

ALCOHOLICS ANONYMOUS

WHAT IT IS, WHAT IT'S NOT

- THE TWELVE STEPS**
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 such contact to lead us to wisdom, understanding, and knowledge of His will for us.
 12. Having had a spiritual awakening as the result of these steps, we tried to carry their principles into our daily lives.

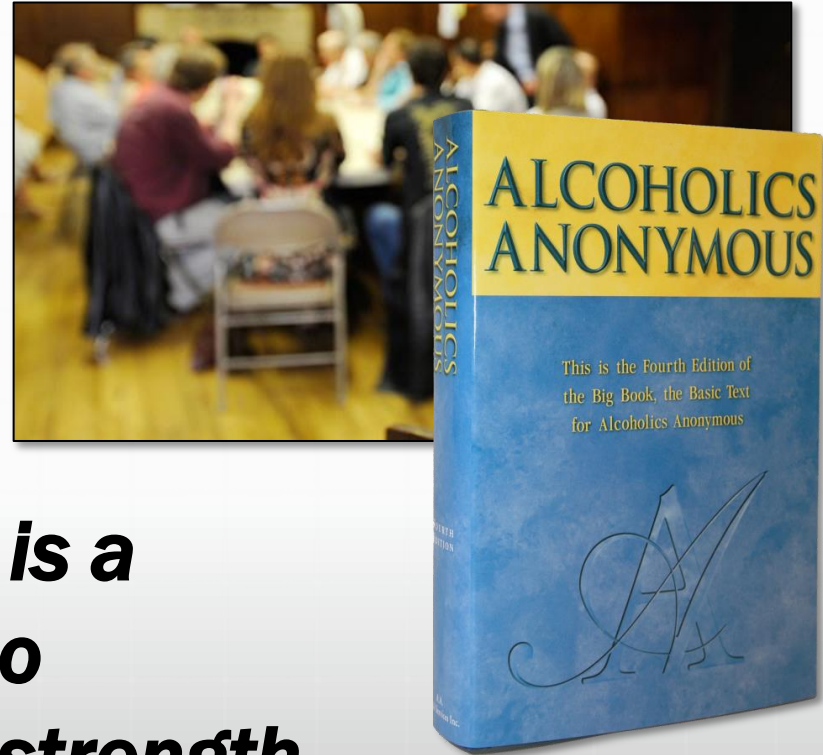
- THE TWELVE TRADITIONS**
1. The primary purpose of the AA service should come first; personal recovery is open to all, only.
 2. The primary purpose of the AA group is to carry its message to the alcoholic who still suffers.
 3. The only requirement for AA membership is a desire to stop drinking.
 4. Each group should be autonomous except in matters affecting the AA as a whole.
 5. The AA group has but one primary purpose—to carry its message to the alcoholic who still suffers.
 6. The AA group might never endorse, finance or lend the AA name to any facility or outside enterprise, lest problems of alcoholism or property and privilege divert us from our primary purpose.
 7. Every AA 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, might 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 to draw into public controversy.
 11. The AA group ought never to be a social club.
 12. The AA group ought never to become an institution.



Presented by:

A.A. in Western New York **PI/CPC** Committee
Public **I**nformation/
Cooperation with the **P**rofessional **C**ommunity

THE AA PREAMBLE©



“Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism...”

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The AA PREAMBLE ©

***“...The only requirement
for membership is a
desire to stop drinking.
There are no dues or fees
for AA membership;***

***we are self-supporting through our own contributions.
AA 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.”***



A BIT OF HISTORY

**“A.A. was
started in 1935
by a New York
stockbroker and an Ohio surgeon
(both now deceased), who had been
‘hopeless’ drunks.”**

A.A.'s SPIRIT OF SERVICE

**Regarding Bill's initial work with Dr. Bob,
they suddenly realized...**

**“...one alcoholic could affect another as
no nonalcoholic could. It also indicated
that strenuous work, one alcoholic
with another, was vital to
permanent recovery.”**

Quote reprinted from Alcoholics Anonymous, Fourth Edition, 2nd Edition Foreword, pgs. xvi-xvii.

