The Four Absolutes of AA

Absolute Honesty: Both with ourselves and with others, in word, deed, and thought.

Absolute Unselfishness: To be willing wherever possible to help others who need our help.

Absolute Love: "Thou shalt love the Lord thy God with all thy heart, and thy soul, and with all thy mind. And… thou shalt love thy neighbor as thyself."

Absolute Purity: Purity of mind, body, and of purpose

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Thank you, dear God, for another day;
The chance to live in a decent way;
To feel again the joy of living,
And happiness that comes from giving.
Thank you for friends who can understand
And the peace that flows from your hand.
Help me to wake to the morning sun
With the prayer, “Today Thy will be done,”
For your help I will find the way.
Thank you again, Dear God, for A.A.

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