



# NEPAIG MESSENGER

December 2024



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Meeting held at 7PM the 2nd  
Tuesday of the month at

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Building

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## The Gratitude of a Thankful Heart

We enter December as a time of the year when we in A.A.© historically make gratitude our priority. Step 12 says "having had a spiritual awakening as the result of these steps". It tells us that we find that spirit of gratitude by practicing a life of freedom, gained through the abstinence of alcohol and our 12 Steps. We no longer bow to alcohol, but follow another power, a "loving God as we understand Him." Our 12th Tradition states that "Anonymity is the spiritual foundations of all our Traditions." We practice true Anonymity through the action and belief of giving freely what we have been given in sobriety. We give up our individual freedom in part to become part of something larger than ourselves, in our case as members of A.A. I read once that it all begins when we decide to join and become a member of a Home Group. We give up a piece of our personal freedom to become a member of the group. As with so many things we've learned and experienced in A.A., when we give up a part of ourselves, we become larger and stronger in Unity than we ever could have been alone.

As we go through the holiday season and share our experience, strength and hope, never forget that not all of us will share those same feelings. In a season where it might be taken for granted that everyone seems grateful, remember that isn't always true. My first sponsor once told me, "not everyone you see in the rooms carries the same joy or happiness you may be feeling." He told me whenever I share to add some light humor or a smile to my words. A few words may be all it takes to send the grateful spirit in your heart to another alcoholic. He told me to watch the eyes of others, and look for those eyes none of us can mistake. Look for the eyes showing a struggle with alcohol, eyes that speak as loud as words. Look at your fellows and see what their eyes say. Offer yourself to others, one on one, in your group and in Unity through Service to others. As we go through the holidays and into the year ahead, what better time to be of service to others.

**Make it a time to join a committee and be and be part of  
the wonderful Fellowship of Alcoholics Anonymous!**

**bob p. First Things First**

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## To my friends of Alcoholics Anonymous,

As we move into the holiday season, I feel grateful for the strength and support of Alcoholics Anonymous. Being part of this fellowship has changed my life in ways I never imagined. I'm a 27-year-old woman, and I've found that AA has given me more than just a path to sobriety – it has given me a family, a safe place to be honest, and a sense of belonging. But as I've come to learn, fellowship is only as strong as the connections we build and maintain with each other.

During this time of year, many of us feel a particular strain. The holidays can bring joy, but they can also bring memories, pain, and temptations that are hard to face alone. I know I'm not the only one who has felt the pull of old habits, especially during these months. Yet, I also know how powerful it can be to lean into fellowship, especially when sobriety feels hard.

If you're someone who struggles to reach out for help, please know you're not alone in feeling that way. Many of us in AA have a hard time asking for support, even though we know how healing it can be. Sometimes it's pride, sometimes it's shame, and sometimes we simply don't want to burden anyone. But this fellowship was built to support each and every one of us, especially during the tough times. In AA, we believe in being there for one another, offering a shoulder, an ear, or even just a smile.

Remembering the primary purpose of AA can help: "to stay sober and help other alcoholics to achieve

sobriety." This isn't just about staying sober ourselves; it's about helping others, lifting each other up, and sharing the gift of recovery. We're here to remind each other that sobriety doesn't have to be a lonely journey. Fellowship means that none of us have to carry our burdens alone. By reaching out to others, we help strengthen not only their recovery but our own as well.

The holidays, with all their pressures, are a perfect time to practice gratitude within the fellowship. Gratitude for the person who picked up our call late at night, for the friend who sat with us through a craving, or for the newcomer who reminded us of our own journey. Gratitude doesn't just make the good times sweeter; it makes the hard times bearable. I've found that being grateful for others in AA has kept me grounded and has deepened my commitment to sobriety.

So, if you're finding it hard to reach out this season, consider letting someone in the fellowship know how you're doing. It can be a text, a call, or even a simple "I'm here" at a meeting. Or, if you see someone who looks like they might be struggling, reach out to them. A small gesture of fellowship can mean the world to someone – and it can remind us why we're all here together.

As we walk through the holidays, let's stay connected, let's stay grateful, and let's remind each other that none of us has to do this alone.

**With love and gratitude, Amanda T.**



**A Fellow Member of Alcoholics Anonymous**

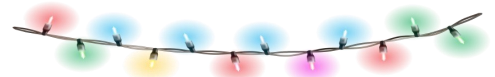
"Primary Purpose" reprinted with permission of A.A.W.S.



