



DISTRICT 29 NEWSLETTER

September 2019

www.district29aa.org



The Eleventh!

When I get to 11... That moment while counting I realize at least one shoe is fixin' to have to come off!!

Step — Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition — Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

9th Step Promise — We will intuitively know how to handle situations which used to baffle us.

Concept — The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Welcome to November!

The SWTA 68 voting conference was held October 18th through the 20th in San Antonio, Debbie McD, our District Committee Member brings us all the news that is new from a stone's throw down IH-35!!

The November District Meeting will be a District Inventory. The list of suggested questions is near the end of the newsletter. Make sure your group is represented at the November 10th meeting hosted by the Legacies Group at 1:30

Get Ready!

■ International A.A. Convention: July 2-5, 2020, Detroit, MI

An animated invitation for the 2020 International A.A. Convention taking place in Detroit, July 2-5, 2020 is now available for viewing and download on the 2020 International Convention page of G.S.O.'s website, www.aa.org. The invitation is available in three different time-lengths for ease of viewing and sharing (1 minute and 45 seconds, 45 seconds and 20 seconds). Please take a look and pass it on! Enthusiasm is building for the convention and we don't want anyone to miss out on A.A.'s 85th birthday celebration with the theme "Love and Tolerance Is Our Code." See you in Detroit!



Box 4-5-9, Spring 2019

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DCM Report for November Newsletter

Debbie M, DCM District 29, Panel 68

Just got back from the SWTA 68 Fall Voting Conference and what a wonderful experience it was. It was bittersweet because it was my last Assembly or Workshop representing the voice of District 29 which I was so very honored and blessed that I was able to do. So here are the results and some personal feelings that I got to experience at the SWTA 68 Fall Voting Conference. Well the waiting is over...we now know who will be serving in Area 68 Panel 70. The Delegate is Michael P., he is our current Alt. Delegate. Alternate Delegate is Cathy H. she is our current Chairperson. Chairperson is Barbara R. she is the current Alt. Chairperson and finally is the Alt. Chairperson; that is Dean D. he is currently serving us as the Area 68 PICPC Chairperson. The incoming Delegate chooses Officers for the new panel and they get the green light from the fellowship. The incoming officers for Panel 70 will be as Secretary: Jenna C whom is our current Area 68 Grapevine Chairperson. The Treasurer will be Linda D. (straight from our back yard in District 29) she served as a past Area 68 PICPC Chairperson. Finally, is the Registrar, Casey H. will fill that position. He served as a past Area 68 Archives Chairperson.

I also can share who will serve as the SWTA 68 Panel 70 Committee Chairs. The incoming Chairperson chooses these positions. Since I have been doing service, these positions have not been announced at the Fall Voting Conference, but I can say the spirit was all around us this weekend. Here are your incoming Committee Chair people: Archives: Tegan T currently serving as Registrar, Accessibility: Tashley A. currently serving as DCM in District 16 in San Antonio, Bilingual: Amanda B. currently serving as DCM in District 17 in San Antonio, CFC: Rodney "Bear" T. past Trusted Servant (he was the first DCM ever in District 29), Grapevine: Rose B. currently serving as DCM in District 3C in Austin, Newsletter: Stacey V.L. currently serving as Area 68 Secretary, PICPC: Donita S currently serving as DCM in District 22 north of Austin (Round Rock/Georgetown area) and finally Treatment: Reggie S. past Trusted Servant (he is from the Killeen/Temple area). What a wealth of knowledge and service.

We also voted on 3 proposals and here are the results of those.

The first proposal was the Technology Committee Chairperson proposal. This proposal passed; so we will have the first ever Technology Chairperson in Panel 70. This position has not been filled since we did not know whether it was going to pass or not.

The second proposal was the Amendment Procedures proposal. This proposal passed as well. So now it will be written in our Area 68 Service Structure and Procedure Manual that a proposal must be accepted exactly as written. So everyone knows that friendly amendments on the floor cannot be made. The proposal must be accepted exactly as written.

Finally, the third proposal is the Area Archivist position which also passed. This position would work with the Area Archives chairperson, but this position would be taking care of the archives. The Area Archivist will also be chosen by the Area Delegate and Chairperson at a later date.

