

THE TRUDGE

aaHG's OFFICIAL NEWSLETTER

"CARRYING THE MESSAGE"

Issue 5 • July 2024

Your Personal Stories



What We Were Like...

Welcome to our latest edition, featuring the transformative journeys of some of our aaHG members. In this issue, we highlight stories that reveal “what we used to be like, what happened, and what we are like now.” These narratives capture the raw honesty of life before recovery, the pivotal moments that spurred change, and the profound transformations that followed.

Every story shared here is a testament to the resilience of the human spirit and the strength found in our shared experiences. We hope these stories offer hope and inspiration to those still struggling and serve as a reminder that recovery is possible. Each journey is unique, yet the themes of courage, vulnerability, and renewal bind us together as a community. Thank you for joining us in celebrating these remarkable journeys.

Yours in Service,
aaHG Steering Committee

AA Step, Tradition & Concept Spotlight

by Lauren, NY

A.A.'s Twelve Steps are principles for personal recovery. The Twelve Traditions ensure the Unity of the Fellowship. Finally, the Twelve Concepts provide guidance for service in the AA fellowship.

	MAIN IDEA	PRINCIPLE
Step 6: Were entirely ready to have God remove all these defects of character.	<i>Willingness is the Key</i>	Willingness
Step 7: Humbly asked Him to remove our shortcomings.	<i>Humility Heals Pain</i>	Humility
Tradition 6: An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.	<i>We Keep It In-House and Remember Tradition 5</i>	Non-Affiliation
Tradition 7: Every A.A. group ought to be fully self-supporting, declining outside contributions.	<i>Spirituality and Money DO Mix</i>	Responsibility
Concept 6: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.	<i>The Conference Allows the Board to Do Its Job</i>	Accountability
Concept 7: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness..	<i>The Board Can Override the Conference When Necessary</i>	Balance

(continued on page 3)

AA Step, Tradition & Concept Spotlight

(CONTINUED FROM PAGE 2)

My Journey Through Steps 6 & 7 of AA by Anonymous

When I began my journey with AA, I knew it wouldn't be easy. The 12 steps were overwhelming at first, and there were some scary concepts. Turning over my will? Asking God for help? I hadn't asked God for anything since I'd been a kid. In fact, I wasn't even sure that I believed in a God when I came into the rooms. It was a struggle for a bit but my sponsor kept pushing me, and I found the God I had walked away from. Well, to be honest, God wasn't lost, I was. So I came back to my higher power and things started falling into place.

I'm not gonna lie, Step 4 was HARD. I started reliving some old hurts but I made it through that and Step 5. And then came Steps 6 and 7 which helped me learn lessons about humility and willingness - two things that I was missing but now embrace.

Step 6: Getting Ready to Let Go of My Flaws

"Were entirely ready to have God remove all these defects of character."

In Step 6, I had to look at myself honestly and see all the flaws that contributed to my alcoholism. This step was all about being ready to change and it required a lot of humility.

Humility in Step 6: For me, humility meant admitting that I'm not perfect and that I needed help in changing. I needed to get rid of the character defects that were never good for me, the stuff that got me in trouble. The greediness, the pride - all that stuff had to go. I had to accept that my own efforts weren't enough to beat my alcoholism and that I needed God's help. Recognizing this helped me become open to the idea of change and growth.

Step 7: Asking God to Take My Flaws

"Humbly asked Him to remove our shortcomings."

Once I was ready to change, I had to ask God for help to remove my flaws. I felt like this was an act of surrender, asking God to help me and take away the things that no longer served me. But it was more than asking God, it was being willing to see where I was wrong and see where I needed to change or else I'd be back where I started.

Willingness in Step 7: Willingness was crucial here. I had to TRULY want to change and be open to getting help from God, knowing that he would help me handle things. It's one thing to know you need to change, but willingness means taking action and seeking that change. Being willing meant I needed to let go... and let God.

By embracing humility and willingness, and relying on God's grace, I've been able to make real changes in my life and continue on the path to sobriety. ■

An Awakening With No Ending

by Misty dawn L.

