



THE ROAD BACK



NOVEMBER / DECEMBER 2020
Issue No. 431

A Time to Reflect

Editorial

Let us begin this last Road Back of 2020 on a positive note. Our fellowship is still alive and moving forward, the Road Back magazine is still with us, we are coming through a most difficult period in the lives of all of us. For these gifts we are grateful. This strange and unusual year, 2020, is beginning to draw to a close. It has certainly been a year of change. As we begin to reflect on the events of the past twelve months, many of us will feel overwhelmed, or overtaken, by the speed of the changes. We have even heard 2020 referred to as the year that wouldn't end. But, as we know only too well, all things come to an end. But year end is a time for celebration, a time for reflection and an opportunity to embrace change. We can celebrate another year of sobriety; we can celebrate our families and friends and their continued presence in our lives. Of course, some of us have lost loved ones during the year and this is a time to remember their presence and the gifts they brought to our lives. We also remember AA members who passed on during this year, friends we knew, friends we had not met yet.

But we can also find many reasons to be happy and joyous. If you are reading this magazine, maybe holding it in your hand, maybe reading online somewhere far away, you can be assured that we are all thinking of each other and wishing each other the very best for the coming year. We are a worldwide fellowship, and no matter where we go there are people like ourselves, members of AA working to keep sobriety alive in their daily lives, maybe undertaking an annual 'sobriety' inventory. Some may be wondering how they can continue to be of service to the fellowship. Don't be concerned, we are all of value to AA. We can 'pass it on' in any number of ways.

Maybe you want to share with us how you have coped during the years, the difficulties you faced and the solutions you found. Was your sobriety tested, was it strengthened? What might you do differently if the situation continues? Each one of us has a story to tell, each one of us has his/her own solutions to share. Please let us know. Please share your experience, strength and hope with us.

We on the editorial team here at the Road Back take this opportunity to wish every single one of you a very Happy Christmas and a sober and contented New Year in 2021.

Continue to keep safe, sober and well.

The Road Back Editorial Team



THE ROAD BACK

A meeting in print

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 AA membership; we are self supporting through our own contributions. AA 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.

The Road Back is published every two months by General Service Conference, Alcoholics Anonymous of Ireland. Unit 2, Block C, Santry Business Park, Swords Road, Dublin 9, Ireland. Telephone: (01) 842 0700

Up to date information on forthcoming Conventions and One Day Events can be viewed on our website at www.alcoholicsanonymous.ie

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Part of my Journey

It was a long time back when I entered the rooms of AA. My family, my home and my life was on the line and I had nowhere else to go. I was lucky to meet sound people at my very first meeting, that did not stop me going out one more time, but they were there when I came back and did not judge me. I got a sponsor straight away. I need a defence against this alcohol and heard people say *"get on the programme"*. I also heard people say take your time don't rush it but I had a mortgage and a bank manager who was not interested in the workings of AA and wanted my mortgage paid in full on time, the same as all my other creditors.

My sponsor told me that no one could get me sober I had to do this for myself and I had to want it

My sponsor told me that no one could get me sober I had to do this for myself and I had to want it. We went for long walks and we sat as I listened to his story and how he got sober and I wanted this. He explained to me that the Big Book was a like a toolbox and the 12 Steps inside were the tools to get and keep me sober. These tools give me the knowledge understanding and ability to get my life back on track.

I started to prepare for my journey by doing the first 3 Steps, the first one been the most important, and then I moved onto 4 & 5 and spoke honestly with my sponsor, 6 & 7 I looked at myself, things I could do a bit better and things I should not be doing. In 8 I took my list from Step 4 and with my bit of sobriety I could add to it. Step 9 was the first real time I actually worked the programme outside of AA and it was hard, to sit and listen to people I had harmed tell me the truth about my behaviours and with no attempt from me to defend the indefensible.

Step 10 & 11 are a reality check of how I am doing and 12 was the nuts and bolts of the programme locked in place. I know to keep this I have to give it away and I know that lots of people need it but you have to want it. I discovered that service is very important to my new life and do what I see needs doing and what I am asked to do. In these trying times I am so glad I have my close AA friends and we talk each day and offer each other support. When it's allowed we meet and walk and talk, just like I did with my sponsor at the beginning. This programme works under all circumstances.

