



ALL  
CALIFORNIA  
YOUNG PEOPLE  
IN ALCOHOLICS  
ANONYMOUS  
ROUND-UP

**W**e have shown how we got out from under. You say, "Yes, I'm willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufficient substitute?"

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. *Your imagination will be fired. Life will mean something at last.* The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.

*Page 152, Alcoholics Anonymous*

**WELCOME TO THE 39TH ANNUAL ACYPAA ROUND-UP!**

The Golden Gate Young People in AA are proud and excited that you are able to join us in a weekend full of meetings, fun, and fellowship. We hope that when you return to your regular home groups you will be able to welcome young alcoholics and show them how we have discovered a common solution to the alcohol problem. There are many different activities and meetings happening this weekend. If you need some help or guidance, please seek out any member of the host committee. We would love to assist you with whatever you need. This is a weekend meant to recharge your recovery and allow you to discover new and exciting ways to reach out to the still suffering alcoholic. Thanks for attending!

**OPEN ADVISORY COUNCIL MEETING**

The regular business meeting of the ACYPAA Advisory Council will be held at 7pm in Sand Pebble A & B on Thursday evening. This is an open meeting and everyone is welcome to attend.

**ANONYMITY**

Our 11th Tradition states "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." In order to respect this tradition, please refrain from taking pictures or videos in all meetings and panels. If a member of the press happens to approach you, we ask that you please direct them to the Registration table to speak with a host committee member.

**REGISTRATION**

Located in the Grand Peninsula Foyer Area. Registration is \$25 and includes a name badge, lanyard, and logo pen. A visible registration badge is required to enter all panels and events listed in our program. Registration Hours are as follows:

Thursday: 12pm - 7:30pm; 10pm - 12am  
 Friday: 9am - 7:30pm; 10pm - 12am  
 Saturday: 9am - 7:30pm

**SCHOLARSHIP REGISTRATIONS AND DONATIONS**

We understand that not everyone can afford to attend the Round-Up. If you can not afford to register for ACYPAA and would like to attend, we would like to assist you. If you would like to receive a Scholarship Registration or make a donation to the Scholarship Fund, please visit Registration.

**CHILDCARE**

Complimentary Childcare is available in Board Room IV on the Atrium Level during the Friday and Saturday Main Meetings from 7:30pm-10:30pm. We ask that children come healthy, well fed, and clean. All ages welcome.

**SPEAKER CHECK-IN**

We request that all Main Meeting and Panel Speakers please check in with registration upon arrival.

**VOLUNTEER + SPECIAL NEEDS**

Please visit our Volunteer table if you would like to be of service during the Round-up or if you have any special needs requiring accommodation. The Volunteer + Special Needs table is located near Registration in The Grand Peninsula Foyer.

**SECURITY + LOST AND FOUND**

Please visit our Security Table if you need help or require assistance. Please turn in items you have found here or visit us if you are looking for a lost item. The Security table is located near Registration in the Grand Peninsula Foyer.

**MEMORABILIA**

Commemorate your ACYPAA 2011 experience by purchasing official Round-up memorabilia such as T-shirts, Tank Tops, Sweatshirts, etc. Memorabilia is located near Registration in the Grand Peninsula Foyer. Please see posted hours at table. Closed during Main Meetings.

**RECORDINGS**

All Main Meeting and Panel speakers will be recorded. Recordings will be available for download on our website at ACYPAA2011.org after the conference.



**LITERATURE**

We have an assortment of Literature available for sale at the Merchandise table located in the Grand Peninsula Foyer. All pamphlets are free for the taking and books are sold at cost.

**ARCHIVES**

Alcoholics Anonymous and ACYPAA Archives will be on display in Sand Pebble C. They are available for viewing from 9am-7pm on Friday and Saturday.

**MAIN SPEAKER MEETINGS**

Thursday	8pm - 9:30pm	Regency Ballroom
Friday	8pm-10pm	Grand Peninsula Ballroom
Saturday	8pm-10pm	Grand Peninsula Ballroom
Sunday	10am-12pm	Grand Peninsula Ballroom

**ASL & SPANISH TRANSLATION SERVICES**

Our Friday, Saturday, and Sunday Main Meetings will be signed for the hearing impaired and translated into Spanish. A special section in the front of the room will be reserved for those needing ASL translation and in the rear of the room for Spanish translation services. Please arrive at least 20 minutes early.

