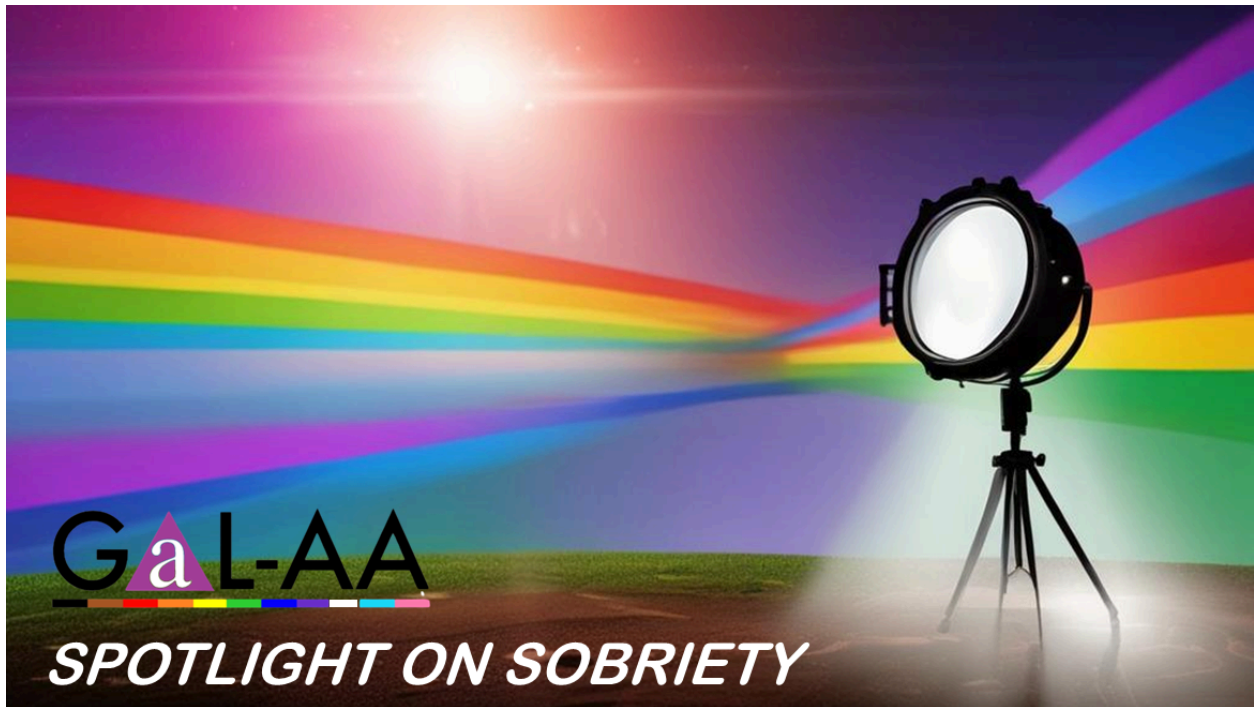


Spotlight On Sobriety 04/05/2026



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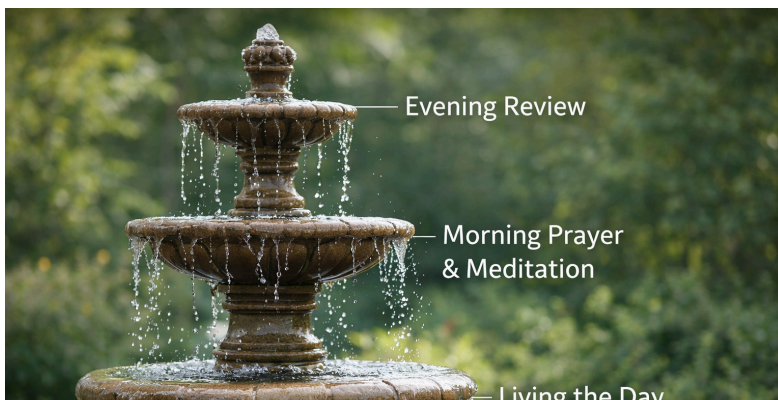
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Principles Behind The Steps #11

