

A Brief Guide To Alcoholics Anonymous

- What is Alcoholism?
- What Is AA?
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- Does an Alcoholic have to go “all the way down” before A.A. can help?
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What Is Alcoholism?

Alcoholism is recognised as a major health problem. In the UK it ranks alongside heart disease and cancer – and it does not damage alcoholics alone. Others are hurt by its effects – in the home, at work and on the road. Alcoholism costs the community millions of pounds every year. So whether or not you ever become an alcoholic yourself, alcoholism still can have an impact on your life.

We have learnt a great deal about how to identify and arrest alcoholism. But so far no one has discovered a way to prevent it, because nobody knows exactly *why* some drinkers turn into alcoholics. Doctors and Scientists in the field have not agreed on the cause or causes of alcoholism.

For that reason AA concentrates on helping those who are already alcoholics, so that they can stop drinking and learn how to live a normal happy life without alcohol. As AA sees it alcoholism is an illness. Alcoholics cannot control their drinking because they are ill in body mind or emotions. If they do not stop drinking their alcoholism always gets worse.

Both British & American Medical associations have also said that Alcoholism is an illness.

What are the symptoms?

Not all alcoholics have the same symptoms but many show these signs:

They find that only alcohol can make them feel self confident & at ease with other people.

Often want “just one more” at the end of a party
Look forward to drinking occasions, and think about them a lot. Get drunk when they had not planned to; try to control drinking by changing types of drink, going on the wagon.

Sneak drinks hide bottles & lie about their drinking. Drink at work or school; drink alone. Experience memory losses, (blackouts) the next day, of what they said and did the night before.

Drink in the morning to relieve hangovers, guilt & fears. Fail to eat properly and become malnourished. Get cirrhosis of the liver,

Shake, hallucinate and get convulsions when withdrawn from alcohol.

What Is A.A?

Alcoholics Anonymous is a worldwide fellowship of men & women who help each other to stay sober. They offer the same help to anyone who has a drink problem, and wants to do something about it. Since they are all alcoholics themselves, they have a special understanding of each other. They know what the illness feels like – and have recovered from it in A.A.

AA members say they *are* alcoholics today – even when they have not had a drink for many years. They do not say

they are “cured”, Once people have lost their ability to control their drinking they can never again drink safely – or in other words, they can never be “former alcoholics” or “ex alcoholics” But in AA they can become sober or *recovered* alcoholics.

How does A.A help the alcoholic?

Through the example and friendship of the recovered alcoholics in A.A new members are encouraged to stay away from a drink “One day at a time”, as the AA members do. Instead of “swearing off forever” or worrying about whether they will be sober tomorrow, AA members concentrate on not drinking right now – today. By keeping alcohol out of their systems, newcomers take care of that part of their illness – their bodies have a chance to get well. But remember, there is another part. If they are going to stay sober, they need healthy minds and emotions too. So they begin to straighten out their confused thinking and unhappy feelings by following AA’s suggested “Twelve Steps” to recovery. These steps suggest ideas and actions that can guide alcoholics towards happy and useful lives.

To stay in touch new members go to AA meetings regularly with other members and learn about the recovery program.

What are A.A. Meetings?

Alcoholics Anonymous is made up of over 100.00 local groups in 150 countries. In the Great Britain & Continental European Region there are currently about 3,500 groups. The people in each group get together, usually once or twice a week, to hold AA meetings of two main types:

“Closed Meetings”

Are for Alcoholics only, group discussions where any members who wish to speak up, ask questions and share their thoughts with fellow members. At “closed” meetings AA’s get help with personal problems to stay sober in everyday living. Other AA’s can explain how they have already handled the same problems - often using one or more of the twelve steps.

“Open Meetings”

At “open” meetings speakers tell how they drank, how they discovered AA and how its programme has helped them. Members bring along relatives & friends, anyone interested in AA is welcome to attend at “Open meetings.

Who belongs to A.A?

Like other illnesses, alcoholism strikes all sorts of people. So the men & women in AA are of all races & nationalities, all religions, and no religion at all. They work at all occupations, lawyers, housewives, teachers, lorry drivers, waitresses and the clergy. Surveys indicate the total AA membership at over 2..2 million worldwide.

