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# A.A. at a glance

## **WHAT IS AA?**

Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership.

## **CURRENT MEMBERSHIP**

It is estimated that there are more than 100,000 groups and more than 21,00,000 members in 150 countries. In India, there are over 500 groups which hold over 750 AA meetings every week, inclusive of 25 meetings in large industrial organizations and group meetings in Hospitals, There are over 10000 members.

## **RELATIONS WITH OUTSIDE AGENCIES**

The Fellowship has adopted a policy of "co-operation but not affiliation" with other organizations concerned with the problem of alcoholism. We have no opinion on issues outside A.A. and neither endorse nor oppose any causes.

## **HOW IS AA SUPPORTED ?**

Over the years, Alcoholics Anonymous has affirmed and strengthened a tradition of being fully self-supporting and of neither seeking nor accepting contributions from non-members. Within the fellowship the amount that may be contributed by any individual member is limited to Rs. 20,000 per year

## **HOW AA MEMBERS MAINTAIN SOBRIETY ?**

AA is programme of total abstinence. Members simply stay away from on drink. One day at a time. Sobriety is maintained through sharing experience is maintained through sharing experience strength and hope at group meetings and through the suggested Twelve Steps for recovery from alcoholism

## **WHY ALCOHOLICS ANONYMOUS IS ANONYMOUS'?**

Anonymity is the spiritual foundation of AA. It disciplines the Fellowship to govern itself by principles rather **than** personalities. We are a society of Peers. We strive to make known our programme of recovery, not individuals who participate in the programme. Anonymity in the public media is assurance to all AA's especially to newcomers, that their AA membership will not be disclosed.

## **ANYONE MAY ATTEND AA OPEN M**

Anyone may attend open meetings of AA. These usually consist of talks by a leader and two or three speakers who share their experiences as it relates to their alcoholism and their recovery in AA. Some meetings are held for the specific purpose of informing the non-alcoholic public about AA. Doctors, Clergymen and Public officials are invited. Closed discussion meetings are for alcoholics only.

## **HOW AA STARTED ?**

AA was started in 1935 by a New York stockbroker and an Ohio surgeon (both now deceased), who had been "hopeless" drunks. They founded AA in an effort to help others who suffered from the disease of alcoholism and to stay sober themselves. AA grew with the formation of autonomous groups, first in the United States and then around the world. AA started in Mumbai in 1957,

## **WHAT AA DOES NOT DO ?**

AA does not : Keep membership records or case histories ..... engage in or support research.... join "councils" or social agencies (although AA members, groups and service offices frequently co-operate with them).... follow up or try to control its members..... make medical or psychiatric prognoses or dispense medicines or psychiatric advice .... provide drying-out or nursing services or sanitariums..... offer religious services .... provide letters of reference to parole boards, lawyers, court officials, social agencies, employers. etc. housing, food, clothing, jobs, money or other welfare or social services ..... Provide domestic, or vocational counseling.

### **WILL AA WORK FOR EVERYONE ?**

The AA programme of recovery from alcoholism, we believe, will work for almost anyone who has a desire to stop drinking. It may work even for those who feel they are being prodded in the direction of AA. Many of us made our first contact with AA because of social or job pressures.

But no matter how down-and-out an alcoholic may be, or how high he or she may be on the social and economic scales, we know from experience and observation that AA offers a sober way out of the squirrel cage of confused problem drinking. Most of us have found it an easyway.

### **ARE YOU AN ALCOHOLIC ?**

To answer this question ask yourself the following test question and answer them as honestly as you can. (if the answers are `No' to all the questions re-answer them with the help of your spouse or the closest member of your family).

	Yes	No
1. Do you lose time from work due to drinking ?		
2. Is drinking making your home life unhappy ?		
3. Do you drink because you are shy with other people?		
4. Is drinking affecting your reputation?		
5. Have you ever felt remorse after drinking ?		
6. Have you ever got into financial difficulties as a result of drinking?		
7. Do you turn to lower companions and an inferior environment when drinking ?		
8. Does drink make you careless of your family welfare?		
9. Has your ambition decreased since drinking?		
10. Do you crave for a drink at a definite time daily ?		
11. Do you want a drink the next morning ?		