

# January Tradition and Concept of the Month with checklists\*

## Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

## Concept One:

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

1. Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
2. Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
3. Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
4. Where do we fit in the upside-down triangle of A.A.?
5. Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

\* The traditions checklists were published in The Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. The Concepts checklists were originally developed by an A.A. group and further developed by the trustees' Literature Committee to be distributed by the General Service Office. The version used is the revision dated July, 2002. This handout brought to you by the District 15 Love and Service Committee.