Does an Alcoholic have to go "all the way down" before A.A. can help?

AA was started in 1935 by a New York stockbroker and an Ohio surgeon, who had both been "hopeless" drunks at first most AA members also had been seriously ill, their drinking having sent them to hospitals, sanatoriums or jails. But more & more people began to hear about AA and soon many alcoholics found they did not have to let their illness do that much damage. They could recover in AA before their health had been totally wrecked and while they still had jobs, homes and families.

Are there any young people in AA?

In recent years, a great many young alcoholics have come into AA the pamphlet "Young People & AA" gives personal stories of ten who joined when they were under 30 – including one at 16 & one at 18. Stories of these younger members can also be seen on the video "A message to Young People" They are cheerfully staying sober & take part in AA activities.

Who runs A.A.?

AA has no real government. Each group is free to work out its own customs & ways of holding meetings, as long as it does not harm other groups or AA as a whole. The members elect a chairperson, secretary and other group officers. These officers do not govern or give orders to anyone, their job is to see the meetings run smoothly, and Rotation of officer posts is carried out once or twice a year.

But the individual group is not cut off from the rest of AA; just as members help each other, so do the groups here are some ways they exchange help:

1. Groups in the same area set up an Intergroup
2. Intergroup in turn belong to geographically determined Regional organisations.
3. Groups everywhere can share their experience by keeping in touch with AA General Service Office in York
4. Groups in the UK choose representatives to go to AA General Service Conference, held once a year.

All these and their representatives at the Conference make suggestions based on the experiences of many different AA groups. But they do not make rules or issue commands to any group or member.

What does it cost to belong to A.A.?

There are no dues or fees for AA membership.

But money is needed for some purposes, renting the meeting rooms, buying milk, tea, coffee & biscuits, buying of books, pamphlets and magazines. So a collection is taken during the meeting. Members put in whatever they can afford, Groups also contribute to General Service Office and other AA activities.

In return for the AA help that members give to each other, they are never paid. Their reward is something much better than money – it is their own sobriety. AA members have found that helping other alcoholics is the best way to stay sober themselves.

What can families of alcoholics do?

AA is just for the alcoholic, but two other fellowships can help their relatives & friends, Al-Anon Family groups & Alateen, for young people who have alcoholic parents.

What A.A. does NOT do

1. AA does not run membership drives to try to persuade alcoholics into joining. AA is for alcoholics who want to get sober.
2. AA does not check up on members to see they don't drink. It helps alcoholics to help themselves.
3. AA is not a religious organisation. All members are free to decide on their own personal ideas.
4. AA is not a medical organisation, does not give out medicines or psychiatric advice.
5. AA does not run any hospitals, wards or treatment centres, does not provide nursing care.
6. AA is not connected to any other organisation. But AA does cooperate with all who fight alcoholism. Some members work for such organisations – as individuals – not as representatives of AA.
7. AA does not accept any money from outside sources either private or government.
8. AA does not offer any social services, does not provide housing, food, clothing, jobs or money. It helps alcoholics to stay sober so as they can earn these things themselves.
9. Alcoholics Anonymous lives up to the anonymous part of its name. It does not want member's names to be used on TV Radio or in newspapers. Members do not

disclose other member's names to people outside AA. They are not ashamed of AA membership, they want to encourage more alcoholics to come to AA for help but do not want to make heroes or heroines of themselves, simply for taking care of their own sobriety.

10. AA does not provide letters of reference to courts, social services or employees etc

How can you find out more about A.A.?

Most towns and cities have an AA listing in the telephone book, or you can ring the National Helpline Number: 0800 917 7650 (24hr)

Write to us at:

AA General Service Office

PO Box 1

10 Toft Green York

YO1 7NU

01904 644 026 (office hours)

www.alcoholics-anonymous.org.uk

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The A.A. Pledge

"When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that: I am responsible"



Are you an alcoholic?

