

Alcoholics Anonymous

**A Source of Hope for the Person
Suffering from Alcoholism**

AA Area 28 CPC Committee

CPC@area28aa.org

Endorsed by Area 28 PI Committee

A.A. Anonymity Statement

There may be some here who are not familiar with 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 and in published or broadcast reports of our meetings, including those reports on new media technologies such as the internet.

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 just that “A.A. Principles come before personalities”.

The purpose of anonymity in A.A.

- At the personal level
 - Protects all members from identification as alcoholics
 - Special importance to newcomers who may be ashamed of their drinking and fearful of public exposure
- At the public level
 - Prevents individuals from using their A.A. affiliation for recognition, power or personal gain.
 - Protects the reputation of A.A. as a whole
 - Particularly important with today's technologies
- Anonymity is the responsibility of each member

A.A. Preamble

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.



A.A. in Your Community

- A.A. is located through out Maine
- There are over 500 meetings of A.A. in the state
- Listings of meetings are maintained by districts and may be found at the Maine Central Service Office and Down East Intergroup websites
- There is an A.A. General Service Office located in New York that publishes A.A. literature and serves A.A. groups in US and Canada
- A.A. Grapevine magazine, an international journal of A.A. is also published in New York





Some Facts About A.A.

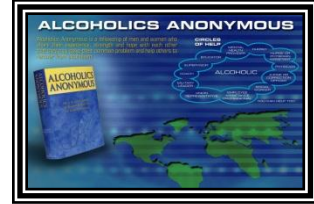
- A.A. began in 1935 – with one alcoholic, Bill W., talking to another alcoholic, Dr. Bob S.
- The same spirit that still holds A.A. meetings together in approximately 180 countries.
- A.A. keeps no membership records
- As of Jan 1, 2012 there were over 65,400 groups and an estimated 1.42 million members in the US and Canada.
- With over 114,000 groups and approximately 2.13 million members world-wide

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
- The steps are a collection of broad spiritual principles and actions
 - Includes admission of the alcohol problem, acceptance of help, self –inventory, restitution of harms and service to others
- A.A. is spiritual, not religious

A.A. Unity

- A.A. is not a professional organization
- Members are all equals
- Leaders have no authority and do not govern
- A.A.'s Twelve Traditions ensure unity and act as a guide for members, groups, and the Fellowship as a whole
- These traditions are a set of principles that provides guidance for members and groups in their relations with each other and with the world at large.



A.A.'s Twelve Traditions

A.A.'s Traditions can be summarized as follows:

- The importance of group unity
- Focusing only on helping alcoholics
- Only membership requirement is “A desire to stop drinking”
- No outside affiliations or endorsement of other causes
- Non-professional
- Group and member autonomy
- Personal anonymity as A.A. members at the public level
- Principles before personalities

What Does A.A. Do?

- Offers a Twelve Step program of recovery as a way to stop drinking and stay stopped
- Groups put on A.A. meetings where the recovery program is discussed
- A.A. members share their experience with anyone seeking help with a drinking problem
- Local committees carry the A.A. message with anyone who is interested, either in conversation or at formal settings

What Does A.A. Not Do?

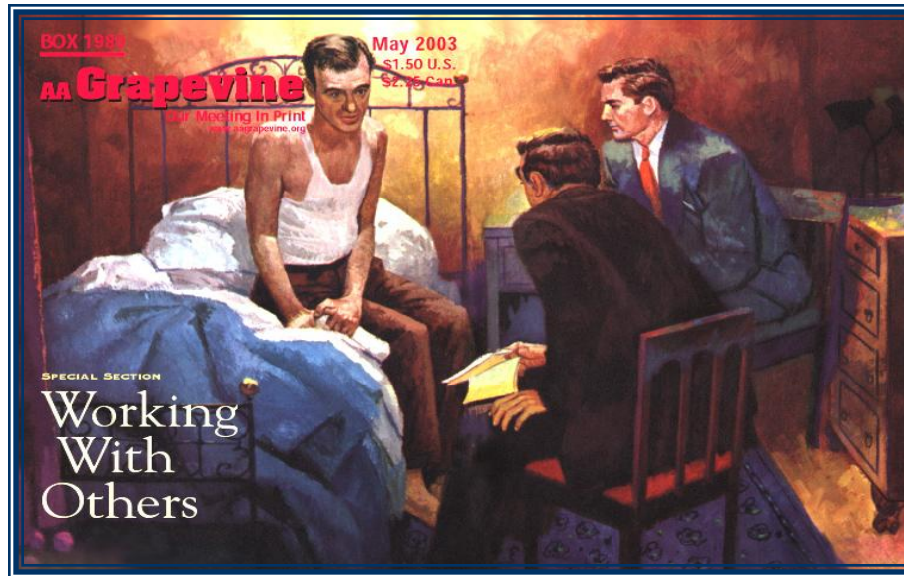
- Does not solicit members
- Does not make medical diagnoses
- Does not prescribe treatment plans or drugs
- Does not provide hospitalization or drugs
- Does not keep attendance records/case histories
- Does not offer religious services
- Does not address prevention, treatment, advocacy or legislation

Singleness of Purpose

- A.A.'s focus is on recovery from alcoholism
- Anyone may observe open meetings
- Closed meetings are for those with a drinking problem.
- Anyone with a desire to stop drinking may become an A.A. member
- The A.A. message of recovery is free
- A.A. members bring meetings into correctional and treatment facilities

A.A. Hope Video

Show the video Hope or another AA video pertinent to the audience.



Personal Recovery Stories

One or two AA members spending about 5 minutes each describing their experience with drinking and AA. (Not a drunk a log)

- Drinking pattern and experience
- Why you decided to seek help
- What you found in A.A. that helped you
- How you feel today and what your life is like now

Questions and Answers

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Alcoholics Anonymous

Thank You!

Maine Area 28 CPC Committee

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Other Resources

Maine Central Service Office/24 Hr. Hotline 1-800-737-6237

Maine Area 28 website: www.area28aa.org

Maine Central Service Office website: www.csoaamaine.org

Maine Down East Inter Group website: www.downeastintergroup.org

A.A. World Services website: www.aa.org

A.A. Grapevine Magazine website: www.aagrapevine.org