

Keep In Touch

October 2002

Announcements

The Area website address is as follows:
www.area62.org
southcarolinaaa.org

Check out K.I.T. & other committees -
Please sign the Guest Register!

2003 KIT Topics:

Service
Bridge the Gap "Prison"
Treatment "Sponsorship"
Founders Day
History Theme "Old Timers Panel"
Crossroads or Turning Points
Newcomers Corner

KIT (Keep In Touch) presents the experience and opinions of members of Alcoholics Anonymous on the disease of alcoholism. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by Alcoholics Anonymous or the South Carolina Area Assembly.

Please do not be alarmed if your story did not appear in this issue of KIT. Your story or article will be incorporated in a future issue. If for any reason the KIT Committee has decided not to publish an article that has been submitted, we will contact you.

The KIT Committee Members would like to thank everyone for taking the time to write an article for this publication. If you have any suggestions or comments regarding the publication of KIT, please contact a KIT Committee Representative. We welcome your feedback.

SUBMISSION OF ARTICLES, DISTRICT HAPPENINGS, OR CALENDER OF EVENTS

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The next KIT publication will be presented at the next Area Assembly. What events are happening in your district or group between Oct. 2002 - Jan. 2003 that you would like published? **Deadlines for submission of articles is Jan. 2, 2003.**

5 MINUTES...

When things go wrong,
As they sometimes will,
When the road you're trudging,
Seems all uphill.
When friends are low,
And debts are high,
When you are scared to live,
And too scared to die.

Life is strange
With it's twists and turns.
As everyone of us
Sometimes learns.
And many a failure
Turn about.
When he might have won
Had he stuck it out.

Don't give up
Though the pace seems slow.
You may succeed
With another blow.

Success is failure
Turned inside out.
The silver tint
Of the clouds of doubt.

And you can never tell
How close you are.
It may be near,
When it seems so far.
So stick to the fight
When you're hardest hit.
Its when things seem worst
That you must not quit.

Don't Quit 5 Minutes Before
The Miracle Happens!



-Author Unknown

Tools of Recovery List

Daily Reflections
Meetings
Principles Before Personalities
Sense of Group
Identify not Compare
Sponsor
Time
Big Book
Service Work
Pain
Open Mind
Listening
Abstinence
Keep Coming Back
Gratitude
Humor
Spiritual Tools 12 Steps

Calendar of Events;

SE Regional Forum

Huntsville, AL
November 15 - 17, 2002
(DCM's should get info 6 to 8 weeks before Forum)

56th Annual SC State Convention

Sheraton, N. Charleston, Hotel Charleston SC
March 6 - 9, 2003
"The Joy of Living"

59th SE Regional Conference

Memphis, Tennessee
August 7 - 10, 2003

57th Annual SC State Convention

The Embassy Suites
March 18 - 21, 2004
"The Sunlight of the Spirit"

60th SE Regional Conference

Jacksonville, Florida
August 4 - 8, 2004
"The Joy of Living"

Next Area Committee Meeting

February 2, 2003 @ 10:00 am
Subject to change.

Next Area Assembly

March 1 & 2, 2003 @ 10:00 am
Subject to change.

Other Recovery Events

Thanksgiving Day Banquet & Open Gratitude Meeting

Starts 12 noon.
Sun Fun Group - Trinity Methodist Church
14th Avenue South, North Myrtle Beach
November 28, 2002

S.C. Coffee Cup Campers

Campout November 28 - 31, 2002
Lake Greenwood State Park
Greenwood, South Carolina
For more info contact:
Jan O., CCC Secretary
jcoldsc@sc.rr.com

Delegate's Corner

Delegate's Report: Patty T., Area 62 Delegate, encouraged G.S.R.'s to share the joys of Area service with others. "A.A. and the Armed Services" pamphlet is being updated, and Literature is requesting appropriate stories. Two non-alcoholic Class A Trustee positions are open; deadline for applications, June 30. The S.E. Convention and Regional Forum are so informative you shouldn't miss them. Thanks to Carolyn A. for her hard work as Alternate Secretary/Registrar. Patty thanked the Area for all the prayers for her daughter's recovery.