**ACYPAA BID COMMITTEE TABLES**

ACYPAA Bid Committee Tables will be located in the Poolside Pavilion. Stop by and get to know your bid committees! The room will be open from 3pm, Friday to 2pm, Saturday.

**BID SESSIONS**

The Bid Session for the 40th ACYPAA will take place in the Grand Peninsula Ballroom on Saturday from 8am - 3pm.

**SMOKING POLICY**

Please respect Hyatt's smoking policy by not smoking in your rooms, in any of the event space, or outside of posted Smoking areas. Should you choose to disregard this, you will be held responsible for any and all fines incurred from the hotel.

**THURSDAY, MARCH 17**

<b>Time:</b>	<b>830P-930</b>
<b>Location:</b>	<b>Regency Ballroom</b>
Leader:	Alby - Oakland
How It Works:	Kristina T. - Burlingame
12 Traditions:	Andy T. - San Francisco
Voice:	Jake B. - San Francisco
Opening Speaker:	Liz S. - Oakland
Main Speaker:	Eric R. - San Francisco
A Vision For You:	Anthony S. - Vallejo
Third Step Prayer:	Isaac R. - Berkeley

**FRIDAY, MARCH 18**

<b>Time:</b>	<b>800P-1000</b>
<b>Location:</b>	<b>Grand Peninsula Ballroom</b>
Leader:	Monika S. - San Francisco
Facts, Aim, Purposes:	Steve E. - San Francisco
How It Works:	Aidan C. - San Rafael
12 Traditions:	Dashiell T. - San Rafael
Roll Call:	Luke W. - San Francisco, Liz C. - Oakland
Voice:	Jake B. - San Francisco
Opening Speaker:	Anthony - Vallejo
Main Speaker:	Roxanne M. - Santa Cruz
A Vision For You:	Rebecca M. - San Rafael
Third Step Prayer:	Neil I. - Mill Valley



**SATURDAY, MARCH 19**

**Time:** 830P-930  
**Location:** Grand Peninsula Ballroom  
 Leader: Emily O. - San Rafael  
 Facts, Aim, Purposes: Annalisa N. - Burlingame  
 How It Works: Dan B. - San Francisco  
 12 Traditions: Jen B. - San Francisco  
 Sobriety Countdown: Jennifer D. - San Francisco ; Greg W. - Novato  
 Voice: Jake B. - San Francisco  
 Opening Speaker: Jourdan L. - Oakland  
 Main Speaker: Philo H. - Los Angeles  
 A Vision For You: Jenna S. - San Rafael  
 Third Step Prayer: Aidan M. - San Francisco

**SUNDAY, MARCH 20**

**Time:** 1000A-1200P  
**Location:** Grand Peninsula Ballroom  
 Leader: Amy T. - San Rafael  
 How It Works: Bradley S. - San Francisco  
 12 Traditions: Seth B. - Santa Rosa  
 Voice: Jake B. - San Francisco  
 Opening Speaker: Tina G. - Oceanside  
 Main Speaker: Ted R. - San Francisco  
 A Vision For You: Rachel D. - San Rafael  
 Third Step Prayer: Rebecca D. - San Rafael

**Thursday, March 17**

200P-500P Pre-Conference Event - Malibu Grand Prix  
 340 Blomquist St.  
 Redwood City, 94063  
 Tel: (650) 366-6463  
 Various packages available from \$10-20. Free Pizza.