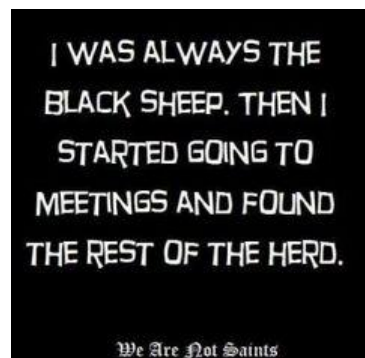
Online meetings or in-person?

Both sustain the sobriety of this AA

My name is Misty dawn I am a grateful recovering alcoholic from Gulfport, Mississippi. My sobriety date is March 20, 2020, just before the pandemic shut down all of our local in- person meetings. I was given a link for an online meeting when the shutdown started. Not having but a few twenty-four hours under my belt, and only being at Step Three, I logged in and the journey began. My sponsor suggested (haha) that I agree when I was asked to chair meetings on the twenty-four-hour online platform AAHomegroup.org. I have been chairing ever since. I believe that the combination of in-person meetings here in Mississippi, along with online meetings, have enhanced my program greatly.

I know there are some who prefer in-person meetings, and others cling to the online meetings. However, I myself am amazed at the combination of both. I now have completed my Steps twice and am looking forward to a semiannual housecleaning soon. My sponsor and I have also worked the Twelve Traditions together. We are now diving into the Concepts. I am a sponsor to other women in my area and online in other states as well. I even sponsor an alcoholic in another country, and all by telephone and virtual meeting rooms. I believe Bill and Dr. Bob are smiling down on our divinely created ever-awakening Fellowship. In our history, we've done meetings face to face, through the mail and over the telephone line. Now here we are looking at each other and carrying the message to another alcoholic in a virtual room on the worldwide web.

I have been reading "AA Comes of Age." I believe we continue to come of age, and that our awakening has no ending. This is an experience I am grateful not to have missed. I shall enjoy the best of meeting rooms in-person and online in my journey of sobriety. I shall not place restrictions on my Higher Power. I will soak up all the knowledge I am meant to have and give it away freely. In the words of Bill W. from "Twelve Steps and Twelve Traditions." "Thus, has it been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which – God willing – shall sustain us in unity for so long as He may need us." ■



Newcomer Corner

by Ash, NY

New to the program? Have questions that you're shy about asking? We can answer them!

Please email your questions to communications@aahomegroup.org.

Q: How quickly should I be working the steps?

When you start in AA, you might be thinking, "How fast should I go through the twelve steps?" Well, there's really no single answer because everyone's journey is different. First and foremost, before you even start thinking about the steps, you need to have a sponsor. This is not a program you do on your own. Trust me.

Your sponsor is someone who has been through the steps before and can offer guidance. A sponsor can help you determine if you're ready to move to the next step or give you advice and motivation if you get stuck. . Trust their experience and advice.

A good sponsor will listen carefully, understand your situation without judging, and be available to meet or talk regularly and support when you need it. Finding the right sponsor can make a big difference, so take your time and choose someone who feels right for you.

Once you have a good sponsor and get started, you should keep the following in mind

Take Your Time

- There is no set timeline for completing the twelve steps. Some people move through them quickly, while others might take years. It's important to go at your own pace. That being said, don't use that as an excuse to dawdle or drag things on.
- Make sure you understand and are comfortable with each step before moving on.

Each step builds on the one before, so rushing will just make the following steps harder. Always ask your sponsor for advice and guidance.

Focus on Your Progress

- Focus on your personal growth and progress rather than how fast you're moving. Recovery is a lifelong journey, and the twelve steps are tools to help you build a better life.
- Be honest about your feelings and readiness to move forward. If you feel stuck, talk to your sponsor or attend more meetings for support.

Stay Committed

- While there's no rush, it's also important not to become complacent. Stay committed to working the steps regularly. Consistency helps maintain your focus on recovery.
- Attending meetings regularly keeps you connected with the AA community and reminds you of the principles of the steps. It's a constant source of support and motivation.