Ask yourself the following questions and answer them as honestly as you can:

	YES	NO
1. Is drinking making your home life unhappy?
2. Does your drinking make you careless of your family's welfare?
3. Do you drink because you are shy with other people?
4. Is drinking affecting your reputation?
5. Do you drink to escape from worries or troubles?
6. Do you drink alone?
7. Have you lost time from work due to drinking?
8. Has your ambition decreased since drinking?
9. Has your efficiency decreased since drinking?
10. Is drinking jeopardising your job or business?
11. Have you ever felt remorse after drinking?
12. Are you in financial difficulties as a result of a drinking?
13. Do you turn to or seek an inferior environment when drinking?
14. Do you crave a drink at a definite time daily?
15. Does drinking cause you difficulty in sleeping?
16. Do you want a drink the next morning?
17. Do you drink to build up your self-confidence?
18. Have you ever had a complete loss of memory as a result of drinking?
19. Has your doctor ever treated you for drinking?
20. Have you ever been in hospital or prison because of drinking?

If you have answered YES to any of the questions, there is a definite warning that you may be an alcoholic.

If you have answered YES to any two, the chances are that you are an alcoholic.

If you have answered YES to three or more, you are almost certainly an alcoholic.

Why do we say this? Only because the experience of hundreds of thousands of recovering alcoholics has taught us some basic truths about our symptoms – and about ourselves.

Friday

FREEDOM FROM FEAR 10.30am *Open* (*) 1st in month Step
St Cuthbert's Church, Sandy Park, Brislington BS4 3PG

HOW IT WORKS 10.30 to 11.30am *Open* (*)
Broadmead Baptist Church, Union Street, Broadmead BS1 3HY

NAILSEA LIVING SOBER 13.00 to 14.15 *Open* (*) (CS)
St Francis Church, (Off Queens Rd), Nailsea, BS48 2LP

JUST FOR TODAY 12.30pm
Scout Hut, Hurl Road, off Whiteladies Rd, Clifton, BS8 2SY.

ELEVEN 6.30pm *Open*
Windmill Hill City Farm, Philip Street BS3 4LA

A NEW FREEDOM & A NEW HAPPINESS 6.30pm
1 The Park, Keynsham Parish Church BS31 2BL

MANGOTSFIELD PICK & MIX 7.00pm for 7.30pm (*)
St James Church Hall, Richmond Rd, Mangotsfield, BS16 9HA

OUR PRIMARY PURPOSE GROUP 7.00 for 7.30pm *Open*
Lawrence Weston Baptist Church, Long Cross,
Lawrence Weston, BS11 0LP

NAILSEA STEP MEETING 7.30 - 8.30pm (CS)
St Francis Church, (Off Queens Rd), Nailsea, BS48 2LP

POWER TO RECOVER 7.30 for 8.00pm (*)
Big Book/Literature Based Meeting—First in month Step
Mowcroft Rd Methodist Church (near Morrisons) Hartcliffe BS13 0LT

AKRON Relaxed But Not Slack! *Open*, (CS) 8.00pm Lamp Lit
Holly Trinity Church, Hotwells Rd BS8 4ST

STEPS TO SOBRIETY Step & Tradition 8pm O/R
Victoria Methodist Church, 1A Whiteladies Rd. BS8 1NU
Left hand side entrance

THORNBURY 8.00pm *Last in month Open* (*)
Methodist Church Hall, High St, Thornbury BS35 2AQ

HAPPY JOYOUS & FREE 7.30pm
Compass Centre, Jamaica Street, St Pauls BS2 8JP

Saturday

SATURDAY SOLUTIONS 10am Step/Share *Open*, (CS)
Tyndale Baptist Church, Whiteladies Road, Clifton BS8 2QG

CLEVEDON SATURDAY 10.30 – 11.30am *Open*
All Saints Church, All Saints Rd, Clevedon, BS21 6AU

INTO ACTION STEP MEETING 11.00am *Open* (*#), (CS) Child friendly.
Friends Meeting House, Beckspool Road, Frenchay Common,
BS16 1NT. (near back entrance to Hospital).

