

# Keep In Touch

October 2003

## Announcements

The Area website address is as follows:  
[www.area62.org](http://www.area62.org)

Check out K.I.T. & other committees

### 2004 KIT Topics:

Service  
Bridge the Gap "Prison"  
Treatment "Sponsorship"  
Founders Day  
History Theme "Old Timer's Panel"  
Crossroads or Turning Points  
Newcomer's 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 apologize.

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

JoAnne G.  
P.O. Box 1016  
Aiken, SC 29802

[JoAnne\\_99\\_1999@yahoo.com](mailto:JoAnne_99_1999@yahoo.com)

The next KIT publication will be presented at the next Area Assembly. What events are happening in your district or group between Mar. 2004 - May 2004 that you would like published? **Deadlines for submission of articles is Jan. 1, 2004.**

## Higher Power's Alphabet

Although things are not perfect  
Because of trial or pain  
Continue in thanksgiving  
Do not begin to blame  
Even when the times are hard  
Fierce winds are bound to blow  
God is forever able  
Hold onto what you know  
Imagine life without His love  
Joy would cease to be  
Keep thanking Him for all the things  
Love imparts to thee  
Move out of "Camp Complaining"  
No weapon that is known  
On earth can yield the power  
Praise can do alone  
Quit looking at the future  
Redeem the time at hand  
Start every day with worship  
To "thank" is a command  
Until we see Him coming  
Victorious in the sky  
We'll run the race with gratitude  
Xalting God most high  
Yes, there will be good times and yes  
some will be bad, but...  
Zion waits in glory...where none are  
ever sad!

## Calendar of Events;

**57th Annual SC State Convention**  
The Embassy Suites, Greenville, SC  
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 1, 2004 @ 10:00 am

**Next Area Assembly**  
March 6 & 7, 2004 @ 10:00 am

**Delegate Get-Together**  
February 6, 7, 8, 2004 @ 10:00 am  
Atlanta, Georgia  
For more info. ask your DCM

### Other Recovery Events

**Low - Country Roundup**  
November 14 - 16, 2003  
Charleston, South Carolina  
Beach Holiday Inn - (843)588-6464

### ATTENTION!!!

\* If anyone has saved old registrations from past S.C. Conventions since 1963, could you make a copy and give to El N. She has put together a list of the themes we have used and some are missing.

\* Needed: Old Grapevines for corrections and treatment. You can give to your G.S.R. or take to the District meeting.

\* Delegates' & Alt. Delegates' reports are available from G.S.R. and D.C.M.

# The 12 Concepts For World Service–Workshop

The Alcoholic Foundation was formed in 1938, later to become the AA Gen. Serv. Board. Its functions included handling the finances, holding the assets of the fellowship, and making the decisions necessary to run the business of the new org. Most of the trustees were Class A, nonalco. They often turned to Bill W. and Dr. Bob S. for direction in the affairs of the fellowship. Bill supplied answers to questions from groups, PI materials, etc., and he reported to the Foundation. In the late 40's, when Dr. Bob became ill and Bill realized he wouldn't live forever either, they identified the need to allow partic. by the groups in the continuing business of AA. The first Gen. Serv. Conf. held in 1951, proved viable, and four years later in St. Louis, the management of the fellowship was turned over to the groups. In 1962, Bill wrote the Conf. for World Serv. Much as the 12 Steps were written after the individual exp. of members showed us how to recover, and as the 12 Trad. were compiled after the collective exp. of the groups illustrated the path to unity, the 12 Concepts were dev. after the Conf. demo. a decade of successful service experience. The Board is now comprised of 21 trustee; 7 Class A and 14 Class B (alcoholic) trustees. Class B includes 8 reg. Trustees, 4 Gen. Serv. Trustees (2 on AAWS and 2 on Grapevine), and 1 US and 1 Canadian at-large trustee. Reg. Trustees like Dick do not literally represent the regions, their votes reflect their vision of the best for AA as a whole, but they keep the Board apprised of reg. concerns and carry service info. to the areas at functions such as this Assembly.