It's Your Journey

- Remember, this is your journey. What works for one person might not work for another. Listen to your inner voice and follow a pace that feels right for you.

There's no one-size-fits-all answer to how fast you should do the steps. Your recovery journey is unique to you, and the most important thing is to stay honest and consistent in your efforts. ■

My Story

by Sofia T

Born Transgender in El Salvador was not easy. My life was a secret since birth. There was incest, physical, emotional abuse from everyone around me that were supposed to love and care for me. I remember the hands touching me and beating me and I can still hear the screams from my father telling me I was worthless and he would force me by his punishments to be the macho man he wanted. I felt abandoned and defenseless.

I came to the United states at the age of 17 and learned English. My mother had become a Fundamentalist religious woman in a cult where I was told I was possessed by demons and therefore I had to undergo exorcism. Again the emotional abuse continued for 5 years until I left the church. I started drinking and shortly after found other drugs. I did not stop until I was 36 years old.

When I drank I fell in love. Finally I felt anesthetized and did not feel the pain I had in my heart or my body. I felt beautiful, desired, and I had arrived. I started having sex with anyone who wanted my body. I was young and full of life. Sex under the influence of alcohol become a routine. I received my HIV diagnosis in 1998 but did not care. It added more to my reasons why I drank. I did not want help at all. I felt invincible and full of rage. If someone deserves to drink was ME!

I suffered all my life and I would drink even if I had to sell my body and my soul.

I was willing to go to any lengths to get it and F* the world. No one had gone through what I went through, so I thought. I lost everything, jobs, my beautiful apartment, my dog, my dignity. I was lost and blind and did not want to admit that Alcohol was my master and I had too much pride to accept help from anyone in my family or friends. What a sad existence my life had become!

I started going to 12 step AA meetings in 2004 and finally got clean and sober in March of 2005. I helped start a couple of AA meetings in my city and become very involved.

Unfortunately for me, I started drinking again in 2017

I drank so much I ended up in the hospital in July of 2019 with kidney failure. I was defeated once more. I was drinking and prostituting. The nightmare returned and I felt I died in the hospital.

I'm grateful I have another chance to live and flourish into the woman a long time ago I wished to become. Humility and willingness to be a newcomer is opening the doors for an Alcohol free awakening! ■

“Ask an Elder Statesperson” will return in our next issue.

No questions were submitted for this issue. Please email your questions to
communications@aahomegroup.org.

Cleanness Leads to Higher Spiritual Values

by Robert F.

When I talk about 'Cleanness' I am not talking about 'Cleanliness.' Cleanliness refers to becoming almost sterile – 'Cleanness' means the absence of drugs. I know quite well that for me, I had to stop street drugs before I could be effective at all in going to Alcoholics Anonymous and stopping the ingestion of alcoholic beverages. I am talking about progress here, keeping it simple (not using the word stupid), respecting oneself and climbing upwards on a trudge to effective sobriety.

Even after that, I still had to modify the psychiatric drugs down, claim both a 'sobriety date' and a 'clean date,' and work with others accepting and working out a way to NOT be like elementary school kids that could beat each other over the heads with tetherball two-by-fours, and then look innocently at the supervising adults for approval.

Who will know?

As far as cleanness goes, we have to be able to pass the 'Santa Claus' test as well. Don't you remember your parents (or some other begging adult) telling you that to be honest we needed to pretend that what we

do will ALWAYS be known by someone more responsible. The question here posed is that how does Santa really know if one is 'naughty or nice?' Is his omniscience like Mom, who always seems to have 'eyes behind her head,' really true when the kids actually get gifts at the end of each year? For an alcoholic then the question is posed, "Who will really honestly know if I drink or not if no one else is watching?"