It was amazing to be eight full days, from 9:00 am to sometimes 11:30 pm, with over 100 people who all love A.A. Highlights of the General Service conference: SC Area 62 report included 3rd Legacy revisions to S&P, unity, remembering Cole. No Pre-Conference Assembly, no G.S.R. response to Agenda items, so our Delegate votes her conscience as best she can. New A.A. book, Experience, Strength, and Hope; 56 stories deleted from previous editions of our Big Book. No changes will ever be made to the 12 & 12. Concerns about 4th Edition: "electronic meeting" sentence deleted from future printings; "The Doctor's Opinion" remains as a foreword as Bill W. decided in the 2nd Edition, not page 1. Focus on Singleness of Purpose and 3rd Tradition, and spirituality rather than religion. Literature and C.P.C. did not accept court referral pamphlet. Correctional Facilities sharing is important. G.S.O. will report International Convention income/expenses on a separate sheet from general fund. The floating cap (G.S.O.'s prudent reserve) will be reduced when it gets too high by lowering literature prices. Our 93 Areas are listed in new Service Manual. The Directories will list Area web sites. Remake of Archives video, "Markings on the Journey," is beautiful. Over the next four years, money will be spent for new public service announcements and for tracking their marketing (\$30,000 each and \$30,000 for study, per year). 2005 International Conference in Toronto; apply for passport, do your research now; strict immigration rules regarding DUI and other infractions can prohibit your admittance into Canada. Ned confirmed difficulties at the border due to old DUI. See Patty's photos, etc. on board in the hospitality room.

Alternate Delegate's Report: El N. reported the Convention Committee account now totals \$9,955.16; increase due to interest. Gerald's report on monies returned from the 2002 Convention in Myrtle Beach did not mention that the \$6400 was in addition to the \$1500 seed money given to the Host Committee for hotel deposits and speaker arrangements. The Conventions are self-supporting. Please note; the Greenville hotel room rate includes a breakfast and afternoon snack. Thank you for sending me your District's meeting minutes. Also, thank you for DCM honesty and sharing today. Ongoing education helps us all see how through God's grace, money and spirituality mix. She quoted from A.A. Around the World, a new book from Grapevine press, a vignette about 7th Tradition in Honduras.

A G.S.O. staff member coordinates the Loners, Homers & Internationalists correspondence service, which is open to A.A. members in one of the categories listed below.

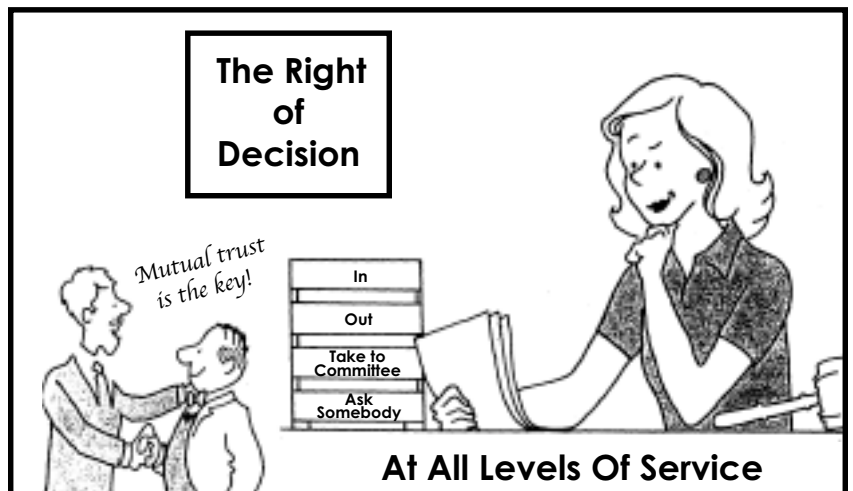
To participate, an A.A. member needs to: 1) read and write English; 2) provide a permanent mailing address; and, 3) be willing to share experience, strength and hope via correspondence. Most members communicate via regular mail, although a few utilize e-mail.

- Loner: An A.A. member who is unable to attend meetings regularly because there is no A.A. meeting in the vicinity where he or she lives.
- Homer: An A.A. member who is unable to attend A.A. meetings because of physical incapacity.
- Internationalist: An A.A. member working on a seagoing vessel for long periods.
- Port Contact: An A.A. member willing to serve as a contact for Internationalists when in port.
- Loner Sponsor: An A.A. member, active in local A.A. meetings, who shares his or her experiences and group activity with Loners, Homers, and Internationalists through correspondence. (A Loner Sponsor is not a "Loner" or a "sponsor" in the traditional A.A. sense.

Loners, Homers, and Internationalists receive bimonthly copies of the confidential bulletin Loners - Internationalists Meeting (LIM) and Box 4-5-9, a newsletter published by G.S.O. The Loners-Internationalists & Homers Directory is printed annually and lists active LIM members. Interested A.A. members who fit a LIM category may contact the Loners Assignment, c/o General Service Office, P.O. Box 459, Grand Central Station, New York, NY 10163, or e-mail: lim@aa.org.

Concept III

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."



