

# NEWS SHEET



## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



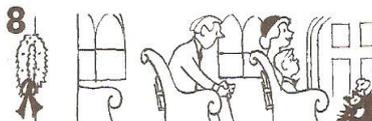
**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



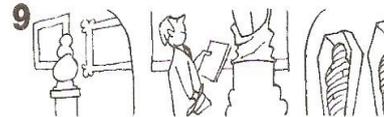
**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



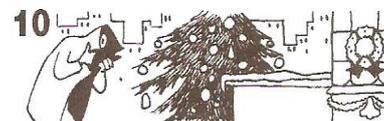
**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

## Growing Into Service

The symbol of AA is three-sided:

Recovery, Unity and Service.

With Unity we are given Recovery; as Recovery develops we give ourselves in Service, creating deeper Unity and creating for ourselves deeper Recovery. The corners are forever turned, the road is always before us as we need to be continually furthering our progress into sobriety. Along this route we have all benefited from the love, compassion, and understanding incorporated in this three-sided symbol. Let us all, therefore, give these away in service to others in order that we ourselves may continue to grow, and the Fellowship of Alcoholics Anonymous will remain forever steadfast.

Alcoholics Anonymous is more than a set of principles; it is a Fellowship of alcoholics in action. Service is at the centre of every AA concept and activity. It is as fundamental to AA as abstinence is to sobriety. Without this giving of oneself to another, there would be no Fellowship. This desire to serve improves recovery.

As newcomers, we see people giving time, energy and love in the service of the Fellowship, and it is suggested that we too should become involved. Those of us who have done this will tell you of the enormous benefits we have received by willingly stepping into service. A great paradox of AA is that rewards come when we begin to forget ourselves.

### WHAT ARE THESE REWARDS?

Simple service tasks have helped to develop confidence, a belief in one's own value and opinions, self-respect and self-worth. We have all found that participating in

service activities has helped our recovery.

Everyone in AA has some contribution to make. There are so many ways of practising our Twelfth Step. Some are talented in hospital or prison work, others can write to loners or answer telephones and some have abilities which lie in committee activities or sponsorship. But service is not just for a small number of experienced people. Each one of us has been surprised at the abilities which have emerged with a willingness to grow in service.

### HOW DO WE BECOME INVOLVED?

AA's Twelfth Step "Carrying the Message" is the basic service that our Fellowship gives; it is our principal aim, and the main reason for our existence. We must carry AA's message otherwise we ourselves may fall into decay and those who have not been given the truth may die.

Carrying AA's message is therefore the heart of our Third Legacy of Service. Any action which helps AA to function as a whole is service. Where better to begin than in our own home Group?

### IN THE GROUP

It is as a result of Twelfth Step work that a Group is formed and we discover that we are a small part of a great whole. Regular attendance at our Group meeting is in itself a form of service. Group meetings are necessary for maintaining sobriety. Love and effort is needed to keep the Group growing and maintained.

For some of us it is not always possible to do individual Twelfth Step work but for all of us

regularly attending meetings, it is possible to serve within the Group by helping to set up the meeting rooms; we can arrive early and help to:

- \* Put up the slogan signs;
- \* Display the AA literature;
- \* Arrange the chairs;
- \* Greet members, especially new ones, as they arrive;
- \* Help maintain the tradition of self-support;
- \* Make the tea or coffee; and
- \* After the meeting, help wash up and clear up.

The last two give a great service to everyone yet give us as individuals so much in return, for all we know the shared experiences gained during "washing up therapy" when shyness seems to evaporate. Perhaps here we feel our first sense of purpose and belonging.

### SERVICE TO NEWCOMERS AT GROUP MEETINGS

A warm smile of greeting can make newcomers feel welcome. A cup of coffee or tea also releases tension. Giving your name and sharing your experiences on the spot can make them feel they are in the right place. Giving your telephone number, and taking theirs in order to call them, may not seem like service but where would we all be today if someone had not done this for us?

These little efforts on our part are sure steps into responsibility, reliability, and confidence. They are also steps into loving, the sort of loving that makes no demands, asks for no rewards, and fulfils our sense of purpose.

As we grow in sobriety, we may

be asked to become a Group officer, described in our Twelve Traditions as a trusted servant. Each Group needs to have certain jobs done in order to function smoothly and responsibly.

The Secretary ensures the smooth running of the meeting.

The Treasurer takes care of the Groups finances.

Literature Secretary obtains the books and pamphlets needed by the Group.

