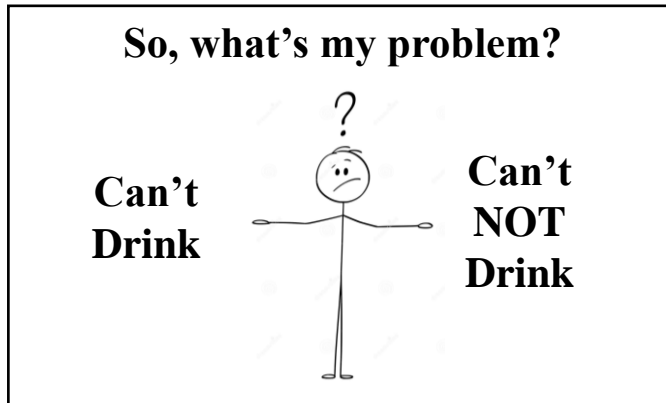


# Sunrise Zoom Saturday Morning Beginners Just For Today

## Week 1: Practical Sobriety

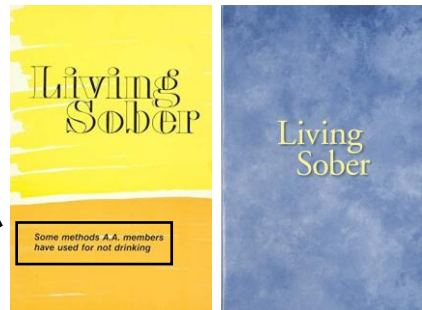
*“...treatment primarily involves not taking a drink...”  
-American Medical Association*



### Focus for Today:

- Ch. 3 – Using the 24-hour plan
- Ch. 10 – Making use of “telephone therapy”
- Ch. 11 – Availing yourself of a sponsor
- Ch. 29 – Going to A.A. meetings

Some methods A.A.  
members have used for  
not drinking



The 31 “chapters” in this booklet cover practical aspects of staying away from the first drink. Most chapters are only 1-2 pages.