Ray

Defined by who I am

One of the most difficult challenges in my sobriety was being involved in disciplinary proceedings involving a work colleague who was drunk. It was during a weekend when none of the senior managers were around. I knew that trying to cover it up was not an option. This in turn would reflect badly on me. What was I to do? Well, the matter was quickly taken out of my hands – also working that weekend was my Higher Power. A sharp – eyed boss gently inquired on the Monday morning, and I had to tell the truth.

I confided in one of the managers that I was a member of AA, and she was respectful and understanding

I was asked to write a short report for Human Resources, and I knew I had to do two things – be truthful and fair. I wrote the memo as if the person concerned was reading

it. I knew that I had just to lay out the simple facts – no opinion, no innuendo. When the colleague concerned read it, she told me it was extremely fair. I confided in one of the managers that I was a member of AA, and she was respectful and understanding.

I took my colleague to her first AA meeting, and introduced her to some of the women members who had been around a while. After a few weeks, my colleague told me AA wasn't for her. "I don't want to be defined by my alcoholism.", She told me. I tried to explain that I wasn't defined by my alcoholism – because I didn't drink any more, one day at a time. But I don't think she could understand.

When I drank, I was defined by my alcoholism. Now I don't drink, I am defined by who I am. I hope that's as a sober, honest person.

ANON

(Share Magazine September 2020)

Up to date information about Online meetings available on our website at www.alcoholicsanonymous.ie



AA saved my Life and changed my Life

At around 30 years old my drinking changed from weekends to a daily occurrence. This was brought on by the death of my mother and a bad work environment. It would appear I had no coping skills to deal with hard things in life and the bottle was an obvious choice for me to take away the stress. This seemed to work well for me until it didn't. Not realising alcoholism was progressive, the amount started to increase over the years. When the light bulb did go off, I was gutted. I knew in the same second, I realised I was an alcoholic that the treatment or solution was abstinence. Ignored that realisation for another 10 years.

How could I possibly let go of the one thing that made me happy. The thought made me sick. Until the drinking made me sicker. I'm still ashamed of some of the things that happened whilst drinking. No one died but they nearly did. I know I'm not supposed to regret the past or close the door on it but I don't open that door very often, I also haven't forgotten. The newcomer keeps my memories alive. A little fear

in this has helped keep me sober. But what's truly kept me sober on the road to a destiny is Alcoholics Anonymous. From the first meeting in 1997 until the first meeting in 2006 that really stuck.

I came to AA in 1997 to stop drinking as I was pregnant. That worked quite well except it was only a temporary hold. So only during pregnancy was there some relief but really, I was just waiting to drink and that was a bit uncomfortable. I never stopped completely. I had one glass on a Friday night. And lived the whole week waiting for Friday.

There was heavy drinking on both sides of the family. Functional alcoholics. But I never made the connection until I was in recovery. I never had any warning or thoughts to take it easy through my 20's. Eventually, totally beaten and sick, I dragged myself back into AA. This happened because my dreams were dying, and I felt my children deserved better. I dreamed of going to Wimbledon one day. But the graveyard seemed my likely destination, so I had to decide quite simply, did I want to live or die?

Coming into AA was very uncomfortable and I was literally forcing myself

Coming into AA was very uncomfortable and I was literally forcing myself. But it was a good start and I felt hope. Once I really started to work the programme do lots of meetings and read the Big Book, things started to change. Slowly, day by day, the world opened up and I walked into it. A bit nervously but it was magic. The chains fell away, and I could start to stand up straight. And then when my head became really clear I saw how unwell I had been. The way drinking affects others. How

selfish I was really ready to listen and do what was suggested.

Every day now I am blessed to smell the roses. I thank all those who came before me and all those who made it possible to get sober. I thank God most of all for his protection and care. The love in the rooms is mighty. I still need to practice my programme and come to meetings. Life can still come at you have seen recently and create some challenging times. AA saved my life and changed my life. I can live without alcohol and I am happy and well. Yay for AA.

AP

(Mainstay October / November 2020)

Heard at Meetings

“ AA is like a spanner;
it fits every nut who
walks in the door ”

“ Don't quit five minutes
before a miracle
happens ”

“ Member; “things are looking' blue.”
Other member; “It's just a pigment of your
imagination. ”

Fulfilling our Primary Purpose with Online AA Meetings

In January 2020, little did any of us know the challenges and changes which the COVID-19 pandemic would bring to the running of our groups and AA as a whole. My name is Karen. I am an alcoholic and a member of the Dungannon Third Legacy Group in County Tyrone. I would like to share with you our Group's Online AA meeting experience and how in these unusual times, Online AA Meetings enable us to continue fulfilling our group's primary purpose which is - To stay sober and help other alcoholics to achieve sobriety.

