



### THE MEDALLION

Unlike many projects undertaken by alcoholics, the medallion design is simplicity itself. It is intended as an aid (or reminder) to our members of the importance of sobriety in our lives

- On the front we see the motto of our fellowship: “BUT FOR THE GRACE OF GOD”. A daily reminder of who *really* keeps us sober. When you see another drunk making an ass of him or her-self while under the influence of alcohol, remember these words, because you can say, in all humility and thankfulness to God and AA, “There, but for the grace of God, go I”.
- In the center of this Medallion is a cross. Actually there are two crosses. There is a traditional stark, solid cross surrounded by an open more pleasing Celtic frame. The solid cross represents our and Matt’s suffering under the lash of alcoholism. The ‘open-form’ of the outlined cross represents the freedom from alcohol in our lives that sobriety allows us.
- When we were drinking our cross was dark and ugly because we made it so. We did not want to carry it, so we dragged it along after us; but we could not get rid of it. After coming into AA and improving our sobriety, we have changed the stark outline of that cross of alcoholism. It is not ugly now. In fact, as we make an honest effort to improve ourselves, that cross can become proportionately more beautiful. But it is still *our* cross, even though we don’t drag it along unwillingly any more. We carry it willingly in the company – and with the help of all our fellow members.
- On the reverse, there are 4 very important pieces of information:
  - The name “MATT TALBOT” predominates so we will never forget our commitment to sobriety;
  - Your number. Each of us is only ever issued ONE number (no matter how many retreats we may attend). The first part is (\*\*) is our group number. The number following the ‘dash’ is your individual number for life and is registered with the (International) Matt Talbot Retreat Movement, Inc.
  - Barbed wire around the edges of the coin represents the ‘chains of penance’ discovered on Matt’s body when he died. And, they can represent the torturous chains of our addiction to alcohol.
  - The 3 nails break the chains! They represent “Faith” – “Hope” – and “Charity” and are meant to be symbolic of AA’s practice of “giving it away to keep it”!
    - Faith in God, ourselves and in AA; Hope in our rehabilitation through AA with God’s help; and charity or ‘love of God and our fellow men and women’ in and out of AA. To many they also represent the first three steps of our program (1) We admitted we were powerless over alcohol and that our lives had become unmanageable; (2) We came to believe that a Power greater than ourselves could restore us to sanity; (3) We made a decision to turn our wills and our lives over to the care of God, as we understand Him. Admission, Belief and Decision; these three steps begin our journey to progress in AA.
- The size of this medallion is also significant. If you are ever tempted to go back to drinking – take this medallion in your hand and squeeze it really hard. It will hurt and it will remind you how much you have been hurt by alcohol and how much you can be hurt again if you return to drinking. When you came into AA you accepted a way of life built on rigorous honesty. Remember too, that God gave us the gift of sobriety. Through AA we can use that gift and make the most of it, or we can throw it away. The choice is ours.

- So this medallion is a reminder for us of what we *were*, what we *are* and what, through the grace of God and AA, we *can become*.