

The Scoop

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Melody has Changed



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*(Please limit submission to 500 words
or less.)*

Boozing music was part of my life for many years in many places. One of my early favorites was "...if that's all there is, bring out the booze and let's keep dancing", then came the country and western stuff, "There Stands the Glass", "White Lightning", "Friends in Low Places", "The Whiskey Ain't Working". Time went on and new songs like "Family Tradition", "Whiskey River", "Sunday Morning Coming down", "Don't Come Home Drinking with Lovin' on Your Mind", "Chug-a-Lug", "I Think I'll Just Stay Here and Drink", "Tear in My Beer", "Don't The Girls All Get Prettier At Closing Time ?" all made for steady drinking, toe-tapping, finger-snapping and sometimes passing out on the floor, in the booth, or maybe the Men's room ! I DO NOT MISS IT !!

After many meetings, many years, many Conventions featuring talented AA singers, the two songs I like most now are "The Lords Prayer" and "Amazing Grace". I still get teary eyed with GRATITUDE when I reflect on what a MIRACLESOBRIETY...has come to my life.

Getting more GRATEFUL every year

By: Arne P., A.A. 1976

Step 10

“Continued to take personal inventory and when we were wrong promptly admitted it.”

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: Can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tried to correct what is wrong.

When a drunk has a terrible hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion- anger, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This

doesn't mean we need to wander morbidly around in the past. It requires the admission and correction of errors *now*. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

The 10th Tradition

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared heard a heated , “Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly.”

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Other fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of

their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born and by God's grace has nevertheless flourished.

Daily Monitoring

The spiritual axiom referred to in the Tenth Step—"every time we are disturbed, no matter what the cause, there is something wrong with us"—also tells me that there are no exceptions to it. No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality.

When I take my daily inventory, I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my heart, I should thank that person.

--Daily Reflections p. 289

Daily Reflections excerpt on the 10th Tradition.

Page 313: All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-

righteousness while trying to enforce upon the rest of mankind some millennium of their own specification.

- Twelve Steps and Twelve Traditions, p. 176

As A.A. member and sponsor, I know I can cause real damage if I yield to temptation and give opinions and advice on another's medical, martial, or religious problems. I am not a doctor, counselor, or lawyer. I cannot tell anyone how he or she should live; however, I can share how I came through similar situations without drinking, and how A.A.'s Steps and Traditions help me in dealing with my life.

As Bill Sees It (Letters from Bill W.)

Page 1 – Personality Change

"It has often been said of A.A. that we are interested only in alcoholism. That is not true. We have to get over drinking in order to stay alive. But anyone who knows the alcoholic personality by firsthand contact knows that no true alky ever stops drinking permanently without undergoing a profound personality change."

A Letter from Bill W., 1940

Page 55 – Seeking Guidance

"Man is supposed to think, and act. He wasn't made in God's image to be an automaton.

"My own formula along this line runs as follows: First, think through every situation pro and con, praying meanwhile

that I be not influenced by ego considerations. Affirm that I would like to do God's will.

"Then, having turned the problem over in this fashion and getting no conclusive or compelling answer, I wait for further guidance, which may come into the mind directly or through other people or through circumstances.

"If I feel I can't wait, and still get no definite indication, I repeat the first measure several times, try to pick out the best course, and then proceed to act. I know if I am wrong, the heavens won't fall. I lesson will be learned, in any case." -Letter, 1950

Editor's Note: Thank you for all the email submissions. I look forward to adding new experience, strength, and hope to share in the upcoming holiday season.

Quotable Quotes

We are likely to enjoy the confidence and respect of others when we mind our own business. -Bill W. 1963, Grapevine

He knew more than he knew he knew, ya know.

The big shot leads to the little shots.

I am humbled by the people that aren't aware of all the things that I do!

Excuse me, but could you please repeat that thing you said "ABOUT ME."

I said "Oh my God, I'm an alcoholic," an my sponsor said, "Good, now it's unanimous."

The most original thing I ever said in my life was "Ditto."

Anonymity protects AA from its own members.

The more you do for your meeting, the more it is your meeting. -Mike M.

It's not happening to me, it's just happening.

The spiritual part of the program is the program.- Dr. Bob

Are you willing to give up your life past to save your future?

WORD GAME

ACCURATE, ASSETS, AUTOMATIC
BLESSINGS, CONTINUED, LIABILITIES
OBJECTIVE, PREPARE, PRINCIPLE
SPIRITUAL, SPONSOR, TRAIN

V D C P F X W X W I J F B P E
Q O B J E C T I V E E T I C T
B L S P I R I T U A L H I R A
O R K E C R Q I U S G E S F R
X O G M I U F H V S Y N Q D U
K S C O N T I N U E D K Q E C
D N Q T B Z I N T T C I I R C
Z O R O X T K L R S F E V A A
Z P E H Q X F D I Q N W O P Q
L S G N I S S E L B I X X E I
O J C I T A M O T U A L X R M
Q G Y B R E L P I C N I R P Y
X X U N A O Q Z Q J J M L A Y
A Q B Q I R B O G J S Q P B U
C K U H N W N E N G P T P U P