

# Welcome newcomers!

## Welcome to A.A. District 10

### Important links:

<https://aargvdist10.org/>

<https://tinyurl.com/d10phone>

<https://aargvdist10.org/2020-meetings-update/>

<https://www.facebook.com/groups/189969402094707/>

<https://discord.gg/u2UX2Hw>

[https://aa.org/pages/en\\_US/daily-reflection](https://aa.org/pages/en_US/daily-reflection)

<https://aa.org/>

[Our district's website](#)

[Virtual meeting list](#)

[In-person meeting updates](#)

[Private Facebook group](#)

[Discord server](#)

[Daily reflections](#)

[A.A. Worldwide Fellowship](#)

Please note that all of the text that follows in this document is available on the [A.A. Worldwide Fellowship](#) website or within the A.A. literature.

### Am I an alcoholic?

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic.

**Only you can decide if you are an alcoholic.** No one in A.A. will tell you whether you are or are not.

### Is A.A. for You?

Only you can decide whether you want to give Alcoholics Anonymous a try—whether you think it can help you.

We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.

We decided to try to face up to what alcohol had done to us. Here are some of the questions we tried to answer honestly. If we answered **YES** to four or more questions, we were in deep trouble with our drinking.

See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

### **Twelve questions only you can answer**

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking-- stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have an eye-opener upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get "extra" drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have "blackouts"?
12. Have you ever felt that your life would be better if you did not drink?

### **Did you answer YES four or more times?**

If so, you are probably in trouble with alcohol. Why do we say this? Because thousands of people in A.A. have said so for many years. They found out the truth about themselves — the hard way. But again, only you can decide whether you think A.A. is for you. Try to keep an open mind on the subject.

If you want to see if A.A. could work for you, we will be glad to show you how we stopped drinking ourselves. A.A. does not promise to solve your life's problems. But we can show you how we are learning to live without drinking "one day at a time." We stay away from that "first drink." If there is no first one, there cannot be a tenth one. And when we got rid of alcohol, we found that life became much more manageable.

# **ONE DAY AT A TIME**

**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.

## **EASY DOES IT**

### **How can AA help me with my drinking problem?**

We in A.A. know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists. Our only qualification for helping others to recover from alcoholism is that we have stopped drinking ourselves; and problem drinkers coming to us know that recovery is possible because they see people who have done it.

### **Why do A.A. members keep on going to meetings after they are cured?**

We in A.A. believe there is no such thing as a cure for alcoholism. We can never return to normal drinking, and our ability to stay away from alcohol depends on maintaining our physical, mental, and spiritual health. This we can achieve by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.

# KEEP IT SIMPLE

## How do I join A.A.?

You are an A.A. member if and when you say so. The only requirement for A.A. membership is a desire to stop drinking, and many of us were not very wholehearted about that when we first approached A.A.

## How much does A.A. membership cost?

There are no dues or fees for A.A. membership. An A.A. group will usually have a collection during the meeting to cover expenses, such as rent, coffee, etc., and to this all members are free to contribute as much or as little as they wish.

## Is A.A. a religious organization?

No, nor is A.A. allied with any religious organization.

## There's a lot of talk about God though, isn't there?

The majority of A.A. members believe that we have found the solution to our drinking problem not through individual willpower, but through a power greater than ourselves. However, everyone defines this power as he or she wishes. Many people call it God, others think it is the A.A. group, still others don't believe in it at all. There is room in A.A. for people of all shades of belief and non-belief.

## What advice do you give to new members?

In our experience, the people who recover in A.A. are those who:

- a) Stay away from the first drink;
- b) Attend A.A. meetings regularly;
- c) Seek out the people in A.A. who have successfully stayed sober for some time;
- d) Try to put into practice the A.A. program of recovery
- e) Obtain and study the Big Book, Alcoholics Anonymous

## **We have tried hard enough and long enough to drink like other people. Here are some of the methods we have tried:**

*Reprinted from page 31 in the book Alcoholics Anonymous*

- Drinking beer only
- Limiting the number of drinks
- Never drinking alone
- Never drinking in the morning
- Drinking only at home
- Never having it in the house
- Never drinking during business hours
- Drinking only at parties
- Switching from scotch to brandy
- Drinking only natural wines
- Agreeing to resign if ever drunk on the job
- Taking a trip
- Not taking a trip
- Swearing off forever (with and without a solemn oath)
- Taking more physical exercise
- Reading inspirational books
- Going to health farms and sanitariums; accepting voluntary commitment to asylums (and rehabs)

We could increase the list ad infinitum.

Our stories may vary, but we share a common bond. **We are powerless over alcohol and our lives are unmanageable.**

If you feel you are one of us, we welcome you with open arms!

### **It works if you work it**

Remember that alcoholism is a progressive disease. Take it seriously, even if you feel you are only in the early stages of the illness. Alcoholism kills people. If you are an alcoholic, and if you continue to drink, in time you will get worse.

## How it works

*Reprinted from pages 58-60 in the book Alcoholics Anonymous.*

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it — then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol — cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power — that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought.

## The Twelve Traditions

While A.A. functions with very little organization, adherence to these Traditions assures the survival of our fellowship.

1. Our common welfare should come first; personal recovery depends upon A.A. 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 A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. 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 films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

### A.A. Anonymity

We would like to highlight our Tradition of personal anonymity at the public level:

*“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”*

Thus, we respectfully ask that A.A. speakers and A.A. members not be photographed, videotaped, or identified by full name on audiotapes or in any published or broadcast reports of our meetings, including those reports on the Internet or other new media technologies.

The assurance of anonymity is essential in our efforts to help other problem drinkers who may wish to share our recovery program with us. And our Tradition of anonymity reminds us that A.A. principles come before personalities.

## The promises

*Reprinted from pages 83-84 in the book Alcoholics Anonymous.*

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

# KEEP COMING BACK!

We hope this gives you a good overview of the Alcoholics Anonymous program.



Please reach out to us at [aargvdist10@gmail.com](mailto:aargvdist10@gmail.com) if you have any questions, or would like a phone list of members available for outreach. Keep coming back!