Do you have to have someone else hold your medicine? Or are you able to have alcohol in your home? In part of my journey in the stopping of my alcohol I did what one psychiatrist suggested and tried to keep a quart of beer in my refrigerator untouched. I tried this and I was unable to not drink it. Still, to this day, I know that I would have difficulty storing ANY amount of alcohol in my home EVEN THOUGH I AM CAPABLE of handling pills as though I were a clean pharmacist. Learning how to do this took prayer and work. Yet, honestly at any time, I still do not want alcohol stored in my home.

A voluntary forthright act of honesty.

Beyond any list of kids by

Santa, and beyond Mom's secret eyes in the back of her head, I want you to consider a courageous view of safety – honesty with intention. For example – George Washington – our first president – wholeheartedly admitted (and took credit?) for "chopping down that cherry tree." In other words, the act of felling the cherry tree was intentional to George Washington. He knew, as I do now, that sometimes actions need to be taken maybe just for the sake of progress.

In my case, all throughout my life, I have been prescribed and given over thirty different medicines (drugs) which have actually changed my mind and how I think. Believe me, I never have asked to be put into this 'brain warped chaos' and I would not recommend this form of drug therapy to ANYONE, anywhere.

You may have heard of the description that no one made you an alcoholic by holding you down and pouring ethyl alcohol down your throat. In my case, however, people did tie me down to a hospital bed for three days and forced chemicals into

(continued on page 8)

my system in the summer of 1974 in Corpus Christi, Texas, until I thought much differently and until I reached the point of dependence upon these same chemicals. This abuse did change the course of my life. Now, I come to tell you that just like George Washington chopped down his cherry tree, I am still capable – with extreme caution – of using one of these drugs. I still have some vestiges of dependence which over the years I have become entirely ashamed about. Today, though, my voluntary ingestion of a certain drug aides me towards sanity.

Knowing my limits; knowing what other's opinions may do.

I now not only know what I can tolerate, but I also know what I will not do. I will NOT ingest anything that “lifts me up,” or “fuzzes me out,” or “turns me on,” or in any way makes me more dependent. It has taken years to find the beam I need to stay on. I will not use Antabuse either, nor any drug that is not explained satisfactorily to me. Only with decent professional help will I ever even consider using a ‘Prevagen-type’ drug – which I DO use at this time. Now, you tell me with your modern thoughts of prideful abstinence, that people should NOT use these drugs because it ‘soils’ YOUR view on cleanness

and sobriety? So then, what do you say with someone with epilepsy, Alzheimer's, a tumor, an aneurism, or even cancer for that matter in ANY part of the brain? Some cranial conditions NEED medicine and who are you to say that the brain is not an organ, just as it is in nature as every other organ of our body? Sure, too much can be too much, and discipline is needed, but isn't anything sacred between you, your doctors, and God? Then again, maybe some people just have to be in other people's business.

The fact that our organs – even the one being the brain – may need outside physical help is relatively new in our proud society. In some regard I am proud that I refuse to “pickle” my brain just as George Washington would take the pride in chopping down an unwanted cherry tree. Yet, personally, I still have a dilemma. How can I prevent from having unwarranted drugs from medical doctors forced on me again? Not only am I not a “Guinea Pig,” but don't I need to alert my children what I know about my medical history as well? Wherever my children are and wherever they may go, I would like them to know about MY history so that they will not have to make the same mistakes in their histories. All need not be lost or buried in

succeeding generations. (May our ‘little gods’ see to this!!).

Wrapping-up with the essentials of honesty, discipline, and beliefs.

In the end, according to my belief system, the purpose of the 12 Steps of Anonymous Programs is to shore up what is left of our conscience (collective conscience as well!), after years of addictiveness. It needs to be noted that after years of learning how to hate our own behavior we can then – through these programs -- which substitute actions for addictiveness – rightly align our consciences without too much self-alarming pain.

Mental illness, to my way of thinking, is defined and aggravated not by too little or too much judgement, but by actions and manipulations which betray weak consciences in compromised cases that lead to insanity. Hence, we see the second step in the 12 Step process: “Came to believe that a Power greater than ourselves will restore us to sanity.” Our honesty then should not so much be harsh – but be able to be learned with dignity, disciplines, and beliefs over ‘T.I.M.E.’ [This I Must Earn].