Dungannon third legacy is a medium sized group with approximately 30 members. Prior to COVID-19, we ran eight AA meetings a week in our Dungannon rooms. Dungannon Third Legacy began our online meetings as soon as "higher risk" individuals were advised to self-isolate. We did this to provide alcoholics in this category a means of accessing an AA meeting from their home. We began by providing three online meetings a week which on lock-down, when our physical

meetings closed, increased to four a week. When lockdown ended, our group reopened three physical meetings a week as well as continuing our four weekly online meetings. This is our setup to date.

From the beginning, our group saw the "must need" of the Online AA meeting and have continued to embrace it to the best of our ability within the AA structure. The Online meetings were initially setup by one member who endeavoured to personally run them. From the start, the meetings were run as closed meetings with every precaution taken to ensure the online safety of our participants. Group members, regulars and other groups were informed of the online meetings and were taught how to join. This was greeted very enthusiastically by old and young members alike. It provided hope and a new lease of life within our group during this bleak and uncertain time. It brought many visitors to our group both from our own locality as well as from different parts of the world. Our own group

members became confident in visiting other online AA meetings and fellowship began to flourish.

It provided hope and a new lease of life within our group during this bleak and uncertain time

During lockdown, our Online AA meeting attendance was between 30 and 50 participants per meeting. Today our online meeting attendance is between 20 to 35 individuals per meeting. A message group called "Friends of Third Legacy" was set up for sharing information and for support. This group is a very active group with 39 current members.

As the weeks became months, it became apparent that COVID-19 was not short-term and that we needed to attract our group members into service in the online room for it to survive. To overcome the fear of online meeting service, our group offered people training to take on the roles needed to run the online meetings. Again, people in our group both young and old offered their service and to date we have had no difficulty filling these places each month alongside the service positions needed to continue running the three physical meetings in our Dungannon room. Our

experience is that many of our younger members are very enthusiastic to preform service in the online room and as a group we are delighted to see our newer members enthusiastic about service. To date, our online service people range in age from 20's to 70's.

The circumstances of the COVID-19 pandemic have challenged our group to find new ways of operating. Like all AA groups, we are self-supporting through our own contributions. To facilitate seventh tradition money, our treasurer sits in our meeting room for 2 hours once a month to allow group members to come to contribute their seventh tradition money. All others who wish to donate do so by online banking directly to our group account. By operating in this way, our group has received more than enough money to cover its bills and been able then to send the excess to area in the usual way. Our group conscience takes place online where members can join either directly from home or can come to our Dungannon room where they can join from a laptop setup in the room. Our sub-committees meet online also. At present, we have active PI and online sub-committees. We recently celebrated our group's 50th anniversary by running two online meetings and one meeting in our physical room. During one of



these online meetings, one of our co-founders, shared the history of our group. It was attended by 70 people from both our locality and from many places throughout the world. In the near future, we are planning an online Public Information meeting and a traditions workshop. Our experience is that the use of online has allowed our group to conduct its usual business albeit in an adapted manner. Rather than bemoan what is going on due to this pandemic, we have been challenged to embrace what is available to us and use it to the best of our ability to continue fulfilling our primary purpose in AA which is - To stay sober and help other alcoholics to achieve sobriety.

Our online meetings are listed in the GSO website and to date we have received 43 requests for help via our group email. These range from requests by members to attend our online meetings to 12th step requests. All these requests have been answered and it has brought visitors to our group from every corner of the world. It has also brought new comers to the room where our online meeting becomes a first step meeting and the newcomer is 12th stepped after the online meeting. We have a very healthy number of new people who have had a first step meeting in our online room. More importantly we find that a high percentage

of these people are returning to our meeting and even become group members. During this extraordinary time, we have new group members from Seattle, Brighton and Plumbridge which would never have been the case had we not been using online meetings.

Our online AA meetings have allowed Dungannon Third Legacy to set up a link with the Tyrone and Fermanagh hospital treatment centre known as The ASHA Centre. Clients in ASHA, who have a drink problem, join our online AA meetings on a regular basis. Sponsorship is also active online. Let me tell you of 'B'. She contacted us via the GSO website. She had her first step meeting online and was 12th stepped after the meeting. She is now seven months sober and is an active member of our group. I have the privilege of sponsoring 'B' without ever having met her face to face. This is AA working.