Our Traditions remind us to be open-minded and that we are but trusted servants, we do not govern.

We may hear of Public Information and Co-operation with the Professional Community (PICPC). This consists of members who ensure that the public is informed about the work we do, and how and when we are available to give them our message. These members are from a collection of Groups working closely in Areas and Intergroups.

Some of us who have tried to serve in these ways will tell you how anxious and nervous we have felt to begin with. Others of us were brimming over with over-confidence, aggression and arrogance.

Service helps us to change, and these feelings are soon dispelled. We develop an even greater feeling of belonging and move still further in to loving and caring. The depth of our sobriety is strengthened with each task we do with willingness. Our sense of purpose is further developed.

### **A STEP FURTHER**

Another service we may be asked to carry out is that of GSR. The mere name itself, Group Service Representative, describes the

activity. It means:

Regular attendance at the Group you are serving

Going to Area Meetings

Having a good knowledge of Group opinions, experiences and decisions

Having an ability to share these with neighbouring GSRs at Area Meetings.

Being willing to share the experience of others with the Home Group.

This service is also described in a fuller way "Service Representatives". It brings benefits and an added breadth to a "society of alcoholics in action". You will see a broader spectrum of the AA Fellowship, meeting members from many different Groups, thus giving a wider circle of AA friendship. Here, too, there will be a further step into responsibility, reliability, confidence and humility. There will be growth into deeper love and understanding, a greater strengthening of sobriety, and more opportunities to carry AA's message to the still suffering alcoholic.

### **SERVICE WITHIN THE AREA**

Prison sponsorship

Twelfth stepping in hospitals

Talks to schools, the professions, and outside agencies

Telephone service

Arranging public meetings

Arranging mini-conventions

In most of these activities the responsibility will be shared,

creating a deeper bond between groups of members all trying to carry AA's message. Those members who do this work in isolation do not receive the same benefits as those who carry out tasks with one another. Sharing in every activity is the way the Fellowship of AA works best. The more we share our experience, strength and hope with each other, the more we will be able to maintain and deepen our sobriety.

### **STILL MORE WAYS TO SERVE**

By this time we are usually comfortable in our service activities. The growth into responsibility, reliability and confidence is well under way. However, there is still more to be carried out by the willing member.

There will be:

Intergroup Delegates;

Intergroup officers; and

Delegates to Conference.

These are similar services carried out in the same ways as previously talked about regarding the Group and Area.

### **Benefits**

There is an ever-increasing feeling of security within the Fellowship and the sense of belonging is deepened and broadened. We enjoy the fellowship of members from faraway places, whom we might not otherwise meet if we denied ourselves the privilege of service. All this should improve the quality of our sobriety.

## Conventions Ireland

<b>Galway West Area</b>	<b>January 11th-13th</b>	Galway Bay Hotel, Salthill, Galway	Hotel Contact Niamh 091 520520
<b>Waterford Area</b>	<b>January 18th-20th</b>	The Grand Hotel, Tramore, Co Waterford	HOW IT WORKS—051 381414
<b>Limerick Area</b>	<b>February 1st- 3rd</b>	Carlton Castletroy Hotel, Limerick	TRADITION 5
<b>Cork City Area</b>	<b>March 8th -10th</b>	The Montenotte Hotel, Cork	

## One Day Events Ireland

<b>Navan Annual Day of Celebration</b>	<b>Dec 27th (Thurs) 2012</b>	Pitch and Putt Club, Navan, Co Meath	Starts 11 a.m. €20
<b>Tyrone Area Day of Gratitude</b>	<b>Feb 9th, (Sat) 2013</b>	Silverbirch Hotel, 5 Gortin Rd, Omagh	Tyrone

## Conventions Abroad

<b>Lanzarote 4th Annual</b>	<b>Jan 25th -27th</b>	Barcelo Lanzarote Resort Hotel, Avd. Del Mar, 5, E-35508, Costa Teguisse, Lanzarote.	<a href="http://www.aalanzarote.com/4thaaconvention">www.aalanzarote.com/4thaaconvention</a>
<b>Cyprus (Paphos Gathering)</b>	<b>April 19th -21st</b>	Avanti Hotel, Paphos, Cyprus	<a href="http://www.aa-europe.net">www.aa-europe.net</a>
<b>Greece (19th Annual AA Conv)</b>	<b>May 16th -19th</b>	Anavyssos, Attica, Greece	<a href="http://www.aa-europe.net">www.aa-europe.net</a>

## STRUCTURE OF THE FELLOWSHIP IN IRELAND

