

Twelve Tips on Keeping your Holiday Season Sober & Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to a newcomer. But many of us have enjoyed the happiest holidays of our lives sober--an idea we would never dream of, want, or believe possible when we were drinking. Here are some tips for having an all around terrific time without a drop of alcohol!



1. Line up extra AA activities for the holiday season. Arrange to take newcomers to meetings, answer the phones on the Hotline, or go to a meeting in a treatment center or correctional facility.



5. Skip all drinking occasions you are nervous about. Remember how clever you were at excuses when drinking? Now you can put that talent to good use. No office party is as important as saving your life.



9. Do you find that you're sitting around brooding? Catch up on those books, museums, walks, or call an old friend.



2. Be host to AA friends, especially newcomers. If you don't have a place where you can have people over, take one person out for lunch or coffee.



6. If you have to go to a drinking party and can't take an AA friend with you, keep some candy handy.



10. If you find yourself getting worked up about all those holiday temptations, Remember -- "One Day at a Time".



3. Keep your AA phone list with you at all times. If a drinking urge or panic comes, postpone everything else until you've called your sponsor or an AA member.



7. You don't have to stay late. Plan in advance an "important date" you have to keep, and leave early.



11. Enjoy the true beauty of holiday love and joy. Maybe you can't give material gifts -- but this year, you can give love.



4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



8. Go to church. Any church.



12. "Having had a spiritual awakening as a" No need to spell out the Twelfth Step here, since you already know it!