STOCKWOOD FRIENDS 11.30am
Christ the Servant Church, Stockwood Road, Stockwood, BS14 8SP

THE LUNCH BUNCH 12.00 noon for 12.30 *Open*
Tyndale Baptist Church, Whiteladies Road, Clifton BS8 2QG

ST NICKS 12.30pm for 1.00 pm *Open*
St. Nicholas RC Church, Lawfords Gate, BS5 0RE
(Meeting Room at the side of the Church)

BRISTOL FELLOWSHIP 7.00 - 9.00pm *Open* NR(*), (CS)
Horfield Baptist Church, Gloucester Road, Bristol -
Entrance rear of church, Brynland Avenue, BS7 9DU
7.00 -7.45pm Newcomers meeting **8.00 -9.00pm** Speaker meeting

NEWCOMERS FEELINGS MEETING 7.00pm
University Catholic Chaplaincy, 103 Queens Rd, Clifton, BS8 1LL

SALVATION ARMY MEETING 7.30 for 8.00pm *Open* (*)
The canteen inside the Salvation Army building
Logos House, Wade St, St. Judes, BS2 9EL

WARMLEY CLOCK TOWER, 7pm.
Clock Tower Assoc Bldg, Tower Rd North, Warmley BS30 8XU.

Sunday

SUNDAY MORNING GRATITUDE 09:30am *Open*
St James Priory, Whitsun Street BS1 3NZ

FREEDOM TO CHOOSE 11.30am *Closed*
The Scout H.Q. Pavey House, Waterloo St., Clifton BS8

BEDMINSTER SUNDAY LUNCH 12.00 for 12.30pm *Open*
Back of St. Aldhelms Church, corner of Chessel St & Ashfield Rd,
Bedminster, BS3 3TT.

KEEP IT SIMPLE 12:30pm Big Book Meeting *Open* (*)
The Pickle Factory (Baggator), 13 All Hallows Road BS5 0HH

LODGE CAUSEWAY GROUP 3.00pm *Open* (*)
St Johns Church Hall, Lodge Causeway, Fishponds, BS16 3QQ.

FRIENDS OF BILL W (Polish language meeting) 5:00pm *Open*
Our Lady of Ostrabrama Polish Roman-Catholic Church, Cheltenham
Road, BS6 5RH (meeting room next to the Polish church)

CLEVEDON 5.30pm *Open* (*)
All Saints Church, All Saints Road, Clevedon, BS21 6AU

GLOUCESTER RD DISCUSSION 5.30 for 6.00pm O/R (*#)
Friends' Meeting House, 300 Gloucester Road, Bishopston, BS7 8PD

ABC OF RECOVERY 6pm *Open* Everyone very welcome
Frenchay Unitarian Church, Beckspool Rd, Frenchay BS16 1ND

POWER TO RECOVER SUNDAY 6:30pm *Open*
Methodist Church, Mowcroft Road, Hartcliffe BS13 0LT

CHAPTER AND VERSE BIG BOOK MEETING 7.00pm (*), (CS)
All Saints Church, Pembroke Road, Clifton, BS8 3ED

YOUNG PERSONS MEETING 7.30pm *Open*
Room 4, Friends Meeting House, Champion Sq, St Judes BS2 9DB

GIFT OF SOBRIETY 7.30 for 8.00pm (*) O/R
Downend Methodist Church, Badminton Rd, BS16 6NU

THORNBURY SUNDAY 8pm Until 9.15pm (*) 1st in month Step
Jubilee Hall, Alveston, Nr Thornbury BS35 3QY

Bristol Area Where to Find



January 2019

Alcoholics Anonymous
PO Box 3314, Bristol, BS1 9L

**For 24 Hour Service Help on Alcoholism
Tel: (0117) 926 5520**

***For updates and to check the latest meetings
Tel: (0117) 926 5926
National Helpline: 0800 917 7650**

www.alcoholics-anonymous.org.uk

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 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.

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All UK AA Meetings are now Non Smoking
(*) Wheelchair Access .# Loop. (*#) Both
(CS) – Chit System

O/R *open by request* N-R Non Restrictive

Meetings marked 'open' or O/R may be attended by non-alcoholics and also people with a professional interest in AA. All other meetings are for those who have, or think they may have, a drink problem.

Monday

PRINCIPLES BEFORE PERSONALITIES 10.30am *Open* N/R CS (*)
Bristol City Mission, Great George Street, St Jude's, BS2 9ED

MONDAY LUNCHTIME 12.30pm *Open* (*)
Broadmead Baptist Church, Union Street, Broadmead, BS1 3

PAGE 76 6.15pm *Open* (*)
St Stephens Church, City Centre, (Off Corn St) BS1 1EQ

TOTTERDOWN BAPTIST CHURCH 7:00pm *Open* Wells Road,
Entrance in Sydenham Road, BS4 2AX.

