

Tips for a happy, sober holiday season

One of the most difficult times of the year for those recovering from alcoholism is the holiday season. If you find yourself struggling, remember that you are not alone. Help is only a phone call or a meeting away! Here are some helpful and practical tips to keep you from taking that first drink.

1. Plan each and every day of your holiday season

Plan to spend the majority of your time with friends and family who are supportive of your recovery. If you are required to be present for a social gathering where alcohol is being served, bring a fellow A.A. member with you. Plan fun events and outings to replace your old drinking rituals.

2. Find an alkathon in your area

During the holiday season, many clubs are open 24 hours with fellowship and ongoing meetings. If you are a member of A.A. or think that you might have a problem with alcohol, you are welcome to attend.

3. Ask for support from your family and friends

Those who are truly supportive of your recovery will be happy to help you throughout the season. Be up front and tell them your concerns.

4. Have a list of at least 10 people you can call if you feel the urge to drink

Make a list and check it twice. Carry your cell phone and your list of names at all times. The urge to drink is very powerful and can happen at any time.

5. Don't forget about regular exercise

Regular exercise is an essential component of any balanced recovery program. If you have extra time on your hands, it is a great idea to get out and exercise. Examples include running, skating, crosscountry skiing, stretching, yoga, Tai Chi, Pilates or water aerobics. Instead of napping on the couch after dinner, go for a walk around the block.

6. Stay away from slippery places

There is absolutely no reason to ever check out your former favorite drinking establishments. It is very likely that your old drinking buddies are still there and are still telling the same old stories.

7. Create new traditions to replace your old drinking patterns

Try something totally different during the holidays. Buy a new board game; take the family on a sleigh ride; prepare a family photo album. Use your imagination, be creative and have fun.

8. Write out a daily gratitude list

The quickest cure to get you out of the holiday blues is by counting your blessings. Be grateful for what you have by writing out a gratitude list every morning. Don't stop writing until you have at least 10 items on your list.

9. Volunteer your services to a charitable organization

There are many people in your community who are homeless and hungry. Why not volunteer to work at a soup kitchen or at a special Christmas dinner for those less fortunate than you? You will be helping not only the needy, but yourself as well!

10. Write a letter to yourself: How I stayed sober.

The act of writing your ideas on paper is very powerful. Write down all the activities and events that will help you have healthy happy sober Christmas. Now take action on them and make this letter come true!

11. Avoid H.A.L.T.

H.A.L.T. stands for: • Hungry • Angry • Lonely • Tired

There are very simple solutions for all of the above items. If you are hungry, get something to eat. If you are angry, talk to someone about it. If you are lonely, go to a meeting or call a friend. If you are tired, get a good night's sleep.

12. Live One Day at a time and enjoy your sobriety!

Stay in the moment. Have present-time consciousness. Be in the now. These are all different ways of reminding yourself to live one day at a time. Never mind about what happened or what could happen. Enjoy today. Live today. Celebrate your sobriety!

If you follow these simple steps, it is totally feasible to stay sober throughout the holiday season.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4



Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.

5



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8



Worship in your own way.

9



Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."

