

# Sober Living *A Celebration of Life!*

I spent so many years on that glum and gloomy road to death and destruction that this wonderful spiritual path we are currently on seems un-natural and counterintuitive. Solution based positive thinking is replacing negative fatalistic pessimism. Self care and awareness is replacing an attitude of indifference about physical and mental health. Careful attention to obligations and finances is replacing that careless and reckless approach to responsibilities in society. An interest in a spiritual connection to God is replacing that cynical dreary outlook that discolored everything. Each one of these things represents a celebration of life, and it is the life that we were supposed to be living a very long time ago!

The first 3 steps tell me that I have a very serious thinking problem that can be changed by outside aid, and that I can surrender my suffering to my Creator (if I have suffered enough).

Steps 4 and 5 help me see the exact nature of those thinking problems, especially in relation to normal human instincts.

Steps 6 and 7 allow me to submit my entire mind, heart, and soul to a God of my understanding.

Steps 8 and 9 allow me to walk the earth a free man, with no more guilt and shame shackled to my ankles. These middle 6 steps celebrate my life freed from that insane destructive alcoholism.

The last 3 steps are sometimes called maintenance or growth steps. For me, I find that step 10 keeps me on track (one day at a time) and allows me to be of maximum use to God and my fellow travelers. I can make daily course corrections before my life gets unmanageable. In step eleven I attempt to become "attuned" to my Higher Power however I can (prayer, meditation, reading).

Step 12 keeps me locked in by preventing my default of isolation and depression. Becoming involved in service also has a tendency to ruin my self-pity and that whole "bondage of self" thing.





# Community News

- Intergroup and the AA Hotline received 57 calls in October.
- Time to get ready for the Alkathon, will your Group be participating?
- Looking to do service work? Intergroup has openings at the office. Contact FS at 386-628-2541

- Intergroup will be closed December 24th and December 25th.
- Spend Christmas with your AA family!! The Eyeopener, New Life, Gratitude, Unity and Downtown groups are hosing a speaker meeting and lunch on Christmas Day. See the back cover of this post for more details!
- The Triangle Club will remain open 24 hours a day from Christmas through New Year's Day. YOU ALWAYS have a safe place to go over the holidays.

### \*Clean & Sober Recipe:\*

- 5 handfuls of gratitude.
- 1 bottle of alcohol-free cider.
- A dash of stress & anxiety management.
- 2 escape plans.
- 5 clean & sober supports.
- A pinch of open- mindedness,  
willingness, & honesty.

**Annual Post Subscription \$11.00**  
**12 Posts delivered to your door monthly**

**Please make checks payable to NCFI**

Name \_\_\_\_\_

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## Tradition 12

The Steps are HOW IT WORKS.

The Traditions are WHY IT WORKS.

*“Anonymity is the spiritual foundation of all our traditions, every reminding us to place principles before personalities.”*

“In our Twelve Traditions we have set our faces against nearly every trend in the outside world.

“We have denied ourselves personal government, professionalism and the right to say who our members shall be. We have abandoned do-goodism, reform and paternalism. We refuse charitable money and prefer to pay our own way. We will cooperate with practically everybody, yet we decline to marry our Society to anyone. We abstain from public controversy and will not quarrel among ourselves about those things that so rip society asunder -- religion, politics and reform. We have but one purpose: to carry the AA message to the sick alcoholic who wants it.

“We take these attitudes not at all because we claim special virtue or wisdom; we do these things because hard experience has told us that we must -- if AA is to survive in the distraught world of today.”