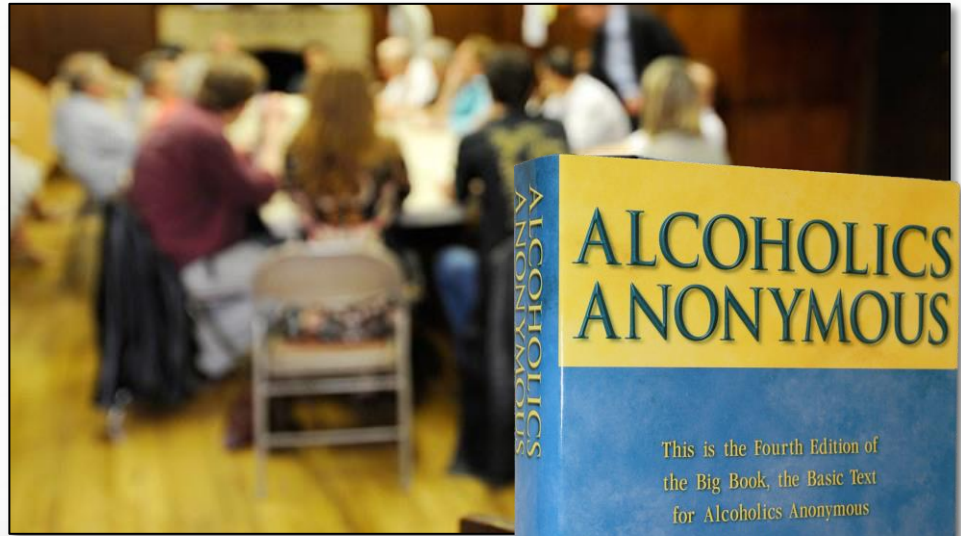
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A.A's SPIRIT OF SERVICE



**Members help other alcoholics in
order to help themselves.**

ALCOHOLISM: AN EQUAL OPPORTUNITY DISEASE



**“Within our membership
may be found men and
women of all ages and many
different social, economic,
and cultural backgrounds.”**

CRUX OF THE PROBLEM...

“Most of us have been **unwilling to admit we were real alcoholics.**

**No person likes to think he is
bodily and mentally different
from his fellows. Therefore, it is
not surprising that our drinking careers have
been characterized by countless vain attempts
to prove we could drink like other people.”**



CRUX OF THE PROBLEM...

“The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. **The**

persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.”



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FROM OUR CO-FOUNDER, BILL W...

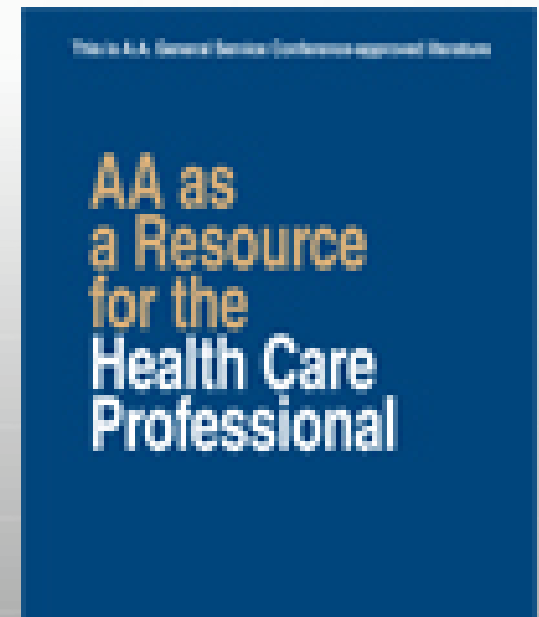
“To get the alcoholic or potential alcoholic to admit that he is the victim of an often fatal and progressive malady is usually a very difficult matter. This is the big problem that still faces all of us, whether physicians, clergy, family or friends.”

