

YOU MAKE A START

You made a decision. You've taken Step One and said to yourself, "Yes, I'm one of those people who are powerless over alcohol, My life has become unmanageable. I can't stop drinking and I want help." You have discovered, as it says in the Big Book, that alcohol is "cunning, baffling and powerful."

In order to stop drinking and stay stopped, there are a few simple principles that you will need to apply to your life. These principles are AA's program of recovery. They can work for you as effectively as they have worked for others. Following are some suggestions which we feel will be of help to you on your path to recovery.

LIVE ONE DAY AT A TIME

Alcoholics Anonymous is a "one day at a time" way of living. We try to break life into small pieces we can handle. We stay sober one day at a time, or when necessary one hour at a time. We do our jobs one task at a time. We solve our problems one problem at a time. We clean up our past one mess at a time, and we conscientiously try to turn our lives and our will over to the care of a Power greater than ourselves. In learning to apply the AA principles to our lives, we ask for help from other AA members, from our sponsors and from a Higher Power whom most of us come to depend upon for our recovery.

GO TO MEETINGS

In the Tri-State area there are afternoon, early evening and evening meetings everyday. There are a couple of old sayings "You are only late to your first meeting" and "If you can get to the meeting, we will get you home from it". What do these mean? First, coming late to a meeting is OK, at least you are there. Continually late to a meeting is a bad habit. Second, you will always find a way home from a meeting from another fellowship member. All you have to do is ask.

Use the District 2 Meeting Schedule, which you can get at most of the literature racks at meetings or go online at www.aawv.org. The web page lists meetings in the State of West Virginia (Area 73). Every member should have and carry with them a copy of this schedule. Make as many meetings as you can. As one AA member says, "The Big Book is your road map, meetings are your filling stations."

GET A SPONSOR

A few members may tell you that they got sober without the aid of a sponsor and they may be telling you the truth. However, our AA experience tells us that you will have a much better chance with a sponsor than without one. In AA you will probably find that your sponsor is a vital part of your recovery.

Your sponsor will listen to you and give you suggestions; share experience of what works; point out trouble spots and help you decide what to do about them. In other words, your sponsor helps you to understand the AA program and guides you along the path of recovery. Though sponsors can't solve your problems, they help you to address them with honesty, courage and to find solutions using the AA program.

You can usually count on sponsors to do their part and encourage you to do yours. A good Sponsor's main responsibility is to "run" your recovery, not your life.

HAVE A HOME GROUP

When some of us were introduced to AA through a particular group, we thought we had been assigned to that group and should not go to other meetings.

Nothing could be further from the truth. Please visit many groups, this will assist you in finding a home group. You are encouraged to get as many phone numbers as you can. *These will prove helpful in tough times.*

There are many different types of groups available. Most AA members have found it important to belong to one group which they call "Home Group." This is the group where you accept responsibilities, are challenged to keep growing and where you feel you have so many friends you can't afford to stay away. The home group you choose should be one where you can get sober, stay sober and feel a part of.

Over the years, the home group has remained the strongest bond between the AA member and the Fellowship. This home group will be your solid foundation and your introduction to the exciting world of Alcoholics Anonymous.

You can change Home Groups at any point in time if you feel another group is a better fit as your recovery needs change.....AND THEY WILL !!

READ THE BOOK

As soon as you can, we suggest that you read these important books which explain the AA program of recovery, our history, and our Traditions:

ALCOHOLICS ANONYMOUS The BIG BOOK
TWELVE STEPS and TWELVE TRADITION
A.A. COMES OF AGE
AS BILL SEES IT
DR. BOB AND THE GOOD OLDTIMERS
PASS IT ON
DAILY REFLECTIONS
NEW PAIR OF GLASSES
LIVING SOBER
CAME TO BELIEVE

These books are AA General Service Conference approved literature and can be found at many of the groups in the Tri-State. We suggest you read them and reread them. They can be a constant source of inspiration and understanding.. Many of us begin our "Quiet Time" by reading a paragraph or chapter from one of them. They are the basic source of our program of recovery. Other AA literature is available and can be found on the literature racks at most AA meetings. We feel it is helpful as you travel the road to happy sobriety.

