

We are going to know a new freedom and happiness. We will not regret the past, nor wish to shut the door on it...We will comprehend the word serenity and we will know peace.

Alcoholics Anonymous;p.83-84



**The 12 Steps of  
Alcoholics Anonymous**

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



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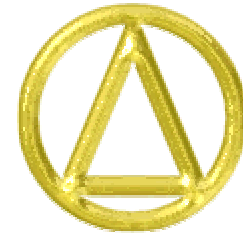
The Online Intergroup  
Intergroup-approval@world.std.com  
Global Cyberspace



MAIL TO:



**A MESSAGE FROM THE  
ONLINE INTERGROUP**



**INFORMATION  
& HOW TO FROM  
YOUR FRIENDS IN  
CYBERSPACE**

**"Therefore nothing can matter more to the future welfare of AA than the manner in which we use this colossus of communication."**

"Bill W" \*Language of the Heart\* pg.320