

# *The Update*

January- February 2018

## **10 AA Slogans and Their Deeper Meanings**

### 1. One Day at a Time

One of the most common AA slogans is “one day at a time.” This simple phrase carries two essential messages. First, we must focus on the present. We cannot see the future, and we cannot control the universe. But we can control our own actions right now. We often meet people with decades of sobriety, and this feels imposing. It’s easy for us to wonder if we’ll ever achieve the same as them. When we worry so much about the future, we can often become despondent. We worry that we may never amount to anything, and we respond by throwing in the towel. By focusing on the now, we forgo this trouble and allow ourselves to maintain our sobriety on a daily basis.

Second, we must realize that life is little more than a series of moments. While this most prominent of AA slogans tells us to take life one day at a time, we often hear AA members say that they must take life one hour or one minute at a time. It may sound like they’re joking, but quite often they are not. Every moment of every day, we must choose to do the next right thing to the best of our ability.

### 2. Easy Does It

This might take point as one of the more contentious AA slogans in existence. It is included in a list of the worst AA slogans for no other reason than its constant repetition. We see it on signs in meeting halls, and we hear people saying it without driving home any sort of point. But surely it means something, right? After all, who would repeat such a phrase if they truly believed it lacked substance?

It's hard to simplify an already simple slogan, but the main point of this particular adage is that we must take things slowly. In this regard, it bears some similarities to "one day at a time." When we first enter recovery, we sometimes try to get ahead of ourselves. We try to make amends long before reaching [Step Nine](#). Perhaps we try to get a new job or enter a new relationship, despite the recommendation that we not seek new commitments for our first year of recovery. Naturally, those who enter recovery often wish to turn their lives around as fast as possible. This slogan reminds us that change is a process.

### The Promises In Reverse

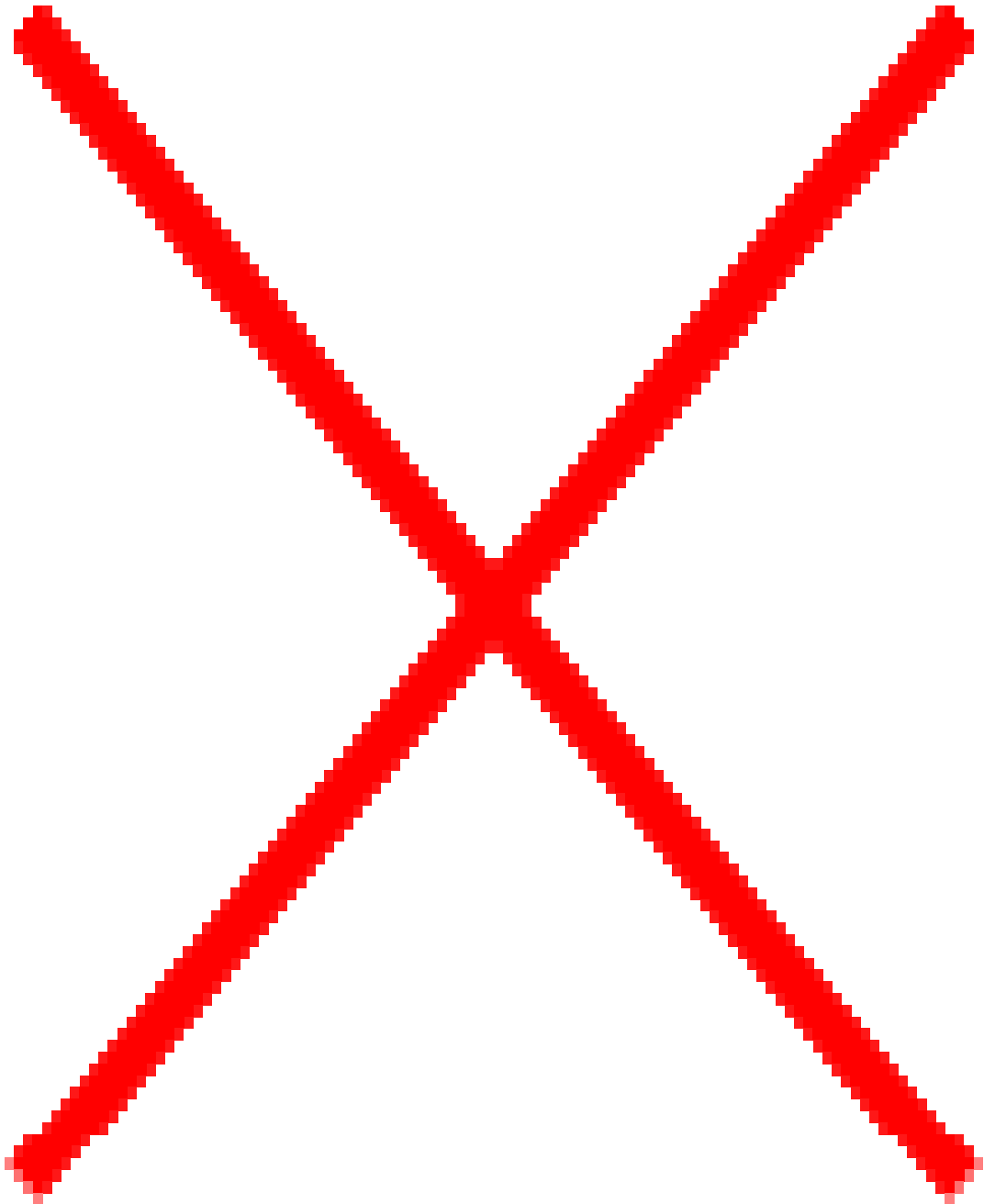
If we are NOT painstaking about this phase of our development, we will be drunk before we leave the parking lot. We are going to know a new pain and a new misery. We will regret our deeds and repeat them over and over. We will comprehend the word chaos and we will know calamity. No matter how far down the road we stagger, we will wonder where we are going. That feeling of uselessness and self-pity will intensify. We will lose interesting things and gain relations with strange fellows. Self-seeking will be constant. Our whole attitude will be on the lookout for the cops. Fear of people and economic insecurity will leave us – homeless. We will intuitively know how to stay drunk with little or no money. We will suddenly begin to think that God does not exist. Are these extravagant promises? Probably not. They are being practiced daily, sometimes insanely, sometimes deadly. They will continue to happen if we keep drinking !