So the business part of the Fall Voting Conference is done now on to the spiritual and fellowship side of the weekend. When we got to the hotel on Friday, you could feel the energy a buzz as you walk in. So many of our friends that we see at these Area events were all around us; checking in, going up to the conference rooms and some were even watching tv at the bar. It is really funny to see a bunch of alcoholics sitting at a bar with coffee or water in their hands watching a baseball or football game. It makes me chuckle inside every time.

Friday night started off with a presentation of the theme of the conference, followed by speaker Patrick C. He is a staff member at GSO. He was hilarious, I believe we all needed stitches after listening to his story. He shared his story with us, and it was so moving. It was a great way to start the weekend. At many of the assemblies and workshops you can almost put money on the fact that somewhere; in the lobby, by the pool or wherever there will be a meeting after the meeting. Those meetings are where we all let our hair down and actually get to fellowship. It is magical. This particular evening, we knew we had a long day in front of us so no late night for us.

Saturday gets here and we conduct business all day long. We break for dinner and out to dinner with friends we go. Short on time and the service at the restaurant is running a little slow we had to rush back in time for our next meeting. Got back there not to awfully late but I did give my sponsor a heads up. The assemblies and workshops usually always have meals available but honestly sometimes after sitting all day conducting business you need a getaway meal. At least I do. Saturday night's speaker was just as moving as Friday night's speaker. Jimmy D., our new Regional Trustee was sharing his story with us. He shared about his journey and shared how he hopes to represent our Region. The things he shared I felt like I had grown leaps in bounds in that hour.

Saturday evening was coming to a close what is a girl to do. Got invited to go to IHOP with my peeps but instead choose to spend my last night of one of the most spiritual weekends representing the voice of District 29 not with all my friends from Area 68 but with my BFF in our room talking A.A. to one another sort of like it was like when Bill and Dr. Bob talked with each other. What a way to end the very long Saturday.

My final Sunday and it starts with being told that there was a coffee shortage at the hotel. A hotel with a bunch of alcoholics and there is a coffee shortage. They had decaf but we need the real deal. So after, going through that crisis on to better things like breakfast tacos with friends from Area 68. Up to

SWTA 68

EVENTS

2020 SWTA 68 Winter Workshop

January 17, 2020 - January 19, 2020

2020 SWTA 68 CFC conference

February 21, 2020 - February 23, 2020

2020 International Convention

July 2, 2020 - July 5, 2020

the conference room one last time. The Committee Chairs sharing their last reports. Very touching and emotional. Next was our final workshop and what better way to end it than with the newest Chairperson Kim R.L., our current Area 68 Accessibility Chairperson. This was such a great workshop.



“A VISION FOR YOU”

2020 SWTA 68 Winter Workshop January 17, 2020 - January 19, 2020

RESERVATIONS

Hampton Inn

2208HiWay 361, Port Aransas, Texas

361-749-8888

Room Rate: \$89/Night

ASSEMBLY VENUE

Port Aransas Civic Center

710 W. Avenue A

<https://www.aa-swta.org/event/2020-swta-68-winter-workshop/>

everyone, just once if you get a chance, go to an SWTA68 Assembly or Workshop, I don't think you would be disappointed, I know even though I no longer have a position with the District or Area; I am still going to attend when I can. I have already made my reservation for the Winter Workshop which is being held in Port Aransas. I enjoy them, but I also want to support my friends and District 29.

Thank you again for allowing me to be of service.

Gratitude in Service, Debbie McD!

They talked about the American Sign language Video that was made for the deaf members and the visually impaired member. Oh my gosh, the last speaker told my story. She is legally blind also. She shared how she doesn't let people know that she has a disability, doesn't like to ask for rides because she thinks she is bothering you, and so on. OMG it struck me like a lightning bolt going straight through me. Her story actual made trickles of water flow from my eyes (grant it I was rushed out of there after thanking her for making me feel included and telling my story before I had blue tears running down my face).

