

9604 AA Participation

3 Prayers

Tuesday 8:30 p.m.

Preamble

Service Material from the General Service Office

A.A. 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.

Chapter 3 More About Alcoholism

MOST OF us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times that we were regaining control, but such intervals—usually brief—were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period, we get worse, never better.

We are like men who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other men. We have tried every imaginable remedy. In some instances, there has been brief recovery, followed always by a still worse relapse. Physicians who are familiar with alcoholism agree there is no such thing as making a normal drinker out of an alcoholic. Science may one day accomplish this, but it hasn't done so yet.

3rd Step Prayer

**God, I offer myself to Thee—
to build with me and to do
with me as Thou wilt. Relieve
me of the bondage of self,
that I may better do Thy will.**

**Take away my difficulties,
that victory over them may bear
witness to those I would
help of Thy Power, Thy Love,
and Thy Way of life. May I do
Thy will always!**

Amen

7th Step Prayer

“My Creator, I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.

Amen.”

The Eleventh Step Prayer

Twelve Steps and Twelve Traditions, p. 99

Lord, make me a channel of thy peace--that
where there is hatred, I may bring love--that
where there is wrong, I may bring the spirit of
forgiveness--that where there is discord, I may
bring harmony--that where there is error, I may
bring truth--that where there is doubt, I may
bring faith--that where there is despair, I may
bring hope--that where there are shadows, I may
bring light--that where there is sadness, I may
bring joy. Lord, grant that I may seek rather to
comfort than to be comforted--to understand,
than to be understood--to love, than to be loved.
For it is by self-forgetting that one finds. It is by
forgiving that one is forgiven. It is by dying that
one awakens to eternal life.

Amen

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- **Newcomers** (less than 30 days)
 - **Milestones** (30, 60, 90 days - 6mo, 9mo)
 - **Birthdays**

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 conscious. 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 centers may employ special workers.
9. “A.A., as such, ought never be organized, 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.”

Serenity Prayer

**God grant me the serenity
To accept the things, I cannot change;
Courage to change the things I can;
And wisdom to know the difference.**

**Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
That I may be reasonably happy in this life
And supremely happy with Him
Forever in the next.
Amen.**

9604 7th Tradition

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