Follow your star – and make it true to the path you desire – BE CLEAN and SOBER!! 

Abyss

by Anonymous

As I just celebrated 8 years in November, barely, I am reminded of steps 1,2,3.

I knew I was an alcoholic. I knew I was insane and I knew I had a higher power. I was going to meetings. Talking to women had gotten me a new sponsor, sponsee and doing step work.

The big book says "follow these clear cut direction laid before your feet."* So what happened? Why did I feel like I was in the abyss? Was I in the mental block that precedes the first drink?

Then as I felt step 3 show itself, my higher power pulled me out of the abyss and reminded me, nothing happened, you're an alcoholic. ■

**This is a combination of two sentences in the BB:*

"When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet." - How it Works, p. 25

"Further on, clear-cut directions are given showing how we recovered." - There is a Solution, p. 29

My Story

by Felicia S.

I am 38 years and I struggled with alcohol and drugs for 16 years. I had two drugs charges in the past years and I had to go to jail for the third to finally understand that this was not the life for me.

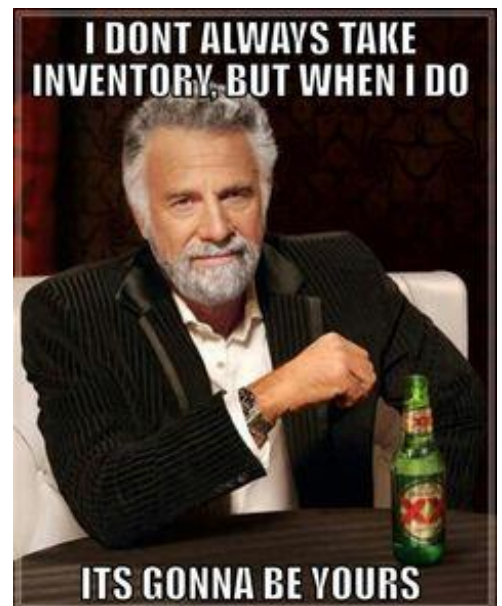
I was on probation for 4 years and finally got off on June the 10 and I have 18 months now sober and clean since I got out of jail for probation violation.

I've gone through the steps for the second time since I got sober and clean. I had to work the steps to get a better understanding of the Big Book, be able to help another alcoholic in need, and be able to do service work with others.

I get to start college to become a Drug Counselor to be able to help other people in need of recovery. Without my higher power this would not be possible. One day at a time is the way. ■

NEWCOMER RESOURCES

- New to AA: [Is A.A. for Me? | Alcoholics Anonymous](#)
- A Newcomer Asks: [A Newcomer Asks | Alcoholics Anonymous](#)
- Big Book: [The Big Book | Alcoholics Anonymous](#)
- Twelve Steps and Twelve Traditions: [Twelve Steps and Twelve Traditions Book | Alcoholics Anonymous](#)
- Sponsorship: [Questions and Answers on Sponsorship | Alcoholics Anonymous](#)



Second Chances

by Anonymous

I'm in my 40s, and for as long as I can remember, drinking was a part of my life. I grew up with alcoholic parents who fought like cats and dogs. There was always screaming and yelling and I started drinking at 13 to numb the pain and escape the chaos. At first, it was just a way to deal with the hard things, to relax and have fun, but I started drinking more and more. I lost a lot of jobs because I couldn't show up on time or stay sober. My bosses gave me chance after chance, but I always effed up. My family got tired of me and my unpredictable moods. They never knew if they were getting calm dad or volcano dad. My ex finally got sick of my crap and took the kids and left me. That was a hard day and I remember wanting to kill myself but instead I drank until I passed out.

One day, I woke up in the hospital. I was in my mid 30s by then and had just stopped caring about life. I just drank every minute I could and one night blacked out and ended up in a car accident. I only got some bruises on my face and a busted rib. But that night scared me more than anything. I knew I needed help or I'd end up dead. When I left the hospital, I had no frigging idea how I would stay sober. I prayed for a solution and asked God to show me a way out. After praying, my heart felt a little lighter, and I went to sleep with some hope.

