

PUBLIC INFORMATION PRESENTATION FOR SCHOOLS

Introduction

Hi, I'm _____, a member of Alcoholics Anonymous, also known as A.A.

I do not speak for all of A.A. - no one person does. We are here today to tell you about A.A., what A.A. does and does not do, and how the A.A. recovery program works.

You may or may not be able to use some of this information now, but later in life you might find it helpful.

Personal Story (briefly)

When you started drinking, what reasons, why you liked it, some results of drinking, how it progressed, what brought you to A.A., how you use the A.A. program of recovery and what life is like today.

In A.A., I learned that: alcoholism is a disease, I have an allergy to alcohol which affects me physically, mentally, spiritually I found out that alcoholism is a progressive disease, only gets worse, never better- alcoholics get a daily reprieve by staying sober one day at a time. Some people remain social drinkers all their life; they can take it or leave it and they certainly don't keep drinking when they feel nauseous or get in trouble with the law or personal relationships. I cannot, if take one drink my body tells me it needs more. I learned that I needed to swallow my pride and admit I needed help and get a sponsor, someone who had been sober awhile and could help me in A.A.'s program of recovery.

We use the 12 Steps as a program of recovery - these are suggestions of how an alcoholic can live a sober, happy and useful life. The A.A. recovery program is described in the book, Alcoholics Anonymous, also known as the "Big Book" -- it also has stories written by alcoholics about their recovery (we will be leaving a copy of the Big Book for your school library / or we have already put a copy in your library).

At some meetings tokens are given for the different lengths of sobriety a person has achieved, or a cake for a year anniversary. We do celebrate being sober; every day an alcoholic stays sober is quite an achievement; no matter how "bad" the day may have been, it's still better than when drinking. My sponsor, who has been working on the Steps for many years, helps guide me and answers my questions.

History

A.A. started in 1935, when two men labeled as hopeless drunks met in Akron, Ohio. Both had been born in Vermont. Each had important information about alcoholism and when combined and discussed they came up with a program of recovery. A.A. has grown to over 2 million members in over 145 countries. In the beginning, most members were older males. Now the membership represents all walks of life: male/female, all different religions and occupations, all age levels (see survey on bulletin board). The recovery rate was higher in the early days of A.A., most of the people who joined A.A. were hopeless drunks and desperate since nothing else had worked for them.

Question Period

Closing

How to contact A.A. locally - district and area meeting lists (show meeting list), telephone listing under A.A. and/or Alcoholics Anonymous In almost any phone book around country (and world) there will be an A.A. listing

At meetings members share their experience, strength and hope in order to help one another. Some A.A. meetings are "open" for anyone to attend. People come to these open meetings especially if they're questioning their own drinking, since only the individual himself can decide whether he's an alcoholic. "Closed" meetings are for those people who know they're alcoholics and there's more freedom in sharing at those meetings because everyone knows they're sharing in front of fellow alcoholics. Young people are welcome - (tell about meetings available in area where presentation is being made from the meeting list).

Other fellowships for other problems, such as:

Al-Anon - for friends & family of alcoholics

Alateen, part of Al-Anon

NA, etc. - concentrate on other addictions, just as A.A. deals just with alcohol

Anonymity

Protects the identity of newcomers, one of our important Traditions - we make known our principles of recovery, not the people who are members of A.A. There are no so-called "important" people in A.A. -- we are all equal.

What A.A. does not do ("A.A. At A Glance") - keep membership lists, follow or control its members, make medical diagnosis, offer food, jobs, money, etc., provide letters of reference to courts, employers, etc. More information can be found in this pamphlet, if you'd like a copy

Thank you for your attention!

Thanks to (the pastor) for giving us this opportunity to pass along information about Alcoholics Anonymous.