1000P-1200A Live Band  
 Regency Ballroom

1200A-300A Dance  
 Regency Ballroom

**Friday, March 18**

830A-930 Zumba  
 Sand Pebble D + E

1000A-1100 Guided Meditation  
 Sand Pebble D + E

1130A-1230 Yoga  
 Sand Pebble D + E

1200P-200 Capture The Flag  
 Poolside Pavillion

1000P-1230A Karaoke  
Harbour Room

1030P-300A Main Dance -  
Hip Hop + Top 40  
Grand Peninsula Ballroom

1100P-1200A Burlesque Show  
Regency Ballroom

1200A-300 House + Dubstep Dance  
Regency Ballroom

### Saturday, March 19

800A-300P Bid Skits  
Grand Peninsula Ballroom

830A-930 Jazzercise  
Sand Pebble D + E

1000A-1100 Guided Meditation  
Sand Pebble D + E

1130A-1230 Yoga  
Sand Pebble D + E

1200P-300 Reggae Music  
Pool Area

300P-600 MC Battle  
Master MC Dan D - Los Angeles  
Grand Peninsula Ballroom

1000P-1230A Karaoke  
Harbour Room

1030P-1200A Comedy Show  
Regency Ballroom

1030P-300A Main Dance  
Hip Hop + Top 40  
Grand Peninsula Ballroom

1200A-300A House + Dubstep  
Regency Ballroom

### Sunday, March 20

830A-930 Yoga  
Sand Pebble D + E

## ALL MARATHON MEETINGS WILL BE LOCATED IN SAND PEBBLE A + B

## Friday, March 18

- 8am 2nd Tradition (San Jose) - "Essential Psychic Change"  
 9am TITYPAA "The Result Was Nil Until We Let Go Absolutely"  
 10am FGVYVAA "Nothing More Was Required Of Me To Make My Beginning"  
 11am PASVPAA "A Few Simple Rules"  
 12pm 53rd ICVPAA "Spiritual Experience"  
 1pm "Young At Heart" (San Jose) - "Step One"  
 2pm "Bella Women's Meeting" (Venice) "The Joy Of Living We Really Have"  
 3pm EBVPAA "Step Two"  
 4pm NAPVPAA "God Could And Would If He Were Sought"  
 5pm TRICVPAA "Step Three"  
 6pm SFVVPAA "Strenuous Work, One Alcoholic With Another"  
 11pm "Wild Bunch" (Berkeley) "Steps Four + Five"

## Saturday, March 19

- 12am REDVPAA "Steps Six + Seven"  
 1am NSDVPAA "A Design For Living That Really Works"  
 2am CHICVPAA "Countless Vain Attempts"  
 3am MCVVPAA "Happy, Joyous, + Free"  
 4am KNCVPAA "Steps Eight + Nine"  
 5am "Children Of Chaos" (Berkeley) "Step Ten"  
 6am "We Are Not A Glum Lot" (Sherman Oaks) - "Our Job Is To Be Of Maximum Service"  
 7am "Room To Grow" (Danville) "Step Eleven"  
 8am WACVPAA "Half Measures Aailed Us Nothing"

## Saturday Continued...

- 9am "Saturday Night Palo Alto YP" "We Are Not A Glum Lot"  
 10am SACVPAA "There Is A Solution"  
 11am "Dark Secrets" (San Francisco) "Doctor Bob's Four Reasons -pg 174"  
 12pm "College Bay" (Berkeley) "Having Had A Spiritual Awakening"  
 1pm "Peninsula Weekend Group" "The Family Afterwards"  
 2pm "POA Group" (San Francisco) "To The Employer"  
 3pm ANNVVAA "We Had A New Employer"  
 4pm AOCVPAA "Resting On Our Laurels"  
 5pm SCCVPAA "Into Action"  
 6pm ASCVPAA "The Spiritual Life Is Not A Theory"  
 11pm LACVPAA "Life Will Take On New Meaning"

## Sunday, March 20

- 12am Marin YP "The Bondage Of Self"  
 1am SOCVVAA - "Practice These Principles"  
 2am "3720 Knuckleheads" (Los Angeles) "High Road To A New Freedom"  
 3am SOPVPAA "Faith Without Works Is Dead"  
 4am "Pasadena Monday YP Speaker Meeting" "God Consciousness"  
 5am "Too Young To Die" (Resida) "The Real Alcoholic"  
 6am SOLVPAA "Accept Spiritual Help"  
 7am "Juanta Maratonica en Espanol" - "We Have Been Rocketed Into The Fourth Dimension"  
 8am "Frothy Group" (Millbrae) "Frothy Emotional Appeal Seldom Suffices"  
 9am "Study The Text Group" (Foster City) "A New World Came Into View"

