



# Sara-Mana InterGroup Newsletter

## December 2022

District 4, Area 15  
[www.aasrq.org](http://www.aasrq.org)

### **We're baaack.... and we need your help!**

That's right, the Newsletter is coming back beginning in January 2023 and we are looking for your input. We welcome your suggestions regarding what type of information you would like to see included as well as articles on your experiences, thoughts and insights from your time in AA. Each month's theme will focus on the corresponding Step, Tradition, and/or Concept. We are also hoping to feature articles from Old-Timers and Newcomers on the theme each month.

If you would like to contribute an article, please keep the following parameters in mind:

- Articles should be no more than 500 words.
- In addition to reflections on the Step, Tradition, or Concept of the month, topics could be your experiences of prayer, meditation or practicing the Program or reflections of on AA literature and slogans...
- Articles will most likely be edited for various reasons, not printed word for word.
- Articles should not contain information that could potentially identify another member of AA without their permission.
- Articles must conform to the spiritual principles of AA regarding personal concepts of a Higher Power (no overt religious language or dogma, please).
- Submissions for each month's issue are due by the 5<sup>th</sup> of the month to insure adequate time for editing, formatting and printing.

Please send your anniversaries, ideas, suggestions, and articles to us at  
[newsletter@aasrq.org](mailto:newsletter@aasrq.org)



### **Tips for Surviving Holiday Parties**

This time of year can be particularly challenging for us alcoholics. The holidays bring up a lot of memories – family and friends, family dynamics, traditions, and experiences some of which we would rather forget. We also have to deal with the feelings that these memories evoke.

Here are a few ideas that have been shared by fellow alcoholics that have helped some of us to navigate this tricky time and the inevitable parties without compromising our sobriety:

If you are going to a party where there will be alcohol, make sure you have a plan. If possible, bring an AA friend. Take your own car and make sure you park where you will not be blocked in by another car so you can leave when you like. Get your own beverage and keep track of your cup. Some people even bring their own cup so they will not mistake it for another. If you already have a beverage in your hand, it is unlikely that someone will offer you one. Remember, “no, thank you” is a complete sentence. You don't have to make excuses. And call your sponsor or a friend when you need help!



I had to let go of the past  
and forget the future. As long as I held  
on to the past with one hand and  
grabbed at the future with the other  
hand, I had nothing to hold on to today  
with. So I had to begin here, now.

Came to Believe