



## Spring Into Action

*"They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story."*

- Alcoholics Anonymous, Page 73

It is no coincidence that Chapter 6 is titled "Into Action," as it covers over half of the steps of the program of action. As alcoholics we do not think our way into recovery, this is all about behavior. The only way to change our behavior is to develop new habits and new ways of living that are against our normal grain. It is easy to let our character defects do the talking; we have been letting them do it for years. Action can be picking up the phone, sharing in a meeting, praying, or doing something in your community. If we want changes, we must change things by using this new design for living that works – if we work for it.

Take on a sponsee. I haven't sponsored someone in a couple years. I need to attend different meetings than my home group. Sometimes we get too busy, we get too tired, and then we get too drunk.

- Mark W.

I almost always say yes when I am volunteered to fill a commitment for AA. Even if I don't want to. I get to. And it's an honor to do anything I can do for Alcoholics Anonymous.

- Robby M.



I'll have eight years this summer of alcohol abstinence, only some of it in recovery. I attended regular meetings and shared my experience, strength, and hope. I honestly believed I was "doing the deal". At over six years in, however, the rubber met the road. I was on the precipice of losing it all if I didn't step out of denial and into the middle of the boat. I got a sponsor that challenged me and made me take accountability for my inaction. We went through the steps-with intent, not fear. I attended groups that dove into the literature and focused on the solution. I began to surround myself with the winners! I became involved in AA and made an effort to expand my fellowship. Most importantly, I learned how to connect with and maintain my spiritual fitness and my lifeline to my higher power.

- Samantha Jo C.

My thing is I have to go to two live meetings a week. I need to work on my 8th step. I need to organize my ideas for when I am asked to sponsor. I can do this by reviewing the pamphlets of FAQ for newcomers. I'm gonna have my HP with me every minute when I go into work.

- Carrie R.



## In Memoriam

**Dennis P. of 623 Group**

**Left this world with 7  
years of Sobriety**



## Fill in the Blank

Willingness, \_\_\_\_\_ and open mindedness are the essentials of recovery.

A common Treatment Center suggestion is to do 90 \_\_\_\_\_ in 90 days.

If you need to talk to someone, always have your phone \_\_\_\_\_ handy:

A \_\_\_\_\_ is a fellow alcoholic who takes you through the steps.

You will surely meet some of us as you \_\_\_\_\_ the Road of Happy Destiny.

Letter Bank:

S D E H M I R E

T P U T G N N S

S O E Y R I G O

S O E T T S N L