



12 Tips on Keeping You Holiday Season Sober and Joyous



Holiday parties without liquid spirits may still seem like a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober – an idea we would never have dreamed of, wanted, believed possible when drinking. Here are some tips for having an all-around-ball without having a drop of alcohol.



1
Line up extra AA activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2
Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3
Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes – postpone everything else until you've called another A.A.



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.



5
Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put that talent to good use. No office party is as important as saving your life. If you're timid, take someone newer than you are.



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



7
Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8
Worship your own way...



9
Don't sit around brooding. Catch up on those books, museums, walks and letters.



10
Don't start now getting worked up about all those holiday temptations. Remember – "One Day At A Time."



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

Reprinted from Box 4-5-9
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Provided as a service by the
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Alcoholics Anonymous

ALKATHON SCHEDULES
Dec 24 – Dec 25
Dec 31 – Jan 01

South County Schedule
Newport Club Outside Room,
2536 16th Avenue, Vero Beach

4:00 PM	4:00 AM
6:00 PM	6:00 AM
8:00 PM	8:00 AM
10:00 PM	10:00 AM
12:00 AM	12:00 PM
2:00 AM	2:00 PM

North County Schedule
Sebastian Community Center
1805 North Central Ave,
Sebastian

9:00 AM	1:00 AM
11:00 AM	3:00 AM
1:00 PM	5:00 AM
3:00 PM	7:00 AM
5:00 PM	9:00 AM
7:00 PM	11:00 AM
9:00 PM	3:00 PM
11:00 AM	5:00 PM



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