Spiritual Awareness



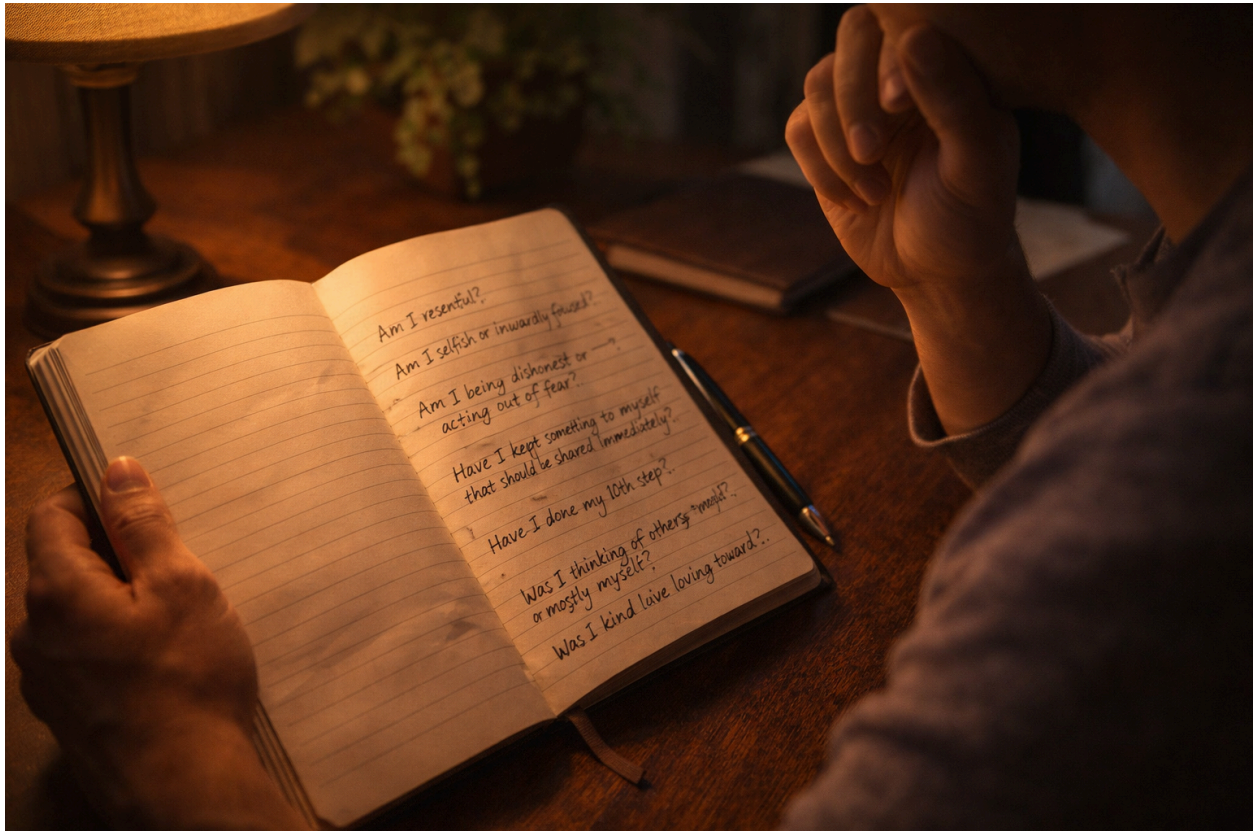
The spiritual principle behind Step 11 is ***spiritual awareness***. Step 11 invites us to develop a conscious relationship with a Higher Power through prayer, meditation, and reflection. It reads, “Sought through prayer and meditation to improve our conscious contact with God as we understood *Him*, praying only for knowledge of His will for us and the power to carry that out.” This step reminds us that sobriety and emotional balance are sustained not only by action but by maintaining a living connection with God. Through this practice we become more aware of our thoughts, motives, and behavior, and we learn to align them with spiritual principles.



One way to understand Step 11 is by picturing a fountain with three tiers. The top tier represents the evening review. The middle tier represents the

morning prayer and meditation. The bottom tier symbolizes our daily life, guided by Step 10, where we watch our thinking and correct our behavior as we move through the day. When the fountain is flowing properly, everything works together. The reflection at night feeds our spiritual focus in the morning, and that focus guides how we live during the day.

