

BRACER

Volume 10.09

NORTHERN NEVADA INTERGROUP NEWSLETTER

October 2009

Caught in the



HOLIDAY
WHIRLS?

HANDY HOLIDAY TIPS

- Keep your AA phone list with you at all times. Use it.
 - Give yourself permission in advance to leave anywhere, anytime. No excuse required. Pre-plan your ride home.
 - At parties, bring or pour your own drinks.
 - Keep candy handy but be sure to also eat nourishing food. You may feel like committing suicide when, in fact, soup and a sandwich would do.
 - Watch your HALTS. Don't get too Hungry, Angry, Lonely, Tired, or SERIOUS.
 - Plan extra meetings. Visit groups you have never gone to before.
 - Attend holiday alkathons (round-the-clock sessions often co-sponsored by several groups).
 - Take someone with less time than you to a meeting.
 - Welcome that stranger who shows up at your home group.
 - Accept an extra AA chore or two during the holidays—telephone duty, dishwashing, lead or speak at a meeting.
 - Sign up for the Sunshine Committee and visit an alcoholic who is stuck at home or in a hospital.
 - Attend a jail meeting or in a treatment center.
 - Carry some AA material with you to read at odd moments.
 - Catch up on reading and letter writing.
 - Host a Video Veg-Potluck- Open House. Invite friends to drop by with favorite goodies and movies to share.
- Take on only what you can manage. If you're into a big spread, get help with preparations and clean up.
 - Don't expect too much. The point is not to be "perfect". The point is to be sober.

Wound up? No big deal. Turn it around.

It isn't Christmas. It's Friday.

It isn't New Year's Eve.



It's Thursday night.