



# Three Legacies of Alcoholics Anonymous: Unity

The Three Legacies of Alcoholics Anonymous are Recovery, Unity, and Service. These legacies have been passed down to us from the cofounders and old timers of A.A.

- Recovery is contained in the Big Book and Twelve Steps.
- Unity is contained in the Twelve Traditions.
- Service is contained in every act which helps A.A. function or which carries the A.A. message to those who need it.

These three principles are represented in the logo of an AA Triangle that is placed inside a circle. The triangle is said to represent a stable balance between these three concepts, which is the answer to the three-part struggle of a person in recovery: physical, mental and spiritual. The circle, on the other hand, is a representation of openness, oneness, and wholeness.

## UNITY

Our common welfare should come first; personal recovery depends on AA unity

Unity pertains to the fellowship that you need to develop and nurture during the recovery process. You can do this by attending meetings and creating a supportive network of like-minded people working towards a sober new life. Many people who go into AA meetings often do not realize the importance of being a part of a community, so they tend to miss meetings or gatherings. Being part of a community is very important because it gives you a sense of belongingness. It introduces you to a much larger perspective and you get to learn from the experiences of other people as well. At the same time, by sharing your own experiences, you may not be aware that you are helping to change another person's life. Equally important, your continued presence at your regular meetings brings stability and continuity to the group. It is not all about you receiving from the group. It is about you sharing and supporting others. Sharing at a meeting is 12<sup>th</sup> step work. You carry the message – both in your words and commitment to the group.

# 12 TRADITIONS AND UNITY

The second of the [12 step legacies](#), unity is forged through the fellowship and the 12 traditions of AA and NA. While the steps are designed for the individuals, the traditions are built to help the group function in a logical and helpful manner.

1. Our common welfare should come first; personal recovery depends on AA (or NA) unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop drinking (or using).
4. Each group should be autonomous except in matters affecting our groups or AA (or NA) as a whole.
5. Each group has but one primary purpose—to carry the message to the alcoholic (or addict) who still suffers.
6. An AA group (or NA group) ought never endorse, finance, or lend the name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every AA group (or NA) ought to be fully self-supporting, declining outside contributions.
8. AA (and NA) should remain forever nonprofessional, but our service centers may employ special workers.
9. AA (and NA), as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. AA (and NA) has no opinion on outside issues; hence the name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and film.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

## A Declaration of Unity

This we owe to A.A.'s future:  
To place our common welfare first;  
To keep our fellowship united.  
For on A.A. unity depend our lives,  
And the lives of those to come.