If I want to shut everything down, it starts at the top tier. By neglecting the evening review, everything else stops flowing. Without reflection, I wake up spiritually unfocused and disconnected. The evening review allows me to look honestly at my day and recognize where I may have drifted away from spiritual principles.



In my evening review, I ask myself a series of questions that help bring clarity.

- Am I resentful?
- Am I selfish or inwardly focused?
- Am I being dishonest or acting out of fear?
- Have I kept something to myself that should be shared immediately?
- Have I done my 10th step?
- Was I thinking of others or mostly myself?
- Was I kind and loving toward all?

These questions help reveal the truth about my motives and behavior. The goal is not to criticize myself but to see where correction is needed. When I recognize that I acted selfishly or allowed

resentment to grow, I pray for the person involved and ask for guidance on how to make things right.

I also review my texts, calendar, and notes because I easily forget. Looking back helps me remember conversations, commitments, or situations that may need attention. Prayer for others becomes an important part of this process. When I pray for someone I am upset with, my attitude begins to soften.

The key is carrying the lessons from the evening into the next day. When I fail to bring the corrective measures from the night into the morning, I miss the mark. During the review I may recognize self pity, self seeking, or dishonest motives, but if I do not ask to be free from them in the morning they continue to influence my behavior. These issues do not disappear on their own. Whether it involves conflict with a coworker, a sponsee, or a neighbor, addressing it is essential.

Morning prayer and meditation form the middle tier of the fountain. This is where I ask for direction and the strength to live according to spiritual principles. Prayer allows me to speak honestly with God and ask for knowledge of His will. Meditation allows me to quiet my mind long enough to listen.

A simple practice can include reading Step 11, highlighting what makes sense and what does not, and then taking time to meditate. Sitting quietly for about 20 minutes helps settle the mind and create space for spiritual awareness. After meditation it can be helpful to reflect on the step and allow those ideas to shape the day ahead.

Structure helps keep this practice consistent. I use three notepads to stay spiritually organized. One notepad contains my evening review notes. Another is a to do list for the next day so that I remember the actions that need to be taken. The third contains love letters to God or two way prayer journaling where I write honestly about my thoughts and ask for guidance. This simple system helps keep my spiritual life practical and focused.



The bottom tier of the fountain is daily life. This is where the principles of Step 11 become visible through Step 10. As I move through the day, I watch my thoughts and reactions. If resentment, fear, or selfishness appear, I pause, pray, and correct my course. This awareness allows me to respond with patience, honesty, and kindness rather than reacting impulsively.

Step 11 also prepares us to be of service. When newcomers arrive at meetings, I try to greet them early and identify myself as someone friendly and safe. A sponsor is a guide through the steps, helping others understand the program that helped us. By maintaining spiritual awareness we become more patient and available to those who are struggling.



The principle of Step 11 teaches that recovery is a daily spiritual practice. Through prayer, meditation, and reflection we improve our conscious contact with God and gain the clarity needed to live with integrity. When the fountain is flowing through evening review, morning meditation, and daily correction, we experience greater peace, healthier relationships, and a deeper sense of purpose in sobriety.

Written by Michael M.
Windsor, Ontario

Support the AA Grapevine - A Special Offer

A promotional graphic for the AA Grapevine magazine. On the left is a large image of the magazine cover with the headline "REACHING OUT IN NEW WAYS" and a sub-headline "SPECIAL SECTION TECHNOLOGY IN AA". To the right of the cover is a pink banner that says "New Offer Announcement", followed by another pink banner that says "6-month subscription Just \$15". Below these is a yellow banner that says "SUBSCRIBE". At the bottom right is a pink banner that says "Just \$2.50/issue". To the right of the main graphic is a smaller image of two magazine covers, one titled "PARA" and the other "ONE DROP AT A TIME".

New Offer Announcement

**6-month subscription
Just \$15**

SUBSCRIBE

Just \$2.50/issue

The **AA Grapevine**, often called “*Our Meeting in Print*,” continues to share powerful recovery stories from members around the world. To help make it easier for more people to read and support this important service, the Grapevine is currently offering a **special 6-month print subscription for just \$15**.