So, I know I might had been a little long winded, but I wanted to share my experience. These SWTA68 Assemblies and Workshops are for everyone. We all have a voice in this fellowship and our voices need to be shared and heard. I recommend

<p style="text-align: center;">Area Birthday Celebration Locations</p> <p>Jan.-Phelan Road Group Feb.-LaGrange Gratitude Group Mar.-Friday Night Group April-Lost Pines Group May-Smithville Group June-Giddings July-On The Colorado (OTC) Aug.-LaGrange Colorado Valley Sept.-Sunday Morning Sidewalk Oct.-The Elgin Group Nov.-Smithville Group Dec. - Legacies Group</p>	<p style="text-align: center;">What's Happening In District 29 November 2019</p> <p>November 2- Speaker Meeting, On The Colorado (OTC), Smithville 8pm November 10 - District 29 Meeting - Legacies Group - 1:30 pm November 9 - Speaker Meeting Lost Pines - 7 pm November 15 -Speaker Meeting, Elgin Group -- 7pm November 26 - Speaker Meeting at A Way Out Group - 7:00pm November 30 - Area Birthday, Smithville Group - Potluck at 7pm Meeting at 8pm</p>	<p style="text-align: center;">District Committee</p> <p>DCM Debbie M Alt DCM Jan S Secretary Open PICPC Craig D. Treasurer David M Literature Morgan P Intergroup Open Webmaster Michael B Grapevine Holly H CFC Mike G Newsletter Theol J Treatment Open Archives Open</p>
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Correctional Facilities Committee Needs Volunteers

Howdy all, we in District 29 are in critical need of volunteers to help bring meetings to Bastrop County Jail and Giddings School! A paper version of the new application is available from Michael G. and once completed and be turned in along with the PREA completion certificate to the Bastrop County Jailer. The application and other information about going into Bastrop County Jail is available on the District 29 Website.

The Application

<http://seureservercdn.net/166.62.115.136/2vt.a21.myftpupload.com/wp-content/uploads/Volunteer-Application-v06-2017.pdf>

The Rules

<http://seureservercdn.net/166.62.115.136/2vt.a21.myftpupload.com/wp-content/uploads/Jail-Volunteer-Rules.pdf>

Information about being a volunteer:

<http://seureservercdn.net/166.62.115.136/2vt.a21.myftpupload.com/wp-content/uploads/PREA-Volunteer-Flyer.pdf>

The whole kit and caboodle (all the forms)

<http://district29aa.org/district-resources/>

Meetings at the Bastrop County Jail are: Women's Fridays are 7:30; Men's Tuesday and Thursday at 7:30.

Meetings at the Giddings School usually on Tuesdays at 10 a.m. and 4:15 p.m., however in the past been meeting schedules have been adjusted to meet the schedules of certified volunteers.

Currently Available Literature

District 29 keeps several A.A. Conference Approved titles on hand for our individual and Group needs. Below is a list of what is currently (as of October 12th) available. We all have direct access to any A.A. Conference Approved title however you or your group might consider procuring what you need through the District as we typically order in large enough quantities that the shipping is FREE! This results in a lower cost to you or your Group! Get with Morgan P., District 29 Literature Chair, or your GSR and they can!

Alcoholics Anonymous (hard cover) 9 @ \$9.50

Living sober 4 @ \$5.00

Alcoholics Anonymous (large print) 2 @ \$10.30

Our Great Responsibility 4 @ \$10

Twelve Steps And Twelve Traditions (Hard cover) 12 @ \$8.90

Women in Sobriety pamphlet 50 @ \$.30

Twelve Steps And Twelve Traditions (Soft cover) 2 @ \$8.25

Questions and Answers on Sponsorship in A.A.

3 @ \$.15

District 29 – Donates Books

District 29 helps carry the message in many ways, one way is by taking meetings and copies of the Book of Alcoholics Anonymous to the Bastrop County Jail and The Giddings School. In October the Correctional Facilities Committee volunteers suggested and the District Committee Approved the purchase of one case of 20 soft cover Alcoholics Anonymous textbooks to be made available for those needing them at the Giddings State Boys School. The books were delivered and donated to the school on October 8th.

These books were paid for using funds remaining from the SWTA 68 Summer Workshop. The remaining funds were divided equally and sent to Area 68 and A.A. General Services Office.

See how to volunteer – volunteers are desperately needed – as part of carrying the message through the Correctional Facilities earlier in this Newsletter! You could help carry the message by personally delivery one of these books to someone who needs it!

[Group Meeting Schedule Updated and at the Groups](#)

See the new schedules in Red! Recently published and ready for the newcomer and new to District 29! Oh and there was one oversight, the date on the bottom says 2018 even though these are up-to-date as of 2019!

A special thanks to Jorde M. who, while he has moved out of District 29, was kind enough to help with getting the schedules printed.

Reminder: District 29 Panel 70 Service Opportunities Still Available

Here are the filled and open positions for Panel 70! Consider standing to help round out the panel due to be seated Starting in January 2020!

