

Congratulations!

You've already made a start

You have made a decision. You've taken the action to get to a meeting. Welcome. You are probably asking yourself "What am I doing here?" YOU ARE NOT ALONE! Most of us asked the same question when we arrived at Alcoholics Anonymous. We understand your fears. We hope the information in these pamphlets answer some of your questions. We are here to help.

What is 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.

How?

In order to stop drinking, and stay stopped, there are a few simple principles that we apply to our lives. These principles are A.A.'s program of recovery. They can work for you as effectively as they have worked for others. Following are some suggestions which we feel will be of help to you on your path to recovery.

Live one day at a time

Alcoholics Anonymous is a "one day at a time" way of living. We try to break life into small pieces we can handle. We stay sober one day at a time, or when necessary, one hour at a time.

Go to meetings

All over the Monterey Peninsula, Carmel, Carmel Valley, Pacific Grove, Seaside and Marina, every day of the year, mornings, afternoons, evenings and even late at night, there is help in the form of meetings for you and for every alcoholic who wants help. Use the handy schedule of A.A. meetings enclosed in this Newcomer Packet; pick up a new updated schedule at any time, at any meeting. They are free for the taking.

Get a sponsor

A few members may tell you that they got sober without the aid of a sponsor, and they may be telling the truth. However, our A.A. experience tells us that you will have a much better chance *with* a sponsor than without one. You will probably find that your sponsor is a vital part of your program of recovery. See the pamphlet "Questions & Answers on Sponsorship" in this packet.

Have a Home Group

There are many different types of groups available. Go to lots of them and find the ones where you are most comfortable. The Home Group you choose should be one in which you can get sober, stay sober, and one in which you feel that you are a part of. Your Home Group ought to be the place where you are challenged to keep growing and where you feel you have so many friends you don't want to stay away. However, having a Home Group should not keep you from going to other meetings. Attend as many meetings as you feel the need for. And then a couple more!

Read the books

As soon as you can, we suggest that you read these important books which explain the A.A. program of recovery, our history and Traditions:

- * The "Big Book" Alcoholics Anonymous
- * 12 Steps and 12 Traditions
- * As Bill Sees It
- * Living Sober
- * Came To Believe
- * Daily Reflections

These books are A.A. General Service Conference approved. We suggest that you read them... and reread them. They can be a constant source of inspiration and understanding.

Other A.A. literature and pamphlets can be found on the literature tables at most meetings. See the meeting secretary or literature person to purchase books; pamphlets are free for the taking.