When Good Intentions Conflict With Tradition

Responsibility is in preserving the heritage of AA is demonstrated by preserving the traditions. The traditions, therefore, carry a personal responsibility. For instance, the 7th Tradition is not just passing the 'hat' at the meeting and tossing in a couple of dollars. It is a deeper insight into why the tradition says, "Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority."

Tradition 7 indicates money is not accepted by AA if it is contributed by anyone outside AA. However, sometimes this tradition is challenged. What can I do if a non-AA desires to contribute to AA? When the basket is passed, how should I approach an Al-Anon member or visitor who wishes to contribute? How can I handle a well-meaning public obituary that states "in lieu of flowers, contributions can be made to AA"?

I offer the following story and possible solutions. About three years ago a home group member died and the obituary notice stated that contributions to AA would be acceptable rather than sending flowers. This, of course, sent a flurry of chatter among the local AA's who read the piece. The cry was "Tradition Violation!" Our home group secretary, serving as the liaison to the community, personally met with a representative of the newspaper and explained the importance to AA of not accepting outside contributions. The publisher was most appreciative of the explanation and gave assurances to avoid such a situation in the future. The secretary contacted the wife and provided a similar overview of how AA cannot accept money from outside sources. She had selected AA on the beneficiary of gifts to demonstrate her gratitude for all the fellowship had given to her husband. All of the money that was received was deposited into an account. When no further donations were received, a check was written to the wife and sent with a personal card expressing our sadness.

Because the Traditions are AA's to uphold, as a member of AA, I must be responsible for how we ensure their integrity. Here are three brief recommendations that can be used as a personal group starting point.

1. Discuss the possibilities and develop solutions prior to facing a 7th Tradition violation. Within the home group, develop a group conscience on how 7th Tradition problems are to be handled if they arise. Calm, thoughtful decisions can be best made when the group or individuals are not in a crisis.
2. Honor group members through contributions to GSO rather than general flowers and cards with the AA group's name or members' names. Again, this is only possible for AA members, non-AA's cannot contribute to any level of AA. Also keep in mind Tradition 12, it is our responsibility to ensure that the anonymity of groups' members is protected.

In my home, I can share with my family that AA does not desire to accept contributions from non-AA's. My family may appreciate my explaining that being self-supporting is important to AA. I can suggest other civic, professional, or social organizations or activities to which contributions could be made as a memoriam.

3. Hold tradition study meetings so that the group becomes informed about the importance of each of the traditions. Learn about and then share the importance of the traditions through sponsorship.

The 7th Tradition is greater than a contribution to the 'hat'. It is part of our legacy, providing a sound financial and spiritual foundation for the generations of alcoholics to come. It is my responsibility to ensure and protect AA through our traditions. El N.

Fifteen Handy Tools

P	Z	B	I	S	M	Z	K	N	R	O	S	U	Q	N	D	H
F	A	K	N	S	E	C	N	A	T	P	E	C	C	A	B	E
I	R	R	V	E	D	S	T	E	P	S	J	I	L	D	L	
R	U	E	N	I	S	N	M	R	W	O	L	N	E	F	P	
S	M	P	N	E	T	P	D	G	A	A	Y	S	A	T	H	I
T	L	A	T	V	A	A	I	H	Y	R	P	S	W	G	O	N
T	C	P	O	I	T	O	T	N	E	S	Q	E	A	O	W	G
H	D	D	R	G	I	S	F	F	R	T	E	N	R	L	T	O
I	I	N	Y	R	O	M	L	L	E	W	C	G	E	E	Y	T
N	M	A	H	O	N	E	S	T	Y	V	N	N	N	T	T	H
G	E	N	T	F	C	X	I	J	M	T	E	I	E	G	X	E
S	E	E	H	T	I	M	E	A	P	M	N	L	S	O	I	R
F	T	P	I	E	Y	Z	C	O	E	I	I	L	S	D	S	S
I	I	O	N	E	D	A	Y	A	T	A	T	I	M	E	E	P
R	N	W	K	V	K	C	A	D	E	M	S	W	V	P	L	M
S	G	X	M	N	K	O	O	B	G	I	B	L	A	O	U	A
T	S	H	A	R	I	N	G	O	M	T	A	B	F	H	R	Z

DAILY REFLECTIONS
BIG BOOK
MEETINGS
LET GO LET GOD
ONE DAY AT A TIME
FIRST THINGS FIRST
HELPING OTHERS
RULE SIXTY TWO
PEN AND PAPER
SHARING
PRAYER
MEDITATION
INVENTORY
TIME
WILLINGNESS
FORGIVENESS
ABSTINENCE
HONESTY
STEPS
ACCEPTANCE
THINK
HOPE
SPECIAL WORD:
With _____
comes responsibility.