Quote reprinted from Three Talks to Medical Societies by Bill W., Co-Founder of A.A., with permission of A.A. World Services, Inc.



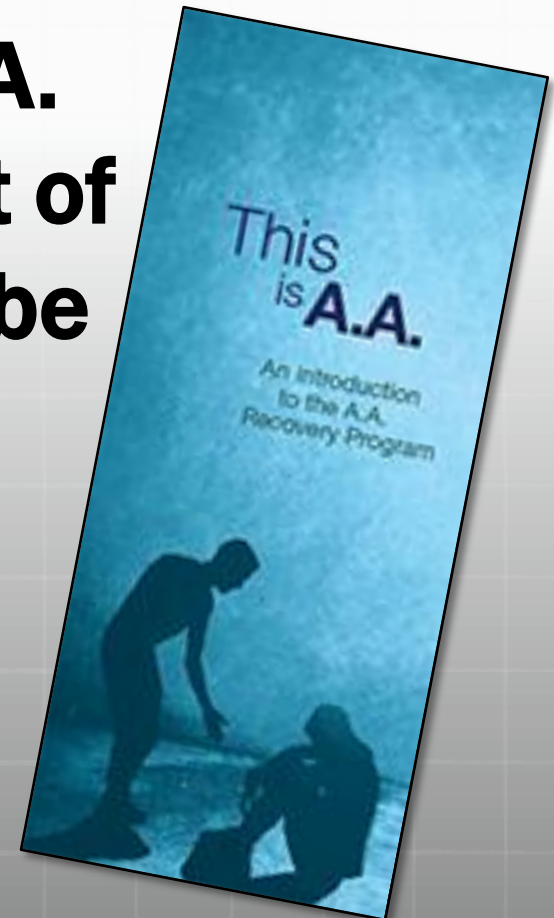
BREAKING THROUGH THE DENIAL

“A.A. members, having broken through their denial and faced the harm in their drinking, are particularly suited to helping others break through their denial.”



WHAT WE HAVE LEARNED ABOUT ALCOHOLISM

“While there is no formal ‘A.A. definition’ of alcoholism, most of us agree that, for us, it could be described as a **physical compulsion coupled with a mental obsession.”**



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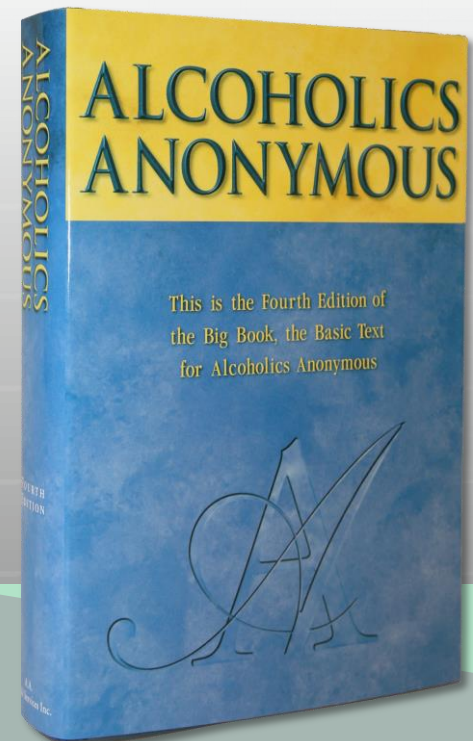


THE “BIG BOOK”

Published in 1939, **now printed in 71 languages.**

The first 164 pages outline the basic program of recovery and remain unchanged since the original publication.

A.A. has approximately **two million members** and has a presence in approximately **180 countries.**



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THE A.A. PROGRAM OF ACTION

- ◎ A way to stop drinking and stay stopped
- ◎ A.A.'s suggested **Twelve Steps** are the program of recovery
- ◎ The steps are based on the experience of early A.A. members



SPIRITUAL PRINCIPLES OF THE PROGRAM

“A.A.’s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.”