## Friday, March 18

## 1200A-100A Sober On Campus - Harbour Room

*Recovering alcoholics give their experience of getting, being, + staying sober while in school.*

Host: Sober At State (SFSU)

Panelists: Rachel B. - Pasadena  
Whitney B. - Oakland  
Jeremy S. - San Francisco

## 900A-1000A Trusted Servants Workshop - Regency A

*Putting the traditions into action. Presented by San Francisco IFB.*

Speakers: Gloria E. - San Rafael  
Ted R. - San Francisco

## 1000A-1100 Spread Too Thin - Regency C

*Members talk about finding balance in life and in Alcoholics Anonymous*

Leader: Emily O. - San Rafael

Panelist: Lauren A. - San Francisco  
Mike A. - Portland, Or  
Sara S. - Norco

## 1030A-1130 Al-Anon - Regency B

Host: Friday Night Stepped Up Al-Anon Group

Speaker: Michael K. - Corte Madera

## 1045A-1215 Spiritual Experience - Regency A

*Burning bush or educational, members talk about their spiritual experiences.*

Leader: Jimmy I. - Oakley

Panelists: Ivan M. - Las Vegas, NV  
Ken C. - San Ramon  
Jill S. - Oakland

## 1130A-1230P Meeting Makers - Regency C

*AA's share their experience in creating the fellowship they crave.*

Leader: Lauren P. - San Francisco

Panelists: Jaime - San Francisco  
Strawberry - Los Angeles  
Trevor H. - Exeter  
Jon G. - Oakley

## 1200P-100 GLBTQ - Regency B

Host: Castro Discussion - San Francisco

Speaker: Christy S. - San Francisco

## 1230P-200 Coming of Age - Regency A

*VPAA's share about gettin' grown.*

Host: Cow Hollow Young People - San Francisco

Panelists: Drew B. - Martinez  
Becky V. - Oakland  
Chris G. - Fairfax



## Friday Continued....

100P-200 Espanol – Regency C

Host: Creer Es Poder – Novato

Speakers: Antonio G. – Novato  
Juan L. – Novato

130P-230 Doctors' Opinions – Regency B

Leader: Errico B. – Alameda

Panelists: Dr. Kaskutas – Emeryville  
Dr. Cernak – Mill Valley

215P-345 Failing Upwards – Regency A

*You realize the steps were designed by f\*ckups for f\*ckups with f\*cking up in mind, right? AA's share their experience of recovery even though they weren't necessarily doing it the "right way".*

Leader: Tracy D. – San Diego

Panelists: Janis – San Francisco  
Luke P. – San Francisco  
Lynsey W. – Oakland

300P-400 Men's Meeting – Regency B

Host: Boy's Night Out – San Francisco

Speaker: Matt M. – San Jose

300P-400 Women's Meeting – Regency C

Host: Once a Drunk Whore – San Francisco

Speaker: Molly D. – San Francisco

400P-530 First 365 / I'm Back – Regency A

*Stories about the first year of sobriety, then members talk about their first year again.*

Leader: Chay B. – Mill Valley

Panelists: Jeremy R. – Sacramento  
Eddie S. – San Francisco  
Ava F. – Ross  
Mason M. – San Anselmo

415P-515 AA's Story – Regency C

*A member tells the origins of Alcoholics Anonymous.*

Leader: Greg W. – Novato

Speaker: Don H. – South San Francisco

500P-600 Long Timer's Mtg – Regency B

Leader: Jake M. – Los Angeles

Speakers: Penny P. – Livermore  
Anil – Mill Valley

## Saturday, March 19

100A-200 Never Had A Legal Drink – Harbour Room

Host: Raising the Bottom – San Francisco

Speaker: Chuck S. – San Francisco

930A-1030 We Agnostics + Atheists – Regency A

*AA's talk about finding recovery without a belief in God.*

Leader: Shannon K. – San Rafael

Panelists: Bucky S. – Oakland  
Dane Y. – Sacramento

## Saturday Continued....

## 930A-1030 Men's Meeting - Regency B

Host: Tiburon Men's Stag

Speaker: Jimmy M. - Altadena

## 930A-1030 Women's Meeting - Regency C

Host: Girl's Night Out - San Rafael

Speaker: Dolores C. - Larkspur

## 1045A-1145 Coming Out - Regency C

*Alcoholics talk about coming out in sobriety.*

Leader: Ashley G. - Oakland

Panelists: Gerald S. - Oakland

Heather S. - Fresno

Byrd - Oakland

Akil P. - Washington D.C.