SOUTHMEAD SOBRIETY 7:00pm *Open* (*)
St Vincent de Paul Church, Embleton Rd, Southmead BS10 6DS

DOWNEND GROUP 7.30 for 8pm (##) microphone (CS)
Downend Baptist Church, Salisbury Road, Downend, BS16 5RA

NAILSEA DISCUSSION 7.30 for 8.00pm *Last in month Open*
St. Francis Church, off Queens Road, Nailsea, BS48 2LP

SEA MILLS: HOW IT WORKS 7.30 for 8pm O/R(*)
3rd Monday in month Step
Methodist Church, Sea Mills, BS9 2DY

ELEVENTH STEP 8.00pm *First in month Open*
Clifton Cathedral, (lower Presbytery), Pembroke Road,
Clifton Park BS8 3BX

NEWCOMERS SPEAKER MEETING 8.00pm *Open*
University Catholic Chaplaincy, 103 Queens Road, Clifton, BS8 1LL

LIVE & LET LIVE 7.30pm N-R, (Lesbian, Gay, Bisexual, Transgender)
Friends Meeting House, 126 Hampton Road, Redland, BS6 6JE

A VISION FOR YOU 7.30 pm *Open*
Victoria Methodist Church, 1A Whiteladies Rd. BS8 1NU

Bristol AA Website www.aa-wso.org.uk

Tuesday

EARLY BIRDS SOLUTIONS 7.30-8.30am O/R A come & go meeting
Holy Trinity Church, Hotwells Rd, Clifton Wood, BS8 4ST.

JUST FOR TODAY 12.00 noon for 12.30-1.30 pm *Open*
Scout Hut, Hurle Road, off Whiteladies Rd, Clifton, BS8 2SY

TUESDAY BROADMEAD CENTRAL 6.00 for 6.30pm (*)
Broadmead Baptist Church, Union St, Broadmead BS1 3HY (*)

BRISTOL WOMENS MEETING – 7pm for 7.30pm *N/R O/R(*) Kids welcome.*
Parkway Methodist Church, Conduit Place, St. Werburghs, BS2 9RU

CLEVEDON TUESDAY STEP 7.30pm *Closed* (##)
The Quakers Meeting House, Albert Rd, Clevedon BS21 7RP

YOUNG PERSONS GROUP 7.30pm *Open* (*) *Non-Restrictive*
Redland Parish Church Hall, Redland Green Rd, BS6 7HE

THE PARK 7.15 for 7.45pm *Open* (*)
The Park, Daventry Road, Knowle BS4 1DQ

ACCEPTANCE IS THE KEY 7.30 for 8.00pm *Open* (*)
The Friends Meeting House, Beckspool Rd, Frenchay Common,
BS16 1NT. (near back entrance to Hospital).

BACK TO BASICS 7.30 for 8.00pm, *Open* (CS)
Community Centre, High St, Kingswood BS15 4AB.

PORTISHEAD: THERE IS A SOLUTION 8.00pm (##)
Topic Discussion Meeting. (Reynolds Room **1st floor**).
The Folk Hall, High Street, Portishead, BS20 6PR.

STEPS TO SOBRIETY Topic and Discussion 8pm *Closed* O/R (*)
Victoria Methodist Church, 1A Whiteladies Rd. BS8 1NU
Left hand side entrance

ST GEORGE: DISCUSSION 8.00pm *Open*
"The Beehive" St Ambrose Church, Stretford Rd, St George, BS5 7AW

THE STEPS WE TOOK 8.00 pm (*), (CS)
Westbury-on-Trym Methodist Church Hall, Westbury Hill, BS9 3AA.

THORNBURY: DISCUSSION 8.00pm (*)
Jubilee Hall, Alveston, Nr Thornbury BS35 3LZ.