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*Log onto our website for upcoming events, NEPAIG info and more at:*

***<https://aaintergrouppnepa.org/nepaigaaevents>***



# At Home in My Father's House

Many years ago, I was a very active member of my church. It was August and our parish picnic was in full swing. As usual I volunteered to work the potato pancake stand. It was the hottest, most miserable one to work. I viewed that as my penance and I was sure that if I spent a certain amount of time in hell on earth, I would be a shoe-in at heaven's gate!

During the festival they announced that they would be conducting tours of the church for those interested in learning more about the history and layout of the building. Me being somewhat of a history buff, this tour sounded like something I would enjoy. The church was the "Nativity of Our Lord" in the south side of Scranton. It is a magnificent building. The architecture is unbelievable. At Christmas the altar was a site to behold, being adorned with poinsettias and Christmas trees. It literally would take your breath away.


Anyway, back to my tour of the church story. I don't recall how it happened but I had my two year-old son in tow with me during the tour. The person giving it was very knowledgeable and provided insight to not only the history of the church, but also how it was constructed. I didn't know that the church, when viewed from above, was laid out in the shape of a cross. I was fascinated to learn that there were priests buried in the basement. That freaked me out a bit, but it was their close connection with the beginnings of the parish that earned them that honor.

Having a two-year-old with me was a bit of a distraction and it all came to fruition when we got to the altar. My son got away from me while we were there! Anyone who has kids knows how fast they can be. They are like trying to catch a chicken. As luck would have it, he laid on his back and when he looked up he could see the ceiling that was adorned with Angels. He was pointing at the angels and yelling Batman! I was beside myself, so I grabbed him up and in the kindest fatherly fashion I could muster I muttered, "Get over here and stay with me!" I was embarrassed to say the least, especially because there were two nuns in the group. Sensing my frustration, one of the nuns tapped me on the shoulder and said, "The child is at home in his Fathers house". Those words took me aback.

What a wonderful concept! My whole attitude and outlook on what the church was changed at that moment. Up until then I was never comfortable in church. I always felt a little uptight. It's hard to explain, but I'm sure most of you get the idea. I started to feel at ease in the presence of my God as I Understood Him. In order for me to have a conscience contact with a Him I needed to feel comfortable in His presence. I wanted to feel at home in my Father's house. This holiday season I hope you find peace and comfort with a Higher power and feel at home in His house.

**Ron S.- Peace and Serenity Group**

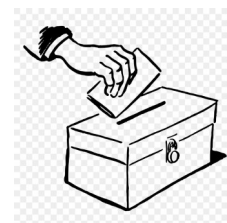
## Christmas and New Year Alcathons

DISTRICT 62	DISTRICT 59	DISTRICT 49	DISTRICT 40	DISTRICT 39
<b>Christmas Day</b> <b>12/25/24</b>	<b>New Year Eve</b>	<b>Christmas</b>	<b>Christmas &amp; New Year</b>	<b>Christmas &amp; New Year</b>
<b>10 AM thru 9 PM</b>	<b>12/31/24 11AM thru</b> <b>1/1/25 1 AM</b>	<b>Last Chance Group</b>	<b>8 AM thru 8 PM on the</b> <b>even hours</b>	<b>12/24/24— 6 &amp; 8 PM</b>
United Methodist Church 206 E. Ann St. Milford, PA 18337	<b>Meetings on even</b> <b>hours</b>	<b>12/24/24—6 PM thru</b>	St. Elizabeth Ann Seton Church 116 Hughes St. Swoyersville, PA 18704	<b>12/25/24—8 &amp; 10 AM,</b> <b>12, 3, 7 PM</b>
Meetings every hour, last meeting 8 PM	Light My Way	<b>12/25/24—6 PM</b>		<b>12/31/24—6 &amp; 8 PM</b>
Friends & Family welcome	Lightstreet UM Church	<b>45 minute meetings</b> <b>with 15 minute break</b> <b>on the hour</b>		<b>1/1/25—8 &amp; 10 AM</b> <b>12, 3, 7 PM</b>
Pot luck appreciated	1640 Main Street	Leighton Recreational Center		The Hall
Katlinmyrick226@gmail.com	Bloomsburg, PA 17815	243 South 8th Street		415 N. 8th Street Scranton, PA 18503
Maria F. 570-390-9668	Hot dogs & kraut free	Leighton, PA 18235		
	Bring covered dishes	Groups take 3 hr. block		
	Families welcome	Mike C. 610-730-4109		
	New Year Eve	Steve H. 570-413-5719		
	Countdown			

# Area 59 of Alcoholics Anonymous — Eastern PA

67th Annual; Eastern PA General Service Convention & Assembly (EPGSA) election results for Panel 75

Delegate	Dan B.	District 27
Alternate Delegate	Alex N.	District 51
Chairperson	Tara C.	District 35
Secretary	Lauren B.	District 24
Treasurer	Jen F.	District 47
Officer AT Large	Neill D.	District 36



Welcome to our new trusted servants!