If you’ve never subscribed before, this is a great opportunity to experience the magazine that has connected AA members for decades.

👉 [Subscribe to the special offer](#)

AA Anniversary Greeting Cards



Give the gift of joy with Greeting Cards

Each card includes a cartoon about life in sobriety, created by AA members.

A special gift for a sponsor, sponsee, or friend, to celebrate an anniversary or share a smile.

AA Grapevine Store

LA VIÑA



Did you know the **AA Grapevine store** also offers **beautiful greeting cards** created by AA members?

Each card includes a sobriety-themed cartoon and makes a thoughtful gift for a **sponsor, sponsee, or friend celebrating an anniversary in recovery**. It's a simple way to share encouragement and a smile.

👉 [Browse AA Grapevine Greeting Cards](#)

Why It Matters

Purchasing Grapevine materials helps support one of AA's long-standing service entities and keeps recovery stories available for future generations.

Roundup Rule 62 - Fun Things First!



Looking for fellowship, laughter, and recovery with a little extra fun? Join us in beautiful **Vancouver, BC** for the **Rule 62 Roundup – Fun Things First** on **May 22–23, 2026** at **Performance Works on Granville Island**.

This new **LGBTQIA2S+ recovery gathering** brings people together from across Canada, the U.S., and beyond for a weekend of AA meetings, speakers, fellowship, games, and an evening dance celebration.

Remember Rule 62: **“Don’t take yourself too damn seriously.”**

Come experience recovery, connection, and joy — all in one incredible weekend.

Learn more: www.rule62.ca

Get tickets: <https://www.zeffy.com/en-CA/ticketing/rule-62-fun-things-first-roundup>

Message from the Chair - GaL-AA History - 2025 Recap

2025 was a challenging, stressful and ultimately very successful year for GaL-AA, marked by our participation in AA’s International Convention, organizational changes, and concentration on our outreach and marketing efforts.

GaL-AA realized that we had a steep learning curve to surmount if we were to have a successful program of events at AA’s International Convention in Vancouver British Columbia, Canada. We had to quickly learn how to do business in two countries, each of which had its own banking system, business laws and practices, and its own currency. We are very grateful that we had the assistance of a talented and enthusiastic Local Host Committee in Vancouver.



**Language of the Heart
Lenguaje del corazón
Le langage du cœur**



At the start of 2025, GaL-AA broadened our marketing and communication efforts. The Policy and Finance committees, which had started work in 2024 were strengthened, and

committees for Marketing and Newsletter were established.

The decision was made to establish a social media presence, which included a complete revamping of our Newsletter in March as *SPOTLIGHT ON SOBRIETY*, with a new design and weekly publication schedule. The



Marketing Committee also increased our visibility by designing two logos in connection with our convention activities, and developing a successful merchandising campaign.



Preparing for Vancouver

The centerpiece of 2025 was AA's International Convention in Vancouver over the July 4th weekend.



Beginning in 2024, GaL-AA appointed a Liaison to strengthen our relationship with AA's General Service Office (GSO) and to help secure appropriate space for our activities at the International Convention. Working alongside the Vancouver Host Committee and Convention staff, the Liaison coordinated spaces used for GaL-AA's activities, including the Hospitality Suite, the Opening Meeting, workshops throughout the Convention, and the Ms./Mr. Sobriety World contest, with the crowning at our dance on the final night.

GaL-AA worked with GSO to engage speakers and chairpersons for three workshops: **Being a Part of AA as a Whole, Focus on Our Primary Purpose, and Accessing AA as Persons of Transgender**

Experience, the first AA Convention workshop to directly address the transgender experience in AA. Participants from GaL-AA also recorded a podcast for later publication by *The AA Grapevine*.

