



Central Gujarat Inter Group

World wide fellowship Since 1935



NO DUES OR FEES FOR MEMBERSHIP

Contact No. : 82006 23179, 70692 99930

97121 17287 (Ahmedabad)

99792 27244, 98983 47476 (Vadodara)

94996 26092-93 (Mehsana)

www.aagsoindia.org

www.aagujarat.org

Prayer

God grant us the

Serenity

*to accept the things
we cannot change.*

Courage

to change the things we can and

Wisdom

to know the difference.

PREAMBLE

ALCOHOLICS ANONYMOUS is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- ★ The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership, we are self-supporting through our own contributions.
- ★ A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- ★ Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

The Doctors Opinion

We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.

Frothy emotional appeal seldom suffices. The message which can interest and hold these alcoholic people must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to recreate their lives.

If any feel that as psychiatrists directing a hospital for alcoholics we appear somewhat sentimental, let them stand with us a while on the firing line, see the tragedies, the despairing wives, the little children; let the solving of these problems become a part of their daily work, and even of their sleeping moments, and the most cynical will not wonder that we have accepted and encourage this movement. We feel, after many years of experience, that we have found nothing which has contributed more to the rehabilitation of these men, than the altruistic movement now growing up among them.

Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a

time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks-drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

On the other hand-and strange as this may seem to those who do not understand- once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.

I do not hold with those who believe that alcoholism is entirely a problem of mental control. I have had many men who had, for example, worked a period of months on some problem or business deal which was to be settled on a certain date, favorably to them. They took a drink a day or so prior to the date, and then the phenomenon of craving at once became paramount to all other interests so that the important appointment was not met. These men were not drinking to escape; they were drinking to overcome a craving beyond their mental control.

There are many situations which arise out of the phenomenon of craving which cause men to make the supreme sacrifice rather than continue to fight.

The classification of alcoholics seems most difficult, and in much detail is outside the scope of this book. There are, of course, the psychopaths who are emotionally unstable. We are all familiar with this type. They are always “going on the wagon for keeps.” They are over-remorseful and make many resolutions, but never a decision.

There is the type of man, who is unwilling to admit that he cannot take a drink. He plans various ways of drinking. He changes his brand or his environment. There is the type who always believes that after being entirely free from alcohol for a period of time he can take a drink without danger. There is the manic-depressive type, who is, perhaps, the least understood by his friends, and about whom a whole chapter could be written.

Then there are types entirely normal in every respect except in the effect alcohol has upon them. They are often able, intelligent, friendly people.

All these, and many others, have one symptom in common: they cannot start drinking without developing the phenomenon of craving. This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity. It has never been, by any treatment with which we are familiar, permanently eradicated. The only relief we have to suggest is entire abstinence.



More About Alcoholism

MOST OF US have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times no real alcoholic ever recovers control. All of us felt at times that we were regaining control, but such intervals - usually brief - were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.

We are like men who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other men. We have tried every imaginable remedy. In some instances there has been brief recovery, followed always by a still worse relapse. Physicians who are familiar with alcoholism agree there is no such thing as making a normal drinker out of an alcoholic. Science may one day accomplish this, but it hasn't done so yet.

Are you an Alcoholic ?

To answer this question ask yourself the following test questions, and answer them as honestly as you can. (If the answers are 'No' to all the questions, re-answer them with the help of your spouse or the closest member of your family).

- | | Yes | No |
|--|------------|-----------|
| 1. Do you lose the time from work due to drinking ? | () | () |
| 2. Is drinking making your home life unhappy ? | () | () |
| 3. Do you drink because you are shy of other people ? | () | () |
| 4. Is drinking affecting your reputation ? | () | () |
| 5. Have you ever felt remorse after drinking ? | () | () |
| 6. Have you ever got into financial difficulties as a result of drinking ? | () | () |
| 7. Do you turn to lower companions and an inferior environment when drinking ? | () | () |
| 8. Does drink make you careless of your family's welfare ? | () | () |
| 9. Has your ambition decreased since drinking ? | () | () |
| 10. Do you crave for a drink at a definite time daily ? | () | () |
| 11. Do you want a drink the next morning ? | () | () |

-
12. Does drinking cause you to have difficulty in sleeping ? () ()
 13. Has your efficiency decreased since drinking ? () ()
 14. Is drinking jeopardizing your job or business ? () ()
 15. Do you drink to escape from worries or trouble ? () ()
 16. Do you drink alone ? () ()
 17. Have you ever had a complete loss of memory as a result of drinking ? () ()
 18. Has a physician ever treated you for drinking ? () ()
 19. Do you drink to build up your self confidence ? () ()
 20. Have you ever been in a hospital or institution on account of drinking ? () ()

- If you have answered YES to any one of the questions, there is a definite warning that you may be an alcoholic ?
- If you have answered YES to any two, the chances are that you are an alcoholic.
- If you have answered YES to three or more, you are definitely an alcoholic.