District Committee Member (DCM): Jan S.

Alternate District Committee Member (Alternate DCM): Kathy A.

Secretary: Tasha S.

Treasurer: Craig D.

Archives: Steve VL

Correctional Facilities Committee: Michael G.

Treatment Facilities: Open

Grapevine: Open

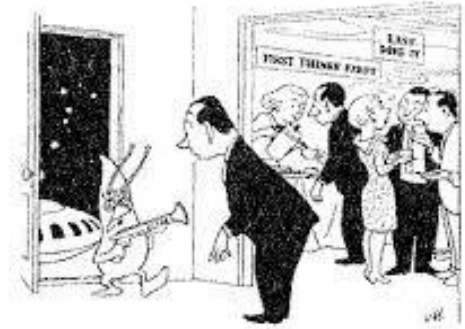
Literature: Morgan P.

Newsletter: Open

Hill Country Intergroup Rep: Open

Public Information/Cooperation with the Professional Community (PI/CPC): Open

THE LIGHTER SIDE
From www.aagrapevine.org



"We don't have leaders. Will a trusted servant do?"
Anonymous



<https://www.recoveryelevator.com/sober-recovery-memes/>

The AA Traditions and Concepts Series 2019

Thanks Jan S. for volunteering to take on the 11th Tradition this month! For the rest of you there is only one more chance to write in this series.... Happy November!

Tradition 10

Tradition 10 (short form)

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

Tradition 10 (long form)

“Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.”

Understanding Anonymity

What is the purpose of anonymity in Alcoholics Anonymous? Why is it often referred to as the greatest single protection the Fellowship has to assure its continued existence and growth?

If we look at the history of A.A. from its beginning in 1935 until now, anonymity serves two different yet equally vital functions:

- *At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.*
- *At the public level of press, radio, TV, films and other media technologies such as the Internet, anonymity stresses the equality in the Fellowship of all members by putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power or personal gain. (pamphlet P-47 Understanding Anonymity)*

Personal anonymity

My personal experience with anonymity as a newcomer was that it afforded me some comfort that my drinking and the mess that I had made of my life would not be broadcast across my community. It was difficult enough to reach the conclusion that I needed to do something about my drinking, let alone admit that I might be an alcoholic. And I didn't want to risk of these admissions being discussed outside of the meetings. I needed the assurance of anonymity to find enough trust within

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the fellowship that would allow me to be more honest and open about who I was and find the truth about my alcoholism.

After a while, I began to feel so relieved that the obsession of needing a drink was lifted, that I wanted what an old-timer described as “a tent and a tambourine”. I was willing to shout it to the roof tops that I was now a sober member of Alcoholic Anonymous; I used little to no discretion about when and where I discussed my sobriety in connection to my membership in A.A. There was a time when I posted a notice of a recent A.A. milestone on social media. There was little thought that I might be implying that some of my friends might also be in the fellowship which risked breaking anonymity of others.

Going further, I asked myself what my motive was in posting online; was it for personal glory? Wow, this tradition gives me the opportunity to give up something of myself for the better good of the Fellowship.

With the help of sponsorship and traditions meetings, I began to realize one part of what this tradition suggested; that each member has the right to as much or as little personal anonymity as they chose personally. But I realize that when using digital media, I’m responsible for my own anonymity and that of others. When I’m posting on text or blogs, I should assume that I’m publishing at the public level.

Anonymity at the Public Level

The Twelve Steps and Twelve Traditions reminds us that favorable publicity of every description has been the principal means of bringing alcoholics into our Fellowship. We may see articles or public notices in newspapers, pamphlets or public service announcements on television with information on Alcoholics Anonymous. In fact, we can also find those at the A.A. website;

<https://www.aa.org>

We also have public information committees within the Fellowship that may deliver contact and program information about Alcoholics Anonymous to local libraries, newspapers and television or radio stations. We give them copies of our literature such as our Big Book, Twelve Steps and Twelve Traditions, Meeting schedules and various subject pamphlets in English and other languages.

There are also committees that work in cooperation with the professional community (doctors, law enforcement, judges, clergy etc.) to let them know how to contact Alcoholics Anonymous. These public relations committees are vital to make sure that A.A. is available and within reach of the still suffering alcoholic. A familiar saying is that we want to be anonymous, not invisible. I



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help with these efforts when possible, because any member of this Fellowship at any level (group, committee or individual) can be involved in spreading the news of our message; however, I remind myself that it's about the message not about the messenger.

