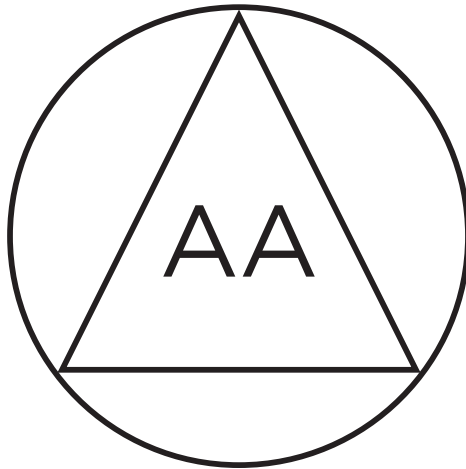


East Bay Meeting Directory

ONLINE AND DIAL-IN INFORMATION

Updated 12-03-2020



This document provides by-phone support resources for anyone with a desire to stop drinking during this time when there are no in-person AA meetings because of the COVID-19 shelter-in-place order. All AA meetings have temporarily moved online but anyone with a phone is able call in to live AA meetings to listen, participate and get support.

There are also volunteers available 24 hours a day to provide support.

To join a meeting, have the Meeting ID for the meeting you want to join and then call one of the following access numbers. Some meetings may also require a password.

**East Bay Intergroup Central office
713 Central Washington Street
Oakland, CA 94607**

Book Store open Monday 6-8PM & Saturday 12-2PM
e-mail Jenny@eastbayaa.org

24 Hour Hotline:
(510) 839-8900
(510) 502-8560 (Español)

E-mail: centraloffice@eastbayaa.org
Website: www.eastbayaa.org

For the most current information please visit www.eastbay.org or
Download the free app, "Meeting-Guide", found on your phone.

Free Online Book Access

The Big Book of Alcoholics Anonymous, Twelve Steps and Twelve Traditions (12 & 12), and our pamphlets are available to read online at www.aa.org

Free Grapevine

The International journal of Alcoholic Anonymous is available to read online at www.aa.grapevine.org

12 Step Response Team Members

Please call 415-570-1480 for access to the team.

7th Tradition

Paypal: admin@eastbayaa.org
Venmo: [EBI Intergroup@Central-Office](https://venmo.com/EBI-Intergroup@Central-Office)

Dial-in Procedure for Online Meetings

1. Please call one of the following numbers local to your area to join an online meeting:
+1 (669) 900-6833 US (San Jose)
+1 (346) 248-7799 US (Houston)
+1 (301) 715-8592 US (Maryland)
+1 (312) 626-6799 US (Chicago)
+ (929) 205-6099 US (New York)
+1 (253) 215-8782 US (Greater Seattle)
You can find the numbers on your meeting invitation or a full list of international dial-in numbers at <https://zoom.us/zoomconference>.
2. You will be prompted to enter the meeting ID - the nine (9), ten (10), or eleven (11) digit ID provided in this meeting guide.
3. If the meeting has not already started and join before host is not enabled, you will be prompted to enter the host key to start the meeting, or to press # to wait if you are participant.
4. You will be prompted to enter your unique participant ID. This only applies if you have joined on the computer or mobile device or are a panelist in a webinar. Press # to skip.
5. Once logged into the meeting you may toggle between mute/unmute by dialing *6 and "Raise your Hand" by dialing *9.

