

NEW C.A. MEETING SOUTH!!!



BASIC INSTINCTS

- **WHAT: LITERATURE BASED MEETING**
- **WHEN: WEDNESDAY 7:30P-9:00P**
- **WHERE: SUNRISE COMMUNITY CHURCH
4430 MANCHACA RD.
AUSTIN, TEXAS 78745**
(LOCATED AT NW CORNER OF REDD ST AND MANCHACA- ONE BLOCK SOUTH OF BEN WHITE AND MANCHACA. SAME FACILITY WHERE "CIRCLE AND TRIANGLE" IS CURRENTLY HELD)
- **START DATE: AUGUST 10, 2011**

- **CONTACTS: ADOLFO S. (512) 293-8974; LANE R. (469)826-1806; GLORIA A. (512) 517-2613
KIRK S. (512) 786-8878; PATRICK W. (512) 574-5772**

"In spirit of the Sixth Tradition, CA is not allied with any sect, denomination, politics, organizations or institutions"

Basic Instincts Group Suggestions

Basic Instincts is a meeting geared towards getting back to the nuts and bolts or guiding group principles utilized by the Co-Founders and early pioneers of Alcoholic Anonymous. In the spirit of that movement, we ask that the following simple group suggestions be observed, in order to minimize distractions and maximize our meeting:

- **Please bring your Big Book, 12x12, and writing material for note taking.**
- **Please pour your coffee and secure your drinks prior to start of the meeting.**
- **Once seated- we encourage you to remain seated throughout the meeting.**
- **Please set all mobile devices on silent or vibrate.**
- **We respectfully ask that you refrain from texting during our meeting time.**
- **If you are a newcomer or early in your sobriety, have not worked all 12 steps, or are not familiar with the subject matter, please be willing to listen.**
- **Those who have worked all 12 steps are encouraged to share your experience, strength and hope as it relates to the solution.**
- **Lastly, we humbly ask to refrain from sharing drunk-a-logs, war stories, or pity parties. You will be interrupted.**

Perhaps these group suggestions seem a little extreme- but are they? The cunning, baffling and deadly nature of this disease can never be extreme enough for us not to want to exercise a deadly earnest in pursuit of our vital spiritual experience.

Dr. Bob stated, " *if you really and truly want to quit drinking liquor [drugging] for good and all and sincerely feel that you must have some help, we know we have an answer for you. It never fails, if you go about it with half the zeal you have been in the habit of showing when you were getting another drink [drug].*" **BB175.2.**

If we did not half measure our drinking and drugging let us not half measure our program of action and our solution.