The Twelve Steps and Twelve Traditions reminds us that personal ambition has no place in A.A. Each member becomes an active guardian of our Fellowship and its traditions.

Concept XI

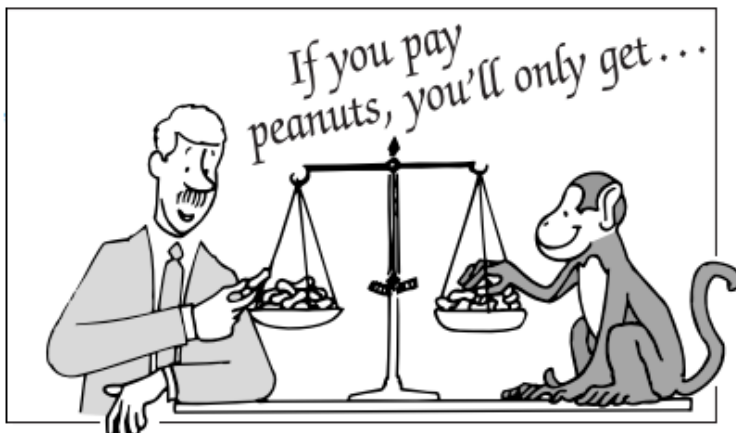
Concept XI (short form)

“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.”

Concept XI (long form)

“While the trustees hold final responsibility for A.A.’s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants.

Therefore, the composition of these underlying committees and service boards,



https://www.aa.org/assets/en_US/p-8_thetwelveconetps.pdf

the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.”

Give Your Important, Your Best!

Hmmm.... I have at times been correctly attributed with a character asset having and employing a thesaurus like vocabulary along which I use to weave a long and meandering path while getting to the point. In short folks say I am able to say in ten (10) words what many could say in three (3)! More directly, I am rather verbose! SO it is no surprise that Concept 11 seems to me one of the most

straight forward concepts, I have written about so far in this series! Concept 11 says to me:

- a. If it is important to you pay close attention and give it your best!
- b. It is important to A.A. to have a well-run Organization.
- c. Therefor every detail about staffing will be given serious consideration.

As with all the concepts I find that there is applicability for better living my life! I need to put my best effort into what it is that is important to me! I must give the most important thing or things top priority.

I am reminded of a story I have heard from several people in my life. The story is about an instructor or motivational speaker making a point about taking care of the important things in life first.

In the story the presenter placed a few moderately sized rocks in a jar until no more would fit and asked if it were full. The audience responded yes, no more would fit. The presenter then put in some smaller rocks until no more of that size would fit. Again the group indicated the jar is full, no more would fit. On to smaller rocks, getting a response that no more would fit, it's full! Smaller and smaller until finally sand was poured in. Now the jar was "Full!".

Taking a new jar, the presenter filled it with sand! Indeed, none of the other materials would fit. The jar was "Full!" after only putting the small grained sand.

The point of the story being, if you fill your life with small unimportant stuff first there will be no room for the larger – more important things. So start first with the most important things. If you still need more in your life then let the smaller – less important – ones fill in the cracks!



I am learning in my recovery to pay a lot of attention to my emotional and spiritual healing first! Then Family, Community, Work, etc... If I still need more I can add smaller things but only if I have taken good care and given serious attention to the larger more important things!

Perhaps, I will find getting to the point something worth paying serious attention to, soon.

District 29 Inventory – Suggested Questions

I don't know about y'all but this is the moment I have been waiting for since my first sponsor let me know that I was supposed to take my OWN inventory! Not, he emphasized, anyone else's! All joking aside this is a great opportunity for you and your group to help direct the District to meet the needs of those who need A.A.'s message of hope and recovery in their lives in this area! I left some area between each question for normal folks to write-in their thoughts and a whole blank page for the real Alcoholics! I didn't say how long I was leaving the joking aside!