## A Vote for Who????



I wasn't sure what to expect going into my first voting EPGSA Convention of Area 59 AA. The voting year is bi-annually in the even year. When I attended the convention last year it was a little bit different. I attempted to look up information about the "candidates" on the Area 59 website, but to no avail. I put in a call to a former delegate on the convention committee for help. He had stopped by our monthly District meeting the week before and provided his phone number in case we had questions. I wish I could tell you that it helped, but I think after that phone call I was even more confused! At this point, I decided to just "let go and let God".

I just had to be patient and see how everything rolled out when I got there. All voting members needed to be in the auditorium by 8:45am sharp for roll call. Otherwise, you could not participate in the election. Here's the part I couldn't understand. Every DCM from each district in our area has the opportunity to stand for a position on the panel. For every position, each DCM is asked individually whether or not they would like to stand for each position. These are the people that are placed on the ballot. That's why I wasn't able to find any information on the website. It all started to make sense!

It was fascinating to see the AA service structure and our "Third Legacy Procedure" in action. I'm happy to have gone to the convention this year. I'm not sure I'll ever be at the microphone to accept or decline a position, but sobriety has shown me a lot of wonderful surprises. I'll never say never!

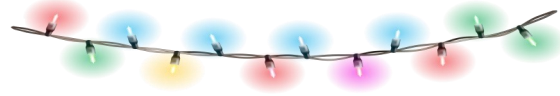
**Sarah S. Olyphant Women's Group**



A & A



ASHLEY & ALLIE



*Gratitude isn't just a feeling, but  
an action!*



**Allie:** What even is gratitude? is it a feeling of thankfulness and appreciation for the good things in life?

**Ashley:** What about for the bad things? I disagree with that definition. I've been incredibly grateful for so called bad things. In Step Three we turn our will and our life over to God. So is God in every part of our life, even including the perceived bad situations when I seek Him? I find Him and know there was some sort of purpose for this situation or thing happening.

**Allie:** I'm grateful more in hindsight than in the moment. When I look back and consider gratitude, I'm grateful more so for the bad things than the good.

**Ashley:** Well, the things that we deemed bad.

**Allie:** I'm such a sick individual and I think my Higher Power knows this. When everything is all hunky-dory, I'm less likely to turn to my Higher Power. It's as if this all-encompassing Higher Power knows that I needed to be in the turmoil so that I could have the opportunity to grow closer to God.

**Ashley:** I had a resentment that was a year long and that situation lead me to implement the Steps. Then I have another spiritual awakening or shift in perspective regarding this situation. When you look back on that, was it bad that I had a resentment that was a year long? Maybe? However, without that situation would I have become closer to my Higher Power or was that all part of Gods plan? I don't know.

**Allie:** I had to have situations where I was faced with only two choices, seek God or go on to my demise. There was a certain level of sanity that God restored to me where the choice to implement the Steps was there. It was the choice to seek a spiritual avenue that was there. If I rejected those avenues, the choice to pick up would not be there I'd just do it or for me personally, I'd kill myself. That may be a sick, twisted thing to be grateful for.

**Ashley:** Everything that's happened to me has gotten me to where I am today. I am at peace with where I am at today. I have hindsight of gratitude as well, because I want the blueprints, the events and the results immediately.

**Allie:** Oh, I am a blueprints kind of girl. I always need to have my hands in there and make suggestions to my Higher Power .

**Ashley:** Today there's this switch where when I'm being negative about something. I remind myself of things I can be grateful for. There is always something, and as soon as I list a few things that I should be grateful for and start to get out of my selfishness. In those moments, that's where Steps Ten and Eleven come in. I pause and redirect my thoughts to God, or towards God's will for me. I have that choice that you were talking about, to stay in my darkness or to seek spiritual relief.