*AA Co-Founder, Bill W., January 1955*

*“Why Alcoholics Anonymous Is Anonymous”, The Language of the Heart*

# Congratulations!



## November Anniversaries

**Downtown**  
SC - 5 yrs

**Eyeopener**  
PS - 17 yrs (October)  
BW - 17 yrs (October)  
SL - 33 yrs (October)  
MP - 32 yrs  
JW. - 1yr  
MS - 1yr  
CM - 1yr

**Everything or Nothing**  
SO - 12 yrs  
KKS - 23 yrs

**Women's Step Study**  
KS - 2 yrs  
FO - 30 yrs

**Free To Be**  
KV - 10 yrs  
LS - 4 yrs

**Gratitude Group**  
TS. - 24 yrs

**Hampton Hole in the Wall**  
RMcK - 33 yrs  
CW - 24 yrs

**Micanopy**  
MAL. - 40 yrs (October)  
CG - 1 yr  
C - 5 yrs

**New Freedom**  
LF - 7 yrs

**Saturday Morning  
10th/11th Step Group**  
DF - 35 yrs  
MO - 6 yrs  
AM - 1 yr  
MD - 5 yrs

**Language of the Heart**  
CK - 23 yrs

**Starke Happy Hour Group**  
BD - 19 yrs (October)  
CW - 24 yrs (October)  
R - 33 yrs (October)

**Gratitude Group**  
TS - 24 yrs

**Women's Serenity Seekers**  
CH - 6 yrs  
KL - 5 yrs  
LS - 4 yrs

**December Birthdays?**

*Send them by*

*January 12th to*

*[POST@AAGainesville.org](mailto:POST@AAGainesville.org)*

**Heard in a meeting (after the meeting).....**

the **Gift of Desperation**

which GETS us to the rooms must certainly also be **GOD**

## 7th Tradition Addresses

**North Central Florida Intergroup**

2632 NW 43rd Street, Suite 1182  
Gainesville FL 32606-7551  
(Checks payable to: NCFI)

**District 14**

PO Box 357254  
Gainesville, FL 32635-7254  
(Checks payable to District 14)



**North Florida Area Assembly**

PO Box 10094  
Jacksonville, FL 32247  
(Checks payable to NFAC)

**General Service Office**

PO Box 459, Grand Central Station  
NY, NY 10163  
(Checks payable to GSO)

***Self-support: Where money and spirituality mix!***

# Step 12

***“Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”***

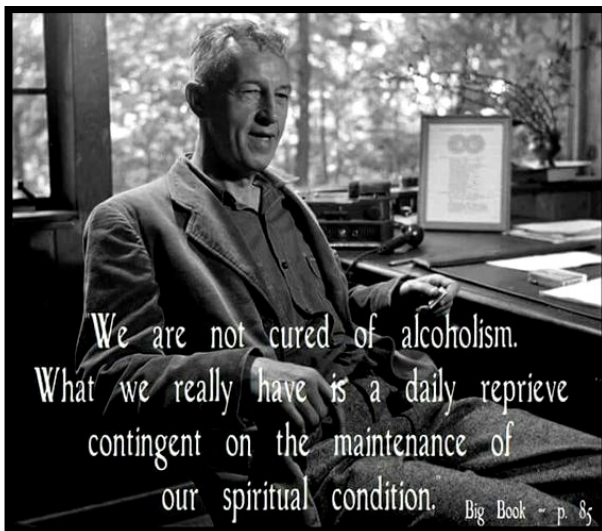
Step Twelve has 3 separate parts:

It has the ultimate promise - that if we are willing to do the 11 steps prior as best we can, that we WILL have a spiritual awakening as the result. What is a “spiritual awakening”? Is it of the profound burning bush variety as our founder Bill Wilson had? Few of us truly have this kind, most of us admittedly have the one that is less flashy, which comes from consistently being willing to make the decision to continue on the road to recovery. This is called the educational variety. I didn’t even realize I was changing, but others close to me saw the change. I believe I continue to have “awakenings” as I grow in sobriety. And I further believe, at least for me, that in order for me to do the rest of what Step twelve asks of me, I need to have these awakening.

Next is the responsibility of all of us who have had been blessed to catch recovery, to carry THIS MESSAGE to alcoholics. What is the message - I believe it is the message of HOPE that there is a solution for the sick and suffering alcoholic (inside and outside of our rooms). The SOLUTION is found by DOING the 12 steps. And we can show that it works by simply sharing with others what we were like, what happened and what we are like now. Living our best lives is the only attraction required, but the EFFORT comes in the carrying part. I had to learn the hard way that we carry the MESSAGE, not the Alcoholic.