MONDAY			
TIME	MEETING NAME	MEETING ID	PASSWORD
5:30 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
6:30 AM	Park St. Zoom meeting Every day	882 145 582	563182
6:45 AM	TriValley Fellowship Daily Reflections Book Study	276 475 710	142419
7:00 AM	Berkeley Fellowship Daily Meeting	890 0599 4780	
7:40 AM	Rockridge Daily Meditation Meeting	615 088 580	Text 805-452-6108 for password
8:00 AM	Daily Reflections Out of the Bay Area Everyday Meeting	805 615 896	
9:00 AM	In Between Fellowship Daily Meeting	571 464 6490	
9:00 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
12 NOON	Rap at Noon Everyday Meeting	786 930 051	
12 NOON	Berkeley Meditation Meeting	825 1181 9740	
12:10 PM	Noonie Tooners (until 1 pm) 12 & 12 Meeting	623 148 220	
12:15 PM	Island Fellowship Every Day Meeting	771 711 527	004622
1:30 PM	In Between Fellowship Daily Meeting	571 464 6490	1939
3:00 PM	Reunion de mujeres en AA en Español. Todos los dias de 3:00 pm a 4:30 pm	573 277 689	
5:15 PM	Berkeley Fellowship Meeting - Speaker / Discussion	833 9751 4609	
5:45 PM	Happy Hour Everyday Meeting	385 357 063	2001
7:00 PM	Reunion de AA en Español, Todos los dias de 7:00 pm a 8:30 pm	311 685 041	1935
7:00 PM	Berkeley Fellowship Meeting	897 0138	
8:00 PM	Rockridge Tapestry Women's Trans and Gender Queer (3/23-4/27)	108 744 224	
8:30 PM	Women, Trans and Non-binary M, W, Fri Meeting	482 220 8285	
8:00 PM	Monday Night Young People's Group Meeting	890 8382	MNYPAA
10:00 PM	Late Shows Every day Meeting	838 2140 8001	0112

TUESDAY			
TIME	MEETING NAME	MEETING ID	PASSWORD
5:30 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
6:30 AM	Park St. Zoom meeting Every day	882 145 582	563182
6:45 AM	TriValley Fellowship Daily Reflections Book Study	276 475 710	142419
7:00 AM	Berkeley Fellowship Daily Meeting	890 0599 4780	
7:40 AM	Rockridge Daily Meditation Meeting	615 088 580	Text 805-452-6108 for password
8:00 AM	Daily Reflections Out of the Bay Area Everyday Meeting	805 615 896	
9:00 AM	In Between Fellowship Daily Meeting	571 464 6490	664714
9:00 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
12 NOON	Rap at Noon Everyday Meeting	786 930 051	
12 NOON	Berkeley Meditation Meeting	825 1181 9740	
12:10 PM	Noonie Tooners (until 1 pm) 12 & 12 Meeting	623 148 220	
12:15 PM	Island Fellowship Every Day Meeting	771 711 527	004622
1:30 PM	In Between Fellowship Daily Meeting	571 464 6490	1939
3:00 PM	Reunion de mujeres en AA en Español. Todos los dias de 3:00 pm a 4:30 pm	573 277 689	
5:15 PM	Berkeley Fellowship Meeting - Speaker / Discussion	833 9751 4609	
5:45 PM	Happy Hour Everyday Meeting	385 357 063	2001
6:15 PM	Girls Night Out Women's, Trans, and Non-binary Meeting	420 722 566	263525
6:30 PM	Sisterhood in Sobriety POC Women of Color Meeting	992 8481 4149	peace
7:00 PM	Reunion de AA en Español, Todos los dias de 7:00 pm a 8:30 pm	311 685 041	1935
7:00 PM	Berkeley Fellowship Meeting	897 0138 0226	
10:00 PM	Late Shows Every day Meeting	838 2149 8001	0112

