



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

Area Website: [www.area17aa.org](http://www.area17aa.org)

Articles to: [mynahbird@area17aa.org](mailto:mynahbird@area17aa.org)

### Welcome to the Budget Assembly!

**Our seventh tradition tells us that money and A.A. do mix. "The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority".**



LABOR DAY, 2011

At this month's Labor Day Picnic sponsored by the Kauai Intergroup, the afternoon meeting's speaker remarked to me that my drinking experience had probably been more remarkable than his. I assured him that it was not, although it might have been longer!

During the course of his talk and the subsequent sharing, however, it occurred to me that my *sobriety* might be remarkable so I shared that and Kathy asked me to write it for the Mynah Bird. So here it is. . . .

Before I was six months sober, I attended my first Area Assembly. I had already been a secretary and a coffee-maker and was chairing the group conscious meetings because no one appeared to be doing it.

I became involved with some folks who wanted to start a kid-friendly meeting in Lihue and so we did it and I was able to celebrate my first birthday at that meeting five months later. That group now meets seven days a week and I am the Steering Committee Chair as well as secretary of the Friday meeting.

Before my second AA birthday I was elected GSR for my original home group and became the secretary for the District 6 meetings so I was allowed to author the 2008 District Inventory along with our DCM.

For the following panel I was elected DCM. This was in October, 2008, weeks before my 4<sup>th</sup> birthday. And now I serve as Hospitals Chair for the Area.

These experiences have lead to my participating in three PRAASA's and I attended the Hawaii State Convention and A.A.'s seventy-fifth anniversary celebration last year in San Antonio.

There is a downside to all this, however, and that is that I just don't understand those members who have long-term sobriety and yet avoid the opportunities afforded by our service structure. I am convinced that the disease is at the root of their reluctance and is what keeps them in the dark, unaware of the liberating experiences resulting from the discipline of accepting a commitment to this remarkable organization.

Thank you all so much for this opportunity to participate!

In sobriety, Jim D



**2011 PACIFIC “ADDITIONAL” REGIONAL FORUM  
AUGUST 19-21, 2011  
WOODLAND HILLS, CALIFORNIA**

**DELEGATE FORUM REPORT**

Last month I represented Hawaii Area at the 2011 Pacific “Additional” Regional Forum. I was among the 373 first time attendees. Total registration was 723, which means over 51% of registrants was attending a forum for the first time. Regional forums are intended to be weekend sharing and informational sessions to help the General Service Board, A.A. World Services, Inc., The Grapevine Corporate Board, the Grapevine Staff, and the General Service Staff stay in touch with A.A. members, trusted servants and newcomers to service at every level of the service structure. Forums provide unique opportunities to share and exchange valuable experience, ask questions and spark new ideas. No formal actions result. Regional forums carry A.A.’s message of love and service by improving communication at all levels of our Fellowship. and reflecting the wonder that is A.A.

The 2011 Forum was chaired by our Pacific Regional Trustee, Rod B. Opening remarks were made by Ward Ewing, our Chairman of the General Service Board. He informed us that the General Service Board, The General Service Office, and Grapevine were there to serve our groups now and to explore better ways of doing so in the future. He quoted Bill W.: “We cannot sit comfortably in our groups and hope that others will hear about us and come around. Next came Rod, who described the make up of the GSB and the rotations of each member. GSO Staff assignments were explained by Adrienne B., Staff member currently assigned to the CPC desk at GSO. Adrienne is a remarkable source of information and was called upon many times throughout the weekend to answer questions during sharing and ask-it-basket sessions. The forum consisted of 14 presentations by directors, the GSO Manager Phyllis H., and 9 of our Pacific Region Delegates. Saturday night there were 12 workshops, including “Carrying the Message to the Elder Community” that I moderated. In between presentations and workshops, over 100 people participated in a total of almost 4 hours of ask-it-basket/open sharing sessions.

