abundance recovery has brought to our lives. We may use breakfast as the time to set an intention for the day, do a daily reading, or just relax and play on our phones. The contrast between a life in recovery and a life of active addiction is clear to see, whatever our morning ritual may involve. If we think about the breakfast times we experienced before we found recovery, we might remember feeling sick and desperate, or cold and hungry. The NA program—sometimes contemplated over a meal—gives us a way out of that dark night and into a day full of possibilities.

NA is a practical program that we use in every area of our lives. Sometimes this means nurturing our physical selves or contemplating HALTS as suggested in the Basic Text: “Are we too hungry, angry, lonely or tired? Are we taking ourselves too seriously?” It’s easy to forget that the state of our body can deeply affect our sense of well-being. Whether it is a full English on a Sunday morning with the whole family, a bagel and a cup of coffee in the car on the way to work, or a tamale from a street vendor, breakfast can represent self-care and a new attitude toward ourselves. For some of us, taking time for breakfast is as essential as “wearing my seatbelt or having a home group,” in the experience of one member, and for others, it is simply the best meal of the day. However we feel about breakfast, we can always take a moment to find gratitude in the simple benefits of recovery, like food in the cupboard and a safe place to eat it.

I will contemplate my physical, emotional, and spiritual well-being and reinvigorate my morning routine—whether or not that includes eating breakfast!