

Give It Away To Keep It

Are you carrying the message into Jail? Why not?

1. I'm already hopelessly overcommitted.

It's one evening a month. The meeting is an hour, just like most other meetings. With pretty much the same format. And no matter how bad I don't want to go (and I never want to go), I feel *high* when I leave. I don't know why, but most of us feel that way. Instant Feel-Good.

2. I'm not good at speaking.

It's a meeting, not a presentation. A conversation.

3. Jail is a repulsive, dirty place.

Ours isn't. Unless you find squeaky clean, quiet, meticulously maintained, and *pastel* to be repulsive. And you'll go in with another sober member of AA

4. I've never been in jail. Yet. What could I have to offer?

They can tell you how they got to jail. You can tell them how you stay sober. You can both learn something new. Dr. Bob said "I spend a great deal of time passing what I learned to others who want and need it badly. I do it for four reasons: (1) A sense of duty. (2) It is a pleasure.

(3) Because in so doing I am paying my debt to the man who took the time to pass it on to me. (4) Because every time I do it I take out a little more insurance for myself against a possible slip." (Big Book, p. 180)

5. Those people don't want to get sober, or they would have been in AA already.

Neither did I. Right up until I did. Sign up, and be somebody's Moment of Clarity.

BBBBBBBBBB Requirements: 1 year sober, 3 years off probation, 5 years out of jail.