Con. 1: Trad. 2, unity manifested in the group consc., is the basis of Conc. 1. The groups run the Conf. and AA. The dele., elected by the GSRs, who are elected by group members, advise the Board what you want for the fellowship. Originally, the Assemblies' only function was to elect a delegate. In good alcoholic form, we have expanded and complicated the business of the areas into weekends of hard work in service to local AA. But our attention to the actions of the Gen. Serv. Board through our Dele. remains vital.

Con. 2: The adoption of the Gen. Serv. Charter in 1955 resulted in the delegation to the Conf. The Voice for the collective future of AA. The decision-making process is accomplished through agenda items sent to the Conf. Sec. by any member, any group, any district, or any area. The action item goes through the appropriate Trustee Comm., on to the Conf. Agenda, and to the Dele. Comm. to be discussed and voted. App. Agenda Items are not legally binding, but a vote with over 2/3 majority, has traditionally never been ignored, although it could be if the Board believed it was contrary to the best for AA.

Con. 3: The working relations within the structure of AA must be functional and flexible. Our trusted servants vote on the issues that guide AA policy. We, as an Area, can bind our Dele. to a specific directive, but she ought to have the right to listen to all the facts and opinions presented at the Conf. and vote her conscience. The groups ought not limit their delegate, the dele. ought to listen to the groups, the board ought to hear the Conf.; this is a manifestation of our unity. If a suggestion by the groups is revised, the Dele. must explain how and why the info. presented by others convinced her to change her vote for the greater good of AA. GSO staff may believe an issue presented by an area should remain in their preview, the Board may agree and not send it to the Conf. If it is something the groups believe it should have wider participation, it will come up again, likely by many areas. Patty T. asked whether an area should solicit other areas for support of a proposed agenda items to ensure it gets through the Trustees Comm. Dick answered that even an individ. may submit an Item, but, yes, it would have more weight with wider group, dist., area, or areas support.

Con. 4: In AA, voting rights are commensurate with authority. All active partic. in service ought to vote. Many GSO staff are as knowledgeable as the delegates, they have a vote (but on Conf. Comm. staff do not vote). Class A trustees, who think differently than alcoholics, vote.; The Conf. is comprised of dele. from 93 Area, the 21 Board trustees, 6 non-trustee directors, and several Grapevine and GSO staff. The dele. maintain a 2/3 majority, but rarely do they all vote the same. AA gives autonomy to the areas so we see differences. At the level of your groups, dist. and area, do

your members. GSRs, DCMs, officers vote? What about committee chairpeople?

Con. 5: Minority opinion in AA becomes a considered opinion, our chief protection over the railroad action. In its zeal, the majority may be hasty, angry or uninformed. The minority is frequently right, has the right to be heard, and often, on hearing and consideration, the vote turns around.

Con. 6: The groups furnish the overall direction of the fellowship through the dele, but AA trusts its trustee Board and its staff at GSO to manage our corp.. AAWS, Inc. and Grapevine, Inc. The Board and staff have the resp. and authority to do our business.

Con. 7: Obviously, the Board is a legal entity entitled to do our business, but the actions of the Conf. of our dele., trustees, and staff are based squarely in AA trad. and the finances provided by the groups.

Con. 8: AA trust its Board to elect the directors of AAWS and Grapevine. The Board acts like the stockholders of these corp.

Con. 9: All levels of our fellowship require good leadership to carry the message of AA to the still suffering also. Again, AA trusts the trustees. Group members ought to elect committed GSRs, the district ought to elect and active DCM, and the dele. elected at an area should demo. these leadership qualities. From the dele. come the alcoholic trustees, so it follows that good leadership rises through our trusted servants to Gen. Serv.

Con. 10: The resp. of our trusted servants and the corresponding authority to dispense those resp. are assured through bylaws, trad. and job descriptions. Those who do the jobs in AA have the authority to do them. Does your coffee-maker have the right to buy a different brand of coffee?

Con. 11: The Board appoints GSO and corporate staff, sets salaries, provides training and cross-training, and assures rotation. The Board must find the best people and pay them a fair wage for their work, including our also employees. Rotation of staff and in our service structure is vital to the continuing growth of our fellowship. Finding a new GSR or DCM every two years may seem daunting, but passing it on to new people keeps AA active and alive.