Among the presentations was one made by Ami Brophy, A.A. Grapevine, Inc. Executive Editor Publisher, who reported on progress made by Grapevine, Inc. since the General Service Conference. The redesigned Website was rolled out, the magazine is now available in digital format and has more stories and features than the print version, and ebooks will be available next year. Ami appeals to the membership to submit stories and pictures of your home group site – no peeps of course. Phyllis H., GSO Manager, talked about “Where does the money go?” All of our money goes to fund A.A. services in the US and Canada and all around the world. No contribution is too small. Phyllis urged each of us to think of money in spiritual terms, making our services available everywhere to reach alcoholics who may be suffering in Iran, Mozambique, or in Aala Park. For detailed information on our finances, visit [www.aa.org](http://www.aa.org) and go to the “Finance” section. All of the presentations, etc will be available in the Final Forum Report soon to be published. You may access the report on the GSO Website.

Overall, I felt that the forum was a valuable experience. I learned a lot and have added to my knowledge of what A.A. does, which makes me be able to better serve you. I saw dozens of A.A.s in service, whether they were handing out programs, giving hugs, or making presentations. I loved the informality of the event and seeing all the participation from attendees during the question/answer periods and during the ask-it-basket/general sharing sessions. And being with the other Pacific Region Delegates was at once heart-warming and melancholy because about half of my new friends will be rotating on at the end of this year. In closing I quote Ward Ewing: “I firmly believe that together we can ensure that this Fellowship will not only stay together but will continue to be that beacon of hope for alcoholics yet to come.” Mahalo for allowing me to attend this service event,, and I hope that each of you will one day have the forum experience.

Respectfully submitted.  
Linda McD  
Delegate Area 17, Panel 61



50<sup>th</sup> Annual Hawaii Convention  
November 17, 2011 – November 20, 2011

THE WISDOM TO KNOW THE DIFFERENCE



*"Until I could accept my alcoholism, I could not stay sober;  
Unless I accept life completely on life's terms, I cannot be happy.  
I need to concentrate not so much what needs to be changed in the world as  
on what needs to be changed in me and in my attitudes."*

Hilton Hawaiian Village  
Tapa Tower  
2005 Kalia Road  
Honolulu, HI 96815

Area Contributions:

Hawaii Area Committee  
#2107\  
575 Cooke St., Suite A  
Honolulu, HI 96813

(the address must be exactly as shown)



Aloha Alcoholics,

Well it's almost time for the 50<sup>th</sup> Annual State Convention. Can you imagine 50 years of celebrating recovery in Hawaii? This conference has gone through many transformations to what it is today and it is an honor and a privilege to be a part of it. Thursday Night is open and free to everyone that has a desire to stop drinking and their loved ones. From Friday to Sunday it is a paid event and you must be registered to attend the main meetings, workshops, activities and other events connected with the convention.

On Thursday, we will welcome the start of the 50<sup>th</sup> Annual State convention in traditional Hawaiian essence; opening Hawaiian prayer, Polynesian entertainment and cultured music, followed by a Parade of Chairs presentation which will reflect the past 50 years of the convention held in Hawaii. A 2 speaker meeting with off-island guests will help start this weekend and get the festivities on its way.

Friday we will have workshops and activities throughout the day. In the evening we will have our Flashback Friday themed dinner and entertainment - dress in your favorite 1960-2010 styled clothes and get ready to dance the night away with your favorite tunes from those decades. We will have a wonderful speaker share their experience, strength and hope; and then the dancing will begin.

Saturday we will continue with more workshops and activities and wind down the evening with a formal event called "Black & White Affair" – now this will be the time to wear your most glamorous red carpet attire; Gowns and tuxedo's (or whatever dressy clothes you have) only colors allowed will be black and/or white. Dress to impress people lets live it up and celebrate 50 years of the convention. Our main meeting will commence and once again you can dance the night away with a blend of today's modern music.

Sunday we will slow the pace and start the morning with 50 years of traditional Hawaiian hula styles. Then we will close the convention with a meeting to get ideas and comments for next year's Annual Hawaii Convention.

I am so honored to have been the 50<sup>th</sup> Annual Hawaii Convention Chair and the committee has been amazing to work with. With all of our gratitude and mana'o we have planned a wonderful event for all of us to share. Come out and join us as we celebrate this milestone for Hawaii.

Mahalo,  
Tayshea "T" P.





## **Pedaling the Road of Happy Destiny**

Since getting sober in 2004, my life has taken some decidedly odd turns, most for the better. For instance, I never once expected that I'd be bicycling across Iowa in the midst of a heat wave. But that's exactly what happened. What's more, I discovered that Alcoholics Anonymous had already pedaled that road of happy destiny.

