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

AA Grapevine is online at www.aagrapevine.org or email at customerservice@aagrapevine.org

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News To Me!

1. It's possible—with enough cigarettes, chocolate cake and strength of will—to have a sober hangover.
2. Almost every had experience gets better when you learn you're not the only one experiencing it.
3. Who you're with matters more.
4. The only people who can save you from a drug never die a drug.
5. You get to do things for the first time again.
6. You can drink in a bar without a drop of alcohol.
7. I hate it. Life is enough. And so, I do.
9. To me, it's all in the hair.
10. I hate it. Life is enough. And so, I do.

News To You!

Authors/Humorists in Recovery – Try the Grapevine!
To Submit: www.aagrapevine.org/contribute
Email: gveditorial@aagrapevine.org
By Mail: Grapevine, Editorial Dept. 475 Riverside Drive New York, NY 10115

Deadlines to Write on An Upcoming Topics
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

Grapevine Suggested March 2020 Discussion Topic:

Gaining emotional sobriety

The word of "AA Better Fit" learned the hard way about the value of being openended. 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? Have you had a different life and its challenges better now because of the things you've been learning in A.A.? How have the steps, service or sponsorship helped you? If you're new to A.A., can you already see some changes? You may use this topic is a discussion meeting, or send it on your own story about the steps you've gained some emotional sobriety since you've been

Challenge: What Is THIS?

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