Con. 12: The Gen. Warranties for the Conf. 1) Caution in finances and power results in AA's limitation on personal contri. because too much money for the Board may invite them to exercise their option to dismiss Conf. recommendations. The AA purse controls the power of the Board 2) AA maintains a reserve fund sufficient for not more than 12 months of operations 3) No one at the Conf. has authority over any other. It won't work at any level of AA 4) Issues settled through disc. vote, and substantial unanimity (2/3 majority) are apt to have been thoroughly understood. Usually, votes at the Conf. exhibit much high unanimity 5) The Conf. shall not punish anyone nor act to incite controversy in the outside world. May we sue Infringement of our copyrights to AA liter. has resulted in suits to cease and desist, not for monetary compensation. AA let the trademarks go. The lawsuit in Germany is against an individual who is printing our BB for free. The Board neglected the copyrights on the first and sec. editions so there is a gray area concerning those documents. Marshall L. maintains that Bill meant that we do not sue. 6) Just as the groups elect and decide using "one member-one vote," the Conf. also operates democratically, assuring that it is not a gov., but a spiritual fellowship based on principles and guidelines founded in service.

The workshop accomplished Dick's purpose in stimulating disc. and interest in the Con. of AA. Thank you very much.

Transcribed and edited by Cyndi F., Area 62 Secretary

*This is just one man's interpretation of the Conc.  
Just a reminder that everyone has a right to their opinion.  
I apologize to Cyndi for having to shorten more.  
Area KIT Chair JoAnne G*

# The Triangle

I love the breakdown of step 12 at the end of the story (recovery, service and unity). I want all 3 sides of the AA triangle in my life; I want complete recovery.

We buried him yesterday. The County Coroner had published the required notices for next of kin and nobody had claimed the body. It was just myself, and his sponsor, not even a preacher--the county doesn't pay for those. Not much of a send-off, and not the one David had asked for. A cheap coffin, a backhoe digging a hole, and that was it--another old AA gone.

He had been sober over 20 years and in AA over 30, a stern and rigid man who tried to soften his edges and never could. He was a loner, an isolated man at the edge of life's good things. He hung in there...and in the end hung himself. I don't know why; I can't know. I know there had been a diagnosis of senile dementia, and I know that the doctor had added cancer to the list. But, I've seen AAs deal with such things before...I don't know why David decided he couldn't. It isn't the first time I've been through this in Alcoholics Anonymous. I've known several over the years who just up and walked out life's door one day. Sober, but not happy. Sober, but not at peace. Sober, but they died of alcoholism. Our disease doesn't need us to drink in order to kill us. I wish more folks knew that, and appreciated it. Alcoholism is the only disease that is entirely capable of fighting back, of taking care of itself, and of emerging in new places and new forms when it isn't properly treated. That's because of the spiritual malady. Most people think that has something to do with prayer or with God. It doesn't. It has to do with "our spirit" ...that force which animates, motivates and propels us. As an alcoholic, my spirit is ill. It is flawed. My character, or basic nature, doesn't work right. At its root it is a fundamental and irresolvable insecurity...a hole that can't ever be filled. It is an instinct run rampant and desperate need for acceptance and love that cannot be met. It hurts. It fills one with fear. The selfishness and self-centeredness of the alcoholic lies here...we are totally preoccupied with what is going on with ourselves on the inside. The slings and arrows of experience warped by this need drive us to the fringe, and the voices of the committee in our head keep us there. We are obsessed with ourselves, and from condition of mind...the insanity of feelings gone haywire, we become self-medicators, eventually. We discover alcohol or something else...and the stuff quiets the voices, provides the relief we've never been able to find in any other way. It isn't any wonder we drink, or drug, the way we do. And some of us don't develop an addiction...in attempting to meet these crying demands of our spirit become ill, we develop other malformations of behavior, and suffer in a hundred different ways. God broke David's obsession to drink. But, I don't think David ever truly understood his disease. I say that because I watched him struggle with those old unresolved issues of his heart for years. His rigidity, coldness, aloofness, isolation and difficulty with other people were a reflection of the pain in his heart...of the disease of alcoholism gone deep inside, and still active. Alcoholism didn't need David to drink in order to continue trying to kill him, and in the end...it succeeded. In the end, instead of self abandoned...David abandoned hope...and discovered a bitter end. Our recovery from alcoholism through the Steps must be a three-fold process. It is not one-dimensional. When we say, in AA, that we have a triangle...recovery, unity, service...we mean it. In working the Steps, I clear a pathway for two purposes...first, to come into a group of human people and away from the fringe of society where I have spent most of my emotional life. Secondly, discovering "belonging," through service to the people within that group. It is only this entire, three-fold process that heals. It is especially true for those of us who suffer from the spiritual malady to a great degree. Perhaps the 12th Step says it best: "Having had a spiritual awakening as the result of these Steps (recovery), we tried to carry this message to other alcoholics (service) and practice these principles in all our affairs (unity). You see...I cannot hold back. I must not continue to suffer that shyness, aloneness, that overwhelming sense of self...in my affairs. I must get involved in a group of people to practice these principles in all my affairs. Only the total approach is healing. Anything less is little more than driving my disease deep...and if I do that...it will continue to eat away, trying to destroy me. It destroyed David. This is a memorial to an old AA who gave his best shot...and I think David ended up on the plus side. It wasn't his fault; he seemed to have been born that way. There were a lot of old ideas about self that David could never muster the willingness to let go of. He is at rest now. But it says somewhere that "no matter how far down the scale we have gone, we will see how our experience can benefit others." He cannot speak of his experience any longer; I am speaking in his memory. And I think that if David could talk to us today, he'd say "Understand your disease thoroughly, and work the complete program of recovery!"

