

ALCOHOLICS ANONYMOUS IN YOUR COMMUNITY

This is A.A. General Service Conference-approved literature.

HOW THE FELLOWSHIP OF
A.A. WORKS IN YOUR
COMMUNITY TO HELP
ALCOHOLICS



service

ALCOHOLICS ANONYMOUS[®] is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.
- A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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Alcoholics Anonymous World Services, Inc.
475 Riverside Drive
New York, NY 10115

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Mail address: Box 459, Grand Central Station,
New York, NY 10163

www.aa.org

The history of A.A. is studded with the names of nonalcoholics, professionals and others, who have interested themselves in the A.A. recovery program. Thousands of us owe our lives to these people, and our debt of gratitude knows no bounds.

A.A. and Alcoholism

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other maintain sobriety and who offer to share their recovery experience freely with others who may have a drinking problem. The program A.A. suggests consists basically of “Twelve Steps” designed for personal recovery from alcoholism.

The Fellowship today is in more than 180 countries. Approximately two million alcoholics have achieved sobriety in A.A., but members recognize that their program is not always effective with all alcoholics and that some may require professional counseling or treatment.

A.A. is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help. The movement does not engage in alcoholism research or medical or psychiatric treatment, and does not endorse any causes—although A.A. members may participate *as individuals*.

The movement has adopted a policy of “cooperation but not affiliation” with other organizations concerned with the problem of alcoholism.

Alcoholics Anonymous is self-supporting through its own groups and members and declines contributions from outside sources. A.A. members preserve personal anonymity at the level of press, films, and broadcast media.

From the beginning, many A.A. members have come to believe that alcoholism is a progressive illness—spiritual and emotional (or mental), as well as physical. The alcoholics we know seem to have lost the power to control their drinking.

How does A.A. work?

A.A. can be described as a method of treating alcoholism in which the members are supportive of each other, sharing with each other a large body of similar experiences in suffering and recovering from alcoholism.

What are A.A. groups?

The basic unit in A.A. is the local (neighborhood or city) group, which is autonomous except in matters affecting other A.A. groups or the Fellowship as a whole. No group has power over its members.

Of more than 60,000 groups in the U.S. and Canada now known to A.A.’s General Service Office,

about 1,000 are in treatment facilities; over 1,500 in correctional institutions.

Groups are usually democratic, served by short-term “steering committees” of members. Thus, no group has *permanent* leadership.

What are A.A. meetings?

Each group holds regular meetings at which members relate their experiences to each other—usually in relation to “Twelve Steps,” suggested for recovery, and “Twelve Traditions,” suggested for relationships within the Fellowship and with the community.

Singleness of purpose and problems other than alcohol—Some professionals refer to alcoholism and drug addiction as “substance abuse” or “chemical dependency.” Nonalcoholics are, therefore, sometimes introduced to A.A. and encouraged to attend A.A. meetings. Anyone may attend *open* A.A. meetings, but only those with a *drinking* problem may attend *closed* meetings.

Who are A.A. members?

People who think they have a drinking problem are welcome to attend any A.A. meeting. They become members simply by deciding they are members.

A.A. members are men and women from all walks of life, from teenagers to 90-year-olds, of all races, with all manner of formal religious affiliations and with none at all.

Where can you find A.A.?

Many local A.A. service committees will, upon request, provide informational presentations for your organization. Sessions can be tailored to meet your needs. A typical agenda might include one or several A.A. films and a presentation by one or more A.A. members on “What A.A. Is and What It Is Not.”

Look for “Alcoholics Anonymous” in any telephone directory. In most urban areas, a central A.A. office can answer your questions or put you in touch with A.A. members.

If A.A. is not in your local directory, write the General Service Office, Box 459, Grand Central Station, New York, NY 10163.

What is A.A.’s General Service Office?

This office serves as a world clearinghouse of A.A. information, and publishes A.A. literature. It is under the direction of the General Service Board of A.A.,

composed of both recovered alcoholics and non-alcoholics.

Neither the office nor the board has “authority” over A.A. members or groups. Both are responsible to the groups, and report annually to a General Service Conference, including delegates selected by A.A. groups in the United States and Canada.

What can you expect from A.A.?

1. A.A. members help any alcoholic who demonstrates an interest in staying sober.
2. A.A. members may call on the alcoholic who wishes help — although they may feel it is best for the alcoholic to request such help first.
3. They may help arrange hospitalization. Local A.A. offices often know where hospital treatment of alcoholism is available, though A.A. is not affiliated with any type of treatment facility.
4. A.A. members are glad to share their experience with anyone who is interested, either in conversation or at formal gatherings.

What Does A.A. NOT Do?

