

THE TWELVE PROMISES - (For 2nd meeting of the Month)

As laid out in chapter 6 of the Big Book of Alcoholics Anonymous, individuals who stay sober and work the Twelve Steps will see these Promises come true:

(Jan) Promise 1: We are going to know a new freedom and a new happiness.

(Feb) Promise 2: We will not regret the past nor wish to shut the door on it.

(Mar) Promise 3: We will comprehend the word serenity.

(Apr) Promise 4: We will know peace.

(May) Promise 5: No matter how far down the scale we have gone, we will see how our experience can benefit others.

(Jun) Promise 6: The feeling of uselessness and self-pity will disappear.

(Jul) Promise 7: We will lose interest in selfish things and gain interest in our fellows.

(Aug) Promise 8: Self-seeking will slip away.

(Sep) Promise 9: Our whole attitude and outlook upon life will change.

(Oct) Promise 10: Fear of people and economic insecurity will leave us.

(Nov) Promise 11: We will intuitively know how to handle situations which used to baffle us.

(Dec) Promise 12: We will suddenly realize that God is doing for us what we could not do for ourselves.