

## THE GAL IN THE GLASS

When you get what you want in your struggle for wealth  
and the world makes you queen for a day  
just go to the mirror and look at yourself  
and see what that gal has to say.

For it isn't your father, or mother, or mate  
who judgment on you must pass,  
the person whose verdict counts most in your life  
is the one staring back from the glass.

Some people may think you're a straight shooting chum  
and call you a wonderful gal,  
but the one in the glass says you're only a bum  
if you can't look her straight in the eye.

She's the person to please, never mind all the rest  
for she's with you clear up to the end,  
and you have passed your most difficult test,  
if the one in the glass is your friend.

You may fool the whole world down the pathway of life,  
and get pats on your back as your pass,  
but your final reward will be heartaches and tears  
if you've cheated the one in the glass.

- *The Tablemate*



## TWELVE STEPPING

The information contained in this pamphlet may be used to  
enhance your study of the AA Twelve Steps and the  
AV Biblical Comparisons



Learn more about Alcoholics Victorious  
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Alcoholics Victorious is a program of  
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## **JUST FOR TODAY**

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my “luck” as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study, I will learn something useful. I will not be a mental loafer; I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count; I will do at least two things I don't want to - just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try and get a better perspective of my life.

Just for today I will be unafraid. I will enjoy that which is beautiful, and will believe that as I give to the world, so the world will give to me.

- *The Tablemate*

## **“THE LORD’S PRAYER”**

I cannot say OUR if my religion has no room for others and their needs.

I cannot say FATHER if I do not demonstrate this relationship in my daily life.

I cannot say WHO ART IN HEAVEN if all my interests and pursuits are in earthly things.

I cannot say HALLOWED BE THY NAME, if I, who is called by His name, am not holy.

I cannot say THY KINGDOM COME, if I am unwilling to give up my own sovereignty and accept the righteous reign of God.

I cannot say THY WILL BE DONE, if I am unwilling or resentful of having it in my life.

I cannot say ON EARTH AS IT IS IN HEAVEN, unless I am truly ready to give myself to His service here and now.

I cannot say GIVE US THIS DAY OUR DAILY BREAD, without expending honest effort for it or by ignoring the genuine needs of my fellow man.

I cannot say FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US, if I continue to harbor a grudge against anyone.

I cannot say LEAD US NOT INTO TEMPTATION, if I deliberately choose to remain in a situation where I am likely to be tempted.

I cannot say THINE IS THE POWER, if I fear what my neighbors and friends may say or do.

I cannot say THINE IS THE GLORY, if I am seeking my own glory first.

I cannot say FOREVER, if I am too anxious about each day's affairs.

I cannot say AMEN, unless I honestly say, “Cost what it may, THIS IS my prayer.”

- *Author Unknown*