

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Twelve Traditions Of Alcoholics Anonymous

- 1 Our common welfare should come first – personal recovery depends upon AA unity.
- 2 For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
- 3 The only requirement for AA membership is a desire to stop drinking.
- 4 Each group should be autonomous, except in matters affecting other groups or AA as a whole.
- 5 Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.
- 6 An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
- 7 Every AA group ought to be fully self supporting, declining outside contributions.
- 8 Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- 9 AA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
- 10 Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.
- 11 Our Public Relations policy is based on attraction, rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
- 12 Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Serenity Prayer

*God, grant me
the Serenity to accept
the things I cannot change,
the Courage to change
the things I can, and
the Wisdom to know
the difference.*

Introduction

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A. A. membership; we are self supporting through our own contributions. A. A. is not allied with any sect, denominations, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help others alcoholics to achieve sobriety.

CLOSING

"We have no dues or fees -- the basket going around now is in accordance of the 7th Tradition, stating that AA is self supporting by it's own contributions."

"If you needed to talk and were not able to share in front of the group, speak to one of the people who identified as willing to be Temporary Sponsors. Go to another meeting - Meeting Guides are available on the Literature table, as are pamphlets for free, and books at our cost. Try to find a Home Group where you feel the people have Recovery as you would like to find it.

ANONYMITY

"Anonymity is the spiritual foundation of this program. This means what we heard here may save our lives, but who we saw here is not ours to tell. You can tell anyone you think would need to hear this message that you were here, but please do not mention who you saw here."

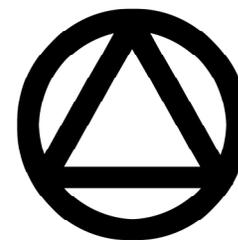
A VISION FOR YOU

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to him and your fellows. Clear away the wreckage of your past. Give freely of what you find, and join us. We shall be with you, in the Fellowship of The Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you until then.

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Pocket Meeting



This pamphlet is designed to allow anyone, anywhere, to hold a meeting.

Take what you need and leave the rest. Read the parts you want. Leave out what you choose.

Add what is familiar from your regular meetings

Carry the message.

Provided by Some Grateful
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