When I arrived in A.A. I was many pounds lighter than I am today. Much of that had to do with the fact that I hadn't been eating, a common occurrence amongst us. I was also a smoker. After a year or two of sobriety I decided to kick the cigarette habit as well. Things went well enough using a combination of the Steps and some medical assistance in the form of a nicotine patch. I discarded the patch soon enough but then discovered that I was gaining weight. A lot of it.

I was pretty sure it didn't have anything to do with the ice cream I was eating, but...

To make a long story short, I changed my diet and rediscovered my love of bicycling, something I'd done a fair bit of in the past but had given up when I relapsed after five years of sobriety when I was in my twenties.

Like any good obsessive/compulsive I began to bike everywhere and the weight did indeed come off. What's more I started dreaming of bicycling in places I'd never been. Iowa was, at the time, not one of them. I bought a bicycle capable of being packed in a suitcase and began taking it with me on trips. So far the bicycle has been to Mexico City, Oakland, Las Vegas, and yes, even to the 2010 International Convention held in San Antonio. What would be next?

Iowa apparently.

A friend of mine, upon learning that I love bike long distances said she knew just the journey I should take. "Off to the RAGBRAI ride in Iowa my boy!"

RAGBRAI stands for the "Register's Annual Great Bicycle Ride Across Iowa." It's a seven day bicycle ride across Iowa started thirty-nine years ago by two reporters for the Des Moines Register. They challenged each other to bicycle across the state and write columns about what they found. They invited the public along for the ride and over three hundred folks showed up with over a third of them completing the entire journey. Since that time the ride has grown each year and now over ten thousand riders can be found making their way from town to town each year.

My friend had gone along one year, not as a rider, but as a lark with a former student of hers who now ran a charter company renting tents, showers, and catering to riders who wanted to be pampered a little after riding seventy or so miles a day for seven days. This was for me.

By now I'm sure you're wondering how A.A. fits into the picture, something that had crossed my mind as well when I was signing up for the ride. Would there be meetings in the towns I was to go through? Would I feel like going to a meeting after riding that many miles every day? The answers turned out to be yes and yes. Any group of ten thousand people is sure to include a few of us, both sober and otherwise. Indeed one of the big draws of RAGBRAI seems to be the fact that every town one goes through has a beer tent set up for riders who feel the need to let loose a little, or in the case of a "pre-sober A.A.," probably a lot.

I did a little research and discovered that there were meetings in some, but not all of the towns I'd be staying in each of the seven nights I'd be on the road. Most of the towns had a meeting, but often there would be just one a week. I didn't think I'd be up to biking another twenty or so miles around trip just to get to a meeting after a long haul all day, but it seemed I'd be able to get to three or four during the week which would be more than enough given I was probably going to collapse in a heap at the end of each day and sleep till dawn.



Then I discovered the “Rolling RAGBRAI Meeting of Alcoholics Anonymous.” It seems I’m not the only sober alcoholic to have given some thought to meetings along the way. In fact I received notification as a participant of RAGBRAI that if I also happened to be an alcoholic I could find the Rolling RAGBRAI Meeting along the way along with a schedule. I’m sure more than a few non-A.A.’s had a chuckle, but for me it was proof that A.A. really does seem to be everywhere.

I made to my first meeting at the gathering town of Glenwood, IA. This town was a lovely little village just a bit east of the Missouri River. The meeting was held in the basement of a church and too our surprise turned out to be a real blessing in more ways than one. It seems Glenwood didn’t have a regular meeting and the local fellow who’d been drafted to lead the meeting said he was going to be sure there’d be one from now on. He’d had a pack of friends, but they’d been going to meetings in nearby towns.

The rest of participants were a varied lot, as is true in any meeting of A.A. But in this case well over half of the members were participating in the ride and many had done been to these meetings many times before having ridden in far more than one RAGBRAI. I was grateful to know that I’d not only be able to find a meeting the rest of the week, but that I’d have company along the way. Indeed I was to run across members during each days ride and we would always share words of encouragement with each other. A.A.s really do know how to look out for each other.