WEDNESDAY			
TIME	MEETING NAME	MEETING ID	PASSWORD
5:30 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
6:30 AM	Park St. Zoom meeting Every day	882 145 582	563182
6:45 AM	TriValley Fellowship Daily Reflections Book Study	276 475 710	142419
7:00 AM	Berkeley Fellowship Daily Meeting	890 0599 4780	
7:40 AM	Rockridge Daily Meditation Meeting	615 088 580	Text 805-452-6108 for password
8:00 AM	Daily Reflections Out of the Bay Area Everyday Meeting	805 615 896	
9:00 AM	In Between Fellowship Daily Meeting	571 464 6490	664714
9:00 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
12 NOON	Rap at Noon Everyday Meeting	786 930 051	
12 NOON	Berkeley Meditation Meeting	825 1181 9740	
12:10 PM	Noonie Tooners (until 1 pm) 12 & 12 Meeting	623 148 220	
12:15 PM	Island Fellowship Every Day Meeting	771 711 527	004622
1:30 PM	In Between Fellowship Daily Meeting	571 464 6490	664714
3:00 PM	Reunion de mujeres en AA en Español. Todos los dias de 3:00 pm a 4:30 pm	573 277 689	
5:15 PM	Berkeley Fellowship Meeting - Speaker / Discussion	833 9751 4609	
5:45 PM	Happy Hour Everyday Meeting	385 357 063	2001
6:00 PM	Women's Lit Meeting	491 271 0641	WomensLit
6:30 PM	LGBTQ Deeper Dive Topic Discussion	864 338 467	1939
7:00 PM	Double Digit Literature Discussion Meeting	420 029 032	005529
7:00 PM	Reunion de AA en Español, Todos los dias de 7:00 pm a 8:30 pm	311 685 041	1935
7:00 PM	Berkeley Fellowship Meeting	897 0138 0226	
7:30 PM	"Ladies Room" (Triangle)	973 2474 5470	
7:30 PM	Relationships, Sex & Intimacy in Sobriety LGBTQAI	830 869 6459	
8:00 PM	Back Alley Young People Speaker/Discussion	102 000 656	lalala
8:00 PM	Wild Bunch (open from 7:30 pm to 9:30 pm)	270 407 762	bike
10:00 PM	Late Shows Every day Meeting	838 2140 8001	0112

THURSDAY			
TIME	MEETING NAME	MEETING ID	PASSWORD
5:30 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
6:30 AM	Park St. Zoom meeting Every day	882 145 582	563182
6:45 AM	TriValley Fellowship Daily Reflections Book Study	276 475 710	142419
7:00 AM	Berkeley Fellowship Daily Meeting	890 0599 4780	
7:40 AM	Rockridge Daily Meditation Meeting	615 088 580	Text 805-452-6108 for password
8:00 AM	Daily Reflections Out of the Bay Area Everyday Meeting	805 615 896	
9:00 AM	In Between Fellowship Daily Meeting	571 464 6490	664714
9:00 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
12 NOON	Rap at Noon Everyday Meeting	786 930 051	
12 NOON	Berkeley Meditation Meeting	825 1181 9740	
12:10 PM	Noonie Tooners (until 1 pm) 12 & 12 Meeting	623 148 220	
12:15 PM	Island Fellowship Every Day Meeting	771 711 527	004622
1:30 PM	In Between Fellowship Daily Meeting	571 464 6490	664714
3:00 PM	Reunion de mujeres en AA en Español. Todos los dias de 3:00 pm a 4:30 pm	573 277 689	
5:15 PM	Berkeley Fellowship Meeting - Speaker / Discussion	833 9751 4609	
5:45 PM	Happy Hour Everyday Meeting	385 357 063	2001
6:15 PM	Girls Night Out Women's, Trans, and Non-binary Meeting	420 722 566	263525
6:30 PM	Sisterhood in Sobriety POC Women of Color Meeting	914 887 2295	
7:00 PM	Fremont Men's Stag Closed, Men Only, Step Meeting	187 927 449	774746
7:00 PM	Reunion de AA en Español, Todos los dias de 7:00 pm a 8:30 pm	311 685 041	
7:00 PM	Berkeley Fellowship Meeting	89701380226	
7:30 PM	People of Color(POC) Meeting	836 000 6070	
7:30 PM	Chips and Cake Meeting	286 571 7624	061169
8:00 PM	College Bay Group Speaker/Discussion, Young People-closed	514 499 328	bay
10:00 PM	Late Shows Every day Meeting	838 2140 8001	0112