## 1045A-1215 Young + Successful Who Needs Meetings? - Regency A

*Pretty self explanatory. Be kind of ironic if you didn't come, no?*

Leader: Chris G. - San Francisco

Panelists: Matt F. - San Francisco

Cody M. - Los Angeles

Adrienne R. - Palmdale

Bob P. - San Francisco

## 1100P-1200 At-Anon - Regency B

Host: Sunday Night Topic Discussion Meeting

Intro: Alexandra T. - Corte Madera

Main: Forest T. - Corte Madera

## 1200P-100 Life Sucks Sometimes - Regency C

*Dealing with life on life's terms.*

Host: Mill Valley Couch

Panelists: Jillian D. - Santa Rosa

Lauren K. - Santa Monica

Eric A. - Berkeley

## 1230P-130 Family, Before + After - Regency B

*Alcoholism is a family disease. AA's talk about how active alcoholism + recovery affect their family.*

Host: Kayla M. - San Rafael

Speakers: Ajaib - San Francisco

Tony K. - Sacramento

Mike K. - Maui Hi

Jessica S. - San Rafael

## 100P-230 I Was Wrong - Regency A

*Stories about making amends.*

Leader: Larry M. - Hollywood

Panelist: Tom K. - Ireland

Faye - San Anselmo

Jeffrey - Novato

## 145P-245 Meeting Haters - Regency C

*Ever hear "They Do It Differently There" or "I Don't Go To That Meeting Anymore"? Members talk about their relationship with meetings throughout their recovery.*

Leader: Josh D. - San Mateo

Speakers: Caroline L. - Oakland

Jack R. - San Francisco

Matt H. - Manhattan Beach

## Saturday Continued....

## 200P-300 GLBTQ - Regency B

Host: Fireside Chat - San Francisco

Speaker: Steve E. - San Francisco

## 300P-430 Emotional Sobriety - Regency C

*Ever read Bill W's article on Emotional Sobriety? Come hear members talk about finding maturity in Alcoholics Anonymous.*