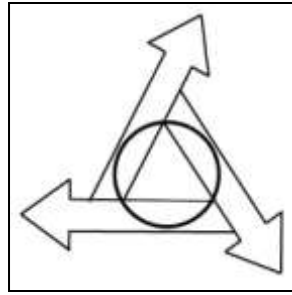
I wasn’t to make a meeting in every town, though one or more would be held each night. I’m happy to say I made four meetings in the seven nights I was on the road, roughly equivalent to the number of meetings I make a week here in Honolulu. Each had a slightly different character as is true with meetings anywhere, but over the course of the week I was to see the same faces over and over while continuing to add new faces to the “host of friends” I’ve watched grow up about me.

I may never ride across Iowa again, though I wouldn’t bet against it, but I rest assured that I never have to be alone again even in the unlikeliest of places.

Bob H.

### 2012 Area Assemblies & Committee Meetings

January	Inventory Assembly	East Hawaii District 7	Big Island (Hilo)
February	Committee Meeting	Central North Shore District 9	Oahu
April	Inform the Delegate	Diamond Head District 1	Oahu
May	Committee Meeting	Tri-Island District 13	Maui
August	Budget Assembly	Puna District 12	Big Island (Hilo)
October	Committee Meeting	Waianae District 17	Oahu
November	Election Assembly	West Hawaii District 8	Big Island (Kona)



**HICYPAA** was founded for the purpose of providing a setting for an annual celebration of sobriety among young people in AA. The number of young people suffering from alcoholism who turn to AA for help is growing, and HICYPAA helps to carry AA's message of recovery to alcoholics of all ages. This event provides an opportunity for young AA's from all Hawaiian Islands & abroad to come together and share their experience, strength, and hope as members of Alcoholics Anonymous. HICYPAA was founded for the purpose of providing a setting for an annual celebration of sobriety among young people in AA. The number of young people suffering from alcoholism who turn to AA for help is growing, and HICYPAA helps to carry AA's message of recovery to alcoholics of all ages. This event provides an opportunity for young AA's from all Hawaiian Islands & abroad to come together and share their experience, strength, and hope as members of Alcoholics Anonymous.

Hi, my name is Garrett and I'm on the HICYPAA (Hawaiian Island Conference of Young People in Alcoholics Anonymous) host committee. We were wondering if we could get the conference information published in the Mynah Bird. This year HICYPAA is being held on Oahu at Camp Waianae, October 7, 8 and 9. It's \$50 to register, and that includes food and lodging for the weekend. Registration can be done online at [HICYPAA.us](http://HICYPAA.us). I realize this is short notice, but we thought it worth a try. If there is still time, I thought a convenient way of doing this would be to simply print a registration form on one of your pages. I will send you an attachment in another email. If that isn't possible, I'd love to hear your ideas. Thank you and God bless.

-Garrett S.







## Bedside Matters

Since the last printing of The Mynah Bird, I have received one e-mail regarding work in the hospitals in the area and have helped organize some visits to a hospitalized member on Kauai.

I hope the point of the above paragraph is clear: **I'm not doing very much! And for an alcoholic who always wants MORE of everything, this frustrating.** At the last Roundtable, however, Hugh, the Treatment Chair, suggested we work together for the remainder of the panel and I think this is a great idea. The value of combining our resources was further underscored by some remarks in a letter I recently received from GSO and by last April's Conference decision to use the term "treatment settings" in our literature.

Clearly this phrasing suggests our efforts to help those receiving professional care need not be segregated between those folks in hospitals and those in facilities designated for addiction only. I think we are all aware that many of us came directly to Alcoholics Anonymous from places where we were treated for physical ailments (like broken bones from automobile accidents) without passing through a rehabilitation program. Why then should we continue to separate this work?

Assuming the other members of the area agree, I look forward to working with Hugh through the rest of this panel and perhaps we can permanently combine this work in the future!

Anyone engaged in this process in the hospitals of our state is encouraged to contact me at [hospitals@area17aa.org](mailto:hospitals@area17aa.org).

Thank you for this opportunity to be of service.  
Jim D.