The next day, I started searching the internet, looking for anything. Somehow, I found a meeting that was only half a mile away that was having a meeting that night so I went. There was a man talking about being sober for about 30

years and I was really surprised. I didn't think people could stay sober that long but this guy was saying we could. He talked about how his "higher power" helped him, and that made me think. Didn't I pray the night before and wind up finding this place? I felt like God had led me to that meeting. So I decided to put all my faith into Jesus and go to the meetings.

It took me a while but I started working the steps. I was real stubborn at first thinking I could do it by myself. But everyone kept on saying I needed a sponsor so I started trying to find someone. I prayed again to find the right guy and at the next meeting this older guy who was helping with the coffee started talking to me, asking about how I was and if I'd done the steps. This had to be God again, giving me what I wanted. I told him I didn't have a sponsor and he said he would be my temporary sponsor. Well, he's been my sponsor ever since then.

I'm still working on my amends but my life has gotten better. I found a steady job and my ex lets me see the kids. Life is getting better every day. I feel like I'm a completely different person than the guy who was lying in that hospital bed. I really believe God gave me a second chance at this life and that he helped me find AA.

I'm sharing my story because I want to help those who are struggling like I was. I think that if I can change my life, anyone can. With God and AA, I've got hope for the future. ■

It's Joke Time

by Gary M.

A lady calls the police...

"Hello, police There's a drunk in my basement, What should I do?"

The officer says,

"Try this tactic. Leave a trail of drinks leading up the back steps, and out the back door, and you'll be rid of him."

So she hangs up.

About 20 minutes later she calls back,

Now I have two drunks in my basement!"

If the pub is a 10-minute walk from your home, but your home is a 30-minute walk from the pub, you might be an alcoholic. The difference is *staggering*. ■

Comic Corner

by Eddie E.



"I hope my share didn't go on too long."

No Longer Drowning

by Anonymous, NY

My mom was 14 when she got pregnant with me, and my dad was 23. We moved to NYC for better job opportunities when I was really young. It was just the four of us and my circle was really small. We didn't trust anyone or let people into our world. My mom was super protective of us. She was a kid raising kids in a country where she didn't speak the language and was constantly anxious and afraid, and my dad was hardworking but emotionally distant.

When my dad got drunk, he got jealous and angry. There were fights and such, so I learned early that those you love can also hurt you - physically and emotionally. I guarded, protected myself, put up walls. But the more I withdrew, the more I needed love. My mom was super critical of me and perfectionistic, so I thought I was never good enough to be loved and I was always lonely.

I didn't have my first drink until college. I remember drinking some awful punch and finally quieting that effing voice in my head. The one that said you suck, you're a fake, people are gonna find out who the real you is...

I could be in a room full of people and still feel lonely.

In my mid-30s I met my husband, got married, and we had kids. I still kept drinking, day after day, year after year, needing more and more. I drank almost every night for 30 years, except when I was pregnant. The thought of harming my baby by drinking kept me from drinking, but even so I thought about drinking every single day of my pregnancy.

To anyone looking at us, our lives were normal. I worked full-time, volunteered a lot, and kept busy to avoid dealing with myself. But I was still lonely all the time, and drinking myself to death. I was also an angry and violent drunk like my dad, which brought chaos into our home. What's worse, I would often black out while drinking, so there are these huge holes in my memory, and I'll never truly know what I said or did while tearing my family apart.

I was surrounded by love - the thing that I wanted the most in the world - but I couldn't feel it or I pushed it away when I did.

In 2019, I realized my off switch had broken. I was out of control, drinking constantly, and I had no way of stopping it. I tried everything but AA because I didn't do the religious thing. AA was for bums in trenchcoats under bridges. So I put myself through remote treatment, SMART recovery, meds to stop the cravings - but kept right on relapsing. I was scared of losing my job, my kids. By 2020, I was drinking 2-3 bottles of wine a day.