Stress Reducers For A Brighter Day!

1. **Get up fifteen minutes earlier in the morning.**
The inevitable morning mishaps will be less stressful.
2. **Don't rely on memory.**
Write down appointment times, when to pick up laundry, when library books are due, etc.
3. **Do nothing which, after being done, leads you to lie.**
4. **Make duplicates of keys.**
Bury a house key in a secret spot and carry duplicate key of car in a wallet/purse.
5. **Take a book, for the times you have to wait.**

Lancaster County Group - District # 51

Dewitt Plyler constructed a Cabin in the 1950's as a business. In essence a Men's Club for local friends to play cards, gamble, for merry making and drinking away from home. The Cabin was erected on a knoll surrounded by the vast woods the Plyler's owned. One could see the downtown court house lights illumination at night in the distance. The Cabin was concealed by the trees they liked the camouflage of their anonymity Men's Club. The Cabin was created out of blue granite stones from the Rion Quarry in Winnsboro, SC.

In the early AA individuals in Lancaster County met anywhere from Hazel's Half Way House on Arch Street (1950's). Ellen Dean Hotel (1960's) and Jean McKee's residence (1970's). Dewitt Plyler and several others of the boys obtain sobriety from the comfort of Alcoholics Anonymous. Plyler and the boys were resolute to let the Plyler Cabin out for AA meetings given that the 12-Step Program of AA changed their lives around.

Early 1980's the Lancaster Group started meeting in the Plyler Cabin, thereafter the End of the Road group shared the Cabin for meetings. Each group imperfect, wanting their separate autonomy established meetings on alternated dates, times, having dissimilar arrangements smoking/nonsmoking, tables up/no tables etc. In winter weather on the chilly cement flooring they had to build a fire in the fireplace for warmth and summers they opened the door and windows for refreshment from the sweltering heat.

Disagreements and resentments over the new Lancaster Recovery Center curative profit vs recovery, personalities and more, instigated the break down of the Lancaster Group into a succeeding group. The second group called itself the Integrity Group and moved away from the Plyler Cabin to Lynnwood Drive where they still are located. In spite of the whole lot, meetings unrelenting continued in the Cabin. Lancaster Group had closed meetings, End of the Road Group had open meetings. In 1985, a few more from the Lancaster Group divided and relocated into town as the Lancaster Downtown Group, meeting on Williams Street first then White Street where they meet today. Thereafter in 1992 the primary Lancaster Group departed the Cabin as well and moved into the Connelly Building where they are today on Williams Street.

With all the transformations End of the Road Group stayed in the Cabin. When Dewitt passed on, his spouse, Mattie, let the Cabin out to AA End of the Road Group to this day 2002.

When you say the Cabin now you mean AA at the End of the Road.

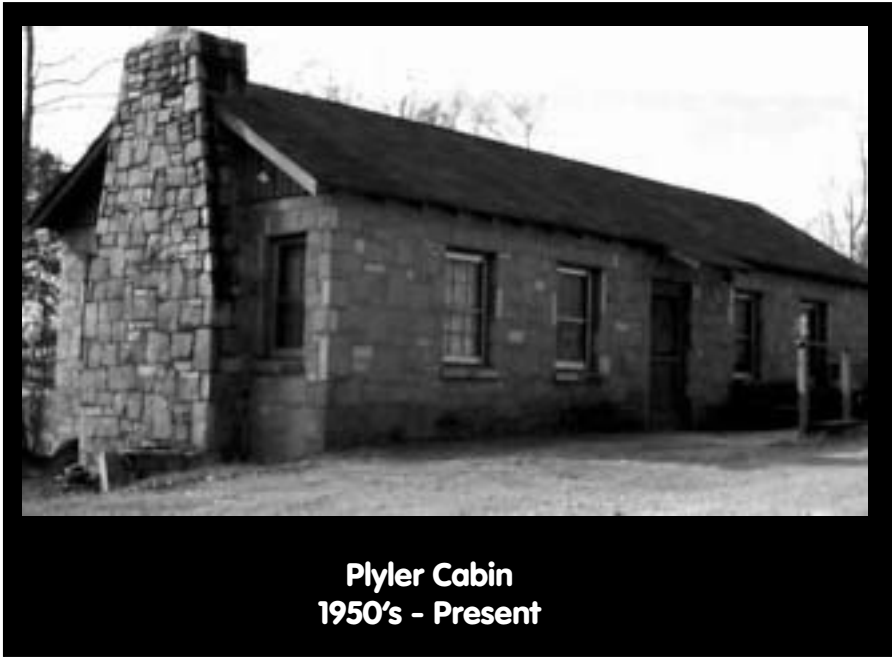
Welcome All Meetings Open & Smoking

AA Meetings with the End of the Road Group in the Plyler Cabin

1285 Old Charlotte Road, Lancaster, SC.

Monday - 6 pm, Wednesday - 8 pm (Big Book Study), Friday - 8 pm, Saturday - 9:30 am & 8 pm, Sunday - 8:30 am,

Speaker Meeting the last Friday of every Month.