**Allie:** In the moment I can say the things I am grateful for and sometimes it doesn't set in immediately. The feelings don't always change quickly, so I think, what action God would want me to do? I do it despite how I am feeling. I pull my big girl pants up and just do it! There's a way to act with gratitude even when I don't feel grateful. When I'm tired and I need to be at a meeting or my daughter needs something and I don't want to do those things. I do it anyway despite how I feel because today it is a privilege that God gave me these things in my life. A happy, healthy child who relies on me, a program of AA where I may be useful and need to show up somewhere to be useful. I don't necessarily deserve a lot of the good things in life, they have been gifted to me by my Higher Power despite how I have acted and



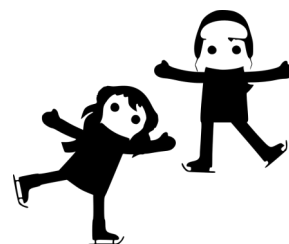
the things I have done. That is what grace is. So, I act with gratitude even when I'm not feeling grateful.

**Ashley:** There's some saying that, what the feet do the heart follows, or some kind of crap like that! That's what you do if you aren't feeling appreciative for what you have or where you are needed in life today, just put one foot in front of the other and the feelings of gratitude will follow. I hate the phrase, "fake it until you make it", because you're not faking it, you're doing it.

**Allie:** For me it's just suck it up, stop worrying about how I feel and basing my actions off my feelings. That's exactly what I used to do so why would I continue to do that?

**Ashley:** Do it because it's the right thing to do not for any other reason.

**Allie:** I am most grateful around the holidays. I'm not sure why, if it's the twinkling lights or the white snow or the cheery music. There is this lack of that urge to go, go, go. I pause more, just sitting, looking at life or people and see things a little clearer. For me, winter and Christmas was always about spending time with one another, watching movies, making breakfast together. It was the time of the year where no one needed to be anywhere or do anything and there were no expectations besides just existing. So, this is the time I pause the most and am the most present, especially being sober, because of that the appreciation for the little things is more profound. Bob laughs at the story I tell about the first Christmas with my daughter. I think he finds it ridiculous. She was three months old at Christmas, and I was sad that we didn't have a Christmas tree. I wasn't worried about presents or anything else, just the tree with lights. Well, we were gifted a Christmas tree, and I remember setting it up, turning the lights on, and it was evening, so the rest of the house was all dark. I put my three-month-old baby daughter under that tree on her back looking up at the lights and I just sat there watching her eyes sparkle from the lights on the tree, she had this twinkling in her eyes. I felt so much gratitude because I was just there in that moment with her. It wasn't about the things it was about the presence of really being in this moment and knowing we were warm and safe and that we had one another. I might've cried of happiness, I'm incredibly emotional for anyone who didn't know!



## Holidays in the Early Days



My sobriety began in April of 2023. That means my first round of sober holidays took place at around 7 to 8 months sober. Despite already having been through the Steps and in a decent headspace, (as decent as one can be at 8 months sober), the holidays were rough. Not only did substances drown out the bad emotions in me, but also the good ones. I didn't want to feel anything in addiction. Now I was feeling everything. This meant experiencing love and joy for the first time with family and friends around the holidays was wildly uncomfortable. Holidays used to be my favorite time of year – a time to go out and get massively obliterated as well as avoid or ruin family functions. Now I was at a turning point. I didn't want to be the person I was in addiction but I also didn't want to experience the closeness and feelings the holidays brought about.

I was afraid to be myself around family, I was afraid of saying no to the ones who I drank with. I was afraid of loving and being loved. I was afraid of being close to people. *I was just afraid, I was just afraid..... I was just afraid!* My experience though was reflective of my discoveries in my 4th Step. I am very good at creating stories in my head and I always assume things are going to be way worse than they actually ever are. Despite being uncomfortable with my somewhat novel experience of feelings, I had a pleasant experience. I was present and worked on relationships I wanted so badly previously, but could not manage in my addiction. Holidays are still my favorite time of year, but now for different reasons. They offer quality time with family and friends, lots of shopping, eating sweets, and time off work to appreciate and celebrate with the second family AA has given me.



**Ashley C.— Last House on the Block Group**

## **12 Tips for Staying Sober Over the Holidays: A Message of Hope and Gratitude**

The holidays are a time for celebration, but they can also be a period filled with triggers, stress, and old habits. As members of Alcoholics Anonymous, we know that maintaining our sobriety during this time can be challenging. But with a little preparation, a solid support network, and a heart full of gratitude, we can navigate the season and come out stronger on the other side. Here are 12 tips that have helped me, and I hope they help you too:



*Amanda T—Peace & Serenity*

### **1) Start each day with gratitude:**

Begin each day by listing a few things you're grateful for. Gratitude is a powerful tool in sobriety—it helps shift our focus from what we lack to what we have, keeping our hearts open and our minds clear. No matter how small, starting the day with gratitude helps set a positive tone.

