

SO, YOU'VE BEEN SENT TO AA

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ALCOHOLICS ANONYMOUS

...AND YOU ARE NOT THRILLED ABOUT
THE IDEA.

IT MAY NOT BE AS BAD AS YOU IMAGINE.

MANY OF US WERE IN THE SAME
SITUATION.

www.aaegroupUSA.com
www.aa.org

What Is Alcoholics Anonymous? Here Is What A.A. Says About A.A.

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. (Copyright © The A.A. Grapevine, Inc. Reprinted with permission.)

Millions of people have found recovery through A.A., including many who were sent by professionals. There are A.A. meetings in virtually every country in the world.

While some who are sent to A.A. attend only the required meetings and never come back, others keep coming back because they find that A.A. helps them live life without alcohol.

SO, YOU'VE BEEN SENT TO AA

What to expect in AA meetings

Many of us were sent to our first A.A. meetings by judges, employers, counselors, or some other authority, as a result of being arrested for drunken driving, family disputes, or some other problem involving alcohol. If you've come to A.A. at the direction (or suggestion) of someone else, you probably have some questions.

A.A. meetings fall into two categories, Open and Closed:

- Open meetings are for anyone interested in our program of recovery, for themselves, for a loved one, or for academic purposes.
- Closed meetings are for alcoholics and those with a desire to stop drinking.

Being "sent" to A.A. does not make you an alcoholic. People may point out indications that you have a drinking problem — loss of control, driving under the influence, arrests, lost jobs, broken marriages or relationships, blackouts, the shakes, etc. Only you can decide that you are an alcoholic. If you think that you are an alcoholic then we encourage you to keep coming back.

What to Expect at a Meeting

You are a welcome guest; please arrive 5 minutes before the meeting starts.

We ask that you conduct yourself in a civil and responsible manner. Do not use your phone (whether talking, texting, or browsing), or have side conversations. They are disruptive and distract others from hearing the A.A. message. Alcoholism is a matter of life and death for us.

If you have any questions, feel free to ask before or after the meeting. Find someone at the meeting to talk to and who will answer your questions. Or, call A.A. Central Office (You can easily find with a Google search).

Anonymity is the spiritual foundation of our traditions. While you are free to repeat and use any of the ideas or suggestions that you hear at a meeting, please do not identify anyone you heard or saw there by name. We will do the same for you.

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We pass the virtual basket at meetings to pay our rent and expenses.

Proof of Attendance

If you've been asked to provide proof of attendance (sometimes called a court card), please understand that A.A. is not allied with the court system — we are not required to sign court cards or attendance slips.

It's up to each group to decide whether their group signs slips or not. Arrive at a meeting a few minutes early; you can ask if the secretary will sign your court card or attendance slip.

If someone agrees to sign your attendance slip, they will probably just sign their first name or initials, the name of the meeting, and the date. Some meetings may use a pre-printed stamp with the name of the meeting.

A.A. and the Courts

- A.A. is not part of the court system. We do not work for the courts or the police department.

- A.A. does not "recruit". We do not ask the courts to send people to meetings. You are a member when you say you are.