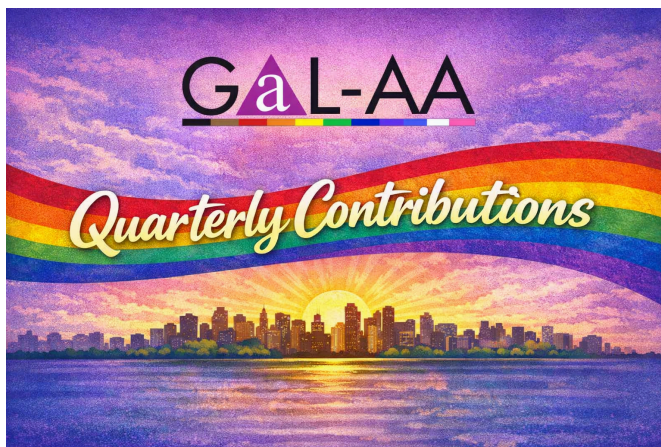
All GaL-AA events were exceptionally well received, with attendance exceeding capacity and participants turned away due to limited space at each of our events.

After the Convention GaL-AA continued to implement the lessons learned while preparing for Vancouver. To broaden our inclusiveness, our social media presence was expanded and the Inclusion Statement in all of our publications and governing documents was revised to make it more open to all of our constituents, GaL-AA also

streamlined the election process for members, performing a more standardized vetting procedure before elections, and establishing a mentorship program for all newly elected Officers. All of these developments and changes have helped to put GaL-AA on track toward a stronger and more open organization during 2026 and beyond.

Hilde M.
GaL-AA / Chair
Stoneham, MA

Quarterly Financial Update



GaL-AA's Treasurer reports are published monthly for transparency into how your support

helps us continue to carry the message.

You can view those on our

website: <https://www.gal-aa.org/treasurer-reports>

To sign up to be a supporting member, visit our members page: <https://www.gal-aa.org/members>

Quarterly, we publish groups and individuals that contributed during the past quarter. We thank them for their continued support!

GaL-AA		
Contributions - Last month		
January - March, 2026		
Date	Donor	Amount
1/3/2026	Richard H.	\$ 5.00
1/4/2026	Guy M.	\$ 5.00
1/6/2026	Jaime G.	\$ 20.00
1/8/2026	Kerry W.	\$ 100.00
1/8/2026	Nova Mens' Meeting - Portland, OR	\$ 56.00
1/8/2026	Primary Purpose - Columbia, SC	\$ 143.53
1/8/2026	Steven N.	\$ 20.00
1/10/2026	Lee B.	\$ 5.00
1/10/2026	Keith H.	\$ 10.00
1/10/2026	Aaron H.	\$ 5.00
1/16/2026	Fabulous in Sobriety - Toms River, NJ	\$ 55.00
1/16/2026	Live & Let Live - St Louis, MO	\$ 40.00
1/19/2026	Bradford D.	\$ 10.00
1/20/2026	Lambda South - Austin, TX	\$ 32.85
1/21/2026	Bell, Book and Candle - Atlanta, GA	\$ 160.00
1/21/2026	Calvin N.	\$ 10.70
1/26/2026	Lunch Bunch Groups - Portland, OR	\$ 50.00
1/26/2026	Live & Let Live - St Louis, MO	\$ 40.00
1/27/2026	G&L AA Group - Des Moines, IA	\$ 50.00
2/2/2026	7 AM Sunny Dunes Attitude Adjustment Online Group - Palm Springs, CA	\$ 50.71
2/3/2026	Richard H.	\$ 5.00
2/4/2026	Guy M.	\$ 5.00
2/6/2026	Jaime G.	\$ 20.00
2/8/2026	Steven N.	\$ 20.00
2/9/2026	Lambda Group - Traverse City, MI	\$ 12.92
2/9/2026	Midday Group # 419671 - Palm Springs, CA	\$ 73.89
2/9/2026	Last Call - Los Angeles, CA	\$ 15.81
2/10/2026	Lee B.	\$ 5.00
2/10/2026	Keith H.	\$ 10.00
2/10/2026	Aaron H.	\$ 5.00
2/13/2026	Sunny Dunes #100 - Palm Springs, CA	\$ 149.99
2/13/2026	Lambda Group - Dallas, TX	\$ 20.00
2/13/2026	Lambda Live and Let Live - Austin, TX	\$ 88.83
2/17/2026	Lambda - San Antonio, TX	\$ 1,000.00
2/17/2026	Lambda - San Antonio, TX	\$ (666.66)
2/18/2026	Mike M.	\$ 10.00
2/19/2026	Bradford D.	\$ 10.00
2/20/2026	Wednesday Nite Big Book - Montclair, NJ	\$ 19.00
2/21/2026	Calvin N.	\$ 10.70
2/22/2026	Evan K.	\$ 33.00
3/3/2026	Richard H.	\$ 5.00
3/4/2026	Guy M.	\$ 5.00
3/6/2026	Jaime G.	\$ 20.00
3/8/2026	Steven N.	\$ 20.00
3/9/2026	LGBTQ+ in the Suburbs - Winchester, MA	\$ 50.00
3/10/2026	Queer Ideas of Fun AA - Albuquerque, NM	\$ 29.73
3/10/2026	Lee B.	\$ 5.00
3/10/2026	Keith H.	\$ 10.00
3/10/2026	Aaron H.	\$ 5.00
3/17/2026	Mike M.	\$ 10.00
3/19/2026	Bradford D.	\$ 10.00
3/21/2026	Calvin N.	\$ 10.70
3/26/2026	Thursday Midday Gay Group - Rosedale, NJ	\$ 20.00
3/28/2026	Lambda Group - Dallas, TX	\$ 10.00
TOTAL		\$ 1,926.70

