

## Committee No. 5, Question 2 Background

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### DAILY SUGGESTIONS

Trying each of these actions keeps us sober and gives us a good day.

#### Trust God

Pray *on knees* to a Higher Power

- Morning: 'Please keep me sober today and please look after me today.'
- Night: 'Thank you for keeping me sober today.'

#### Meditation

- Morning: read the *Just for Today* card.
- Night: write a list of things to be grateful for (gratitude list) and thank your Higher Power for what you have been given.

#### Sponsor

- Phone your sponsor daily and do what is suggested. If anything is unclear or if you have problems, this is your chance to unburden them. The sponsor isn't the Higher Power, but the programme that is passed on to us by the sponsor is. We trusted our sponsors first.

#### Read the Big Book

- A couple of pages a day (more if you can). This reminds us of what a great life is on offer and reassures us that our sponsors are giving us the real deal.

#### Service

We aim to do some AA service every day:

- Commit to two weekly meetings - 'home groups' - pitch in and be helpful and aim to get two service comments.
- Phone a couple of newcomers (newer than you) each day. Especially helpful on the days when we don't go to a meeting.

#### Frightened or anxious? Say the *Serenity Prayer*

#### Angry or annoyed at someone? Pray for him or her.

For example: 'Please God, bless XX and let him have health, prosperity and happiness.' Or, 'Please God, give me the tolerance, pity and patience I would cheerfully grant a sick friend.' Or, 'Please God bless XXX and let her have everything I would wish for myself.'

#### If anything is unclear, ask your sponsor.

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#### Service

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#### If anything is unclear, ask your sponsor.

**DAILY SUGGESTIONS FOR HAPPY  
SOBRIETY - TRUST GOD**

**Prayer *on knees* to a Higher Power**

Morning: 'Please keep me sober today so that I may be of service to others'  
Night: 'Thanks for keeping me sober today.'

**Meditation**

Morning: read the *Just for Today* card and ask your HP to help you to live up to the ideal that it describes. Also, re-view previous night's gratitude list.  
Night: write a list of things to be grateful for (gratitude list) and thank your Higher Power for what you have been given.

**Sponsor**

Phone daily your sponsor and do what is suggested. If anything is unclear or if you have problems, this is your chance to unburden them.

**Read the Big Book**

A couple of pages a day (more if you can). This reminds us of what a great life is on offer, and reassures us that our sponsors are giving us the real deal.

**CLEAN HOUSE**

This is a reference to getting rid of our resentment and fears. Steps 4-9 particularly will deal with that. Until you are at the point of the following:  
Angry or annoyed at someone? Pray for him or her. For example: 'Please God, bless XX and let him have health, prosperity and happiness.' Or, 'Please God, give me the tolerance, pity and patience I would cheerfully grant a sick friend.' Or, 'Please God bless XXX and let her have everything I would wish for myself.'  
Frightened or anxious? Say the *Serenity Prayer*. Repeat it until you feel better.

**HELP OTHERS**

We aim to do some sort of AA service every day;  
Commit to two weekly meetings - 'home groups' - pitch in and be helpful and aim to get two service commitments. Aim to be at your home groups when the meeting place is opened up, and always be available for coffee afterwards at the meeting after the meeting'.

Phone a couple of newcomers (newer than you) each day. Especially helpful on the days when we don't go to a meeting