And finally practicing THESE principles in all our affairs. This is the way to stay sober - to keep chaos at bay - and to stay in the solution. What are these principles? HONESTY, HOPE, FAITH, COURAGE, INTEGRITY, WILLINGNESS, HUMILITY, BROTHERLY LOVE, JUSTICE, PERSERVERANCE, SPIRITUALITY, and SERVICE. Certainly practicing ALL of these daily is not an easy task - at least isn’t for me. To be honest, when I came in this program I didn’t understand what most of these words even meant! So I watched others - especially in my home group and my sponsor family - and they taught me by their actions. Today I fall short of being perfect. But by being of service to others, and by trying to be a better human each day, I have a life I never dreamed of. I am finally content!

I thank GOD everyday for Bill Wilson and Dr. Bob Smith and this program of Alcoholics Anonymous. It can and WILL work for everyone who becomes consistently willing and humble.



We are not cured of alcoholism.  
What we really have is a daily reprieve  
contingent on the maintenance of  
our spiritual condition. Big Book - p. 85

## Future Topics

**“New Perspectives” January**

**“Learning to Love Myself” February**

**“Sobriety and Luck” March**

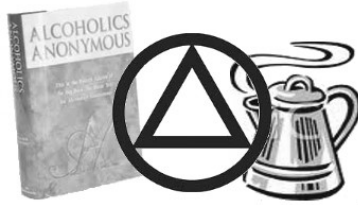
**↘ *Get Published!***

**Entry deadline is the 12th of each month.**

Send your topic articles, op-eds, opinions or cartoons

to: **[Post@AAGainesville.org](mailto:Post@AAGainesville.org)**

# NCFI



# North Central Florida Intergroup

Our office is located in  
**Land Title Plaza**  
 2632 NW 43rd Street  
 Building 1000, around back to 1182  
 Gainesville, FL 32606-7551  
 Telephone: 352-372-8091  
 Our office hours are:  
 Monday - Wednesday: 2:00 - 5:00 pm  
 Thursday - Friday: 12:00 - 6:00 pm  
 Saturday: 11:00 am - 3:00 pm  
 Sunday: Closed



## POST Submissions

Send articles and anniversaries to [Post@AAGainesville.org](mailto:Post@AAGainesville.org) or mail them to the NCFI office no later than the 12th of each month.

## Activities Submissions

Send information for all activities in the AA community to [Activities@AAGainesville.org](mailto:Activities@AAGainesville.org). If you want them to be announced in the POST they must be submitted by no later than the 12th of the month.

## Intergroup

Questions about AA in North Central Florida or to order large quantities of literature please contact [office.manager@AAGainesville.org](mailto:office.manager@AAGainesville.org) with requests.

**Our next Intergroup meeting**  
 will be held on the last  
 Sunday of the month:  
**October 27th @ 1:00**  
 At the Triangle Club (1005 SE 4th Ave)

Check out our new website @  
**[www.AAGainesville.org](http://www.AAGainesville.org)**



# Intergroup Chairperson's Corner

Hi everyone!

I want to thank everybody for coming out to the Gratitude Dinner November 23rd! We had a great time - good food, excellent cake auction, and a great speaker. We also had the sobriety countdown and 50/50 raffle. But we especially had some great unity and fellowship!!! I especially want to

thank all the people who were involved in putting on this annual event. I am always amazed at all the participation we have in our district. Lots of people willing to get involved in service!

This event gave everyone an opportunity to show their gratitude for being sober, to participate in some great fellowship, and to help Intergroup carry the message to the still suffering alcoholic. We could not do this without you and your support!

I'm honored and privileged to be your Intergroup Chairperson. Please contact me if you have questions or concerns.