A.A. does *not*: Furnish initial motivation for alcoholics to recover; solicit members; engage in or sponsor research; keep attendance records or case histories; join “councils” of social agencies; follow up or try to control its members; make medical or psychological diagnoses or prognoses; provide drying-out or nursing services, hospitalization, drugs, or any medical or psychiatric treatment; offer religious services; engage in education about alcohol; provide housing, food, clothing, jobs, money or any other welfare or social services; provide domestic or vocational counseling; accept any money for its services or any contributions from non-A.A. sources; provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

NOTE: An individual A.A. member may do some of these things on a private, personal basis, but this is not a part of his or her A.A. membership. Many professionals in the field of alcoholism are also A.A. members. Their professional work, however, is NOT a part of their A.A. membership. A.A. as such does not profess competence to perform professional services such as those listed above.

A.A. PUBLICATIONS Complete order forms available from
General Service Office of ALCOHOLICS ANONYMOUS,
Box 459, Grand Central Station, New York, NY 10163

BOOKS

ALCOHOLICS ANONYMOUS (*regular, portable, large-print and abridged pocket editions*)
ALCOHOLICS ANONYMOUS COMES OF AGE
TWELVE STEPS AND TWELVE TRADITIONS
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EXPERIENCE, STRENGTH AND HOPE
AS BILL SEES IT (*regular & soft cover editions*)
DR. BOB AND THE GOOD OLDTIMERS
"PASS IT ON"
DAILY REFLECTIONS

BOOKLETS

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LIVING SOBER
A.A. IN PRISON: INMATE TO INMATE

PAMPHLETS

44 QUESTIONS
A.A. TRADITION—HOW IT DEVELOPED
MEMBERS OF THE CLERGY ASK ABOUT A.A.
THREE TALKS TO MEDICAL SOCIETIES BY BILL W.
ALCOHOLICS ANONYMOUS AS A RESOURCE FOR
THE HEALTH CARE PROFESSIONAL
A.A. IN YOUR COMMUNITY
IS A.A. FOR YOU?
IS A.A. FOR ME?
THIS IS A.A.
IS THERE AN ALCOHOLIC IN THE WORKPLACE?
DO YOU THINK YOU'RE DIFFERENT?
A.A. FOR THE BLACK AND AFRICAN AMERICAN ALCOHOLIC
QUESTIONS AND ANSWERS ON SPONSORSHIP
A.A. FOR THE WOMAN
A.A. FOR THE NATIVE NORTH AMERICAN
A.A. AND THE GAY/LESBIAN ALCOHOLIC
A.A. FOR THE OLDER ALCOHOLIC—NEVER TOO LATE
THE JACK ALEXANDER ARTICLE
YOUNG PEOPLE AND A.A.
A.A. AND THE ARMED SERVICES
THE A.A. MEMBER—MEDICATIONS AND OTHER DRUGS
IS THERE AN ALCOHOLIC IN YOUR LIFE?
INSIDE A.A.
THE A.A. GROUP
G.S.R.
MEMO TO AN INMATE
THE TWELVE CONCEPTS ILLUSTRATED
THE TWELVE TRADITIONS ILLUSTRATED
LET'S BE FRIENDLY WITH OUR FRIENDS
HOW A.A. MEMBERS COOPERATE
A.A. IN CORRECTIONAL FACILITIES
A MESSAGE TO CORRECTIONS PROFESSIONALS
A.A. IN TREATMENT FACILITIES
BRIDGING THE GAP
IF YOU ARE A PROFESSIONAL
A.A. MEMBERSHIP SURVEY
A MEMBER'S-EYE VIEW OF ALCOHOLICS ANONYMOUS
PROBLEMS OTHER THAN ALCOHOL
UNDERSTANDING ANONYMITY
THE CO-FOUNDERS OF ALCOHOLICS ANONYMOUS
SPEAKING AT NON-A.A. MEETINGS
A BRIEF GUIDE TO A.A.
A NEWCOMER ASKS
WHAT HAPPENED TO JOE; IT HAPPENED TO ALICE
(Two full-color, comic-book style pamphlets)
TOO YOUNG? *(A cartoon pamphlet for teenagers)*
IT SURE BEATS SITTING IN A CELL
(An illustrated pamphlet for inmates)

VIDEOS

A.A.—AN INSIDE VIEW
A.A. VIDEOS FOR YOUNG PEOPLE
HOPE: ALCOHOLICS ANONYMOUS
IT SURE BEATS SITTING IN A CELL
CARRYING THE MESSAGE BEHIND THESE WALLS
YOUR A.A. GENERAL SERVICE OFFICE,
THE GRAPEVINE AND THE GENERAL SERVICE STRUCTURE

PERIODICALS

THE A.A. GRAPEVINE (monthly)
LA VIÑA (bimonthly)

I am responsible...when anyone,
anywhere reaches out for help, I want
the hand of A.A. always to be there.
And for that, I am responsible.