Leader: Hillary G. - Los Angeles

Panelist: Tom J. - San Francisco

Cameron M. - San Rafael

Domenica O. - Sacramento

Lisa K. - San Francisco

## 330P-430 Espanol - Regency B

Host: Grupo Algeria de Vivir

Speaker: Raymundo - San Jose

## 445P-545 H + I - Regency B

Leader: Bobby S. - Norco

Panelists: Calvin G. - San Rafael

Kalina M. - San Rafael

## 500P-600 We Are Not The Arbiter of Sex Conduct... Should We Be? - Regency A

*Different perspectives on the shenanigans that happen here in AA.*

Leader: Jess S. - San Francisco

Panelists: Hannah P. - Oakland

Pepe S. - Pleasanton

## Sunday, March 20

## 100A-230A Heartbroken - Harbour Room

*Love hurts:*

Leader: Mick L. - Oakland

Panelists: Amy T. - San Rafael

Jen K. - Hollywood

Kirk W. - San Francisco

Thia B. - Berkeley

## 830A-930 Post-Conference Blues - Regency C

*The cure for the conference hangover:*

Leader: Lynndie P. - Fullerton

Panelists: Mara G. - Sherman Oaks

Lizzie S. - Auburn

Matt K. - San Diego

Thursday	Regency Ballroom	Harbour Room	Sandpebble A & B	Off-Site			
200P				Pre-Conference Event @ Malibu Grand Prix in Redwood City- 200P			
300P							
400P							
500P							
600P							
700P							
800P	Main Meeting 800P		Advisory Council Business Meeting 700P-1200A Open to Everyone				
900P							
1000P	Live Band 1000P						
1100P							
1200A	Dance 1200A	Sober on Campus 1200A					
100A							
200A							
Friday	Grand Peninsula Ballroom	Regency A	Regency B	Regency C	Harbour Room	Sandpebble D & E	Poolside Pavilion/ Pool Area
800A		Trusted Servants Workshop 900A-1000				Zumba 830A-930	
900A						Guided Meditation 1000A-1100	
1000A			Al-Anon 1030A-1130A	Spread Too Thin 1000A-1100A		Yoga 11:30A-12:30P	
1100A		Spiritual Experience 1045A-1215P		Meeting Makers 1130A-1230P			
1200P		Coming of Age 1230P-200	GLBTQ 1200P 100	Espanol 100P-200P			Capture The Flag 1200P-200
100P			Doctors' Opinions 130P-230P				
200P		Falling Upwards 215A-345P	Men's Meeting 300P-400	Women's Meeting 300P-400			
300P				AA's Story 415P-515P			
400P		First 365/1m Back 400P-530	Longtimer's Panel 500P-600				
500P							
600P							
700P							
800P	Main Meeting 800P-1000						
900P							
1000P							
1100P	Main Dance Hip Hop & Top 40 1030P-300A	Burlesque Show 1100P-1200A			Karaoke 1000P-1230A		
1200A							
100A		House & Dubstep Dance 1200A-300			Never Had A Legal Drink 100A-200		
200A							

Saturday	Grand Peninsula Ballroom	Regency A	Regency B	Regency C	Harbour Room	Sandpebble D & E	Poolside Pavilion/ Pool Area
800A						Jazzercise 830A-930	
900A		We Agnostics & Atheists 930A-1030	Men's Meeting 930A-1030	Women's Meeting 930A-1030		Guided Meditation 1000A-1100	
1000A							
1100A	Bid Skit Presentations 800A-300P	Young & Successful: Who Needs Meetings? 1045A-1215P	Al-Anon 1100A-1200P	Coming Out 1045A-1145		Yoga 1130A-1230P	
1200P			Family- Before & Afterward 1230P-130P	Life Sucks Sometimes 1200P-100			Reggae Music 1200P-300P
100P			GLBTQ 200P-300	Meeting Haters 145P-245			
200P		I Was Wrong 100P-230	Espanol 330P-430P	Emotional Sobriety 300P-430			
300P							
400P							
500P	MC Battle 300P-600P	We Are Not The Arbitr of Sex Conduct Should We Be? 500P-600	H & I 445P-545				
600P							
700P							
800P	Main Meeting 800P-1000						
900P							
1000P	Main Dance Hip Hop & Top 40 1030P-300A	Comedy Show 1030P-1200A			Karaoke 1000P-1230A		
1100P		House & Dubstep Dance 1200A-300			Heartbroken 100A-230		
1200A							
100A							
200A							
Sunday	Grand Peninsula Ballroom	Regency A	Regency B	Regency C	Harbour Room	Sandpebble D & E	Poolside Pavilion/ Pool Area
800A				Post-Conference Blues 830A-930			Yoga 830A-930
900A							
1000A	Main Meeting 1000A-1200P						
1100A							

**Friday, March 18**

8-9am AOCYPAA  
 9-10am FCVPAA  
 10-11am CHICYPAA  
 11-12pm ASCVPAA  
 12-1pm NSDVPAA  
 1-2pm WJACYPAA 15  
 2-4pm TRICYPAA  
 4-6pm SCCVPAA  
 6-7pm Peninsula Weekend Group  
 10-12am LACYPAA

**Saturday, March 19**

12-2am SOPYPAA  
 2-4am SLACYPAA  
 4-6am HAVPAA  
 6-8am SACYPAA  
 8-9am Hollywood Young Peoples  
 9-10am Hospitalidad  
 10-12pm SOLYPAA  
 12-2pm ANNVYAA  
 2-4pm 53rd ICYPAA  
 4-5pm "Frothy Group" (Millbrae)  
 5-6pm TITYPAA  
 6-7pm "Girls Night Out" (San Rafael)  
 10-12am "Reality Farm" (San Francisco)

**Sunday, March 20**

12-2am EBVPAA  
 2-4am SFVVPAA  
 4-6am KNCYPAA  
 6-8am GSDVPAA  
 8-9am SOCVYAA  
 9-10am Marin Young People

**TWELVE STEPS**

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 to such people 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.

## TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon AA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.
11. 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.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.