**We have come to
see that the power
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meetings**

Online AA meetings continue to add greatly to our group's experience. By attracting visitors from all over the world, it allows our members to hear a greater variety of sharing and gain a greater realisation that we are part of a global fellowship. Online AA meetings are meeting the needs of the newcomer in a similar way to our physical meetings. We have come to see that the power of one alcoholic sharing with another works in the online room as it does in our physical meetings. Whenever two or more

are gathered, we experience God's presence whether in a physical room or an online room. AA works in all circumstances. The most important thing is: Our Group Online AA meetings enable us to continue fulfilling our primary purpose which is – To stay sober and help other alcoholics to achieve sobriety.

God Bless,
KD.,
*Dungannon Third Legacy,
Co. Tyrone*

My Experience of Sponsorship

During my career I had a lot of experience managing and mentoring other people. I was 'strict but fair' and in general I think I did the job quite well. I worked systematically with set tools and I got good feedback, my mentees developed self-confidence and skills, moved up in their profession.

But when I came into AA and got my AA sponsor, I had a different role to play and it was a difficult transition. There was the set agenda, (not set by yours truly!) of the Twelve Steps which was/ still is really the most rigorous process. And my sponsor worked with 'tough love', there was nowhere to hide, no quarter given!

Over the years she has helped me to see and know myself properly for the first time in my life: who I really am and what my motivations really are. I had to examine everything under a microscope. I had to question myself, discover and dissect my defects. This had never been necessary before - as clearly, like Mary Poppins, I was practically perfect in every way! I've had to develop new ways of approaching problems and I've learned that problems sometimes take years to solve!

This has been (and still is) a hard lesson in humility for me, but also a wonderful journey in developing mutual trust with my sponsor and the friendship we have forged. As I share with her, she also shares with me and so, she says, she too benefits from the process. I feel blessed.

P.D.
(Share Magazine September 2020)



I survived Christmas!

So, what did my Twelfth sober Christmas look like? It's early January and I'm writing this whilst it's still fresh in my mind, there's still pigs in blankets in the fridge! Ok, so before my Christmas hols, which means I'm off work for two weeks (yeah!), it became obvious to me that work wanted me gone. If I told you how many jobs I've been fired from or jumped before I was pushed from, you would swear I was still drinking. In my defence, the line of work I'm in has a conveyor belt ethos of using younger, cheaper employees. It's nothing personal but try telling my alki head that! Now at twelve years sober, I didn't let this ruin my two weeks' hols with tears and recriminations, but let's just say it was a favourite bone my head chewed on occasionally when it had a spare moment.

**It's nothing personal
but try telling my alki
head that!**

This year I was not returning home to Ireland as my partner and I were saving money, so Christmas dinner was at his mum's house. His people are lovely people, the dinner was lovely and plenty

of it, some of them even had an occasional fizzy drink! It is always very polite and refined, nothing like the carnival of Irish Christmas days I had ploughed through growing up! Still, I always find myself trying hard to be vigilant with myself, swearing would be frowned upon for example, and I'm someone who doesn't really trust a person who does not swear, and even though the odd "jayzus" slipped out, I was quite restrained. Whilst doing the dishes with his mum I even took the opportunity to tell her I was an alcoholic stressing the recovery part! I She seemed to take it well and thanked me for telling her.

I scampered off to a meeting in the evening though, like a kid let out of school! I got a few extra meetings in over the holiday period and met up with a few newcomers too. Over coffee I'd try to deduce what colour of bonkers they were and telling them how I got sober they were given carte blanche to my shade of bonkers.

New Year's Eve, we had friends and a newcomer over for dinner. My partner cooked so our friends might actually survive the meal. We went to a meeting together and came back to mine for

pudding where another couple of friends joined us. As midnight was rung in Trafalgar Square, we pulled crackers and held up mugs of tea. I love the company of other alcoholics (not all of them!). In between Xmas Day and New Year's Day, me 'n my partner lounged around like sloth's in onesies and ate whatever tickled our fancy. Movies were watched and we even attempted shopping in the sales (never again!). I don't think I thought about a drink even once this Christmas, even though the ads for it are like screen saver mode, this time of year.

