

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

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 these principles in all our affairs.

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THE PROMISES OF ALCOHOLICS ANONYMOUS

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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.

Pages 83-89 of The Big Book
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AA Meeting List

Kodiak, AK

District 03



*Nothing Changes If
Nothing Changes*

Kodiak AA Hot-Line

Meeting Questions: Call Hot-line

(907)-512-6149

*The only requirement for A.A.
membership is a desire to stop drinking.*

