

The Promises

1. If we are painstaking about this phase of our development we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness,
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us
11. We will intuitively know how to handle situations that use to baffle us.
12. 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 also materialize if we work for them.

We suggest you:

- Go to 90 meetings in 90 days.
- Get a temporary sponsor (preferably someone who has worked the steps).
- Get and give fellow members phone numbers. We realize the phone can be Very Heavy at first.
- Get into service, help set up and clean up at meetings.
- Join a group.
- Do not use any mind altering substances, including alcohol or marijuana, between meetings
- We suggest you get the Big Book and Read it

MANITOBA AREA MEETING LIST



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**We Are Here
And We Are Free**

A Vision for You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order, but obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of The Spirit, and you will surely meet some of us as you trudge the road of Happy Destiny. May God Bless You and Keep You until then.