## North Augusta Central Group of Alcoholics Anonymous

Alcoholic Anonymous started in North Augusta, SC in 1951. Prior to this, in 1946, the founders of our group, Carl P., Pierce F., and Russell W. originally met in the kitchen of Tiny B. They then moved to a small group called the Downtown Central Group. Now a number of these members were from North Augusta and there was a meeting available 19 miles away in Aiken, SC, every Thursday, which the 64th member of AA, Frank S., would run. These men felt that North Augusta needed more. They continued to meet in Aiken, SC, and at the Downtown Central Group. Meanwhile Pierce F. was always keeping his ears open for a meeting place in North Augusta. Now in 1951 there was an influx of people being staffed at the DuPont Plant in the Aiken/North Augusta area. This meant that many numbers would be looking for a place in North Augusta to sober up. Luckily, in 1955 Pierce F. got word that an old Masonic temple building was available. Well, Pierce, being the persevering soul that he was (he has recently passed on), negotiated with the City of North

Augusta to have the building moved and placed on a piece of property that the city owned. The property is approximately under the bridge that separates Georgia and South Carolina. What better place for a bunch of drunks, than under a bridge. So on May 2, 1955, the "24 Club," (a nonprofit organization) bought the rights to the land for \$1.00 per year, as long as the building is standing. Then the North Augusta Central Group was formed. Notice how they kept the word "Central" in their name from the Downtown Club. Our group has also been called, by word of mouth, "Under the Bridge." In 1975 there was a difference of opinion of some members, and a few men split from the group. These men went to a Baptist Church up on Georgia Ave., and formed "The Miracle Group" of North Augusta. One of the members, Jiles H., was a member of local Episcopal Church, St. Bartholemew's. He was offered an opportunity to use the church for this group. The Baptist minister was getting tired of recovering people meeting in his church, so Jiles took the offer. The Miracle Group met



**Under The Bridge  
North Augusta, South Carolina**

for eight years until it disbanded and the remaining people went back to the North August Central Group. Then a wonderful change took place, 5 people along with Carl P., Vickie and Peter J., Raymond & Elaine, and Alan S. decided to start a 12:00 noon meeting at North Augusta for all the working people who needed a sober lunch break. So in February 1979 the noon meeting started and was chartered for a few months. In 1995, this meeting had grown from 6 people to 40-50 on the average, holding meetings Monday-Sunday (Sunday is at 12:30 for church goers). Since the noon meeting was such a success, the group decided to add a 5:30 meeting and a 2:00 one as well. All of these meetings are daily Monday-Saturday. Back in the early days meetings were only held Thursdays and Sundays. One alcoholic, Don L., a 30 year member, recalls that 12 stepping was different in those days. There were no treatment centers, sometimes no detox centers. "They would call, and we'd sometimes grab a 1/2 pint and go get them and let them just shake it out. But the doors to North Augusta were always open." They still are to this day when meetings take place or if a 12 step call is taken.

