

## What the Circle & Triangle Symbolizes in A.A.

### **1) Base of the Triangle**

- a) Recovery.
- b) 12 Steps (from the BB of AA).
- c) Where we bring our sick mind.
- d) The “what happened” part of our story.
- e) The Strength of our new life
- f) Where we enter the Fellowship of the Spirit
- g) Have I ever taken the steps precisely as outlined in the BB of AA?

### **2) Left Side of Triangle (as it faces you).**

- a) Unity.
- b) 12 Traditions
- c) Where we bring our body
- d) “What we were like” part of our story
- e) The Experience we bring to the Fellowship of AA
- f) Where we enter the Fellowship of AA
- g) Do I have a Home Group that I am committed to and participate in?

### **3) Right Side of Triangle (as it faces you)**

- a) Service
- b) 12 Concepts
- c) Where we bring our awakened spirit
- d) “What we are like now” part of our story
- e) The Hope that we bring to suffering alcoholics
- f) Fellowship that we crave that grows around us
- g) Am I in the service of taking alcoholics through the 12 Steps as outlined in the BB of AA?

**4) The base of the triangle represents Recovery through entering the Fellowship of the Spirit, by bringing our mind, the “what happened” part of our experience, and gaining the Strength we need through the 12 Steps as outlined in the BB.**

a)The left side of the triangle represents the Unity of entering the Fellowship of AA by bringing our body, the “what we were like” part of our experience. Our unifying with AA is guided by the 12 Traditions.

b) The right side of the triangle represents our service of bringing the Hope of our awakened Spirit through the 12 Steps, and the “what we are like now” part of our experience to suffering alcoholics. Then the Fellowship we crave grows around us. Our service is guided by the 12 Concepts of AA. So no we see we have a three-part program with 36 spiritual principles that guide us.

**5) All sides of the triangle are equal. We must be engaged in all three sides of the triangle to get what the Circle symbolizes, and that is wholeness. If all we do is go to meetings; or do the 12 Steps only; get involved only in General Service, then we are only in one part of a three part program expecting to get the results of being involved in all three parts.**

a) If you do the 12 Steps and go to meetings, but don't carry message one alcoholic to another; if we go to meetings and get involved in General Service, but have never done the 12 Steps; if we do the 12 Steps and only work with others, but don't go to meetings, then we are in two parts of a three part program expecting to get the results of being engaged in all three parts.

b) If we are going to meetings, carrying the message of 12 Steps other than in the BB of AA, then we are still in two parts of a three part program.

c) If our involvement around AA looks something like these scenarios, and we see that being inside the Circle, as our triangle is, requires equal involvement in our 12 Step Recovery Program in the BB of AA, Unifying with AA and an AA Home Group, and being in the Service of carrying the message of the 12 Step Recovery Program to alcoholics, then we must see that we are not in a AA at all or that our triangle is lopsided.

d) When we are engaged in all three parts we are rocketed INTO the Fourth Dimension, which if you put a small dot in the center of the triangle, this is where the Fourth Dimension is, where God deep down inside is, and we may begin to live a life of wholeness, completeness, joy, and freedom from that place inside the triangle.