I love having time off work at any time of the year, but at Christmas time I get a special magical feeling coursing through my veins.

There's an air of excitement and abundance and 'good will to all men', it must be the cells in my body remembering a time when truly believed those gifts came from 'the man in the red suit'.

I don't know what it is but later on in my drinking it had become a very dark, lonely time of the year for me, and early sobriety Christmas's weren't exactly a barrel of laughs for me either. I'm glad I stuck it out though, I'm glad I've got that magical feeling for Christmas back too. So next year we're going back home for Christmas and I hope I will still not have taken that first drink by then. Wish me luck.

FORYST

(Share Magazine September 2020)

ALCOHOLICS ANONMOUS

It works if you work it
You'll die if you don't

Freedom at last from alcohol and self obsession

My name is Tom, and I am an alcoholic. I never realized the freedom from fear, anxiety, obsession from self and a profound sense of peace I would get when I first uttered these words at an AA meeting. I had been going to about 8 meetings a week and it was not until around the middle of the 7th week before I could get the courage to say these words. I believe that at that point I had my first spiritual awakening. Time stood still for me, and I was filled with feelings of peace and love for myself and my fellow human beings. From then on, I was hooked on AA, and I have been going to around 6 meetings per week ever since, and that was in 1997. Up to now I have been given the gift of wanting to go to my AA meetings, and I am grateful for this, because without my AA meetings I would have zero chance of staying sober. Of course I need to do a little more than just go to meetings, and I do but I do not have to do a lot, and most of the time it is relatively easy to practice the program of AA which includes working the 12 steps of AA to the best of my ability.

I started drinking in my late teens and I got drunk the first time I drank which was only beer, but I still got drunk on a few pints of Guinness, I also got sick. Getting sick was no deterrent to me to stop drinking as the incredible 'buzz' I got from alcohol far surpassed the relatively minor inconvenience of puking my guts up on the street, or in the pub toilet, or the hangovers the next day. I could not wait to drink again. I dedicated my whole life around drinking and getting drunk whenever I drank. I got great courage from alcohol, and from being a shy introverted teenager with no confidence especially with the girls, I became a macho and super confident human being, so why wouldn't I drink, when all I had to pay for those feelings which I had previously only dreamed about were happening to me whenever I got drunk, was having a hangover, getting sick, getting into a few scrapes here and there etc.

Later on, I got married and for a while before and after I slowed down a bit on my drinking, but it wasn't long before I was going

out on my own and coming home drunk late at night. I have had plenty of rows with my wife over my behaviour under the influence. I must say at this point I managed to keep down a job, and I rarely missed time from work, so me thinking I was an alcoholic was the furthest thing from my mind. After being married a few years I got bored with the humdrum of local living and I decided I would travel a bit, so I told my wife on a Friday that I had got a job in the Middle East and I had to travel on Monday. I convinced her that it would be good for us financially, (we wanted to buy our own house) so I got on a plane to London en route to the Middle East. I was very self-centred in my drinking days and my main priority was myself. Needless to say I was drunk on the plane leaving Cork and I wondered why it took so long for the light of the lighthouse to disappear from view, when my friend pointed out to me that the light I was looking at was the light on the tip of the plane wing.

There was no alcohol available officially where I was working, but it was not long before I found a source and I continued to drink. I was caught under the influence and in possession of a large container of pure alcohol which I was transporting. I ended up in prison for around 6 weeks plus got 60 back lashes over this adventure and on release I drank

at a party that night to celebrate even though I promised in writing that I would not break the laws of that country and drink again. I had many scrapes along the way during my drinking, but I never stopped to think about the damage I was doing to myself and others while I was drinking especially to my wife, particularly in later years. I eventually came home to settle down with my wife and my drinking started to increase and get worse as I was now brewing my own wine, and drinking at home, and getting drunk before I went to the pub with my wife on the weekends. I would normally pass out in the pub virtually every weekend which was highly embarrassing for my wife, I still did not think I had a problem with alcohol nor could I see the harm I was doing, so I carried on.

