

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. Alcoholics Anonymous 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 achieve sobriety. *

“I am responsible . . . When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”*

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Notes:

So You've
Been Told to
Go to A.A....
And You Hate
the Idea...

**This pamphlet has been approved
by the Utah Area Assembly**

You're not alone
And
You're not the first

Don't worry... it's not that bad...

If a judge, school, or employer has sent you to meetings of Alcoholics Anonymous, it is because they believe there is evidence that you may have a drinking problem. We had nothing to do with their decision. This pamphlet was written to shed light on A.A. for those who don't know anything about our fellowship.

You don't have to give your name:

At A.A. meetings the secretary or chair may ask for newcomers to introduce themselves, but you are not required to do so. Even if you do, no one keeps attendance records. If a court wants you to have a card signed, most meeting secretaries will do this for you and probably will not even notice your name. You will hear some A.A. members introduce themselves, but that is their choice. You don't have to give your name.

You don't have to speak:

Many members will share, but no one will think it strange if you remain silent. There are A.A. members who prefer to sit and listen.

You don't have to tell anyone why you

are there: At open A.A. meetings, it is not uncommon to see non-alcoholics like family, friends, spouses, and other visitors like yourself. Why you're there is nobody's business but your own.

There are no dues or fees for A.A.

membership: During the meeting, a basket is passed to pay the cost of renting the room, the coffee, other expenses, and in support of the AA program. This is called the 7th Tradition, but there is no obligation to contribute and in the spirit of self-support, contributions are only from alcoholics.

No one will tell anyone you were here:

Anonymity is the spiritual foundation of all our Traditions. Please respect this and treat in confidence who you see and what you hear. That's the anonymity part of the A.A. program.

It is not a religious meeting:

Most members have a program based upon a belief in a Higher Power of their own understanding, but there is no religious affiliation.

About those meetings...

Meetings are not what you

might expect: You won't find a bunch of derelicts or religious fanatics. But you will find a bunch of friendly, sober people enjoying life. The meetings are short, usually about an hour. They are easy to find using the meeting directories found at most meetings. They are all over town, mornings, afternoons and evenings.

Take a look at the meeting list: You'll see the days, times and places. The meetings marked (o) are open meetings you can attend. Meetings marked (c) are closed meetings for alcoholics only.

If you have a minute, take a look at the pamphlet, "**This is A.A.**". It will answer many of the questions you may have. When you are alone sometime, try the little quiz, "**Is A.A. For You?**" Sometimes it's hard to know if alcohol is becoming a problem.