FRIDAY			
TIME	MEETING NAME	MEETING ID	PASSWORD
5:00 AM	Reunion d AA: Levantate L, Mie, y V de 5 am a 6:30 am	702 413 207	plentitud
5:30 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
6:30 AM	Park St. Zoom meeting Every day	882 145 582	563182
6:45 AM	TriValley Fellowship Daily Reflections Book Study	276 475 710	142419
7:00 AM	Berkeley Fellowship Daily Meeting	890 0599 4780	
7:40 AM	Rockridge Daily Meditation Meeting	615 088 580	Text 805-452-6108 for password
8:00 AM	Daily Reflections Out of the Bay Area Everyday Meeting	805 615 896	
9:00 AM	In Between Fellowship Daily Meeting	664714	
9:00 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
9:15 AM	Island Women's Big Book Study (3/20-4/24)	778 532 770	06101935
12 NOON	Rap at Noon Everyday Meeting	786 930 051	
12 NOON	Berkeley Meditation Meeting	825 1181 9740	
12:10 PM	Noonie Tooners (until 1 pm) 12 & 12 Meeting	623 148 220	
12:15 PM	Island Fellowship Every Day Meeting	771 711 527	004622
1:30 PM	In Between Fellowship Daily Meeting	571 464 6490	664714
3:00 PM	Reunion de mujeres en AA en Español. Todos los dias de 3:00 pm a 4:30 pm	573 277 689	
5:15 PM	Berkeley Fellowship Meeting - Speaker / Discussion	99418592651	
5:45 PM	Happy Hour Everyday Meeting	385 357 063	2001
7:00 PM	A.A. en Espanol de L a D de 7 a 8:30 pm	763 145 7659	
7:00 PM	Reunion de AA en Español, Todos los dias de 7:00 pm a 8:30 pm	311 685 041	1935
7:00 PM	Berkeley Fellowship Meeting	897 0138 0226	
7:30 PM	Open Door Group Speaker/Discussion/Young People Meeting	632 792 233	open
8:00 PM	Lakeshore Lushes	432 502 387	373648
10:00 PM	Late Shows Every day Meeting	838 2140 8001	0112
MIDNIGHT	Midnight Meditation Meeting	292 633 971	1

SATURDAY			
TIME	MEETING NAME	MEETING ID	PASSWORD
5:30 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
6:30 AM	Park St. Zoom meeting Every day	882 145 582	563182
6:45 AM	TriValley Fellowship Daily Reflections Book Study	276 475 710	142419
7:00 AM	Berkeley Fellowship Daily Meeting	890 0599 4780	
7:40 AM	Rockridge Daily Meditation Meeting	615 088 580	Text 805-452-6108 for password
8:00 AM	Daily Reflections Out of the Bay Area Everyday Meeting	805 615 896	
9:00 AM	In Between Fellowship Daily Meeting	571 464 6490	664714
9:00 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
10:30 AM	Doctor Bob's Nightmare (Men's Meeting)	297 643 392	
12 NOON	Rap at Noon Everyday Meeting	786 930 051	
12 NOON	Berkeley Meditation Meeting	825 1181 9740	
12:15 PM	Island Fellowship Every Day Meeting	771 711 527	004622
1:30 PM	In Between Fellowship Daily Meeting	571 464 6490	664714
3:00 PM	Reunion de mujeres en AA en Español. Todos los dias de 3:00 pm a 4:30 pm	573 277 689	
5:15 PM	Berk Fellowship, Living Sober	99418592651	
5:45 PM	Happy Hour Everyday Meeting	385 357 063	2001
7:00 PM	Reunion de AA en Español, Todos los dias de 7:00 pm a 8:30 pm	311 685 041	1935
8:00 PM	North Oakland Speaker Meeting	257 982 235	
8:00 PM	TriValley Fellowship Book Study Steps 1, 2 & 3 Newcomers and Oldtimers	952 751 124	
10:00 PM	Late Shows Every day Meeting	838 2140 8001	0112
MIDNIGHT	Midnight Meditation Meeting	292 633 971	1
MIDNIGHT	TriValley Fellowship TVF Midnight General Discussion Meeting	516 196 4435	