It was not long before I became a daily drinker, as well as a morning drinker on the weekends. I carried liquor on my person and on the way home from work I would drink in various fields and down lane ways. I would go to the off license and sneak in drink into the house, and I had drink hidden in various locations around the house, and out the back. At this stage the fun was beginning to go out of drinking, and I had to drink just to be some way normal. I suppose I now knew I had a problem with alcohol, but I was unable to do anything about it. I made several

efforts to stop drinking just for one day, so as to give my system a rest so that I could maybe recapture some of the buzz I used to get from drinking. I was unable to stop even for a day. I had an accident (one of many drink related accidents) which left me with a broken leg and on crutches, and for the first time in a long time, I was off alcohol, no credit to me as I was in hospital. I was now at home recuperating and I did not drink for a short period until I found alcohol in the shed and I drank, and from then on I could not stop and I was getting drink sent in daily by taxi.

At this stage the fun was beginning to go out of drinking, and I had to drink just to be some way normal

Eventually I ended up in a psychiatric hospital, for the first time, and while there my wife wheeled me in, via wheelchair, to my first AA meeting. Nothing really registered at that meeting, but I was somehow captivated by the members, many of whom told their life stories without embarrassment, and they seemed to have great peace and serenity. Many of those members, I am close to today. The seeds of recovery were sown at that meeting, and I have not looked back since. I went to a

Treatment Centre not voluntarily, my wife gave me an ultimatum, which I could not refuse, and I thank her for her courage at that time. I did not do well for the first week or so in treatment as I was too inhibited to participate in group etc. Fortuitously I had to leave after around 10 days to recuperate from my accident, and during the next 6 weeks my wife drove me to 8 meetings per week, after which time I returned to the Treatment Centre to finish my treatment. Through AA I was now transformed from a virtual dummy to a person who was now eager to speak about how I felt, and the benefits of the AA program etc. The 30 days I spent in Treatment gave me a great springboard to continue on the road to recovery. I have been going to AA ever since, and through the members I have found a Power greater than myself which is essential to me leading a sober, happy, and contented life.

I am a grateful alcoholic, and I am forever indebted to this wonderful program of AA

I am a grateful alcoholic, and I am forever indebted to this wonderful program of AA, its members, and the staff of the treatment centre, and above all to my wife who

stuck by me during trying times. She has her own 12 step program which is of enormous help to her and also gives her tolerance for me attending so many AA meetings as she understands the need for same for any recovering alcoholic.

It is now July 2020, 16 years later and I still haven't taken a drink, and life has even got better and better. I would like to dedicate

my story to my late wife Mary who died from liver cancer October 2016. She said to me before she died, "Keep going to your meetings, some of my friends think I am keeping you sober".

Thanks again all ye great people in AA for keeping me sober over the years.

Tom

YEAH, I KNOW. YEAH, I KNOW!

I thought I was unique. I thought I knew. Yeah, I know. Yeah, I know. Yeah, I know.

I felt isolated and alone even in good company at times. In the end I needed to drink just to feel like I could function. But I couldn't feel anything. I was blocked. Terrified. Angry. Isolated. Hard done by. Picked on. I hated myself but I hated you all more. What the hell is wrong with me? I was searching but I couldn't see a way out. Somehow somewhere from within me I found the despair to look myself in the face in the mirror and my soul cried out for help. I couldn't see it in my eyes, but I felt I needed to find it.

I sent a text, "Can you get me to one of those meetings?". Then I came face to face with you, with me. You were smiling, laughing, showing care and love. I was scared but I got hope. Keep coming back, you don't have to drink, we are here for you. You are not alone. You loved me back to life and guided me to believe. You gave me a way out and showed me how I could live One Day at a Time. You made all my pain my greatest gift to others. You saved my soul. I am responsible today to carry that message and hope and I am so grateful to finally have found my purpose.

Yours in faith,

JB

(Share Magazine March 2020)



ALCOHOLICS ANONYMOUS



64th All Ireland CONVENTION

“ A New Freedom ”

23rd - 25th April 2021
Friday, Saturday, Sunday

Venue: The Clayton Hotel, Sligo Tel: +353 71 911 9000

B&B - Sligo Tourist Board Tel: +353 71 9171905

For further information please contact:

General Service Office – Unit 2, Block C, Santry Business Park, Swords Road, Dublin 9 – D09 H584

