

# INTERGROUP SCOOP

DECEMBER 2016

VOLUME 3

Here we go with another in a series of newsletters. The news letter should be fun as well as informative, so we'll enjoy a joke later on. We welcome your articles, so submit them to Bob D.: [rjdaniher1@gmail.com](mailto:rjdaniher1@gmail.com). Please keep in mind that we reserve the right to edit or refuse any article.

## **Alcoholics Anonymous Catch Phrases**

### **ONE DAY AT A TIME!**

We all know that One Day At A Time will help us stay sober, but why, and how do we do it? If we are feeling guilty over yesterday and fearful about tomorrow, we hardly have time to think about living a good, sober life, today. Besides, these are negative emotions, and didn't negative emotions give us a good excuse to drink in the past?! Step eight (check it out!) is a good start in getting rid of that guilt. Steps two and three, if done the best we can, will help us get rid of fear for the future. Reading the Twelve and Twelve is a good way to understand these steps and following the "suggestions" in that book helps us to do these steps.

We still need telephone contact help. Just think, twelve stepping on the phone could very well keep one of us sober for at least one more day, including ourselves!. You must have at least six months sobriety to participate.

Call the Hot Line at (808) 961-6133 for more information.

Now for the upcoming AA, holiday "parties":

### **CHRISTMAS ALCO-THON**

Starts 6:00 PM December 24th - Ends 6:00 PM Christmas Day  
Located at Puna Hongwanji 16-492 Old Volcano Road Kea'au

### **NEW YEAR'S ALCO-THON**

Starts 6:00 PM December 31st - Ends 6:00 PM New Year's Day  
Located at Hope Services 115 Kapiolani St Hilo

AA Meetings - Food - Fellowship and Fun

For more information, or to have your home group sign up for a time slot, contact:  
Sean G. at (808) 443-7935

Watch your AA Website and your newsletter for details of an AA Valentines Dance.

HCCC (Prison) needs AA books. To donate, contact the AA Teleservice.

Two people were entering an airplane when one of them said, this is scary, the pilot is in AA. The other person responded with, just think if he wasn't! (Grapevine)