**Plyler Cabin
1950's - Present**



As recorded by PaTrisha Rg.

April 1

1939 - Publication date of AA's Big Book

1940 - Larry J. of Houston, wrote The Texas Prayer, used to open AA meetings in Texas. (Some sources say this was April 4, 1940.)

1966 - Sister Ignatia died at the age of 77. She worked with dr. Bob in treating many early AA members at the St. Thomas hospital in Akron.

April 2

1966 - Harry Tiebout, M.D., died. He was the first psychiatrist to support AA and it was he who directed Marty Mann to AA. He did much to spur acceptance of the AA program among members of the medical profession, and he served as a Class A Trustee of General Services board for many years.

April 3

1941 - First AA meeting held in Florida.

1960 - Fr. Ed Dowling, S.J., died. He was Bill Wilson's "spiritual sponsor."

April 7

1941 - Ruth Hock reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander.

April 10

1939 - The first ten copies of the Big Book arrived at the office Bill shared with Hank Parkhurst in Newark, New Jersey.

April 11

1938 - The Alcoholic Anonymous Foundation held its first meeting.

1941 - Bill and Lois finally found a home, Stepping Stones.

April 16

1940 - A sober Rollie H. catches the ONLY opening day no-hitter in baseball history since 1909.

1973 - Dr. Jack Norris, Chairman of AA General Service Board, presented President Nixon with the one-millionth copy of the Big Book at the White

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House. (I believe this was arranged by Tom Pike of California, a close friend of Richard Nixon. See the Buffs list for more on Tom)

April 19

1940 - The first AA group in Little Rock, Arkansas, was formed.

1941 - The first AA group in the State of Washington, was formed in Seattle.

April 22

1940 - Bill transferred his stock in Works Publishing to the Alcoholic Foundation. Hank Parkhurst probably did not sign his over until later. (See post 980 on the AA History Buffs list.)

April 23

1940 - Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill Wilson insisted that Dr. Bob and Anne receive them.

April 24

1940 - The first AA pamphlet titled simply "AA" was published.

1989 - Dr. Leonard Strong died. He was Bill's brother-in-law, and an AA Trustee.

April 25

1951 - AA's first General Service Conference was held.

April 26

1939 - Bill and Lois move in with Hank Parkhurst after bank forecloses on 182 Clinton Street, the first of several moves until they finally bought Stepping Stones.

April 30

1989 - The film "My Name is Bill W.", a Hallmark Hall of Fame presentation was broadcast at 9 p.m. on ABC TV.

Other April events:

1958 - The word "honest" was dropped from the AA Preamble.

Stay In The Middle


One of the first tools of recovery I could/would use is our chip system (which is not really a tool of our program, but it helped me stay sober). I was told to get up each morning, get on my knees and say please to a power that I did not comprehend, put the chip in my pocket and make a commitment not to drink today. During the day when I was scared or confused (which was the majority of the time) I was to grip my chip and remember the only thing that was truly important was that I did not pick up a drink today! At the end of the day I was told to remove the chip, put it on my night stand, get on my knees and say thank you to this power that I did not comprehend. I have continued to do that almost every day since February of 1984. I have not had a drink since then.

Of course there were other things that I became willing to do that has enabled me to enjoy my sobriety. Just not drinking is a big deal, but I want it all. I want to be Happy, Joyous, and Free! So, I got and used a sponsor (a tool). I took the steps as directed in the book (a tool). I called other people in recovery and talked or made plans to meet them somewhere (a tool). These things did not come easy to me. Fortunately I hurt bad enough to follow the directions. As it says in the Twelve Steps and Twelve Traditions I was "as willing as only the dying can be."

As I grew up in the Fellowship of Alcoholics Anonymous I added more tools. Prayer and meditation have become a constant in my life. I have gratitude lists (I despised those in early recovery - one lady told me to put door knobs on my gratitude list because from where I had been I should be grateful that I still had door knobs!) Today I have a home group where I am expected to show up and provide a service to others (and I do this). I still have a sponsor who provides me with direction.

