

Newcomer Guide

Central Office Phone: (702) 598-1888

This phone number is 24/7 and can be called around the clock without fear of waking or disturbing anyone, or when there is a need to speak to someone with total anonymity. Call or visit lvcentraloffice.com for information about meetings throughout the city.

Newcomer Toolbox

1. Get phone #s, and call them regularly
2. 90 meetings in 90 days
3. Get a sponsor (or temp sponsor) and begin the 12 Steps
4. Find a power greater than yourself
5. Change playgrounds, playmates and play things
6. Join a Home Group
7. Use the Serenity Prayer (and slogans)
8. Take care of **HALT** (Hungry, Angry, Lonely, Tired)
9. Pray and/or meditate daily. Make gratitude list.
10. Eat sweets, drink orange juice (etc.) to curb sugar withdrawal (for those who are detoxing)
11. Read the Big Book (of AA) and literature (such as the 12 and 12, the Grapevine, Daily Reflections, etc.)
12. Get into service

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.

12 Steps to a Relapse

1. We neglect 12th Step work (and other step work).
2. We omit contact with the Higher Power.
3. We forget personal inventory.
4. We nurse grudges or resentments against others.
5. We miss A.A. meetings, and avoid A.A. friends.
6. We gradually lose humility.
7. We fall into self-pity.
8. We worry about unalterables.
9. Our thinkin' really starts stinkin'. Negative thoughts and opinions accumulate until we are restless and discontent.
10. We become "cocky" and overconfident.
11. We neglect to ask help from our Higher Power.
12. We try becoming a "social drinker."

Acceptance Prayer

Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation--some fact of my life--unacceptable to me and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober, unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

Slogans

- Easy does it
- First things first
- Live and let live
- But for the grace of God (there go I)
- One day at a time (One hour at a time...One step at a time)
- My best thinking got me here (to bottom, into AA)
- Think, think, think (the drink through)
- Never forget your last drunk
- NUTS: Not Using The Steps
- GOD: Group Of Drunks
- FEAR: False Evidence Appearing Real
- This too shall pass
- Keep coming back... it works if you work it
- Honor the pause
- If I just do what they did (the steps), I will get the same result?
- KISS: Keep It Simple Stupid
- Sobriety is a journey, not a destination
- Faith without works is dead
- There is a solution. There is HOPE here.
- We are only as sick as our secrets
- Stay in the solution, not the problem
- I can't handle it God, you take over
- Utilize. Don't analyze.
- Before you say "I can't", say "I'll try"/ Keep an open mind
- You can't save your hide while saving face
- Willingness is the key
- More will be revealed
- Don't quit 5 minutes before the miracle happens
- It's better to light a candle than curse the dark
- It's alcohol-ISM, not alcohol-WASM
- Don't take everything personally or yourself too seriously
- Having a resentment is like taking poison but expecting the other person to die
- We are not bad people trying to become good people. We are sick people trying to get better.
- Resentments kill... Little negative thoughts/opinions can add up over time to restless, irritability, and discontentedness.

4th Step Prayer

God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend. Help me to see that this is a sick man. Please show me how I can be helpful to him and save me from being angry. Help me to avoid retaliation or argument. Show me how to take a kindly and tolerant view of each and every one. Thy will be done.

For additional multimedia and links concerning alcoholism, please visit www.ourmeetingplace.org