Bristol AA Website www.aa-wso.org.uk

Wednesday

CENTRAL UNION LUNCHTIME 12.30pm *Open* (*), (CS)
Broadmead Baptist Church, Union Street, Broadmead, BS1 3HY

AS BILL SEES IT 12.30 - 1.30pm *Open*
Tyndale Baptist Church, Whiteladies Rd, Clifton , BS8 2QG

TOWER HILL GROUP 6.30pm for 7.00pm *O/R*
Friends Meeting House, Champion Square, St Judes ,Bristol
BS2 9DB

SOUTHMEAD HOSPITAL SUPPORT GROUP 7:30pm *Open N/R*
Gate 30, The Sanctuary, Level 1 Brunel Building, Southmead Hospital,
Southmead BS10 5NB.

WINDMILL HILL STEPS 7.00pm (*)
Windmill Hill City Farm, Philip St. Bristol, BS3 4EA

NEWCOMERS STEPS AND TRADITIONS 7.30pm
University Catholic Chaplaincy, 103 Queens Rd, Clifton BS8 1LL

BARROW / LONG ASHTON 7.30pm for 7.45pm *Open* (*)
Long Ashton Guides HQ, Weston Rd, Long Ashton, BS41 9BJ
(100 yds past Wild Country Lane on the left)

CLIFTON WEDNESDAY 7.30 for 8.00pm *O/R* First in month step
James Rm St Peter & Paul, Clifton Cathedral, Pembroke Rd BS8 3BX
Entrance from rear car park on Clifton Park

GLOUCESTER ROAD BIG BOOK STUDY 7pm (*)
Horfield Baptist Church, Gloucester Road, (left hand side rear entrance)
Brynland Avenue, BS7 9DU

HANHAM WEDNESDAYS 7.30pm for 8:00pm (*) *Open*
All Saints United Church, 85 Bath Rd, Longwell Green BS30 9DF

POLISH MEETING 8pm Westcott Community Room, Westcott Grove,
De Clifford Road, Lawrence Weston BS11 0WG

STOCKWOOD FRIENDS MID-WEEK 7:30-8:30pm *Open*
Christ the Servant Church, Stockwood Road, Stockwood BS14 8SP

YATE & CHIPPING SODBURY (CANDLE LIT) 7:30 to 8:45pm *Open* (*)
Cranleigh Court Chapel, Cranleigh Court Rd (off Station Rd by shops),
Yate BS37 5DH.

PORTISHEAD 8.00pm *Open* (*) (CS)
Portishead Methodist Church, High St, Portishead BS20 6EN.

STEPPING STONES 8.00pm (*), (CS)
Baptist Church, Reedley Rd, Stoke Bishop, BS9 3TD.

CHAPTER & VERSE The Next Step Meeting 8.00pm, (CS)
All Saints Church, Pembroke Rd, Clifton BS8 3ED

Thursday

EARLY BIRDS SOLUTIONS 7.30-8.30am O/R A come & go meeting
Holy Trinity Church, Hotwells Rd, Clifton Wood, BS8 4ST.

PRINCIPLES BEFORE PERSONALITIES 10.30 *Open* N/R (CS) (*)
St Mungos, New Street Centre, St Judes BS2 9DX

THURSDAY STEP 12.00 for 12.30pm *O/R*
Tyndale Baptist Church, Whiteladies Rd, Clifton, BS8 2QG

PATCHWAY LIVING SOBER 7pm *Open*
Coniston Community Centre, Coniston Rd Patchway BS34 5TF

STEPS TO FREEDOM 7.00pm *Open* (*) Step meeting
St. Werburghs Community Centre, Horley Road, BS2 9TJ

WARMLEY THURSDAY 7pm *Open*
130 Tower Rd North, Warmley BS30 8XN

KEYSTONE STEPS 7:00pm *Open* (*)
St James Priory, Whitson Street, BS1 3NZ.

A VISION FOR YOU 7 for 7.30pm Step & Tradition
Victoria Methodist Church, 1A Whiteladies Rd. BS8 1NU

THE BARROW PHOENIX 7.30pm to 8:30pm *Open* (*)
(1st of month Step) Callington Road Hospital, Brislington, BS4 5BJ.