**SERVICE** is a cornerstone of my recovery and I am grateful to have had the opportunity to bring much needed meetings into the jail here on Kauai. Before I had a year clean, I heard about the training for H and I (hospitals and institutions) service commitment and was very intrigued yet I had to be patient and wait until I had one year sober. When I heard about the training again once I had over a year, I was able to attend yet had doubts. What did I have to offer these ladies? I had never been to jail. What could I do/say that could help them? I wasn't like them. Not true. Like any true alcoholic I was making it about me! I mentioned my thoughts at a meeting and wise words were shared with me that I did have something to offer.... my experience, strength and hope. I am no different. Period. I have the same disease, same fears, same emotions and the same hope to stay sober. The only difference in my story is that I never got caught, by the Grace of God. The reality of what was "yet" to happen in my story is humbling and has generated a tremendous amount of gratitude for my life in sobriety and recovery. Bringing meetings into the jail has been one of the most rewarding gifts I have received since becoming a member or Alcoholics Anonymous. When I am struggling, obsessing, or just plain feeling irritable and discontent... the fastest, most effective way to snap out of it, is to help someone else. I cannot keep what I have if I do not give it away and for this self-centered alcoholic, I need to give a lot and often to maintain my serenity! My HP works his magic in mysterious ways! After about eight months of bringing meetings to the ladies in jail, I had the wonderful opportunity to see one of these wonderful ladies in an Outside meeting. Hooray! We found each other together at the Labor Day beach party BBQ where she asked me to be her sponsor. Of course, I said YES! I was very overwhelmed with gratitude! Service works, it really does. It keeps me sober AND has the potential to have the ripple effect and help others at the same time!

When anyone, anywhere reaches out for help I want the hand of AA to be there as it was for me. We are fortunate that we "get to" go to meetings and I feel fortunate that I "get to" bring meetings to those who cannot.

Michelle L

Dates confirmed!  
2012 area assembly  
January 21-22

\*\*\*\*\*

East Hawaii - District 7  
Big Island (HILO)

## SLIPS AND HUMAN NATURE

By William Duncan Silkworth, M.D.

Originally published in the Grapevine  
for January 1947, this work has become  
a classic in A.A. literature

The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, who has restored himself to a dignified place among his fellowmen and continued dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor, often the reason is simple.

People are inclined to say, "There is something peculiar about alcoholics. They seem to be well, yet at any moment they may turn back to their old ways. You can never be sure."

This is largely twaddle. The alcoholic is a sick person. Under the techniques of Alcoholics Anonymous he gets well—that is to say, his disease is arrested. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.

Let's get it clear, once and for all, that alcoholics are human beings. Then we can safeguard ourselves intelligently against more slips.

In both professional and lay circles, there is a tendency to label everything that an alcoholic may do as "alcoholic behavior". The truth is, it is simply human nature.

It is very wrong to consider many of the personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them. yet those same quirks can be found among non-alcoholics, too. Actually they are symptoms of mankind!

Of course, the alcoholic himself tends to think of himself as different, somebody special, with unique tendencies and reactions. Many doctors, psychiatrists, and therapists carry the same idea to extremes in their analyses and treatment of alcoholics. Sometimes they make a complicated mystery of a condition which is found in all human beings, whether they drink whisky or buttermilk.

To be sure, alcoholism, like every other disease, does manifest itself in some unique ways. It does have a number of baffling peculiarities which differ from those of all other diseases.

The slip is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the A.A program of recovery. Slips usually occur in the early stages of the alcoholic's A.A indoctrination, before he has been a member of A.A. for many months or even several years, and it is in this kind, above all, that one finds a marked similarity between the alcoholic's behavior and that of "normal" victims of other diseases.

No one is startled by the fact that relapses are not uncommon among arrested tubercular patients, but here is a startling fact. The cause is often the same as the cause which leads to slips for the alcoholic.

It happens this way: When a tubercular patient recovers sufficiently to be released from the sanitarium, the doctor gives him careful instructions for the way he is to live when he gets home. He must drink plenty of milk. He must refrain from smoking. He must obey other stringent rules.



For the first several months, perhaps for several years, the patient follows direction. But as his strength increases and he feels fully recovered, he becomes slack. There may come the night when he decides he can stay up until ten o'clock. When he does this nothing untoward happens. Soon he is disregarding the directions given him when he left the sanitarium. Eventually he has a relapse.

