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Stories of AA Recovery in Prison

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THE SERENITY PRAYER

Written by members who got sober in their teens, 20s and 30s, the stories in this book are about growing up young in AA, finding ways to connect when feeling though their drinking may have only lasted a few years.

The rewards in contentment, peace of mind, health and happiness have been beyond my wildest expectations.

My life contains so many little joys these days; meditating has become one of them. I am… I'm able to find God no matter where am in my day. In their daily lives. The stories in this book show how members begin to pray and meditate and then branch out to develop very personal, and often creative, ways to practice. Chapters include: daily routines, traditional religious practices, activities and exercise, personal techniques, the Serenity Prayer, and connecting with nature and the universe. All stories were previously published in Grapevine, the International Journal of AA. Great for people in recovery or those who want to explore prayer and meditation. Printed in Canada

Prayer & Meditation
Alcoholics Anonymous about the many ways they pray and meditate in their daily lives. The stories in this book show how members begin to pray and meditate and then branch out to develop very personal, and often creative, ways to practice. Chapters include: daily routines, traditional religious practices, activities and exercise, personal techniques, the Serenity Prayer, and connecting with nature and the universe. All stories were previously published in Grapevine, the International Journal of AA. Great for people in recovery or those who want to explore prayer and meditation. Printed in Canada

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