Greg N, Intergroup Chair, [gregnorm5@aol.com](mailto:gregnorm5@aol.com), (352) 283 2648

## Thanks to the following 8 Groups and Individuals who sent in a donation to Intergroup in September of 2019

- All-Inclusive Solution* \$210.00
  - 10th & 11th Step* \$250.00
  - Bring Your Own Book* \$63.20
  - By The Book* \$91.56
  - Faith, Hope & Strength* \$12.00
  - The Geezer's* \$50.00
  - Ind./Anonymous* .72
  - Steps to Freedom* \$20.00
  - The Loft* \$40.00
- Total \$737.48**


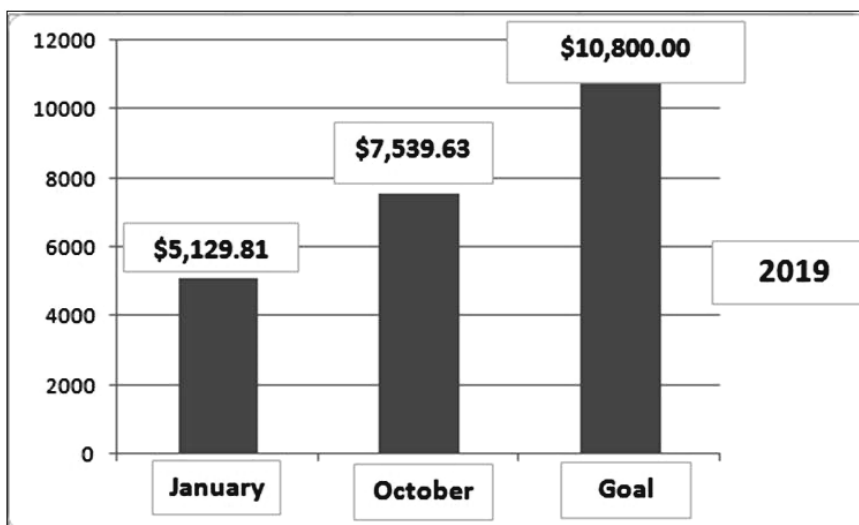
### 7TH TRADITION CHALLENGE

*"Now that we are sober in A.A., the word 'support' has to do with sharing, people, self-respect, gratitude, and what we are privileged to give - not take - in material terms."*

*We are self-supporting through our own contributions ~ Many of our branches are suffering from lack of support (GSO, Area, H&I, Central Office). How much does one drink cost? If it were not for Alcoholics Anonymous, we'd be drinking plenty!*

*Drop the cost of one drink into your home groups basket when it comes by ... you can't afford not to!*

Faithful 5 er's and 10 er's

**NORTH CENTRAL FLORIDA INTERGROUP**  
**October 27, 2019**

**ATTENDANCE** – GN (Chair), BC (Alt Chair), PC ( Alt Secretary), MR (Alt Treas), FS (Office Mgr), DO (POST), WM (Webmaster); SL, AM, JW, MN, MS, SW, NF, KP, JM, CH, AW, AO.

**MINUTES** – PC presented the September minutes (page 7 of the POST); read and approved.

**TREASURER’S REPORT** – MR reviewed the September Treasurer’s report (page 8 of the POST); The annual insurance premium in the amount of \$526.11 was paid this month. Prudent reserve is up to \$7,261 – almost halfway from when we started to our goal of \$10,800. One group donated \$200 toward our Prudent Reserve this month.

**PHONE COMMITTEE** –SS not present but it was reported that the phone grid is full at this time.

**POST** – DO apologized for a problem with the October birthdays this month so, if your groups’ birthdays are not in the November POST, feel free to send them again and they will be included in the December POST.

**LITERATURE & MERCHANDISE/WHERE & WHEN** – FS reported that a new printing of the W&W is out and the date of 10/19 can be found in the top right-hand corner of the pamphlet. They are still only 35 cents apiece. FS brought safety cards for IG reps to take back to their groups along with Treasurer’s packets. He also brought copies of Box 459 along with flyers for the 2020 International Convention to be held in Detroit, Michigan on July 2<sup>nd</sup> to July 5<sup>th</sup>. Pamphlet Palooza, changed its meeting time to Tuesday at 6pm.