Who would have thought that three humble men, who started meeting weekly in North Augusta would have helped it grow to 23 meetings weekly with hundreds of years of sobriety attending. There has been a spiritual presence at the North Augusta Central Group for over 44 years and with God's power and recovering people desiring to stay sober, it will always continue to grow.

### *"On The Outside Looking In"*

I am on the outside looking in  
Yet nothing appears clear.  
I am on the outside looking in  
And I swear I am sincere when I say this is my last beer.  
Yet, I am still on the outside looking in  
And I have lost all hope and will to live.  
I am on the outside looking in  
God please just take me in my sleep.  
I am on the outside looking in  
When He invites me in to share.  
Unsure and untrusting I reveal my thoughts  
Having hit the bottom what do I care  
I'm still on the outside looking in.  
Nobody will understand what I'm saying  
So, I get up to leave when the window reflection  
Catches my attention.  
I thought I was still on the outside looking in  
When my new friend offered support and love.  
A change came immediately from above.  
For now I am on the inside looking out  
And have no doubt this is where I belong  
I am finally on the inside looking out  
But I'm still looking for an easier route.



Submitted by Denny S.

## Greetings On Behalf of the SCCYPAA 2003 Host Committee.

We are extremely excited to announce the 1st Annual South Carolina Convention by Young People in Alcoholics Anonymous. Ever since AA came to South Carolina, there has not been a state young people's convention. In 1998 Charleston was awarded SERCYPAA, the Southeastern Regional Convention of Young People in AA, but there were not enough young people in the program willing to start a state convention at that time. South Carolina was awarded SERCYPAA again in 2002 and it was held in Columbia. From 1998-2002 there has been a huge influx of young people getting sober though SC. Many people in the surrounding states and also in SC began to talk about the need for a young people's state convention. After SERCYPAA, everyone was on fire about starting a convention and small group from Charleston went to NCCYPAA, the North Carolina Convention of Young People in AA. It was there that the word was spread about the possibility of forming a young people's convention. Upon returning to Charleston host committee elections were held, and thus SCCYPAA was born.

We would like to add that even though we call ourselves a young people's convention, we are not in any way meaning to be exclusive. The convention is only put on by mostly young people. Our hope is that young people will find a way to get involved in mainstream AA through experiencing the joy of our three legacies, service, recovery and unity, by putting on a convention and learning our traditions. We carry the message of Alcoholics Anonymous as written in The Big Book and follow the traditions and concepts in the AA Service Manual. We get guidance from the old-timers in AA who have experience with putting on conventions so that we can carry the message to all alcoholics.



Yours in Service,  
Chrissy R.

### Echoes

Do not disturb,  
but do not forget.  
For where we come from,  
is not over yet.  
In our life we are free to choose  
To drug or to booze.  
In my life, in my plan,  
I'd rather win than lose.  
Reality in sobriety is a chance  
for us together here in these rooms.  
With our friends and family  
to stake a claim on peace of mind,  
while learning the true person behind our name.



Edward S.



**When the two brain cells are fighting,  
quit feeding the aggressor.**

## The General Service Conference 2003

The 53rd General Service Conference of Alcoholics Anonymous was held at the Crowne Plaza Hotel in New York City from April 26th through May 3 this year. I had the privilege to represent Area 62, South Carolina, for the second time.

I wish that someone could have told me that I would one day experience something so awesome when I was lying in detox contemplating suicide. How could someone who has been where I have been (the depth of despair that so few know and live to tell about) end up where I am today. If someone had told me of the fabulous gifts I would receive by staying sober one day at a time, I would have written them off as insane!

I believe that anyone of us can "grow up" and become delegates. The opportunity is there for every member of Alcoholics Anonymous! The key being willingness to practice our three legacies.

The Conference is a lot of hard work, and a lot of fun! We meet from 9 a.m. (7 a.m. if you want to get in an early morning AA Meeting) to 9, 10 11 p.m. (One Committee worked until 2 a.m. one morning). We eat lunch and dinner together. We argue heatedly and support each other for having the strength to speak from our hearts.