(The above test questions are used by John Hopkins University, Baltimore, USA, in deciding whether or not a person is an alcoholic.)

Alcoholism is a progressive illness

Perhaps you will feel that you are not an alcoholic, because you don't drink in the morning or you drink on weekends only, or you can abstain for weeks, or may be you have not yet lost your job or wife.

Remember it is not how much you drink, how often you drink, when you drink or what liquor you drink. Alcoholism implies compulsive drinking. If you drink when you don't want to drink, you are certainly an alcoholic; you may have crossed the line from normal or social drinking to alcoholic drinking. It means that you may be a victim of the illness, which will become worse and worse as time goes on. The inevitable end will be insanity or premature death. There is, however, a third alternative and that is complete sobriety.

NOT ALL DRINKERS ARE ALCOHOLICS

Many people can drink normally and do not experience craving for a drink. Alcoholics Anonymous has nothing to offer these drinkers; they may always be able to control their drinking.

This message is for those to whom alcohol has become the biggest problem of life...

What about women ?

Alcoholism is no respecter of sex or age and thousands of women have reached contented sobriety through the A.A. programme.

IS IT A DISGRACE TO BE AN ALCOHOLIC ?

No it is not a disgrace. Alcoholism does not necessarily imply that the victim is a moral degenerate. Once alcoholism has set in there is nothing morally wrong

about it. Will-power is not involved because the victim has lost his power of choice over alcohol. The important thing is to face the facts of one's illness and to take advantage of the help available.

HOW DOES A.A. HELP ?

1. Alcoholics Anonymous combines the basic and essential elements of sound therapy for alcoholism. it advises you to seek medical help for your physical deficiencies, if any; a return to your God for your spiritual well-being, writing on your part, in so far as is possible, all past wrongs in order to relieve your mind of inner conflicts. It furnishes you with social and physical activities for the release of your energy and the correction of an introvert pattern of thinking.
2. A.A. offers hope for the desperate alcoholic.
3. A.A. offers the kind of friendship and understanding you probably have not known in years. It gives you an opportunity for sympathetic mutual discussions with other members, thereby helping to relieve you of the burden of your complexes and self-recriminations.
4. At A.A. meeting there is identification at depth between the recovering alcoholic and the newcomer.
5. A.A. welcomes the alcoholic not inspite of his drinking, but because of his drinking.
6. A.A. affords you the opportunity to help others in the same manner in which you were helped; the process of helping the newcomer helps you to maintain your sobriety.

The A.A. programme has its spiritual, psychological and social aspects. Choose any, which appeals to you in the beginning. You will end by choosing all.

THE ALCOHOLICS ANONYMOUS PROGRAMME

**IF YOU CAN ADMIT YOU ARE AN
ALCOHOLIC HERE'S HOPE FOR YOU.**

Alcoholics Anonymous members have one thing in common: each one of them has fought alcohol for years; they know that without sobriety they have no future, no home, no family, their very life depends upon not drinking.

The members of the group know all the heart breaking agony of sobering up after a drinking spree to find their families without the necessities of life, their jobs gone. A line of bill collectors at the pity of relatives, the disgrace of a night or more in jail and the degradation of an alcoholic ward or befogging session in a hospital.

The members (and their spouses) meet once a week or more to discuss their problems and reinforce their determination to stay sober. An A.A. meeting usually consists of three parts :

1. A talk on alcoholism or the Recovery programme of A.A.
2. An autobiographical story.
3. Questions and Answers.

No question pertaining to drinking or stopping drinking is silly or irrelevant. The matter is too serious. Whatever your personal problems or experience with alcohol may have been, you will find someone else in A.A. who has faced identical difficulties. In A.A. we learn by question and answer. We learn by exchanging our thoughts and our experience with each other.

This common cause has brought these one time heavy drinkers together in an overwhelming resolve never again to suffer the depths of despair and despondency which had become by-products to the use of alcohol.

As a result of strict observance of this programme, these men and woman have regained self-respect, won back the love and confidence of their families, and hold positions of responsibility and trust. They now find joy and happiness in living instead of aversion and utter disgust as in the past.

All of them know they are only one drink away from a drunk.

HOW IT WORKS

RARELY HAVE we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want we have and are willing to go to any length to get it - then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol - cunning, baffling powerful ! Without help it is too much for us. But there is one who has all power - that One is God. May you find Him now !

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a programme of recovery :

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas :

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if he were sought.

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises ? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committee directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

RESPONSIBILITY PLEDGE

I am Responsible, when anyone, anywhere reaches out for help, I want the hands of A.A. always to be there and for that I am responsible.

