

Digital Beginner's Packet

Helpful resources to get you started!

SEPIA Website: <https://www.aasepia.org/>

Has links to find all Southeastern Pennsylvania Intergroup Association of Alcoholics Anonymous Meetings and a link to download the "meeting guide" app (with the meeting guide app you can find meetings anywhere and some include links to join in from the app)

Helpful Pamphlets:

[A Brief Guide to Alcoholics Anonymous](#)

[Frequently Asked Questions About AA](#)

[This is AA - An introduction to the AA Recovery Program](#)

[Questions & Answers on Sponsorship](#)

[A Newcomer Asks...](#)

[Women in AA](#)

Various official AA Literature:

[AA Literature](#) - The official AA Website and this page includes all official AA literature - books, pamphlets, flyers, and more

[Read the Big Book and Twelve Steps and Twelve Traditions](#)

Fun Fact: The book you'll hear people refer to "the big book" is actually titled "Alcoholics Anonymous" which is where our group gets its name.

PDF - [Alcoholics Anonymous, The Big Book, Basic text for AA](#)

AUDIOBOOK - [Alcoholics Anonymous Audio Version](#) (The Big Book)

PDF - [Twelve Steps and Twelve Traditions](#)

AUDIOBOOK - [Twelve Steps and Twelve Traditions Audio Version](#)

Other Resources:

[AA Grapevine Magazine](#)

The AA Grapevine, Inc. is publisher of the International Journal of Alcoholics Anonymous. Its primary purpose is to carry the AA message to everyone interested in alcoholism through its magazines, websites, and related items, which reflect the experience, strength, and hope of its members and friends on topics related to recovery, unity and service.

SEPIA's Newsletter: [Interviews](#)

(Contains the monthly Southeastern Pennsylvania Intergroup Association of Alcoholics Anonymous updates along with other information)

[The Daily Reflections](#)

The Green Card:

A common little card available at in person meetings is the “Green Card” which contains the “Just for Today” meditation. Below is a picture of the front page of the card and then the text it contains.

FRONT PAGE

A A

BUT FOR THE GRACE OF GOD.

MIRACLES DO HAPPEN.

A Guide to Living

You can't blame any one but yourself if you stumble twice over the same stone.

Have the moral stamina to stand firmly for right, truth, and justice.

Acquire the habit of being faithful to friendships and responsibilities.

The greatest pleasure in life is to do a good turn in secret and have it discovered by accident.

**Southeastern Pennsylvania
Intergroup Association
S.E.P.I.A.**

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Green Card

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JUST FOR TODAY (INSIDE)

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 be happy. This assumes to be true what Abraham Lincoln said. That, “Most folks are as happy as they make up their minds to be.”

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 do 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 be agreeable. I will look as well as I can, dress becomingly, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

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 to get a better perspective of my life.

Just for today, I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

BACK PAGE

YESTERDAY - TODAY - TOMORROW

There are two days in every week about which we should not worry, two days which should be kept free from 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 adversaries, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control.

TOMORROW'S 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 battle of just one day. It is only when you and I add the burdens of these 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