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## Change and Growth



Patiently, thought by thought, old habits are untaught.

We watch but cannot see the seed invisibly become the oak or pine or warm, fall fruiting vine.

We see the stature gained, but do not see things grow—the process is too slow.

Things have a time to root,

a time to flower,

and a time to fruit...

and a time to stand and rest—and every time is best.

Waiting is also growth – living consists of both.

Patiently, thought by thought, old habits are untaught,

And a new way of life is wrought.

Anonymous poem found in a Big Book at an alcoholism treatment center on skid row in Detroit, 1975