



## **POW AA Group Schedule**

**All Meetings Are In The Public Health  
Building Conference Room**

(PLEASE WEAR A MASK)

**Monday:** Women's Meeting 7:30 pm

**Tuesday:** Daily Reflection Mtg 6:30 pm

**Friday:** Big Book Study Meeting 6:30 pm

**Meetings also available on Zoom**

For More Information Please Contact:

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## **Twelve Steps of Alcoholics Anonymous:**

1. We admitted we were powerless over alcohol and 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.

## **Promises From The Big Book of Alcoholics Anonymous :**

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.

We will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

The 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 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.

Big Book of Alcoholics Anonymous

Chapter 6 Pages 83-84