I have had the opportunity to serve on the Cooperation with the Professional Community Committee and The Archives Committee for the past two years. This has given me so much knowledge about Alcoholics Anonymous that I doubt I would have ever gained otherwise. My plans are to work closely with our tri-county CPC committee next year.



With Gratitude,  
Patty T.

Hi everyone, I'm an alcoholic and my name is JoAnne. I would like to say that it has been an honor and a privilege to serve as your SC Area KIT Chair for the last 2 years. I just wanted to share with you that over my lifetime I didn't think I had an imagination. In fact in high school, they said for me not to even try working with a computer. They said I could do anything with my hands and I took that as "don't even try for a thinking job." So I didn't.

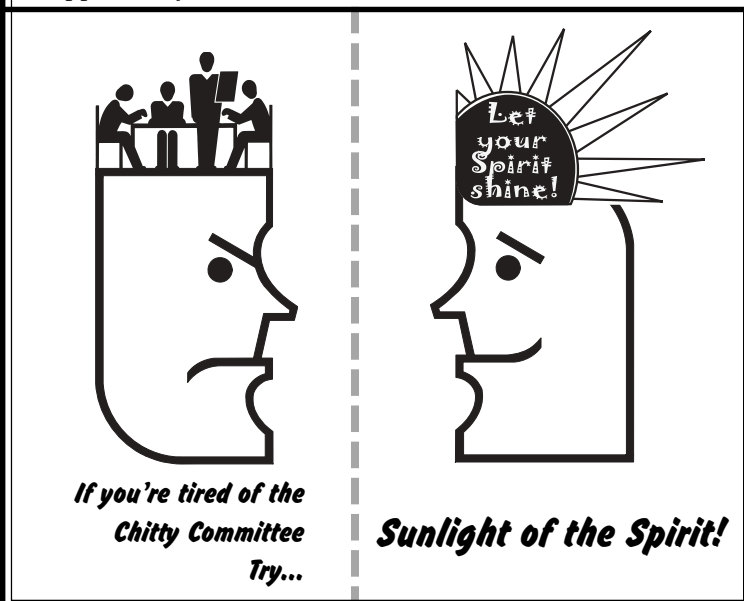
I do want to say thanks to the program of Alcoholics Anonymous and a God of my understanding for giving me the courage to step out of the box and try something new. I never on my own power would have thought that my mind could have the imagination it has used over the last 7 years. And it all started when I asked our DCM what is KIT? At the time I had never seen one of the newsletters and barely read a newspaper (that part is still true today). She told me what she knew and I started asking questions of others that had been in service at the Area level. I actually thought that it had to be perfect and that I had to know exactly what I was doing in order to work with this. Thank God it's progress not perfection. Anna, one of my earlier sponsors took me to an Assembly and I had my first meeting with the people who did KIT. Boy, was I confused. I was told that all I had to be was willing and to have an open mind like when I started AA and wanted to get sober. So I became the group and district rep. (yep, just a plain old alcoholic, I figured if one job will do ya good, two would do ya better) in district 30. I got information from the assembly and took it to the district meeting and then to my home group. Then it went in reverse, I took stories, calendar of events and poems back to the Area Chair and our committee. It took a little while to start feeling comfortable with what seemed to me at the time to be 100,000 people in the little conference room, but in all actuality it was only between 125 and 175 people. My sponsor today, Pat, encouraged me to go for the Area Chair and for that I am ever thankful.

The printing company I use in Aiken, has a terrific staff to work with, and Kim can do amazing things with a computer that I never even dreamed possible. When I had an idea, all I had to do was put it on paper and take it to Kim and she would put it on the computer. Truly amazing. Especially with some of the stuff I thought about. I would like to thank the K.I.T. Committee for hanging in there and making this possible.

So, any of you who are fighting fears, step on that Bridge of Faith, and step from ship to shore. All we have to do is be willing, and God will take care of the rest. Thank you for giving me the opportunity to be of service.