Central Gujarat Inter Group, Meeting List

A Design for Living Group (Ahmedabad)

St. Xavier's College, Lecture Room no. - 5, Ahmedabad.

Monday & Tuesday (Big-book & 12:12 Study Meeting)

Friday Regular Meeting - Time : Evening 6.30 pm to 8.00 pm

Contact : 97121 17287, 82006 23179

Navchetan Group (Ahmedabad)

Maharshi Sandipani School, Nr. Haridarshan Cross Road,
New Naroda, Ahmedabad.

Tuesday & Saturday - Time : Evening 6.00 pm to 7.00 pm

Contact : 70692 99930

A Way of Life Group (Ahmedabad)

Shree Sharda Vidhyalay, Opp. Bhairvi Tower, C.T.M. Cross Road,
Ahmedabad.

Sunday - Time : Morning 11.00 am to 12.30 pm

Contact : 82006 23179, 97121 17287

Jeevan Anand Group (Ahmedabad)

Room No. 5, First Floor, Jivraj Mehta Hospital, Jivraj park, Vasna.
Ahmedabad.

Wednesday - Time : Evening 6.30 pm to 7.30 pm

Contact : 70692 99930

Asha Group (Ahmedabad)

St. Xavier's Highschool, Loyla Hall, Naranpura, Ahmedabad.

Thursday - Time : Evening 7.00 pm to 8.30 pm &

Sunday - Morning 11.00 am to 12.30 am

Contact : 70692 99930

Sneh Parivar Group (Anand)

B.N. College, Opp. Dr. Mahendra Hospital, Bhalej Road, Anand.

Wednesday - Time : Evening 7.00 pm to 8.00 pm

Contact : 98240 83038

Navjeevan Group (Vadodara)

Baroda Public School, Kaladarshan to D-mart road, Vaghodiya Road,
Vadodara. **Tuesday - Time : Evening 7.00 pm to 8.30 pm**
Contact : 98799 63421, 63513 86295

Sobriety Group (Vadodara)

Room No. 1-A, Rosary School, Fatehgunj, Vadodara-02.
Wednesday - Time : Evening 7.00 pm to 8.30 pm.
Contact : 98983 47476

Navchetna Group (Vadodara)

Mental Hospital, Seminar Hall, Kareli Baug, Vadodara.
Thursday - Time : Evening 4.00 to 5.30 pm Contact : 99792 27244

New Life Group (Vadodara)

Well care hospital, Kalali-Vadsar Road, Nr. Mercedes Show Room,
Atladara, Vadodara. **Friday - Time : Evening 7.00 pm to 8.30 pm**
Contact : 99989 79220, 99980 08515

Astha Group (Vadodara)

Don Bosco School, Makarpura, Vadodara.
Saturday - Time : 7.00 pm to 8.30 pm. Contact : 98988 36656, 93277 82656

Serenity Group (Vadodara)

Jyoti Ltd., Jyoti Clinic, Pandya Bridge, Vadodara.
Sunday - Time : Morning 11.00 am to 12.30 am
Contact : 86903 88223

Sobar Group (Vadodara)

Room No. 3, Baroda Highschool, Alkapuri, Vadodara.
Sunday - Time : Evening 5.30 pm to 7.00 pm
Contact : 81603 83265, 97260 17171

Navjyoti Group (Vadodara)

Jyoti Ltd., Jyoti Clinic, Pandya Bridge, Vadodara,
Monday & Thursday - Time : Evening 7.00 am to 8.30 am
Contact : 96240 95200, 96622 00505

Anmol Jivan Group (Mehsana)

Meeting Hall, Lions Hospital, Jail Road, Mehsana-2.

Tuesday, Thursday & Saturday - Time : Evening 6.30 to 8.00 pm

Contact : 81410 01881, 94996 26092-93

Parivartan Group (Mehsana)

Shiv Ganga Vidhyalay, Opp. Nyara Petrol Pump,
Radhanpur Road, Mehsana.

Wednesday & Friday - Time : Evening 6.30 to 8.00 pm

Contact : 94271 08800

Bhagyoday Group (Kadi)

Bhagyoday General Hospital **Monday - Time : Evening 5.30 to 7.00**

Contact : 94996 26092, 94996 26093

Seva Group (Visnagar)

Sankalchand Patel University **Monday - Time : Evening 5.00 to 6.30**

Contact : 94996 26092, 94996 26093

Sadbhavna Group (Rajkot)

Fairyland English School, Opp. Atmiya University,
B/h. R.M.C. Swimming Pool, Kalavad Road, Rajkot.

Saturday - Time : 6.00 pm to 7.00 pm. Contact : 94287 83298

Soor Group (Jetpur)

13, Jay Ambe Building, Opp. Garden Cafe, M.G. Road, Jetpur.