Frank S. (my first service sponsor) told me that our chip system could help me stay sober. "Look at the poker chip." He would say, "See how it is smooth on the inside and rough on the outside?" That's the way recovery is. If you stay in the middle of AA, life will be smooth, but if you get out of the edges, it can be real rough." He also would say: "Stay in the middle of the bed. No one can fall out of the middle of the bed!" Then he would say: "No one can fall out of the middle of AA either! Stay in the middle of AA!" Frank passed away in 1994. I miss him terribly at times, but he passed on to me a tool that I will always cherish. He is on my gratitude list. All I have to do to thank Frank over and over again is pass on to you what he passed on to me.

Oh yeah. Frank also taught me the most awesome tool of recovery - Being of Service!

 Love and Service,
Patty T.
Area 62, Panel 52

Just For Today

I know why I'm here and what I came for,
so the question, "Who is an alcoholic?", I ask myself no more.

I know that it's me and I can no longer hide,
because my actions on the street showed how I felt inside.

Drinking is what I wanted to do,
and if I hadn't come here, my life would have been through.

So, "How It Works" is one of the ways,
to try and help me through some of those tough days.

I know when I was out there I was on a mission,
So, now I'll reverse it and work "The Twelve Traditions."

The "9th Step Promises" are words I can use,
when I may feel like I want to abuse.

Waking up and craving needs some correction,
So that's the time I'll read my "Daily Reflections."

It gives me a great honor and privilege to say,
Welcome to Morris Village: Just For Today!!!

 Tyrone M.

"Play the tape all the way through..."

Hi, I'm Toni, alcoholic, when I first came into AA, of course I still wanted to drink. One Saturday late afternoon, after a long day at work, a fight with my husband, the obsession to drink was so intense I decided I better call someone. I was about 1 and 1/2 months sober, so I called a woman that was to become my sponsor. I told her I wanted to drink, she told me to meet her at the hospital meeting at 7:30 and suggested that I bring that up as a topic. Of course I was scared to death, but I had enough willingness to listen to her. I didn't want to drink! Oh, I was surprised. I got such wonderful feedback. Great suggestions and people even thanked me for my honesty. The one thing that I used then and still use, and suggest to other people also, is "play the tape all the way through." I know now what that saying means - Is remember what happens when I pick up a drink. The fights, the embarrassment - the whole nine yards. My sponsor had to explain that because after the meeting I asked her where I could buy the tape. She laughed and we still laugh today about it. Play the tape all the way through, is definitely a spiritual tool that I used, use and share with others. The whole story too. It worked and still works. Thanks and love to all.

 Toni
District 40

"It's Amazing..."

would meeting after meeting, fellow AA members say things that provoke me to get better acquainted with myself. That may sound like a strange reaction on my part - but I've had the experience over and over in AA meetings.

For me that's why AA meetings day by day keep me from becoming complacent - taking my sobriety for granted. Again from experience I've learned the hard way I must not take my sobriety for granted. I've learned from experience I must constantly refresh my contact with fellow AA members - the Big Book - How It Works and The 12 Steps.

The other day one of our members made this statement, "The me I never wanted to show anyone."

BANG! Dead center -----Right on the target.

I have no doubt whatsoever that every man and woman in that meeting understood that statement in a very personal and very heartfelt way.

And I also suspect many applied that statement

to his or her own personal experience. After all --- ALCOHOL became a means to hide from ones own self. The me I never wanted to show anyone.

There is a very basic fundamental principle for me in AA's teaching that goes far beyond admitting I am powerless over alcohol, that my life has become unmanageable. The AA Principles - ALL 12 steps incorporated into how I live and how I think, are AA's principles in action in my life. What I'm saying is I got to know me - The whole of me - Especially the me I never wanted to show anyone. Especially the me I was denying.

The AA way of living is like a personal gold mine waiting for discovery. There is a great deal of digging to be done and a lot of spoils or debris to unload to get to the gold of sobriety.

Guess what?: I'm not alone in this search for gold, no matter how tough the digging and shoveling of the debris and spoils.

I'm never alone anymore, I have you fellow AA folks and I was coached with care along the way, by my Higher Power.

What you see is what you get. Just Happy, Joyous and Free.

 Grumpy Old Tom

Thought to Ponder...

