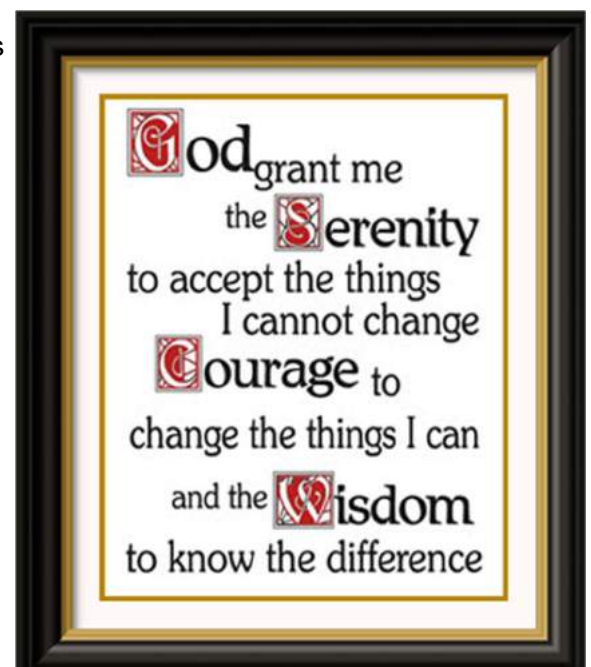


AA Sayings and Slogans

90 meetings in 90 days...90/90
AA = Attitude Adjustment
AA is a simple program for complicated people
AA is an education without graduation
AA is not something you join, it's a way of life
AA works if you want it to work
Act as if
Alcoholism is a disease that tells you don't have a disease
Alcoholism is an equal opportunity destroyer
An attitude of gratitude
Analysis paralysis
Anger is but one letter away from danger
Backsliding begins when knee-bending stops
Be part of the solution, not the problem
Before engaging your mouth, put your mind in gear
Bend your knees before you bend your elbow
Bring the body and the mind will follow
But for the grace of God
Call your sponsor before, not after, you take the first drink
Change is a process, not an event
Chinese saying – "A man takes a drink, a drink takes a drink, the drink takes the man."
Count your blessings
Decisions aren't forever
Do not place conditions on your sobriety
Do the next right thing
Don't carry the alcoholic - carry the message
Don't compare - identify
Don't drink and make meetings
Don't give up before the miracles
Don't project.
Don't quit before the miracle happens
Don't romance the drink
Drinking is committing suicide on the installment plan
Easing God Out – Let go of your ego.
Easy does it
Easy does it, but do it
Even if your ass falls off, don't drink, pick it up and take it to a meeting.
Faith is not belief without proof but trust without reservation
Faith without works is dead
First things first
Get it ---give it---grow in it
G-O-D = Good Orderly Direction
God is never late
God taught us to laugh again but God please don't let us forget that we once cried
H-A-L-T = hungry, angry, lonely, tired
Have a good day unless of course you've made other plans
Have an attitude of gratitude
H-O-W = honesty, open-mindedness, and willingness
I came, came to, and came to believe
I came, I came to, I came to believe (steps 1,2,3)
I can't ... He can.... I'll let him (steps 1,2,3)
I can't handle it God; you take over
Identify don't compare
If God seems far away, who moved?
If it works...don't fix it
If I'm not the problem, there is not solution.
It takes time
It's the first drink that gets you drunk
It's a 24 hour a day program
Just for today
Keep an open mind
Keep coming back
Keep coming back, it works if you work it
Keep the plug in the jug
Keep your sobriety first to make it last

Easy.
Does
...It...

But for
the
Grace
of God.



K-I-S-S = keep it simple stupid
 Let go and let God
 Live and let live
 Live in the now
 Look for similarities rather than differences
 Make use of the telephone therapy
 Man's extremity is God's opportunity
 Men sponsors for men, women sponsors for women
 Minds are like parachutes - they won't work unless they're open
 Misery is optional
 My best thinking got me here
 No pain...no gain
 Nothing is so bad that a drink won't make worse
 One alcoholic talking to another.....one equals one
 One day at a time
 One drink is too many and thousand not enough
 Poor me.....pour me...pour me another drink
 Principles before personalities
 Remember when
 Remember your last drunk
 Serenity is not freedom from the storm but peace amid the storm
 Sick and tired of being sick and tired
 Sobriety - to keep it you have to give it away
 Sobriety is a journeynot a destination
 Some are sicker than others
 Some of us our sicker than others
 Spirituality is the ability to get our minds off ourselves
 Stay for coffee cake and good AA
 Stay sober for yourself
 Stay tuned more will be revealed
 Stick with the winners
 Surrender
 Take the cotton out of your ears and put it in your mouth
 Take what you need and leave the rest
 The 7t's ---take time to think the thing through
 The first step in recovery is to admit defeat
 The longest journey begins with the first step
 The person with the most sobriety is the one who got up earliest that morning
 There are no coincidences in AA
 There are none too dumb for the AA program, but many are too smart
 There is no chemical solution to a spiritual problem
 Think before you drink.
 Think the drink through – play the tape forward.
 Think, don't drink and make meetings
 Think.....think.....think
 This too shall pass
 Time
 To keep it, you have to give it away
 Trust God.....clean house.....help others
 Trying to pray is praying
 Turn it over
 Use the 24-hour plan
 Utilize don't analyze
 We all have another drunk left in us but we don't know if we have another recovery in us
 We are only as sick as our secrets
 We're all here because we're not all there
 We're responsible for the effort not the outcome
 When all else fails, follow directions
 When the student is ready, the teacher will appear
 Who you see hear, and what you hear here, let it stay here
 Whose grief is shared is halved; whose joy is shared is doubled
 You can't give away what you don't have
 You received without cost, now give without charge

*First
 Things
 First.*



Jim C 678-595-5286