SUNDAY			
TIME	MEETING NAME	MEETING ID	PASSWORD
5:30 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
6:30 AM	Park St. Zoom meeting Every day	882 145 582	563182
6:45 AM	TriValley Fellowship Daily Reflections Book Study	276 475 710	142419
7:00 AM	Berkeley Fellowship Daily Meeting	890 0599 4780	
7:40 AM	Rockridge Daily Meditation Meeting	615 088 580	Text 805-452-6108 for password
8:00 AM	Daily Reflections Out of the Bay Area Everyday Meeting	805 615 896	
9:00 AM	In Between Fellowship Daily Meeting	664714	
9:00 AM	El Cerrito Fellowship Daily Meeting	510 323 1212	
12 NOON	Rap at Noon Everyday Meeting	786 930 051	
12 NOON	Berkeley Meditation Meeting	825 1181 9740	
2:00 PM	Fellowship -in- Place (Men's Big Book)	531 153 1160	
3:00 PM	Reunion de mujeres en AA en Español. Todos los dias de 3:00 pm a 4:30 pm	573 277 689	
5:15 PM	Berk Fellowship, Came to Believe	883 9751 4609	
5:45 PM	Happy Hour Everyday Meeting	385 357 063	2001
7:00 PM	Gay Men's and What we are like now	234 607 666	
7:00 PM	Reunion de AA en Español, Todos los dias de 7:00 pm a 8:30 pm	311 685 041	1935
7:00 PM	Berkeley Fellowship Meeting	977 352 102	
7:00 PM	A.A. en Espanol de L a D de 7 a 8:30 pm	897 0138 0226	
8:45 PM	Rockridge Night of the Living Dead	623 934 778	0845
10:00 PM	Late Shows Every day Meeting	838 2140 8001	0112

OUTDOOR IN PERSON MEETINGS		
DAY	TIME	MEETING NAME AND LOCATION
MONDAY THROUGH FRIDAY	12:00 PM	Luckys at the Lake Corner E 18th St/2nd Ave, Oakland, CA 94606 NOTE: On rainy days they may be at the park under the freeway between Lakeshore Blvd and Grand Ave on Mac Arthur Blvd.
WEDNESDAY	2:00 PM	Sisters of Anarchy, Women's Meeting Crab Cove 12 McKay Ave Alameda, CA 94501
THURSDAY	12:00 PM	Berkeley: Cedar Rose Park Meeting Cedar Rose Park between Rose, Cedar, and Chestnut streets
SATURDAY	10:00 AM	Crab Cove 12 McKay Ave Alameda, CA 94501
SUNDAY	8:15 AM	Castro Valley, Serenity By the Lake Lake Chabot 17930 Lake Chabot Rd Castro Valley, CA 94546 near Lake Chabot Marina

SUGGESTED MEETING FORMAT

- Start on time.
- Hello everyone and welcome. This is the (meeting name) meeting of Alcoholics Anonymous. My name is (say your first name) I am an alcoholic and your Secretary. Let's open the meeting with a moment of silence followed by the serenity prayer (Bottom of Page 18).
- Read Preamble (Page 13).
- Read How it Works (Page 14).
- Read the tradition of the month.
- Ask any newcomers to introduce themselves by first name only. A new member is anyone who has a desire to stop drinking and is within their first 30 days of sobriety.
- Ask if there are any visitors outside the area.
- Ask for AA related announcements
- Introduce the Speaker and ask them to share their experience, strength and hope for 15 minutes.
- Ask Speaker for Topic for general discussion
- Pass the virtual basket for 7th tradition (See page 2 for instructions on where to contribute online or in person).
- Before closing, thank the Speaker and re-welcome newcomers and visitors
- Have someone read one of the promises (Page 19).
- End on time with a prayer.

AA 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 selfsupporting 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.

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it — then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol — cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power — that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon. Here are the steps we took, which are suggested as a program of recovery:

HOW IT WORKS

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 to practice these principles in all our affairs.

HOW IT WORKS

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought.

– *Alcoholics Anonymous, P. 58-60*

THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS

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 nonprofessional, 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.

PRAYERS

Third 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!” - *Alcoholics Anonymous, P. 63*

Seventh 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.”- *Alcoholics Anonymous, P. 76*

Eleventh Step Prayer

“Lord, make me an instrument 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, that 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.”- *12 & 12, P. 99*

The Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

PROMISES

The 5th Step Promises

“Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator.

We may have had certain spiritual beliefs, but now we begin to have spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”

- *Alcoholics Anonymous, P. 75*

The 9th Step Promises

“If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

- *Alcoholics Anonymous, P. 83-84*

AA Responsibility Statement

I am responsible...

When anyone, anywhere,
reaches out for help, I want
the hand of A.A. always to be there.
And for that: I am responsible.

PHONE NUMBERS	