



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober - an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



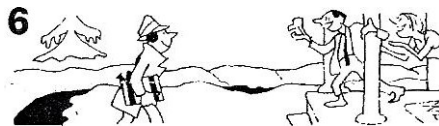
3 *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes - postpone everything else until you've called an A.A.



4 *Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go.* If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking. Now put the talent to good use. No office party is as important as saving your life.



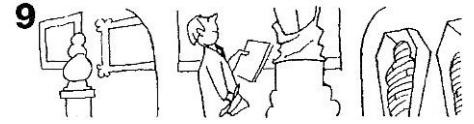
6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



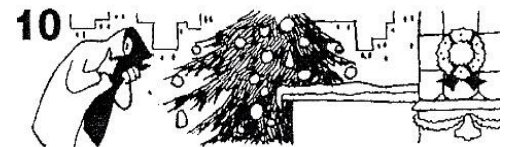
7 *Plan in advance an "important date" you have to keep.*



8 *Worship in your own way.*



9 *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.

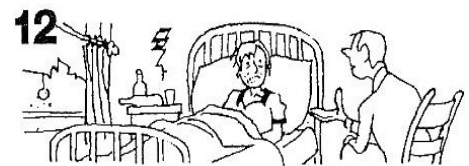


10 *Don't start now getting worked up about all those holiday temptations.* Remember -

"One day at a time."



11 *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts but this year, you can give love.



12 *"Having had a ..."* No need to spell out the Twelfth Step here, since you already know it.