*Reprinted from Twelve Steps and Twelve Traditions,
Foreword, with permission of A.A. World Services, Inc.*

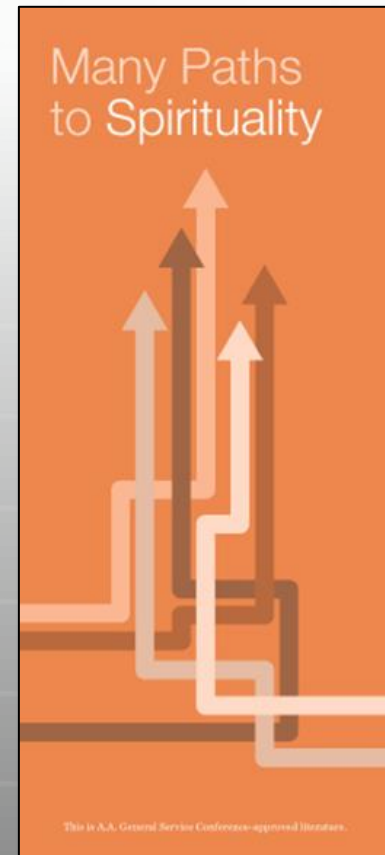


SPIRITUAL PRINCIPLES OF THE PROGRAM

“Newcomers...represent almost every belief and attitude imaginable. We have atheists and agnostics. We have people of nearly every race, color and religion...

“Many of us came to rely on a ‘Higher Power,’ whether it was the collective power of A.A., the A.A. group itself, or some other entity, concept or being that helped us to stay sober.”

*Cover and quotes from Many Paths to Spirituality, pgs. 4, 7,
with permission of A.A. World Services, Inc.*



WHAT DOES A.A. DO?

- ◎ **A.A. offers a Twelve Step program of recovery**
- ◎ **Groups host A.A. meetings, where members share their experience with one another**
- ◎ **Local committees carry the A.A. message**

WHAT DOES A.A. NOT DO?

- ⦿ **Furnish initial motivation to recover**
- ⦿ **Make medical diagnoses**
- ⦿ **Provide hospitalization or drugs**
- ⦿ **Keep attendance records/case histories**
- ⦿ **Offer religious services**
- ⦿ **Address prevention, treatment, advocacy or legislation**

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permission of A.A. World Services, Inc.*



WHAT DOES A.A. **NOT** DO?

- ⊙ **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**

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UNDERSTANDING ANONYMITY IN A.A.

“At the **personal level**, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.”

“It is understood by A.A. members that **personal disclosures made in A.A. meetings are to be treated as confidential.**”


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ANONYMITY AT THE **PUBLIC** LEVEL

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

 “...today **this extends to the internet and digital technologies.** Reprinted from A.A. Fact File pp. 6-7, with permission of A.A. World Services, Inc.

 “Thus, we respectfully ask that A.A. speakers and A.A. members not be photographed, videotaped, or identified by full name on audiotapes and in published or broadcast reports...”

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ALCOHOLICS ANONYMOUS

Area 50 (WNY)

Buffalo Intergroup which serves Erie County

www.buffalooaany.org

716-853-0388 (AA Hotline)

**Niagara Intergroup which covers Niagara Falls, Youngstown,
North Tonawanda, and parts of Lewiston**

www.NiagaraFallsNYAAMeetings.com

877-270-5303

**Genesee/Wyoming Intergroup which covers Genesee
and Wyoming Counties**

888-854-8322

**NYPENN Intergroup which covers Chautauqua, Cattaraugus, and
Allegany Counties in New York along with
Potter & McKean counties in Pennsylvania**

www.nypennintergroup.org

716-372-4800

***ALSO, DOWNLOAD THE FREE "AA MEETING GUIDE" APP
FOR MEETINGS & RESOURCES NEAR YOU***



www.aa.org