

" I am a grateful recovering alcoholic. The happiness I have found in my life in sobriety is beyond measure. I got sober 13 years ago when I had finally hit my bottom.

I have the friends that I have met in my 12-step program, as well as my higher power, who I choose to call God, and working the steps - DAILY - to thank for my continued sobriety.

When I first came to AA, I was scared to death. I was the youngest person there on that first night. I walked into the room....a big room....and stared at a big sea of faces.....and I was so afraid I didn't belong there. Most of the people there were at least twice my age.

Well wasn't I surprised. They welcomed me with smiles and open arms. I got so many hugs that night. And the best advise of all - to keep coming back.

This program works....but only if you work it!"

- Anonymous