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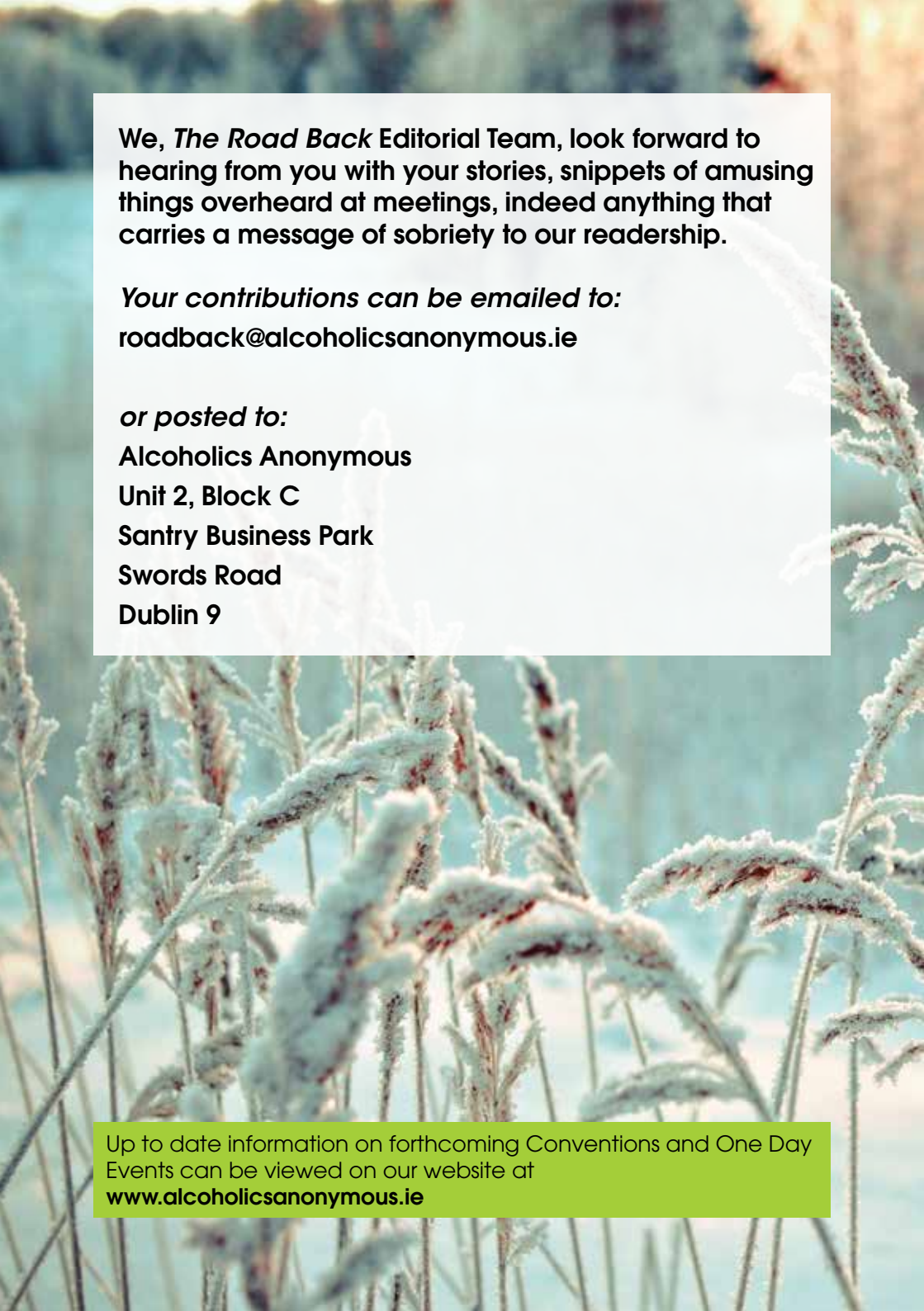
The Twelve Steps

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs.

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our Group conscience. Our leaders are but trusted servants - they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
6. An A.A. Group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. A.A., as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



The background of the entire page is a close-up photograph of grass blades covered in a thick layer of white frost. The grass is out of focus, creating a soft, textured background. The lighting is bright, suggesting a sunny day, which causes some of the frost to melt or catch the light in a way that gives it a shimmering appearance.

We, *The Road Back* Editorial Team, look forward to hearing from you with your stories, snippets of amusing things overheard at meetings, indeed anything that carries a message of sobriety to our readership.

Your contributions can be emailed to:
roadback@alcoholicsanonymous.ie

or posted to:
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Santry Business Park
Swords Road
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Up to date information on forthcoming Conventions and One Day Events can be viewed on our website at
www.alcoholicsanonymous.ie