Members April AA Anniversaries

GaL-AA

Celebrating Our Sobriety Milestones



To add or edit your sobriety date, click on the link in the email you received from us. It is in the footer of the email where it says “update your preferences”. If you are not an email registered member yet, please [click here](#) to sign up.

First Name	Last Initial	Sobriety Date	Years
Adam	C	April 27, 2015	11
Beck	C	April 25, 2025	1
Bev	B	April 24, 1998	28
Bill	T	April 28, 2007	19
Bob	D	April 15, 2015	11
Brian	F	April 30, 2011	15
charles	L	April 21, 1997	29
Chris	L	April 3, 2024	2
Dave	H	April 23, 2007	19
David	G	April 16, 1990	36
deidre	N	April 29, 1988	38
Dustin	R	April 13, 2025	1
Finley	S	April 15, 2008	18
Gail	S	April 23, 2018	8
Gail	D	April 5, 1997	29
George	S	April 12, 1985	41
Hilde	M	April 3, 1980	46
Jaime	P	April 29, 2022	4
James	C	April 21, 1995	31
Jasmine	M	April 29, 2019	7
Jeannie	M	April 7, 2002	24
Jim	M	April 30, 1984	42
John	T	April 6, 2022	4
June	P	April 17, 2010	16
Kathi	B	April 9, 1994	32
Ken	H	April 13, 2004	22
Kieren	N	April 20, 2024	2
Leann	A	April 28, 2011	15
Lee	B	April 8, 1989	37
Lisa	G	April 8, 2009	17
Lori	R	April 22, 1987	39
Lynne	B	April 17, 2024	2
Martha	S	April 20, 1994	32
Meg	M	April 3, 1999	27
Nick	N	April 26, 2013	13
Owen	H	April 16, 1983	43
Rami	S	April 13, 2024	2
REGINA	M	April 29, 1982	44
Ricky	Y	April 7, 1990	36
Sparky	A	April 20, 1983	43
Steven	K	April 5, 1987	39
TJ	T	April 8, 2025	1
Tom	T	April 13, 1987	39
Vernon	M	April 6, 2005	21

Spotlight On Sobriety 04/05/2026

The Spotlight On Sobriety 04/05/2026 features personal stories, articles, and reflections submitted by members and friends of the fellowship. The views expressed are those of the individual authors and do not necessarily represent those of [Alcoholics Anonymous](#) or [GaL-AA](#).

Statement of Inclusion

<https://www.gal-aa.org/statementofinclusion>

GaL-AA exists to serve lesbians, gays, bisexuals, transgender people, queers and others in *Alcoholics Anonymous* regardless of how they self-identify. GaL-AA embraces all members of the AA Fellowship.

Your GaL-AA Newsletter Team

SpotlightOnSobriety@gal-aa.org

Become a GaL-AA Supporting Member

<https://www.gal-aa.org/members>

Become a GaL-AA Member

<https://www.gal-aa.org/members>

Join our Social Media Channels

<https://www.gal-aa.org/members/social-media>

