

SAYINGS TO REMEMBER...

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference

- One Day at a Time
- Progress, Not Perfection
- Let Go, Let God
- Turn It Over
- Live and Let Live
- H.A.L.T.
- Expect a Miracle
- Don't Quit Before the Miracle Happens
- Easy Does It

Conference Approved Literature

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World Services
(800) 766-6779
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THE PROGRAM WORKS IF YOU WORK IT!

- Say the Serenity Prayer
- Call Your Sponsor
- Pray and Meditate
- Call Someone in the Program
- Go to a Meeting
- Read Program Literature
- Write About the Problem
- Work With Others
- Remove Yourself from the Situation
- Work the Steps

There are times, in all of our lives, when "life on life's terms" just seems to be too much. These are a few suggestions that may help to put balance and serenity back into your life.

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