That's when I decided that the programs weren't helping and I needed to do it on my own. My first attempt to quit landed me in the ER with hallucinations and hives. After that, I lasted about 120 days before my first relapse, beginning what seemed like a neverending cycle of not drinking followed by horrible relapses. I literally felt like I was drowning when I was drinking and the moments of abstinence were me coming up for air.

(continued on page 13)

It all changed when I was in one of my drowning periods and something made me randomly pick up the phone. I called a friend and admitted that

I couldn't stop drinking. I didn't know that she was an alcoholic herself. Of all the people I could have called, something had made me call her. That was the first of many God winks that I have experienced.

It was the middle of COVID in 2020, but she masked up and took me to my first in-person AA meeting. I'll be honest - I was so drunk I couldn't see and I absolutely didn't hear the speaker. But, for the first time in a long time, I felt like I had a way out of my mess. It was just something in the air, this feeling of peace. My friend took me to another meeting the next day, where she pushed me to go to rehab. I went and dried out. I saw other people have breakthroughs and kept praying for one myself.

After rehab, I felt like my life was over. I didn't know if I had a job. I didn't know how I was going to live life without alcohol. I was miserable and thought that sobriety was going to suck.

I found aaHomegroup on my 3rd day back from rehab and hung on for dear life. This was another one of those God winks. It was night and I was thinking that I wished there were 24-hour meetings. Then a friend from rehab sent me a text about this great online group they'd found. This group has been my lifeline. It has literally saved my life. I am 99.99% sure that I would have relapsed if I had not found my home here.

I found my sponsor here. I learned to stop trying to control things and give in. I read the Big Book, shared honestly, and most importantly, I listened and started working the steps. I finally had hope.

I'm rebuilding my relationships every day. I've lost a lot of time with my family, time I'm never gonna get back. So I'm gonna make the rest of my moments count. It's all I can do. And I'm going to allow myself to be loved. ■

**I Can't
God Can
Let God
Look Within
Admit Wrongs
Prepare for Change
Seek God's Help
Become Willing
Make Amends
Inventory Daily
Pray and Meditate
Give it Away**

**I DON'T MEAN TO
CROSS TALK
but
I'M TOTALLY
GOING
to CROSS
TALK**

THE BACKDOOR

1ST YEAR SOBRIETY BIRTHDAYS

May 2024

05/29 - Debbie in CT.
05/30 - Joanne G

June 2024

06/15 - Amber G
06/28 - Cassandra B

aaHOMEGROUP ANNOUNCEMENTS

Group Conscience Meetings

Saturday August 31st @ 1:00 PM EST
Wednesday September 25th @ 7:00 PM EST
Saturday October 26th @ 11:00 AM EST
Thursday November 21st @ 8:00 PM EST
Saturday December 28th @ 12:00 PM EST

Service Training Dates

Mod 1: Aug 9 @ 8 PM/ Mod 2: Aug 10 @ 2PM EST
Mod 1: Aug 18 @ 2 PM/ Mod 2: Aug 19 @ 8PM EST
Mod 1: Sep 6 @ 8 PM/ Mod 2: sep 7 @ 2PM EST
Mod 1: sep 22 @ 8 PM/ Mod 2: Sep 23 @ 2PM EST

OUR NEXT ISSUE: PETS & SOBRIETY

We invite you to submit articles on how your pets have supported your sobriety journey. Share your heartwarming stories, personal reflections, or anecdotes about the unique bond between your pet and recovery. Inspire others with your experiences!

We also welcome content of any length, including original art, poems, personal stories, recipes, AA-related book reviews, jokes, pet pictures, and advice. You can also submit questions for our advice columns, "Ask an Elder Statesperson" and "Newcomer Corner."

Please send your submissions to communications@aahomegroup.org. We look forward to featuring you in the next newsletter.



WE SHALL BE WITH YOU IN THE FELLOWSHIP OF THE SPIRIT,
AND YOU WILL SURELY MEET SOME OF US
AS YOU TRUDGE THE ROAD OF HAPPY DESTINY.