

What happens at AA meetings?

Your local AA meetings are open to alcoholics and their families and to anyone interested in solving a personal drinking problem or helping someone else to solve such a problem.

We only use first names to keep it anonymous. If you happen to see someone you know, expect a warm welcome but please do not tell outsiders who you saw at AA.

The local meetings follow a more or less set pattern. A chairperson describes the AA program briefly for the benefit of newcomers in the room and calls speakers who relate their personal drinking histories and may give their interpretation of recovery in AA. Speaking is encouraged but not compulsory.

The meetings last for up to 90 minutes. At the end there is usually a period for announcements while a treasurer passes the hat to defray costs of the meeting venue, literature and incidental expenses. Members donate only if they can afford it and a gold coin or small note is enough. Please note that AA neither seeks nor accepts contributions from non-members. The meeting then adjourns, often followed by informal chatting.

If you are an alcoholic, your life may change by coming to an AA meeting.



GAYAA.ORG.AU

To find a meeting near you:

www.aa.org.au
www.gayaa.org.au

1300 AA AA AA
22 22 22

alcoholism

**Alcoholics Anonymous
may be able to help**



GAYAA.ORG.AU

**This brochure introduces
your local LGBTQI meetings
of Alcoholics Anonymous**

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic.

Only you can decide. No one in A.A. will tell you whether you are or not.

The following questions may help you decide.

- Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
- Do you wish people would mind their own business about your drinking - stop telling you what to do?
- Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
- Have you had to have an eye-opener upon awakening during the past year?
- Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
- Have you missed days of work or school because of drinking?
- Do you have "blackouts"?
- Have you ever felt that your life would be better if you did not drink?
- Do you envy people who can drink without getting into trouble?
- Have you had problems connected with drinking during the past year?
- Has your drinking caused trouble at home?
- Do you ever try to get "extra" drinks at a party because you do not get enough?

Alcoholics Anonymous

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, organisation 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.

More information

Free pamphlets about AA and recovery from alcoholism are available at local meetings. You can also find out more about Alcoholics Anonymous at:



WWW.GAYAA.ORG.AU

For details of LGBTQI AA meetings.

WWW.AA.ORG.AU

For details of other AA meetings near you.



GAYAA.AUSTRALIA@GMAIL.COM

To speak to an LGBTQI member of AA.



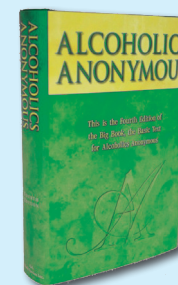
You can also talk to a member of AA by ringing:

1300 22 22 22



Suggested Reading

Alcoholics Anonymous publishes literature that explains how its program works. These can be purchased at cost price from the meetings or borrowed from your local library.



Alcoholics Anonymous

This is the "book of experience" from which the Fellowship derived its name. It contains an analysis of the principles which led to the sobriety of the earliest members, together with a representative cross section of contemporary personal stories.



Twelve Steps and Twelve Traditions

This book contains a detailed interpretation of principles of personal recovery and group survival by one of the co-founders of the Fellowship.