**The 12 Steps**

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 h\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 a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

**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.**

**What A.A. Does**

We help alcoholics achieve sobriety

**What A.A. DOES NOT DO**

Solicit members

Furnish initial motivation for recovery

Engage in, or sponsor research

Keep attendance records or case histories

Join “Councils” of social agencies

Follow up or try to control its members

Provide drying out or nursing services

Offer religious services

Engage in education about alcohol

Provide housing, jobs, food or money

Accept money for its services, or contributions
from non A.A. Sources

Provide letters of reference to parole boards, lawyers or courts

**Phone numbers**

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**Southeastern Illinois
District 16
www.aa-district16.org**

**ALCOHOLICS
ANONYMOUS**

 **Meeting
Schedule**

AA Preamble

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership; we are self-supporting through our own contributions. AA is not allied with and sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary is to stay sober and help other alcoholics to achieve sobriety.