### **2) Practice “One day at a time”:**

The holiday season can feel overwhelming, but remembering the AA principle of “one day at a time” helps keep me grounded. I focus only on staying sober today—there's no need to worry about tomorrow or next week. Today is all I need to focus on.

### **3) Have a plan for parties and gatherings:**

Holiday parties can be tempting, but with a solid plan in place, I can stay in control. I bring my own non-alcoholic beverages, set a time limit for how long I'll stay, or I may choose not to go at all if I feel it's not the right environment. If I go, I'm ready with a strategy to keep my sobriety intact.

### **4) Know your triggers:**

It's important to recognize what situations, people, or emotions might trigger cravings. For me, that could be certain family dynamics or memories of past holidays. By identifying my triggers in advance, I can avoid or prepare for them, making it easier to stay sober.

### **5) Connect with your support network:**

My sobriety thrives on connection. During the holidays, I make an effort to reach out to my sponsor, attend more meetings, or text a friend in the program if I feel vulnerable. The support of my fellow AA members is invaluable, especially when the pressure gets high.

### **6) Stay active in your recovery:**

The holidays are a great time to attend extra meetings or get involved in sober activities. It's easy to isolate when life gets hectic, but staying engaged in recovery gives me a sense of purpose and keeps me connected to the program.



### **7) Set boundaries:**

Setting healthy boundaries is essential, especially during the holidays. Whether it's limiting time with certain family members or saying no to events that don't align with my sobriety, respecting my boundaries helps me maintain emotional and mental well-being.

### **8) Give back to others:**

Giving back is a powerful way to stay sober. When I focus on serving others, I forget about my own struggles and feel connected to something bigger. Whether it's volunteering at a shelter, offering a helping hand, or simply reaching out to a fellow member, service helps fill my heart with gratitude and purpose.

### **9) Create new holiday traditions:**

Sobriety has allowed me to create new memories and traditions that don't revolve around alcohol. Whether it's enjoying a cozy movie night, baking holiday treats, or taking walks with loved ones, creating sober traditions makes the holidays feel fresh and joyful.

### **10) Take care of your physical health:**

Staying physically healthy is key to maintaining my mental and emotional well-being during the holidays. I make time to exercise, eat nourishing foods, and get enough sleep. When I feel good physically, it helps me stay strong mentally and emotionally, making it easier to cope with holiday stress.

### **11) Be kind to yourself:**

The holidays can bring up feelings of loneliness, sadness, or even guilt. When I'm hard on myself, I remind myself that it's okay to feel vulnerable sometimes. Being kind to myself and acknowledging the progress I've made in my recovery helps me stay grounded and focused.

### **12) End each day with gratitude:**

Before going to sleep, I take a moment to reflect on my day and find something to be grateful for. Whether it's a small victory or just the fact that I stayed sober, gratitude at the end of the day helps me sleep soundly and wakes me up with a renewed sense of hope and determination.

## TRADITION 11

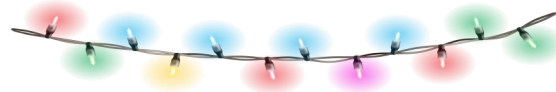


Tradition 11 says, "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films." Members should maintain their anonymity, not so much for their protection, but for the good of the fellowship as a whole.

I remember my first few months in AA. I was certain that I must convince my friends that they needed this program. I was on a pink cloud and I wanted everyone to feel the way I did. Of course, that was always one of my character defects. If I was happy everyone had to be happy and if I was miserable everyone should be miserable. Thank God I had a sponsor who knew exactly what was going on with me and explained to me how the program is based on attraction rather than promotion. Reality is that no one just wakes up and decides "I'm an alcoholic and I think I'll go to one of those meetings today." Now that may have happened, but I have yet to hear of an experience such as that. The program is here for anyone who has a desire to stop drinking. There is no need to promote it. Most of us wanted nothing to do with AA until we were cornered or so emotionally distraught that it was the only option left. Even then it did not look attractive at all. It looked more like the end of the world to me. It wasn't until I stuck around long enough to realize that this staying sober deal isn't that bad. I started to like how I felt and I began to realize that I wanted what the fellowship had to offer. I saw the changes in those around me. They were happy. Seeing these things were attractive to me. I wanted what they had and they were willing to give it to me!

