

## JUST FOR TODAY

**Just for today** I will try to live through this day only, not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt I had to keep it up for a lifetime.

**Just for today** I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

**Just for today** I will adjust myself to what is, not try to adjust everything to my own desires. I will take my "luck" as it comes and fit myself to it.

**Just for today** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

**Just for today** I will exercise my soul in three ways: I will do somebody a good turn, and not get found out. If anyone knows of it, it will not count. I will do at least two things I don't want to do – just for exercise. I will not show anyone that my feelings are hurt; although they may be hurt, today I will not show it.

**Just for today** I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

**Just for today** I will work the AA program. Although I may not follow it exactly, I will work it. I will save myself from two pests: hurry and indecision.

**Just for today** I will have a quiet half hour all by myself to relax. Sometime during this half hour, I will try to get a better perspective of my life.

**Just for today** I will be unafraid. Especially I will not be afraid to notice what is beautiful; and to believe that as I give to the world, so the world will give to me.

## Slogans and Mottos

*"A.A. first - the rest will follow."*

*LIVE AND LET LIVE*

*EASY DOES IT*

*BUT FOR THE GRACE OF GOD*

*THINK, THINK, THINK*

*FIRST THINGS FIRST*

*"Keep an open mind."*

*"Prayer changes things."*

*"Always remember that the problem before you is smaller than the Power behind you."*

*"Know thyself."*

*"Love is all powerful."*

*"Live Easy But Think First."*

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Alcoholics Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking.

There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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## Yellowknife AA

### Information

*God Grant me Serenity to accept the things I cannot change;  
Courage to change the things I can; and  
Wisdom to know the difference.*



Contact us:

(867) 444-4230

[district35aa@gmail.com](mailto:district35aa@gmail.com)

[www.aayellowknife.ca](http://www.aayellowknife.ca)

[www.area78.org](http://www.area78.org) (AB/NT/YT)

[www.aa.org](http://www.aa.org) (World)

*Welcome. We hope you keep coming back.*

*You are not alone.*

For more information, see  
our *Meeting List* (updated on-line).

### Is A.A. for You?

*Here are some questions we try to answer honestly. There is no disgrace in facing up to the fact that you have a problem. Please answer YES or NO to the following:*

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking— stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have a drink upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get "extra" drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have "blackouts"?
12. Have you ever felt that your life would be better if you did not drink?

*Did you answer YES four or more times? If so, you are probably in trouble with alcohol.*

*Only you can decide whether you think A.A. is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking ourselves. Just call.*

*A.A. does not promise to solve your life's problems; but we can show you how we are learning to live without drinking "one day at a time."*

*We stay away from that "first drink." If there is no first one, there cannot be a tenth one. And when we got rid of alcohol, we found that life became much more manageable.*

### The Twelve Steps of A.A.

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

### The Twelve Traditions of A.A.

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.