

Sunrise Zoom Group

Beginner's Meeting

Week 3: Gifts of Sobriety

The 9th Step Promises (Big Book pp. 83-84)

If we are painstaking about this phase of our development we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word Serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change, fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these unrealistic promises? We think not. They are being fulfilled among us sometimes quickly, sometimes slowly. They will materialize if we work for them.

**The Big Book of Alcoholics
Anonymous contains many more
promises throughout**



- Pg. xiii – “...we are sure that our way of living has its advantages for all.”
- Pg. 16 – “But, there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.”
- Pg. 25 – “There is a solution.”
- Pg. 46 – “...we commenced to get results.”

“...you make me, promises promises...”

~Incubus

promise

noun

prom • ise ‘prā-məs

1. a declaration that one will do or refrain from doing something specified
2. reason to expect something
3. something that is promised

promise

verb

1. to pledge to do, bring about, or provide
2. to suggest beforehand : give promise of