11



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

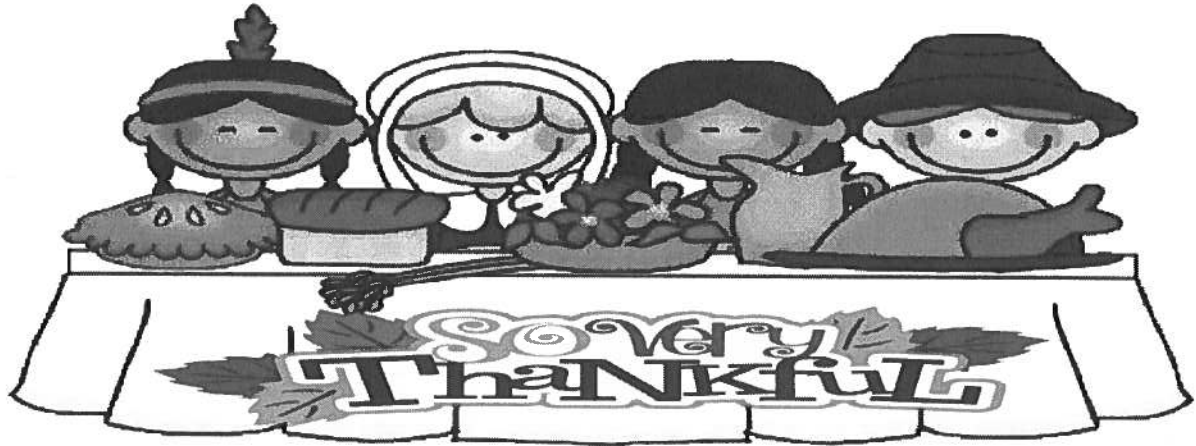
12



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

CINCINNATI AREA INTERGROUP 78th ANNUAL THANKSGIVING BANQUET

SATURDAY, NOVEMBER 23rd, 2019
OASIS CONFERENCE CENTER
902 LOVELAND-MIAMIVILLE RD LOVELAND, OH 45140



SPEAKER	Brian P. Dallas, TX
DOORS OPEN	6:30PM
DINNER	7:15PM
DANCE	TO MIDNIGHT
ADVANCE TICKETS	\$28 THRU OCT. 15th
AFTER OCT 15th	\$33 (No tickets will be sold after 11/19/19)

- Order tickets over phone by credit/debit card or check: Call Central Service Office @ 513-351-0422.
- **Order tickets online at aacincinnati.org/ticketsproducts.**
- Order tickets via U.S. mail, fill out the form below.
- Order tickets at our Central Service Office at 2300 Florence Ave. Cincinnati, OH 45206

Ticket Order Form

Number of Tickets: _____ x \$28 (before Oct 15) or \$33.00 each = _____

Name: _____

Address: _____

Email: _____

Make Checks payable to Cincinnati Intergroup
Mail To: Cincinnati Intergroup, 2245 Gilbert Ave #304, Cincinnati, OH 45206

EASTSIDE CENTER

FREE

THANKSGIVING DAY DINNER

NOV. 28TH

1134 OLD SR 74 BATAVIA OH, 45103

(513) 752-2210



ENJOY SOME

FOOD,

FELLOWSHIP

AND A MEETING

GRATITUDE MEETING

@ NOON TILL 1:30

FOOD @ 1:30

PLEASE BRING YOUR

FAVORITE

THANKSGIVING DAY SIDE

DISH TO SHARE



SATURDAY DECEMBER 7TH

**EASTSIDE CENTER
COMICS FOR KIDS**

BENEFIT SUPPORTING

**KIDS CHRISTMAS
PARTY**

2019



**LIVE BAIT
COMEDY**

\$7 Admission

ADULT CONTENT

ALL PROCEEDS go to
KIDS CHRISTMAS PARTY
at EASTSIDE CENTER

DECEMBER 21st at 130pm

SPAGHETTI

DINNER

6PM

SPEAKER TBA

8PM

SHOW AT 930 PM

1134 OLD ST. RTE. 74, BATAVIA

Cincinnati Area Intergroup 2019

ALCATHON

**3-Day Round the Clock Meeting Schedule
Food Fellowship Recovery Support Safety**

River of Life Church

2000 Central Pkwy, Cincinnati, OH 45214

**Monday, December 23rd @ Midnight (Start of Christmas Eve)
thru Thursday, December 26th last meeting Lead at 8pm**

******Have Questions, Donations, or Opportunity for Service******

Call: (513) 351-0422 Email: Alcathon@aacincinnati.org

Setup crews and clean-up crews are needed. Food donations are appreciated. This event takes round the clock supervision to run successfully and safely. Please contact us to see how to be of service!

29th Annual Eastside Area

ALCOTHON

DECEMBER 24, 25 & 26, 2019

Holiday Inn Eastgate

4501 Eastgate Blvd.

Cincinnati, Ohio 45245

The Alcothon provides around the clock meetings for fellowship and support throughout the holiday season.

Meetings are scheduled every 90 minutes and consist of Big Book, 12 and 12, Discussion and Lead meetings.

The first meeting begins at 12:01 a.m. on December 24th, and the last meeting begins at 10:30 p.m. on December 26th.

We hope to see you there!

CONTACT INFORMATION:

**JEANNETTE B.
513-239-0733
ALCOTHON CHAIR**

**AMANDA D.
513-284-1941
ALCOTHON CO-CHAIR**

**G.C.A.S.C.NA
AREA ACTIVITY COMMITTEE
PRESENTS:
CHRISTMAS MARATHON
CHRISTMAS EVE
DECEMBER 24, 2019
STARTS @ 12 NOON
UNTIL
CHRISTMAS DAY
DECEMBER 25, 2019
12 NOON
NORTH CHURCH
4222 HAMILTON AVE
DOORS OPEN @ 11 A.M.
COME OUT SUPPORT THE ACTIVITY
COMMITTEE
CONTACT:
ANGIE W. (513) 238-3435
OR
WANDA R.
(513) 462-2428
FOOD, FUN, FELLOWSHIP 
Asking homegroups for donations**