

News Sheet



Dec 2020/Jan 2021

*Wishing you all a Happy Christmas
and a Sober, Prosperous New Year*



PREAMBLE ©

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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Hints for Self-Care over the Holiday Season

This holiday season will be like none we have experienced before. Christmas can be a challenging time for many alcoholics and this year more than ever as we find our way through the COVID-19 pandemic. Brighter days will come but, in the meantime, as we continue on our road of recovery in AA, we must find a way to make self-care a priority, especially throughout the holiday season

Make Self-Care a Priority

Give yourself the gift of time for yourself, we cannot be our very best if we are depleted. Find ways to celebrate the holiday season by taking care of your body, mind and soul. Make time for meditation and prayer. Proper nutrition and plenty of healthy physical movement will make you feel stronger, both physically and emotionally. Soothe your soul.

Increase AA Support

We can get overwhelmed with the erratic nature of the season anyway, but this year we have the added challenge of coping with COVID restrictions too. Make a plan for each day. Start with 12-step support as your priority. This could mean contacting someone in AA, commit to attend a meeting (or two) each day, now we also have online meetings as an option. The Alcoholics Anonymous website will provide an up to date list of meetings available. Check out the website's e-publication, section, there is plenty of AA sharing to be found in our online 'Road Back' e-publication.

Be mindful of time spent around others – know your limits

Stress can lead us to rationalise and convince ourselves we are entitled to a drink. Surround yourself with supportive loved ones that will help you follow the steps to staying and sober.

Celebrate relationships

Consider the holiday as an opportunity to rekindle old relationships with friends, make that call, send that email. Establish real connections with others inside and outside of AA.

Service, not self

When we can focus on others, we find more joy and gratitude. So look for ways to think about and serve others. These spiritual opportunities allow us to spread happiness and cheer to others. Treat it as one of the benefits of staying and sober; being able to have a clear mind and body to help others.

Eat well

The holidays don't give us a green light to overindulge. There's nothing worse than stuffing ourselves with too much sugar, carbs, and fat-laden foods that make us feel bad. So be proactive and choose healthy foods that will make you want to celebrate, not feel guilty.

Create new traditions

Celebrate the fact you are re-establishing your own life. As you affirm your new self on these festive days, you are choosing to celebrate the new, better, and sober life that you have created.. It may mean volunteering to serve at local 12-Step support

groups. Remember, giving is one of the best things you can do during the holidays.

Avoid relapse triggers

Of all triggers, the most significant can be emotional triggers. No matter if you are in recovery or not, the holiday season is one of the most stressful times of the year. Normal routines are nearly impossible to withstand particularly during COVID, we can get disrupted, frustrated and anxious. There may be increased demands from your spouse, partner or other family members, and this can put serious stress on your sobriety.

This can lead to feelings of shame, guilt, humiliation, embarrassment, anger depression. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Saying “no” is perfectly acceptable and it will protect you.

Maintain your spirituality

Our commercial world wants us to believe that joy can come from tinsel, booze, and shopping. It sells us the lie that happiness can be found in these. Instead, focus on the true spirit of the season. Regardless of your faith or spiritual beliefs, the holidays are really about two things: giving and gratitude. When we focus on these, the other things such as resentment, disappointment, anger, worry, self-loathing show up far less often and cannot find a foothold in our hearts.

Make sobriety your top priority!

Stay safe, well and sober One Day at a Time



Tradition 7

Every AA group ought to be fully self-supporting declining outside contributions

AA is not about money, but without money, there is no AA.

Contributions continue to decline compared to last year. The website will be updated soon with information regarding the current financial situation.

All levels of the AA Structure are urged not to hold onto surplus funds, instead forward surplus funds in a timely manner so the services of AA can continue to operate.

AA officers are asked to take the lead and inform Groups, Areas and Intergroups of the options available to contribute via Tradition 7. Contributions can be made through the Tradition 7 donate option displayed on the homepage of the website, by electronic bank transfer, monthly direct debits/standing orders. Groups, Areas and Intergroups should reference the relevant Group, Area or Intergroup when making online contributions. Bank details are available from GSO. Alternatively cheques, postal orders etc can be posted to the General Service Office.

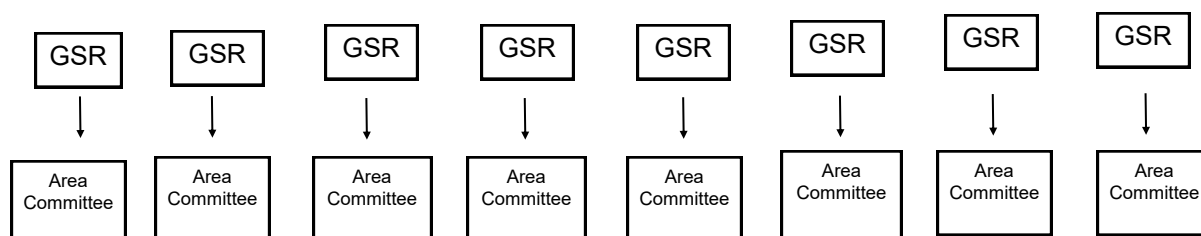
You can visit our website www.alcoholicsanonymous.ie for details of AA meetings and nationwide telephone services in operation over the holiday season.

STRUCTURE OF ALCOHOLICS ANONYMOUS IN IRELAND

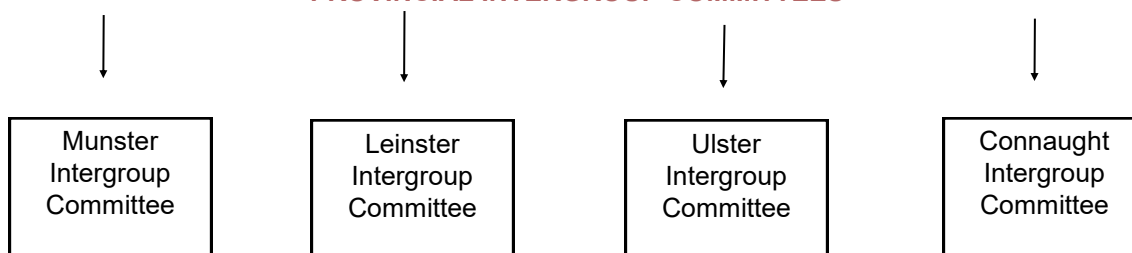
AA GROUPS (G)



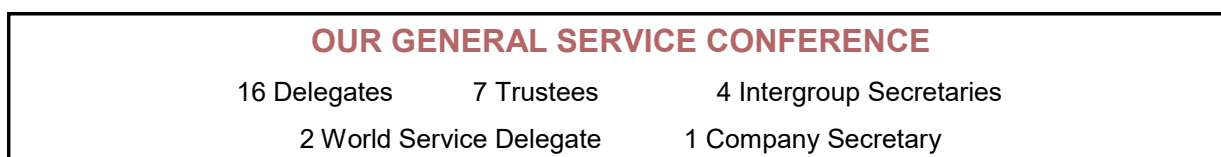
TWO GSR's FROM EACH GROUP FORM AREA COMMITTEE



FOUR MEMBERS FROM EACH AREA COMMITTEE FORM PROVINCIAL INTERGROUP COMMITTEES



FOUR DELEGATES FROM EACH PROVINCIAL INTERGROUP TO GENERAL SERVICE CONFERENCE



64th All Ireland Convention 2021
Friday 23rd to Sunday 25th April 2021
 The Clayton Hotel, Sligo.
 Theme: 'A New Freedom'
 See our website www.alcoholicsanonymous.ie
 for a full list of forthcoming events in Ireland and abroad.