

## MAKE A START....

You have just made what is possibly the most important decision of your life. You have taken Step One and said to yourself, "Yes, I'm powerless over alcohol. My life is unmanageable. I can't stop drinking on my own. I need help."

To stop drinking, and stay stopped, there are a few simple principles that you will need to apply to your personal life- A.A.'s program of recovery as outlined in our Twelve Steps. The steps can work as effectively for you as they have for countless others.

The Dallas AA Central Office will help you on your journey. Volunteers answer our phones 24 hours a day, seven days a week. You can talk to someone anytime! The office will help you find a meeting close to you and explain the different kinds of A.A. meetings available. A group meeting list of the Dallas area as well as additional information may be found on our website at [www.aadallas.org](http://www.aadallas.org).

Here are some additional suggestions which we feel can help you on your path to recovery.

## LIVE ONE DAY AT A TIME

AA is a "one day at a time" way of life. We try to break life into small pieces of time that we can handle. We stay sober one day at a time, or when necessary, one hour at a time. We do our jobs one task at a time and solve our problems one problem at a time; we clean up our past one mess at a time.

## GO TO MEETINGS

There are AA meetings throughout the Greater Dallas area and surrounding counties. You can find a meeting 365 days a year, in the morning, afternoon or evening. The schedules for these meetings may be found on our website or in the printed directory available at the Central Office and most AA Groups. Attend as many AA meetings as you can. Many members suggest jump starting your sobriety by attending 90 meetings in 90 days.

(Leave in Responsibility quote under Go to Meetings)

## GET A SPONSOR

A few sponsors may tell you that they stay sober without the aid of a sponsor, and having one is not a “requirement”. However, our AA experience tells us that you will have a much better chance with a sponsor than without one. In fact, you will probably find that communicating with your sponsor becomes a vital part of your participation in the AA program.

Your sponsor will listen to you and make suggestions based on personal experience and knowledge of our literature. S/he will not serve as a financial advisor, marriage counselor or psychologist. Sponsors have worked the Twelve Steps of Alcoholics Anonymous and will serve as an experienced guide for you. Many groups give out Newcomer Packs which include phone numbers of members willing to be sponsors. (Women sponsor women and men sponsor men) If you need help simply ask the chairperson after a meeting for suggestions.

## HAVE A HOME GROUP-GET INVOLVED

For most of us, one particular AA group has become a unique haven for our sobriety, a place where we have many friends and where we can feel safe in sharing exactly what’s going on with us today. This special place is known as The Home Group, often referred to as “The Heartbeat of AA”.

Groups come in all sizes. Some larger groups may meet several times a day while smaller groups might only meet one to 5 nights a week. You are encouraged to visit different groups before deciding where you feel most at home. It might not be the one closest to you. Involvement at the group level will be more important to you than the size of the group. AA experience tells us that giving away what we have been so freely given is fundamental to our continued sobriety. The Home Group will provide many varied ways to be of service.

## FAMILY MATTERS

Sadly, the average active alcoholic affects the lives of at least five other people. Many are family members. There are ways you can share your recovery with them.

**OPEN MEETINGS:** Many AA groups have a varied program of open and closed meetings. Closed meetings are for alcoholics only, but family members may attend open meetings with the AA member. Many weekend speaker meetings are open meetings and give family members a chance to hear how alcoholics have recovered

**AA CONFERENCES:** Weekend conferences are held throughout the year in the Dallas area as well as Central Office and local group sponsored events. Often there are events for Al-Anon (for family members of alcoholics) along with AA events. Information is posted on the Central Office's website under Events Calendar, listed in the DIAlog newsletter and AA's national magazine, The Grapevine. Events are announced at individual groups as well.

**The Al-Anon Family Groups:** This organization is designed for members of the alcoholic family and hold meetings like AA does. It is a separate organization that uses AA's Twelve Steps to effect recovery of non-alcoholic family members. For more information on Al-Anon call their Central Office at 214-363-0461.

## WHEN YOU TRAVEL

Alcoholics Anonymous meetings can be found throughout the world. Most cities and towns in the U.S. and Canada have AA meetings or resources. Directories of the Eastern, Western United States, Canada and the rest of the world can be purchased from the Central Office. A directory listing Central Offices through the US and Canada and one for worldwide Central Offices are available free of charge. Links to US, Canada and the world are also available online at [www.aadallas.org](http://www.aadallas.org) and [www.aa.org](http://www.aa.org).

## YOUR NEW BEGINNING

You have made a new beginning. If you are like most of us, there may be times that you feel terribly frightened and lonely. If you are willing to use the tools that AA offers, you will never have to be alone again. You are among people who have been where you've been, felt what you've felt and thought what you've thought. Use those phone

numbers and email addresses members give you and join us on the path to recovery from our common problem-alcoholism. We do together what we cannot do by ourselves.

Insert the Pegasus logo if you can or the one we have used in the past. Doesn't matter.

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