Wednesday - Time : Evening 6.00 to 7.00 pm

Contact : 97121 44440

Central South Gujarat Inter Group, Meeting List

Nav Surgeon Group (Surat)

Shrimati Daahiben Pithawala Jagruti Kanya Vidhyalaya, Bhimpor, Dumas, Surat.

Sunday - Time : Evening 6.00 pm to 7.30 pm &

Wednesday - Time : Evening 7.00 pm to 8.30

Contact : 94284 57866, 99258 56592

Chetna Group (Surat)

I. J. Davle Highschool, Opp. Ramji Mandir, Pandesara Gam, Surat.

Thursday - Time : Evening 7.30 pm to 9.00 pm.

Contact : 93758 42838, 73830 40170

Uday Group (Surat)

K. & M.P. Highschool, Opp. Sahkari Mandli, Amroli, Surat.

Monday - Time : 7.00 pm to 8.30 pm & Friday - 7.30 to 9.00 pm

Contact : 99040 44448, 78742 68181

Aavkar Group (Surat)

Chatrapati Shivaji Marathi Highschool, Jalaram Nagar,

Nr. Hari Nagar, Udhna.

Monday to Thursday & Saturday - Time Evening 7.00 to 8.30 pm

Contact : 98241 75494

Vastav Group (Surat)

Sarvajanic Highschool, Nilgiri circle, Limbayat, Udhna, Surat.

Tuesday - Time : Evening 7.30 pm to 8.30 pm

Contact : 99096 00304, 99132 52001

Prabhat Group (Navsari)

Navsari Highschool, Nr. Dudhiya Lake, Navsari.

Friday - Time : Evening 7.30 pm to 9.30 pm Contact : 75750 06860

Navjeevan Group (Surat)

Jivan Bharti Highschool, Nr. Gandhi Smruti Bhavan, Nanpura, Surat.

Thursday - Time : Evening 7.00 pm to 8.30 pm

Contact : 98252 82001, 93777 31313

Navchetan Group (Surat)

Academy Highschool, Udhna Three Way, Central Road, Udhna.

Friday - Time : Evening 7.30 pm to 9.00 pm

Contact : 98241 75404, 90241 48484

Navrachna Group (Surat)

Navyug Commerce College, Rander Road.

Monday & Tuesday - Time : Evening 7.00 pm to 8.30 pm

Contact : 93754 83350, 93762 53450

Sarvodaya Group (Surat)

Sarvodaya Vidhyalay, Bhatar Cross Road, Opp. C.N.G. Petrol Pump,
Bhatar Road, Surat.

Tuesday & Saturday - Time : Evening 7.00 pm to 8.30 pm

Contact : 91733 78152, 97375 19000

Navjeevan Group (Vapi)

Ashadham Highschool, Koparli Road, Vapi.

Tuesday & Friday - Time : Evening 6.30 pm to 8.00 pm

Contact : 98251 35110, 98795 98110

Ekta Group (Valsad)

Anthony Church, Nr. H.P. Petrol Pump, Dharampur Road, Valsad.

Wednesday - Time : Evening 6.30 pm to 8.00 pm

Contact : 93758 28775, 93777 15235

Seva Group (Ambach)

Nutan Kelavni Mandal, Sarvajanik Highschool, Vapi.

Wednesday - Time : Evening 6.30 pm to 8.00 pm

Contact : 98257 30876, 99250 27110

Jyoti Group (Tunkwada)

Gram Panchayat Office, M.Post. Tunkwada, Ta. Pardi.

Monday & Friday - Time : Evening 6.30 pm to 8.00 pm

Contact : 83060 55799, 99135 50292

New Life Group (Silvassaa)

B/h. Anaj Bazar, Balwadi, Tanki Faliyu, Vapi-Silvassaa Main Road,

Sunday - Time : Evening 10.30 pm to 12.00 pm

Contact : 98795 98110, 99987 29290

Shakti Group (Bharuch)

Contact : 93161 36218, 95583 77388

Prerna Group (Ankleshwar)

Catholic Church School, Opp. O.N.G.C. Colony, Ankleshwar.

Saturday - Time : Evening 6.00 pm to 7.30 pm

Contact : 99252 69102, 99797 41050



ALCOHOLICS ANONYMOUS



SOME A.A. SLOGANS

- ★ Think, Think, Think First Thing First.
- ★ Easy Does It. Live and let Live.
- ★ But for the Grace of God.
- ★ Let Go and let God. Just for Today
- ★ Once an Alcoholic, always an Alcoholic.
- ★ This Too Shall Pass.
- ★ The Time to Call for Help is Before (and not after) the First Drink.

Central Gujarat Inter Group