Now back to the personal anonymity of tradition 11. What I must always bear in mind is that people are judgmental. They always have been and always will be. It's just our nature. The best way to promote our program is to be there for the newcomer. Bear in mind that your actions and attitude may be the only picture of AA that he or she sees. How we conduct ourselves in and out of the rooms goes a long way in convincing someone they are in the right place. When people see the four changes in our life—*mental, emotional, physical, and spiritual*—they are attracted. They need no promotion. This is a program for people who want it. Let's not let others tell us what they think we are about. Let's just be ready when the suffering alcoholic is ready to open the door and show him what we are about.

**Ron S.—Peace & Serenity**



*Tradition 11 reprinted with permission of A.A.W.S.*

### **Contribute to the A.A. Birthday Plan**

The birthday plan is for groups or members who wish to contribute to the General Service Office on their A.A. birthday. \$1 per year is suggested, but many members may contribute as much as they wish up to \$7,500. Envelopes for use are available at our Central Office.

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<https://www.aa.org/aa-contributions-self-support>





## TRADITION 12



Tradition 12 of Alcoholics Anonymous (AA) states that anonymity is the spiritual foundation of all our traditions ever reminding us to place principles before personalities. The tradition also emphasizes that members should practice humility, share openly, and learn from others. Members should maintain anonymity at all levels of participation in AA, including meetings, 12th step work, and sponsorship. The spiritual substance of anonymity is sacrifice, which is symbolized by the willingness of AA members to give up personal desires for the common good. To me this means never saying no to AA unless I have a good reason. Excuses won't cut it.

In the beginning, anonymity was a result of early fears. There were a lot of stigmas attached to alcoholism. To a degree there still is. Anonymity allows members to express their struggles and their completion of the steps without fear of public distrust or contempt.

Having had a spiritual awakening as the result of the 12 steps we try to carry the message to other alcoholics and practice these principles in all of our affairs. Kinda rhymes and rings true with tradition 12 doesn't it? I know that in order for me to place principles before personalities I had better be on my spiritual beam. Personalities and attitudes can make my blood boil quicker than a bon fire. Without the steps and traditions, I can easily get caught up in emotion, I still do at times. But again, the word practice comes into focus to remind me that not only am I human, I am also far from perfect in this practice we call Alcoholics Anonymous.

**Ron S. Peace Serenity**

*Tradition 12 reprinted with permission of A.A.W.S.*

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*Bridging the Gap*



**Bridging the Gap** is a program creating a temporary partnership between a treatment program and A.A. members. Bridging the Gap is designed to help an alcoholic in a treatment program make that transition.

One of the more "slippery" places in the journey to sobriety is between the door of the facility and the nearest A.A. group. A.A. members have volunteered to be temporary contacts and introduce newcomers to Alcoholics Anonymous

**Request Services:** <https://aaintergrouppnepa.org/bridging-the-gap-member-signup>

**Become A Volunteer:** <https://aaintergrouppnepa.org/bridging-the-gap-volunteer-sign-up>

**Comments or Questions:** [NepaBTG@gmail.com](mailto:NepaBTG@gmail.com)



## DRY DOCK—Slogans & Humor

In the spirit of "Ham on Wry" ©

My wife runs up her credit cards all the time. I told her she should be in AA. She asked why, I said "well you're surely a friend of bills!"



*Most things can be preserved in alcohol, but dignity isn't one of them!*



At an affair my wife was bugging me to dance with her and I said "No"! She asked me why I never dance, and I told her every time I tried to dance I get lost after the first 12 steps!



A pigeon relapsed and his sponsor heard about it. "What happened" he asked when he went to the jail to bail him out. "Well he said I got drunk, spent all my money, wrecked the car and got a DUI." So the sponsor said, "Well what did you learn from that?" The pigeon looked and said "I gotta quit driving!"



After a weekend binge I looked into the mirror and thought, "you're an alcoholic, you should stop drinking." Then I paused a moment and thought again "well I'm not going to listen to a drunk who talks to himself!!"



*Is your program powered by will power or a Higher Power?*

One day hung over and disgusted at work I went to the EAP Office. When the counselor came in I said, "I have a problem." She looked at me and said, "there are no real problems, just opportunities." I looked back and said, "well I have a serious opportunity!"



*It's possible to change without improving, but it's impossible to improve without changing*



*At my 1<sup>st</sup> AA meeting during the discussion I raised my hand and when called on I said, "when I was in school taking chemistry, they taught us that alcohol*

*WAS a solution!"*



*H.O.P.E. happy our program exists!*

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