

Welcome to the 'Just for Today' Group of Alcoholics Anonymous

The meeting will start shortly. Please mute your phone or audio. It is suggested that, if you chat prior to the meeting start, please limit your comments to meeting-related topics.

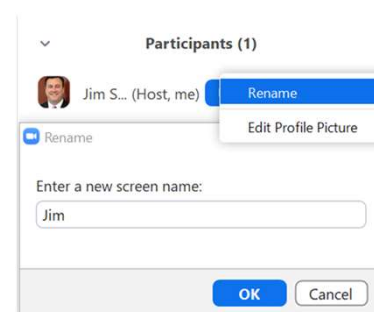
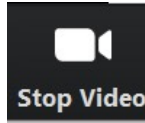
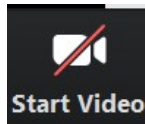
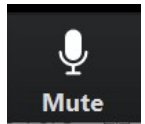
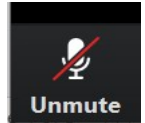
Thank you!

Tradition 1: *Our common welfare should come first; personal recovery depends upon AA unity.*

Please check out the AA 12 Traditions Checklist at aa.org

Virtual Meeting Tools

- **TO MUTE YOURSELF:** **CLICK THE MICROPHONE ICON** on your screen. A red slash will appear through the microphone.
- **TO UNMUTE YOURSELF:** **CLICK THE MICROPHONE ICON AGAIN.**
[You may also use the space bar to mute and unmute]
- **TO TURN OFF YOUR VIDEO:** **CLICK THE CAMERA ICON** (if you step away or are otherwise not in the meeting). A red slash will appear through the camera icon.
- **TO TURN ON VIDEO:** **CLICK THE CAMERA ICON AGAIN** to turn the video back on.
- **ANONYMIZE YOUR NAME:** Click on 'Participants' list, hover over your name, select "Rename," and type your first name & last initial. Or, select the three dots in the top right-hand side of the screen to rename yourself.



Twelve Traditions of Alcoholics Anonymous

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 nonprofessional, 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.

A.A. Preamble©

Alcoholics Anonymous is a fellowship of men and women 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.

“The Promises”¹

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 upon life will change.

Fear of people and of 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 extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

¹ *Alcoholics Anonymous*, pages 83-84

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IDENTIFYING FEAR . . .

The chief activator of our defects has been self-centered fear. . . .
— TWELVE STEPS AND TWELVE TRADITIONS, p. 76

When I feel uncomfortable, irritated, or depressed, I look for fear. This "evil and corroding thread" is the root of my distress: Fear of failure; fear of others' opinions; fear of harm, and many other fears. I have found a Higher Power who does not want me to live in fear and, as a result, the experience of A.A. in my life is freedom and joy. I am no longer willing to live with the multitude of character defects that characterized my life while I was drinking. Step Seven is my vehicle to freedom from these defects. I pray for help in identifying the fear underneath the defect, and then I ask God to relieve me of that fear. This method works for me without fail and is one of the great miracles of my life in Alcoholics Anonymous.

From the book *Daily Reflections*
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7th Tradition

*Every A.A. group ought to be fully self-supporting,
declining outside contributions*

Please see www.justfortodayaa.com for directions
on how to contribute to the 7th Tradition
via check or PayPal

Website Link & Email Addresses

- Group website: www.justfortodayaa.com
- Email JFTcontactlist@gmail.com to **join the group or receive group email**
- Email JFTsecretary@gmail.com with **any meeting-related questions**
- Go to www.justfortodayaa.com/contact to **sign up to chair this virtual meeting online**. The meeting format and other helpful information is available on the JFT website.

**Sign Up Here to Chair the JFT
Virtual Meetings**

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