

## The A.A. Tools of Recovery

This short summary of the way people get sober in A.A. is read at the beginning of many A.A. meetings in Northern Indiana, to make sure that newcomers are aware of the things that they should be doing. As the Tools of Recovery say, "action is the magic word in this program." This little reading was put together by Don H., who was one of the good old-timers from Elkhart, Indiana back in the old days, but it is basically just a statement of what any A.A. old-timer would tell a newcomer, put in the traditional language of the Big Book and other A.A. literature.

### Abstinence

We commit ourselves to stay away from the first drink, one day at a time.

### Meetings

We attend A.A. meetings to learn how the program works, to share our experience, strength and hope with each other, and because through the support of the fellowship, we can do what we could never do alone.

### Sponsor

A sponsor is a person in the A.A. program who has what we want and is continually sober. A sponsor is someone you can relate to, have access to and can confide in.

### Telephone

The telephone is our lifeline - our meetings between meetings. Call *before* you take the first drink. The more numbers you have, the more insurance you have.

### Literature

The *Big Book* of Alcoholics Anonymous is our basic tool and text. The *Twelve Steps and Twelve Traditions* and A.A. pamphlets are recommended reading, and are available at this meeting.

### Service

Service helps our personal program grow. Service is giving in A.A. Service is leading a meeting, making coffee, moving chairs, being a sponsor, or emptying ashtrays. Service is action, and action is the magic word in this program.

### Anonymity

Whom you see here, what you hear here, when you leave here, let it stay here. Anonymity is the spiritual foundation of our program.