### JOURNEY

If the days were to drift away  
as so many do;  
I ponder the question as to if this weighs  
heavy on other creatures too?  
Some days are long seemingly endless.  
As for others,  
they blow past our existence like the wind,  
whose destination is unknown.  
Days accumulate making up our past,  
our future is in today,  
that's in our grasp.  
But, how often does one ponder days past,  
With a sense of regret for days perceived as trashed.  
Killing time, as the saying goes,  
kills in time the body, mind & soul.  
So, as the other creatures live,  
so shall I, grasping today,  
without regrets for I know it is I...  
I that is responsible for  
my body, mind & soul.  
Seeking to ponder each day  
as a gift  
One day at a time,  
from something unknown.  
The wind's mysterious destination  
begins to become clear,  
and I know the journey I'm on  
is not one to fear.



Jay S.

## Acronymity is the foundation of all our oral traditions...

- AA = Absolute Abstinence=Adventures Anonymous=Altered Attitudes=Altruistic Action=Attitude Adjustment
- ABC = Acceptance, Belief, Change=Ashtrays, Broom, Coffee=Ashtrays, Broom, Chair
- ACTION = Any Change Toward Improving One's Nature
- ALCOHOLICS = A Life Centered On Helping Others Live In Complete Sobriety
- ANONYMOUS = Actions Not Our Names Yield Maintenance of Unity and Service
- ASK = Ass-Saving Kit
- BAR = Beware Alcohol, Run=Beware Alcohol Ruin
- BIG BOOK = Believing in God Beats Our Old Knowledge
- DEAD = Drinking Ends All Dreams=Drugging Ends All Dreams
- DENIAL = Don't Even Notice I Am Lying
- DETACH = Don't Even Think About Changing Him
- DUES = Desperately Using Everything but Sobriety
- EGO = Easing God Out
- FAILURE = Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty
- FAITH = Fear Ain't In This House
- FEAR = Future Events Appearing Real=Few Ever Arrive Rejoicing=Failure Expected and Received=False Evidence Appearing Real=False Expectations Appearing Real=Fear Expressed Allows Relief=Feelings Every Alcoholic Rejects=F\*k Everything and Run=Face Everything and Recover=Forgetting Everything's All Right
- FINE = Faithful, Involved, Knowledgeable and Experienced=Feeling Insecure, Numb and Empty=Frantic, Insane, Nuts and Egotistical=Freaked out, Insecure, Neurotic and Emotional=Frustrated, Insecure, Neurotic Emotional=F\*ked, Insecure, Neurotic and Emotional
- GIFT = God Is Forever There
- GOD = Good Orderly Direction
- GOD = Group of Drunks
- GOYA = Get Off Your Ass
- GUT = God's Undeniable Truths
- HALT = Hope, Acceptance, Love and Tolerance
- HALT = Hungry, Angry, Lonely, Tired
- HALT = Horny, Arrogant, Lazy or Tragic? Get to a meeting!
- HALTS FEAR = Hope, Acceptance, Love and Tolerance Stops Forgetting that Everything's All Right
- HELP = His Ever Loving Presence=Hope, Encouragement, Love and Patience
- HOPE = Happy Our Program Exists=Hearing Other People's Experience=Hang On, Peace Exists
- HOW = Honest, Open-minded and Willing
- ISM = Incredibly Short Memory=InSide Me=I Sabotage Myself
- KISS = Keep It Simple, Stupid
- MMM = Meetings, Meditation and Masturbation (recommended for the first year)
- NUTS = Not Using The Steps
- OUR = Openly Using Recovery
- PACE = Positive Attitudes Change Everything
- PAID = Pitiful and Incomprehensible Demoralization
- PMS = Poor Me Syndrome=Pour More Scotch
- PROGRAM = People Relying on God Relaying a Message
- RELATIONSHIP = Real Exciting Love Affair Turns Into Outrageous Nightmare, Sobriety Hangs In Peril
- RID = Restless, Irritable and Discontented
- SLIP = Sobriety Loses Its Priority
- SOB = Sober Old Bag=Sober Old Bastard=Sober Old Biker=Sober Old Bitch
- SOBER = Son Of a Bitch, Everything's Real=Simply Observe Bill's Exemplary Recovery
- SPONSOR = Sober Person Offering Newcomers Suggestions On Recovery
- STEPS = Solutions to Every Problem in Sobriety=Solutions to Every Problem, Sober
- STOP = Sicker Than Other People
- THINK = The Happiness I Never Knew
- TIME = This I Must Earn=Things I Must Earn
- WILLING = When I Live Life, I Need God
- YET = You're Eligible Too

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

KIT