



# 10 THINGS I WISH I'D KNOWN

**T**ODAY, this very day 10 years ago, I stopped drinking. Yes, that's right, for 10 years I've been making first dates feel awkward by ordering club sodas. This morning I was thinking that I probably should have reached some

sort of grand understanding after 10 years of a life unfogged by alcohol. Well, I'm not so sure, but here are 10 things I wish I'd known 10 years ago...

## GRAPEVINE - LA VINA NEWSLETTER DISTRICT 36

March 2020

All the News that Fits To Print (or Cut/Paste From Past Issues!)

### News To Me!

1. It's possible—with enough cigarettes, chocolate cake and strength of will—to have a sober hangover.
2. Almost every bad experience gets better when you learn you're not the only one experiencing it.
3. Who you're with matters a great deal when you're really there.
4. The only people who say coffee is a drug never did a drug.
5. You get to do things for

- the first time—again.
6. You can drink dance without a drop of alcohol. And drunk dial. And drunk text. Even beer goggles are within your reach if you believe in yourself.
7. You might miss not having alcohol to blame for your bad decisions.
8. One day, you'll be so happy that the pain you feel today will seem impossible.
9. Life is enough. You don't think it is, but it is. Let me explain.

Want fun? Have it. Want courage? Fake it. Want love? Give it. Want adventure? Take it. Life is enough. And so am I.

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AA Grapevine is the International Journal of Alcoholics Anonymous or "our meeting in print"

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Subscription: Grapevine: \$28.97 per year (12 issues)  
Subscripcion: La Vina: \$11.97 para un ano (12 ediciones)

### News To You!

*Authors/Humorists in Recovery – Try the Grapevine!*

*Deadlines to Write on An Upcoming Topics*

To Submit: [www.aagrapevine.org/contribute](http://www.aagrapevine.org/contribute)  
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475 Riverside Drive  
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AA: LGBTQI – 2/15/20  
AA: Young & Sober – 3/15/20  
AA: Money: 4/15/20  
AA: Service During Holidays – 6/15/20

### News We Can Use!

**International AA Conference**  
July 2-5, 2020, Detroit, Michigan  
*Theme: Love and Tolerance Is Our Code*  
Advanced Registration: September 9, 2019 – April 14, 2020 (\$115)  
More Information: [www.aa.org](http://www.aa.org)

It's been a couple of years since I moved, and I do believe that this is the best place I've ever been. I'm having the time of my life today. I've made some good friends here, especially my sober AA sisters. They smooth out the bumps in the road for me. They're like a warm coat in the cold. They are to me what God would be with skin on him.

This program has given me so many gifts. I cannot begin to imagine what my life would be like without it. If I stay close, I know everything is possible.

PAULA C.  
Georgetown, Texas

### Grapevine Suggested March 2020 Discussion Topic:



Answer Last Issue:  
Service in Recovery Cup



"Wow! You must be a great sponsor... you just made my resentments list."

### DISCUSSION TOPIC: Gaining emotional sobriety

**T**HE writer of "A Better Fit" learned the hard way (ouch!) about the value of being open-minded. And now, 30 years later, he still remembers the lesson he learned. Over time, these lessons we get to learn in AA through meetings and Steps and sponsorship add

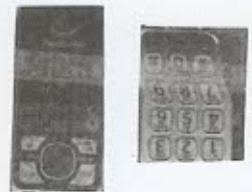
up, and we begin to deal with life differently; we get better at navigating situations and relationships.

Do you feel like you've gained some emotional sobriety? How do you handle life and its challenges better now because of the things you've learned in AA? How have the Steps, service

or sponsorship helped you? If you're new to AA, can you already see some changes?

You may use this topic in a discussion meeting, or send us your own story about the ways you've gained some emotional sobriety since you've been in AA at [www.aagrapevine.org/share](http://www.aagrapevine.org/share)

### Challenge: What Is THIS?



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