



A Helpful Newcomers / Beginners Guide to Starting with AA & NKC...

Recovery from alcoholism is a journey filled with challenges and opportunities. Newcomers Keep Coming (NKC) aims to provide a safe, loving, strong foundation and support system for those embarking on this life-changing path. This newcomers / beginners guide will delve into the steps and in no particular order you can take as a newcomer / beginner to NKC, with practical advice and resources.

1) Joining Meetings

a) In-person and Zoom Meetings

Attending regular meetings is crucial to recovery. Commit to 90 meetings in 90 days (the 90 in 90), both in-person and/or online (though if you can, you should try more than 90):

- Local In-Person Meetings: Search at www.aa.org
- NKC Meetings: www.newcomerskeepcoming.org offers daily support at the same time every day.

b) Finding the Right Meetings

Choose meetings that resonate with your needs. Regular attendance builds a routine that fosters growth and connection.

2) Personal Wellness

a) Nutrition and Hydration

Stop Drinking Alcohol. Focus on eating well, drinking water, and sleeping sufficiently. Initially, this might be hard, but it plays an essential role in your well-being.

b) Seeking Professional Help

Consult a medical professional which takes precedence if you experience withdrawal symptoms (DT's) or have health concerns.

3) Understanding AA Literature & AA Apps

a) Big Book and Living Sober and AA Newcomer / Beginners Starter Pack

Acquire copies of the AA Big Book, Living Sober, and the AA Newcomer Starter Pack. Read them to gain insight into AA and the program. Available at www.newcomerskeepcoming.org/aa-content.

b) AA Apps

You may find using an app is a helpful way to support you, have a look at Everything AA. You can find the links to the app on our website at <https://newcomerskeepcoming.org/aa-content>.

4) Building a Support Network

a) Communication Channels

Create your support network by collecting phone numbers. Join the NKC WhatsApp chat group, and reach out to the AA helpline if really needed.

b) Support Systems

Pick up the phone instead of the drink. Engaging with others builds resilience and aids recovery. Go to 90 meetings in 90 days or more (the 90 in 90).

5) Finding a Sponsor

The Importance of Sponsorship

Having a sponsor supports your sobriety journey. Learn about finding a sponsor at www.newcomerskeepcoming.org/sponsor.

6) Active Participation in Service

Service Opportunities

Engage in service at regular meetings, such as greeting attendees. Join NKC's service and home group at www.newcomerskeepcoming.org/service.

7) Exploring Spiritual Connection

Finding a Higher Power

Discover a Higher Power that resonates with your beliefs. This spiritual connection can be a cornerstone of your recovery.

8) Working the AA 12 Steps

Understanding the Steps

When ready, begin the AA 12 steps with your sponsor. This progressive path helps you rebuild your life.

9) Embracing Continual Growth

a) Persistent Effort

The program is ongoing, regardless of wins or losses. Keep trying, and remember: "a tryer is never a loser."

b) AA Mantra: Keep Coming Back 🧑🏻🧑🏻

Your persistence and engagement with the NKC community and the broader AA network foster growth and success. Keep coming back, as the support and camaraderie found here are invaluable. Our Schedule and Meeting Joining information is here: [Schedule - Newcomers Keep Coming \(NKC\)](#)

There is lots more to read in our blog [Blog & Socials - Newcomers Keep Coming \(NKC\)](#), though the key starting points are above 🧑🏻🧑🏻.

NKC provides a safe, loving, nurturing and empowering environment for everyone including newcomers / beginners. This comprehensive guide offers tools and support to navigate the complex journey of recovery. By embracing the resources, community, and principles laid out in this guide, you set yourself on a path to personal growth, healing, and sobriety.

Recovery is a collective endeavor, and the community at NKC welcomes you with open arms, experience, strength and hope. And with support and love that we know newcomers / beginners need. Remember, the journey might be challenging, but you're never alone. Keep coming back! 🧑🏻🧑🏻

If this webpage has been helpful to you, we kindly encourage you to contribute to AA's 7th Tradition, which supports the operation of the NKC meeting and helps other alcoholics around the world. You can make a contribution here www.paypal.me/3651212424 🧑🏻💰

Additionally, why not consider joining the NKC home group and getting involved in service? This is an excellent way to support others and maintain your own sobriety. Learn more about service opportunities at [Service - Newcomers Keep Coming \(NKC\) Alcoholics Anonymous Group](#).

We love you - we're not here to do this alone, we do this together.

Keep coming back.

With all our love from all of the family,

Newcomers Keep Coming 💖

www.newcomerskeepcoming.org