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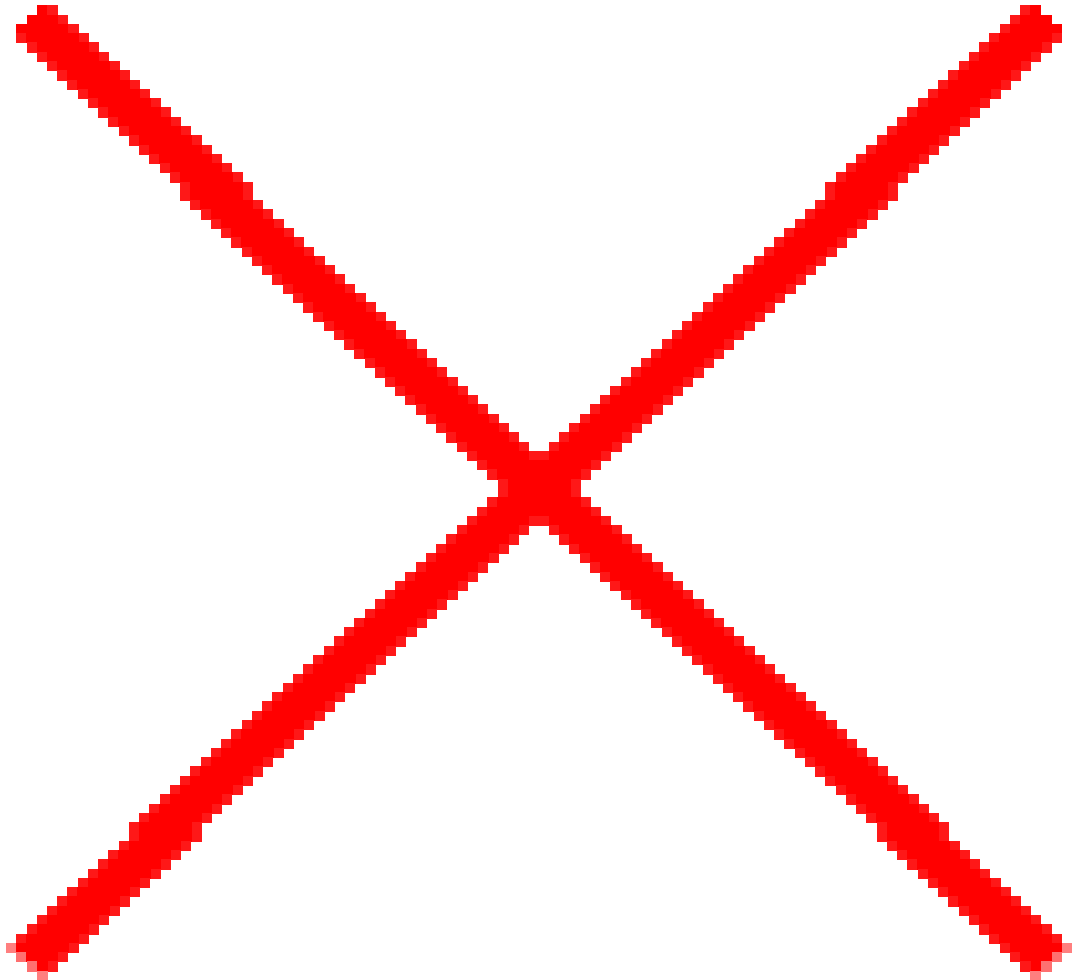
You know you've been in AA a few 24 hrs. when... You can't look at a turnover without thinking of your Higher Power.

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**January Birthdays**



**February Birthdays**



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