

The location I had chosen for my AA meeting was AA Central Group in downtown Lubbock. Upon arrival, they assumed we were just normal people there for the meeting and also on the road to recovery. To my surprise it was a small group of only 3 people even though there were over 20 chairs in the room. Before starting, everyone went around introducing themselves and briefly sharing how their day was going. After the introductions someone read a prayer and then a quote from book they referred to as "The Big Book" which just helped guide them stay on the road to recovery. Since they didn't initially know we were students I had the honor of reading for the group, it was a very wordy 2-sided lamented paper that talked about how AA works and originated. The paper also talked about how AA group had to be self-sufficient, if I understood it correctly, I found it interesting and wonder if it helped promote taking initiative and being in control of your life. All 3 of the people attending the meeting shared their story and talked about where they are in life today. I was happy to hear that all of them had been sober for a long time (ranging from 20-30 years) and one of them actually turned their life around to the point where they now own a small mechanic shop in the area. Towards the end of the meeting when it came time to sign our papers, he had noticed we were students and seemed pretty excited. They asked us a couple of questions regarding what we went to school for and how we got into nursing. After signing our paperwork, he let us know that this was a much smaller group than they're used to and invited us to come back Friday night when there's usually more participants. Overall, I had a good experience and enjoyed listening to their stories about the different obstacles they had to overcome when trying to quit alcohol.