**Resentment is like acid,
eating away at the vessel it is stored in.**

Daily Reflections

One of my tools of recovery is using the Daily Reflections. My sponsor passed this action onto me and I pass it onto the people I sponsor. We do the Serenity Prayer first, one of us reads the first part of the Daily Reflections and the second person reads what book and page that is mentioned in the middle and then the first person reads the rest of the Daily Reflection. I find that for me I have a clearer understanding of what the Daily Reflections is trying to say. We were reading Feb. 2nd and the word narcissistic was in it. I had always assumed I knew what it meant so I never looked it up. Well, my definition and the real definition are totally different. So I broke down and looked it up after our meeting just to be sure I understood what it meant. And guess what? It's another form of self. (self-will) Characteristics of the so-called typical alcoholic is a narcissistic egocentric core, dominated by feelings of omnipotence, intent on maintaining at all costs it's inner integrity. Inwardly the alcoholic brooks no control from man or God. He, the alcoholic, is and must be the master of his destiny. He will fight to the end to preserve that position. (Which comes from AA Comes of Age. Pg. 311) I had felt like that for a long time before and after coming into AA. Until I finally let go. Until I figured out I was fighting a losing battle. So using the dictionary isn't as bad as I thought it was. Especially since finding out "narcissistic" had nothing to do with sex!



JoAnne G.

MY HIGHER POWER SAYS:

**Forbidden fruits create many jams
Give God what's right, not what's left
Give Satan an inch and he will be the entire ruler
God doesn't call the qualified, he qualifies the called**



Submitted by Wayne E.

Lessons Learned

Since I came to these rooms I've learned many things,
all of them the joys sobriety brings.
I've learned how to love, and learned how to live,,
learned how to receive, and learned how to give.
All of the things I lost back then
have been returned to me again.
To keep what I have, I give it away,
but I always get more by the end of the day.
I've learned of a power greater than I have,
and there for me he will always be.
I can be sober or I can be dry
but back on the streets I'll surely die.
The days can be good but they won't be as bad
as the best days of drinking that I had.
Something that I also know,
is I have friends wherever I go
to help me through any time of strife
and help me to live a sober life.
All this I've learned and so much more
since I first walked through the door.
The most important thing that I can say
is God led me to the rooms of A.A.



David F.

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Spiritual Tools of Recovery

"When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed."

Alcoholics Anonymous, p.25

I was asked recently to write an article for our area newsletter concerning our fellowship's spiritual tools of recovery. In thinking about the topic, I recalled my reading the above passage early in my sobriety and asking the person who later was to become my sponsor what are the spiritual tools? I also remembered he had jokingly stated, "One of them is an adjustable wrench and it will fit any nut that walks through our doors." It was years later I found out the adjustable wrench, which he had referred to, had fit me very well.

On a more serious level, it was only after intense study of the "Big Book" and attendance at numerous A.A. meetings that I understood the spiritual tools mentioned above were the Twelve Steps of Alcoholics Anonymous. Described briefly below is how I personally have used the Twelve Steps as spiritual tools in my recovery.

Admitting in Step One I was powerless over alcohol and that my life had become unmanageable ironically enough became the spiritual tool I used to confront it. The realization that it was critical I find a power greater than myself to restore me to sanity also produced in me the desire to apply the program's other spiritual tools to my life. The spiritual tool that helped me greatly in this regard was our fellowship's Step Two.

The spiritual tool, however, which has benefited me the most and has had the greatest impact on my recovery, has been the Third Step. Its usefulness as a spiritual tool made it possible for me to make a decision to turn my will and life over to the care of God as I understand Him. Consequently, I was provided the faith and courage to use the other spiritual tools of our program.

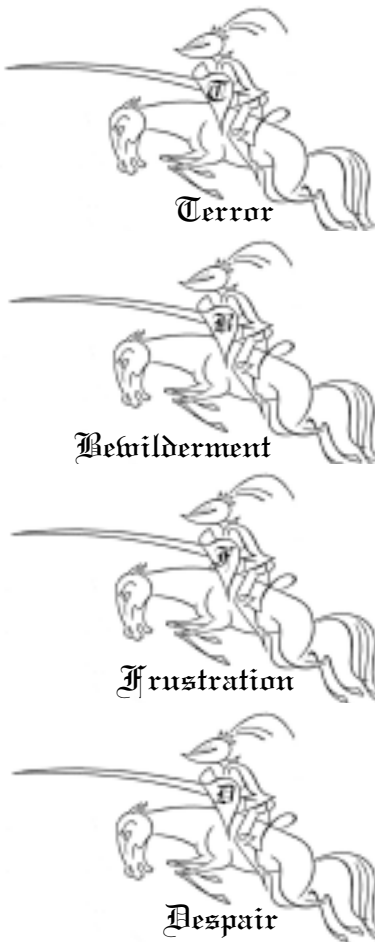
For example, I was able to utilize the spiritual tools of Steps Four through Nine to discover my defects of character and to look at how my resentments and fears had caused me problems with society and been the basis for much of my insecurity. I also was permitted through these spiritual tools to determine whom the people were that I had harmed over the years and made it possible for me to make amends to many of them.