STAPLE HILL STEP & TRADITIONS 7.30 for 8.00pm (*)
Pendennis Evangelical Church, Pendennis Rd, Staple Hill, BS16 5JB

CONGRESBURY THURSDAY 7:30 for 8:00pm *Open* (*)
Congresbury Methodist Church Hall, High Street, Congresbury
BS49 5JA

BIG BOOK THUMPERS MEETING 8.00pm *O/R*, (CS)
Tyndale Baptist Church, Whiteladies Road, Clifton BS8 2QG

HENBURY HOPE 7:30 for 8.00pm *Open* (*) Candlelit 1st month step.
St Anthony's RC Church (via Keinton Walk) Satchfield Cres, Henbury,
BS10 7BE (large black gates)

KEYNSHAM 8.00pm *Open*
Saltford Community Hall, Wedmore Road, Saltford BS31 3BY

ST. GEORGE THURSDAY 8.00pm
Bethseda Chapel, Church Rd, St. George, BS5 9HH

EBBY 8.00pm *O/R*
Hall at rear of church, Bedminster Methodist Church. British Rd,
Bedminster, BS3 3BW

CHAPTER & VERSE The Next Step Meeting 8.00pm, (CS)
All Saints Church, Pembroke Rd, Clifton BS8 3ED

Frequently Asked Questions

Thank you for contacting us.

If drinking is costing you more than money, you have already taken a big step in moving away from that problem and finding a solution.

In the rest of this letter you will find the answers to some questions you may be asking yourself. If you want more information, don't hesitate to get back in touch.

We will be pleased to hear from you.

That sounds a bit like sales-talk doesn't it? You may be asking yourself "what do they get out of this" Well - We are alcoholics and we don't have to take a drink today.

Part of our recovery from alcoholism is to help other people to get better.

So you see, in helping you, we are helping our selves.

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, or if you get into trouble when you drink you maybe an alcoholic. Only you can decide. No one in AA will tell you whether you are or not.

What can I do if I am worried about my drinking?

Seek help - Alcoholics Anonymous can help.

What is Alcoholics Anonymous?

We are a fellowship of men, and women who have lost the ability to control our drinking and have found ourselves in various sorts of trouble as a result of drink. We attempt, most of us -successfully, to create a satisfactory way of life without alcohol. For this we need the help and support of other alcoholics in AA.

If I go to an AA meeting, does that commit me to anything?

No. AA keeps no membership files, or attendance records. You need disclose nothing about yourself. No one will bother you if you don't want to comeback.

What happens if I meet people I know in AA?

They will be there for the same reason as you. They will not reveal your identity to outsiders. At AA you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

What happens at an AA meeting?

An AA meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drink did to their lives and personalities; what action they took to deal with this & how they are living their lives today.

How can this help me with my drink problem?

We in AA know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists; our only qualification for helping others to recover from alcoholism is that we have recovered ourselves, but problem drinkers coming to us know that recovery is possible because they see people who have done it.

Why do you keep on going to meetings after you are cured?

We in the Fellowship of AA believe there is no such thing as a cure for alcoholism. We can never return to normal drinking and our ability to stay away from alcohol depends on maintaining our physical, mental and spiritual health. This we can achieve by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.

How do I join AA?

You are an AA member if and when you say so.

The only requirement for AA membership is a desire to stop drinking; many of us weren't very wholehearted about that, when we first approached AA!

How much does AA membership cost?

There are no dues or fees for AA membership. An AA group will usually have a collection during the meeting to cover running expenses, such as rent, tea / coffee etc; Members are free to contribute as much or as little as they wish.

Is AA a religious organisation?

No. Nor is it allied to any religious organisation.

There's a lot of talk about God, though, isn't there?

The majority of AA members believe that we have found the solution to our drink problem not through individual willpower, but through a Power greater than ourselves. However, everyone defines this power as he or she wishes. Many people call it God, others think it is the collective therapy of AA; others refuse to believe in it at all. There is room in AA for people of all shades of belief and non-belief.

Can I bring my family to an AA meeting?

Family members or close friends are welcome at 'open' AA meetings - discuss this with your local contact.

What advice, do you give to new members?

In our experience the people who recover- in AA are those who:

- 1 Stay away from the first drink.
- 2 Attend AA meetings regularly
- 3 Seek out the people in AA who have successfully stayed sober for some time
- 4 Try to put into practice the AA programme of recovery

How can I contact AA?

You will have received this letter from the Bristol office of AA - if you would like to contact us again please ring 0117 926 5520 (24hr) or if you have been handed this by someone else you can phone the National helpline number on 0800 917 7650 (24hr)

A.A. Pledge

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

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