The same tragedy can be found in cardiac cases. After the heart attack, the patient is put on a strict rest schedule. Frightened, he naturally follows direction obediently for a long time. He, too, goes to bed early, avoids exercise such as walking upstairs, quits smoking, and leads a Spartan life. Eventually, though, there comes a day, after he has been feeling good for months or several years, when he feels he has regained his strength, and has also recovered from his fright. If the elevator is out of repair one day, he walks up the three flights of stairs. Or he decides to go to a party or do just a little smoking, or take a cocktail or two. If no serious after effects follow the first departure from the rigorous schedule prescribed, he may try it again, until he suffers a relapse.

In both cardiac and tubercular cases, the acts which led to the relapses were preceded by wrong thinking. The patient in each case rationalized himself out of a sense of his own perilous reality. He deliberately turned away from his knowledge of the fact that he has been the victim of a serious disease. He grew overconfident. He decided he didn't have to follow directions.

Now that is precisely what happens with the alcoholic, the arrested alcoholic, or the alcoholic in A.A. who has a slip. Obviously, he decides to take a drink again some time before he actually takes it. He starts thinking wrong before he actually takes it. He starts thinking wrong before he actually embarks on the course that leads to a slip.

There is no reason to change the slip to alcoholic behavior or a second heart attack to cardiac behavior. The alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. The patient simply didn't follow directions.

For the alcoholic, A.A. offers the direction. A vital factor, or ingredient of the preventative, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the techniques or the mechanics of A.A. but misses the philosophy or the spirit may get tired of following directions not because he is alcoholic, but because he is human. Rules and regulations irk almost anyone, because they are restraining, prohibitive, negative. The philosophy of A.A. however, is positive and provides ample sustained emotion, a sustained desire to follow direction voluntarily.

In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he has been put on the defensive and consequently has developed frustrations. But in many instances, there is no more reason to be talking about "the alcoholic mind" or the TB mind.

I think we'll help the alcoholic more if we can first recognize that he is primarily a human being afflicted with human nature.

### The 7<sup>th</sup> Tradition and abundance

As I sat down to write this article, I was feeling neither creative nor inspired. After searching the Grapevine archives for articles about the 7<sup>th</sup> tradition, one article inspired me. In this article entitled, *Tradition 7: The Price of a Drink and the value of gratitude*, a member of our fellowship shares of how her attitude has evolved regarding the 7<sup>th</sup> tradition. When she first came into program she placed a dollar in the basket. As her financial situation improved, she put the cost of a cup of coffee for herself and a newcomer in the basket. Today, she contributes "the cost of the first drink I didn't have to take today into the basket." By paying attention to the drink prices on a dinner menu, this member has found another spiritual tool.

This article made me very grateful for the abundance this program has given me. In addition to my sobriety, I have formed new, meaningful relationships, I have learned how to control my anger and expectations, most of my fears have left me, I have learned ways to help me grow spiritually, and on most days I feel pretty darn comfortable. Have I become wealthy? Not monetarily, but in so many other ways, I am a very rich woman. I have a life of abundance and hope and love.

As area treasurer, I have thought of the 7<sup>th</sup> tradition more this year than ever before. I know that money and spirituality do indeed mix and I know that I have to give it away to keep it. The one thing I don't know is the cost of my old drink of choice today, but after reading the Grapevine article, I am going to research it and monitor it occasionally, to adjust for inflation. This way I can give with the abundance of my heart to this fellowship that I can never fully repay.

Sheri B

Area 17 Treasurer

# Heard in a Meeting...

**“Stick with the winners?  
Stick with who ever is left!”**

**“If you don’t drink, you won’t get drunk.”**

**“Drinking is like making love to a gorilla;  
you’re done when he’s done.”**

**“AA doesn’t need me; I need AA.”**

**“Stand for something, or you’ll  
fall for anything.”**



**“The only thing I do perfectly is  
admit that I am not perfect.”**

**“The monkey is off your back, but  
the circus is still in town.”**

**“Love and tolerance is our code--  
you love ‘em, and I’ll tolerate ‘em.”**

**“The pain is in the resistance.”**

**“What’s happening right now is God’s  
will; our job is to find the good in it.”**