Further, I am very aware that I have only a daily reprieve from alcohol contingent on the maintenance of my spiritual condition. The spiritual tools of Steps Ten and Eleven have provided me the means each day to take a personal inventory of myself and to improve my conscious contact with God as I understand Him through prayer and meditation. In essence, I have been safe from alcohol on a daily basis and I can continue to be reasonably happy and useful to God and my fellow man as long as I employ these spiritual tools each day.

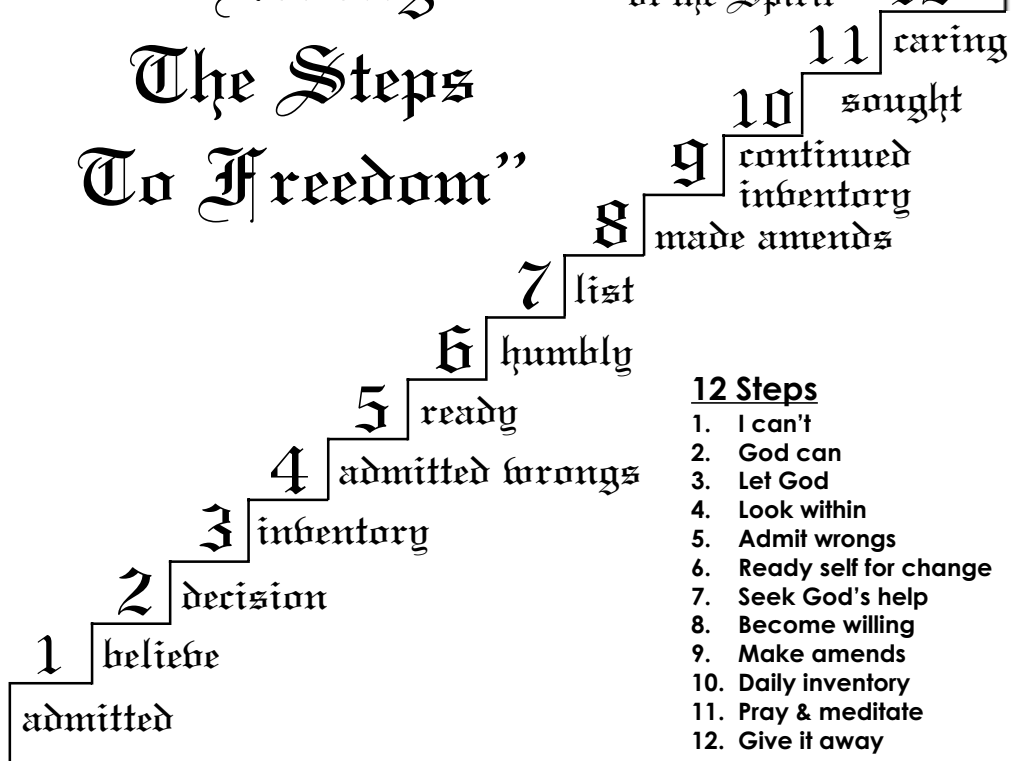
In conclusion, I have had a spiritual awakening as the result of picking up the simple kit of spiritual tools that were laid at my feet. I have found much of heaven and I have been rocketed into a fourth dimension of existence of which I had not even dreamed. Moreover, I have experienced Step Twelve and made use of it as a spiritual tool to try to carry our message to other alcoholics, and to practice these principles in all of my affairs.



Anonymous



“Living The Steps To Freedom”



12 Steps

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray & meditate
12. Give it away

Anyway

People are unreasonable, illogical and self-centered. **Love them anyway.**

If you do good, people will accuse you of selfish ulterior motives. **Do good anyway**

If you are successful, you will win false friends and true enemies. **Succeed anyway.**

Honesty and frankness make you vulnerable. **Be honest and frank anyway.**

The good you do today will be forgotten tomorrow. **Do good anyway.**

The biggest people with the biggest ideas can be shot down by the smallest people with the smallest minds. **Think big anyway.**

People favor underdogs but follow only top dogs. **Fight for some underdogs anyway.**

What you spend years building may be destroyed overnight. **Build anyway.**

The world is blaming others for their mistakes. **Try anyway and learn from those mistakes.**

When I make excuses before a job has been completed I know I have not done everything to encourage a positive outcome. **Give it one more try anyway.**

There are times when I have work to do, but I don't want to do it.

Prioritize and do it anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you've got anyway.

A circular fingerprint graphic in the background, with the letters 'KIT' overlaid on it.

KIT