**WEBSITE** – WM reported that the website is up-to-date.

**ACTIVITIES** – DO reported for Activities encouraging everyone to submit their activities 2 months in advance to give maximum exposure time. If there is no room for a flyer in the POST, they can still be put on the website and in Community News. Debra is happy to help design a flyer if you’d like. There is an Amberjack Fish Fry on November 2<sup>nd</sup> from 2-5 at the Triangle Club. All proceeds will go toward funding the new parking lot for the club.

**DCM REPORT** – There was no representative for a DCM report but GN reported that the Area Delegate was at the last District meeting and gave a report on activities at the Area level. District meets the 2<sup>nd</sup> Wednesday at Westminster Presbyterian Church at 6pm.

**OLD BUSINESS** – Reminder that the Gratitude Dinner is on November 23<sup>rd</sup> beginning at 4pm.

**NEW BUSINESS** – SR resigned as secretary of IG effective 10/1/19 so we are in need of a new Secretary. JW of the Eye Opener group stood for the position and was unanimously elected. She will begin her duties at the next scheduled meeting on November 24<sup>th</sup>.

There being no further business, the meeting was closed with the Responsibility Pledge.

**NEXT MEETING – THE LAST SUNDAY OF DECEMBER, 1PM AT THE TRIANGLE CLUB**  
**ALL ARE WELCOME TO ATTEND!**

## Intergroup Treasurer's Report: October 2019

<b>Sales</b>	<b>Current</b>	<b>Y.T.D.</b>	<b>Purchases</b>	<b>Current</b>	<b>Y.T.D.</b>
A.A. Literature	825.00	7,907.76	A.A. Literature	706.64	4,493.46
Chips	138.00	1,166.07	Chips	0.00	745.85
Medallions	104.00	1,478.94	Medallions	50.89	409.96
Other Merchandise	33.50	454.54	Other Merchandise	0.00	109.67
Where and Whens	71.75	510.21	Where and Whens	140.00	672.75
<b>Total Sales</b>	<b>1,172.25</b>	<b>11,517.52</b>	<b>Total Purchases</b>	<b>897.53</b>	<b>6,431.69</b>
<b>Sales Tax Collected</b>	<b>82.13</b>	<b>805.34</b>			
<b>Activities Revenues</b>			<b>Activities Expenses</b>		
Gratitude Dinner Tickets	2,270.00	2,290.00	Alkathon	0.00	0.00
Gratitude Dinner Contributions	120.00	270.00	Emotional Sobriety Workshop	0.00	0.00
Gratitude Dinner Cake Auction	0.00	0.00	Gratitude Dinner	249.01	1,891.68
Gratitude Dinner 50/50 Raffle	0.00	0.00	Hawthorne Picnic Donation	0.00	200.00
<b>Total Activities Revenues</b>	<b>2,390.00</b>	<b>2,560.00</b>	<b>Total Activities Expenses</b>	<b>249.01</b>	<b>2,091.68</b>
<b>Contributions</b>			<b>Committee Expenses</b>		
Faithful Fivers and Tanners	40.00	1,865.00	Phone Committee	0.00	0.00
Group Contributions	737.48	7,949.52	Steering Committee	0.00	0.00
Office Reserve Contributions	230.00	480.00	The Post	0.00	0.00
<b>Total Contributions</b>	<b>1,007.48</b>	<b>10,294.52</b>	Website Committee	0.00	0.00
 			<b>Total Committee Expenses</b>	<b>0.00</b>	<b>0.00</b>
<b>Overhead Expenses</b>			<b>Fund Balance</b>		
Corp Filing Fees	0.00	113.75	<b>Checking</b>		
Insurance	0.00	526.11	Checking @ 1st of Mo.	1,208.31	
Intergroup's Monthly Meeting	43.11	393.20	Current Deposits	4,651.86	
Internet	65.68	656.75	Current Expenditures	2,922.21	
Office Expenses	95.06	629.32	Transfer to Grat. Din. Res.	1,471.00	
Office Rent	190.00	2,090.00	Transfer to Office Reserve	270.00	
Office Manager Salary	869.46	7,040.27	<b>Ending Balance, Checking</b>		<b>1,196.96</b>
Payroll Taxes	149.16	497.21	 		
Postage	24.80	289.09	<i>Contributions are credited for the month they are deposited, hence some contributions may not be credited till next month.</i>		
Printing: Other	11.03	81.82	 		
Printing: Phone Volunteer Packets	0.00	0.00	 		
Printing: POST	113.00	1,189.56	 		
State Sales Tax	65.97	704.86	 		
Telephone	148.40	1,397.09	 		
Website Fees	0.00	-228.78	 		
<b>Total Overhead Expenses</b>	<b>1,775.67</b>	<b>15,380.25</b>	 		
<b>Reserves</b>			 		
<b>Ending Balance, Grat. Din. Res.</b>		<b>3,500.00</b>	 		
<b>Ending Balance, Off. Res.</b>		<b>7,539.63</b>	 		