There is also an excellent periodical that most of us read. It is the *AA Grapevine*, which is published every month in New York and is filled with helpful articles for the alcoholic who wants to get well and stay that way. Attend a Grapevine meeting periodically and/or purchase a Grapevine subscription for monthly inspirational recovery.

INCLUDE THE FAMILY

It is said that the average practicing alcoholic affects the lives of at least five other people and that alcoholism is a family disease. We find that the family that gets sick together can often recover together. The best way to do this is to share your program of recovery with them. The following are some of the AA activities you can share with your family.

OPEN MEETINGS: Take your spouse, other family members and interested friends to hear the stories of AA speakers and to share in the Fellowship of other AA families. Open meetings are listed in the District 2 Meeting Schedule with an "O".

SOCIAL EVENTS: Special anniversary dinners, dances, picnics and other social events are available for AA members and their families.

AA CONFERENCES: Weekend conferences at resorts and hotels are held throughout the year along with other activities for AA members and their families. Al-Anon meetings are available, please see chairperson for an updated schedule. Lists of conventions, roundups, assemblies and other District or Area events can be located in the announcements of most meetings.

Twelve Initial (first step) Suggested Requirements - Newcomer

- 1) Congratulations !! You are at your first meeting. Sit and listen. We do not need to know your story, we already know it. We will get to know you and your story as the time passes. GET A SCHEDULE of meetings or find out where the next meeting is that you can get to.
- 2) Quit Drinking or Drugging. Don't drink or drug – NO MATTER WHAT
- 3) Go to your next meeting (same meeting location or other from the schedule). Sit and listen
- 4) Buy, Borrow, but get a Big Book and read the Dr.'s opinion in the front of the Book.
- 5) Go to your next meeting (other meeting from the schedule). Sit and listen
- 6) Read the Big Book (First Five Chapters)
- 7) Go to your next meeting (other meeting from the schedule). Sit and listen
- 8) Get a Sponsor and his/her telephone number.
- 9) Go to your next meeting (choice from schedule). Sit and listen
- 10) Call your sponsor and setup a time to meet for about an hour.
- 11) Go to your next meeting (choice). Choose this meeting as your home group.
- 12) Begin working the 1st Step with your sponsor

WHEN YOU TRAVEL

Just as you found friends in meetings everywhere in the Tri-State you will also find helpful members in almost every city and town in the United States and most parts of the free world. It is suggested that you take your Big Book for Quick Reference when needed.

Whenever you travel, take U.S., Canadian or International directories with you. They contain group listings, meetings and names of AA's members you can phone and who will help you get to meetings when you are away from home. Copies of these directories are available from any Group's GSR.

Look in the phone book in most cities under "Alcoholics Anonymous" and you will find either an answering service or an AA Central Office that will help you make an AA contact. You are never very far from an AA meeting.

BE A PART OF instead of APART FROM

So now you've made a start, if you are like most of us, we think you will find these suggestions helpful on your journey to a comfortable, happy sobriety.

Remember that you never have to be alone again. We in Alcoholics Anonymous are eager to provide any support and guidance you might need. Our very survival requires that we must work together with you. We need you! Join us, participate and become a part of this wonderful fellowship.



A GUIDE FOR THE NEWCOMER TRI-FOLD

For the Newcomer

Making a Start In Alcoholics Anonymous

A GUIDE FOR
THE NEWCOMER

Compliments of:

Weekly Meetings



Saturday—8:00pm*
Sunday—7:30pm

www.miracleson20thst.com

530 20th St. 6th Ave. Church of Christ
(Beside University Fire Station)

*First Saturday of Quarter Open Speaker & Chip Cleansing
*Last Saturday Candlelight