1. What is the basic purpose of the District 29 Committee?
2. What more can District 29 do to carry the message?
3. Considering the number of alcoholics in our District, are we reaching enough people?
4. Do we try to illustrate a good cross section of AA in our message carrying?
5. What has the District done lately to bring the AA message to the attention of professionals who can be helpful in reaching those who are in need of AA
6. Do we retain GSRs and Committee Chairs or does our turnover and missed meetings seem excessive?
7. How effective are we in communicating with all our groups, GSRs and District Chairs?
8. Do all AAs know about District Meetings and other Service functions and have the opportunity to attend?
9. Has enough effort been made to explain, to all groups, the value and purpose of a GSR?
10. Is our district fulfilling its responsibility to the Seventh Tradition?
11. Do all GSRs have adequate opportunity to serve on committees?
12. Are district 29 Officers and Chairpersons elected with care and consideration?
13. Do our groups carry their fair share of supporting the SWTA 68 Area and the General Service Office?
14. How well are our groups informed about what is happening in AA worldwide?
15. Are our District Meetings informative and enthusiastic?

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I am celebrating today, the fact that I am able to live today without an anchor from the past. The 12-steps and the program and fellowship of Alcoholics Anonymous vis-à-vis recovery have given me a freedom from the very fear, resentment, jealousy and frustration that drove me to alcoholism in the first place. Today instead of worrying about the misery I clung to while developing and living in my addiction I get to do wonderfully odd things and be ok. This morning I got to share my REAL emotions with several folks honestly and then have a crown put on BOTH without feeling one ounce of fear. I then for an hour or so I got to read about other people in other places learning to live with their version such seemingly simple yet amazing freedom! This evening I will go with friends to help support a recovery center at a fund raising dinner in a place that – I am told –used to be a bar so rough many people were afraid they would be shot if they went in. I get to these and many other wonderful things all sober and all without fear, resentment, jealousy or frustration! Thank you G-d for the power of letting go! Letting go that is of of trying to control my life and letting you!

I did decide to share a poem which had been shared here <https://www.soberjulie.com/2012/10/yesterday-today-and-tomorrow/>. The poem like today's daily reflections seemed to fit my thoughts of how grateful I am to live in the moment today. I found a lot of inspiration on other sites and blogs and poem share places for recovery. The journey was way more than I could have imagined when I started seeking... Sort of – for me – like Recovery through the 12 steps and A.A.!

May Find More Than Sought

(The search often worth more than the find)

I searched a bit for sober poems,
 I searched the internet's voluminous tomes.
 Found stories, blogs and poems quite a few,
 Below one I picked for sharing with you.
 More amazing to me on searching that day,
 The stories I found and I read 'long the way.
 To me, like a meeting here in a chair,
 Silent at library my mind was a flare.
 Spent an hour more than I originally thought,
 Found more strength and peace than I sought.
 Perhaps if you search then, you too will find,
 Something as rewarding for your recovery mind!
 By Theol J.

Daily Reflections

October 18

AN OPEN MIND

True humility and an open mind can lead to faith, . . .

— TWELVE STEPS AND TWELVE

TRADITIONS, p. 33

My alcoholic thinking led me to believe I could control my drinking, but I couldn't. When I came to A.A., I realized that God was speaking to me through my group. My mind was open just enough to know that I needed His help. A real, honest acceptance of A.A. took more time, but with it came humility. I know how insane I was, and I am extremely grateful to have my sanity restored to me and to be a sober alcoholic. The new, sober me is a much better person than I ever could have been without A.A.

From the book *Daily Reflections*

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From: https://www.aa.org/pages/en_US/daily-reflection

YESTERDAY TODAY AND TOMORROW

There are two days in every week
about which we should not worry,
Two days which should be kept free of fear and apprehension.

One of these days is YESTERDAY,
With its mistakes and cares,
Its faults and blunders,
Its aches and pains.
YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY.
We cannot undo a single act we performed;
We cannot erase a single word we said.
YESTERDAY is gone.

The other day we should not worry about is TOMORROW
With its possible adversities, its burdens, its larger promise.
TOMORROW is also beyond our immediate control.

TOMORROW, the sun will rise,
Either in splendor or behind a mask of clouds,
But it will rise.
Until it does, we have no stake in TOMORROW
For it is as yet unborn.

This leaves only one day – TODAY.
Any man can fight the battles of just one day.
It is only when you and I add the burdens of those two awful eternities
– YESTERDAY and TOMORROW –
That we break down.

It is not the experience of TODAY that drives men mad.
It is remorse or bitterness for something which happened YESTERDAY
And the dread of what TOMORROW may bring.

Let us, therefore, live but ONE day at a time.

Borrowed from <https://www.soberjulie.com/2012/10/yesterday-today-and-tomorrow/>, while not A.A. approved this website helped me with my sobriety.