**“Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired.**

**Life will mean something at last.**

**The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.” Alcoholics Anonymous , page 152**



**DISTRICT 14***Serving Alachua County***DCM Corner**

Hello everyone. I have a few things for your consideration.

Area assembly will occur on the first Weekend of January 2020. Book as soon as possible as the room block is expected to fill up quickly. There is a link on the Area 14 website, under the Area 14 Assembly tab where you can book your room at the area discounted rate.

Next I want to update you on an upcoming event. We are planning on holding a service fair in February 2020. We are zeroing in on concrete details soon. I am hoping to set up a temporary service fair committee in the next few days and I will be working with the website committee to set up a temporary announcement on the District 14 website.

Also, I wanted to take a moment to wish everyone Happy Holidays. Remember we didn't take a holiday from drinking, and neither do our service commitments, so please take a moment to review your service commitments and make any arrangements to have your commitments covered if need be.

Lastly, I wanted to point out that while the holidays a happy time for many of us, there are also people who struggle during this time. I implore you to please keep an eye on your family, friends, neighbors, and any alcoholic that may be struggling during the holidays. I fully understand and respect the idea of "We don't chase alcoholics, they have to want it." I get that - I have even said that at times, but there is nothing wrong with being the hand of AA, reaching out and making sure that our friends are doing well. Giving an extra effort this season to make sure people know they are seen, needed, appreciated and even loved can be the best gift we can offer.

I look forward to seeing you all around and thank you for allowing me to be of service.

Thank you for allowing me to serve, CM, DCM District 14 (954) 540-8046

## District 14 Service Committee Meetings

### District 14 Business Meeting

2nd Wednesday, 6:00 pm  
Westminster Presbyterian Church

### Accessibilities

1st Saturday, 5:00 pm  
Triangle Club

### Archives

1st Tuesday, 6:30 pm  
Triangle Club

### Corrections

3rd Tuesday, 6:00 pm  
Triangle Club

### CPC/PI

1st Thursday, 6:30 pm  
Triangle Club

### Grapevine

3rd Monday @ 6:30  
Triangle Club

### Literature

1st Saturday, 5:00 pm  
Triangle Club

### Phones (NCFI Committee)

2nd Tuesday, 5:00 pm  
Intergroup Office

### Treatment

1st Monday, 6:30 pm  
Triangle Club

Visit our combined District 14 & Intergroup website @  
[www.AAGainesville.org](http://www.AAGainesville.org) for more information!

## District 14 Business Meeting - November 13th, 2019

Meeting called to order at 6:00 PM by Chris M. Minutes recorded by Will M.

**In attendance- Officers:** CM. DCM, KP. Treasurer, DA. *Alt DCM Committee Chairs:* DN. Grapevine, DS. Treatment, MC. Literature, GN. Intergroup, LR. Corrections, HP. Website, MC. Archives, KM. CPC/PI, BH. CPC/PI Co-Chair *GSRs/Alt GSRs:* KG. By the Book, DD. Kanapaha Open Discussion, JMP. Saturday 10th and 11th Step, CC. Beginner's Mind, BA. Gratitude, DR. Everything or Nothing, RG. Unity, ST. Women's Serenity Seekers, JE. New freedom, BP. Free to Be, AH. Afternoon Reflections, ML. The Way Out, GM. Renacer, MM. TILIS Men's Group, WM. YPG, JM. Promises, JP. Everything or Nothing, JT. Monday Night Big Book, CH. Live and Let Live, KP. Pamphlet Palooza

**Treasurer** - KP. Treasurer's report accepted.

**DCM**- CM. The next Area Assembly will be held on January 3-5. We have a men's and a women's room reserved, please speak to CM. or DA. to reserve your spot. It looks like the Service Fair will be held in February 2020 the schedule will include the Area Delegate and a few others so far. If you'd like to help plan the Fair come to the first planning meeting on December 7th at 5 PM at the Triangle Club. CM looks forward to seeing you on his tour of every committee and business meeting over the next few months!

**Alt DCM**- DA. Please see DA to reserve a spot in one of our rooms at Area Assembly.

**Archives**- MC. Currently in the planning stages for the History Display at next year's Founder's Day. Come by their meeting to learn more and get involved- the next meeting will be held December 3rd at 6:30 at the Triangle Club.

**Corrections**- LR. Corrections is still making progress, albeit slowly, toward their new meeting at a nearby Juvenile work camp to help carry the message of AA to teens who are currently incarcerated. Come by the Triangle Club on the third Tuesday of every month to get involved!

**CPC/PI**- KM./BH. The committee is looking into getting a new PSA on Pandora, You can find their current PSA in the Classifieds section of The Alligator. CPC/PI will be speaking quarterly at the SFC Nursing School. Thanks to MO. For speaking at *Let's Talk: Living above the Influence!*

**Grapevine**-DN. DN will no longer be the Chair of this Committee as she is moving- Thank You for Your service, DN! Any items ordered through December 31st from [AAGrapevine.org](http://AAGrapevine.org) will include FREE SHIPPING!

**Literature**- MC. The Literature Committee meeting will now be held along with the Treatment Committee meeting on the first Monday of the month at the Triangle Club 6:30 PM.

**Accessibilities**- *Vacant*

**Treatment**- DS. Has been working in tandem with the Literature Committee to more effectively keep the literature racks current in our treatment centers, Thanks MC! Treatment committee has been approached by MIST, a group for pregnant and new mothers and is committing to a new weekly women's only meeting at Bridge-House for them at 7 PM on Mondays. This is an exciting opportunity to share the message to women who will be in treatment for 6-9 months, please come to the next Treatment Committee meeting at 6:30 on December 2nd if You would like to get involved. Treatment Committee welcomes M as their new Co-Chair!

**Website**- HP. If you have any fresh ideas for or would like to join the Website Committee please contact HP. through [AAGainesville.org](http://AAGainesville.org).

**Intergroup**- GN. The Gratitude Dinner will be held Saturday November 23rd at 4 PM at Springhill Baptist Church. The planning committee will be meeting one last time on Thursday at 6 at the Triangle Club. Unfortunately there are no more tickets available for this event. Thanks to everyone who has participated in planning this event!

11th Concept and 11th Tradition read by CM. And DA. respectively.

Meeting adjourned at 6:35 PM.

**Next District meeting December 11th at 6:00 PM.**

**See [AAGainesville.org](http://AAGainesville.org) for more information.**



*You are invited to Christmas at the Triangle Club ....*

**Speaker Meeting 12:30 pm**

**Lunch Served 1:45 pm**

**Please bring a side dish  
or dessert to share!**

**The Triangle Club  
will remain open 24 hours a day  
from Christmas to New Year's Day!**

*Hosted by the Eye Opener, New Life, Gratitude, Unity and Downtown groups!*



# 12 Tips for Sober Holidays

1. Line up extra AA activities (help on the phones, speak, empty the ashtrays).
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep your AA telephone list with you at all times.
4. Find out about holiday meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an AA friend--or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance).
8. Go to church. Any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letters.
10. Don't project about holiday temptations: remember "One day at a time."
11. Even if you cannot give material gifts, enjoy the beauty of holiday love.
12. Carry the message. Give the joy away, and it will be yours to keep.

*From the December 1989 Grapevine magazine*