

A Beginners' Guide to AA

(From a Secular Point of View)



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Introduction and Definitions

A Beginners' Guide to AA, from a Secular Point of View

When we come into AA, we have no idea that we will need to learn a new language as well as learn how to stay sober. And, even though millions of us have walked, crawled, rolled, and fallen through the doors of AA, there really isn't a guidebook to help the newcomer understand this new language. Until now, that is. Now, I am not saying this the definitive and all-inclusive primer on AA, but it will at least give you a head start into feeling more at ease, and maybe just a little less self-conscious about what others are saying.

Here are some terms, phrases, and words one might hear in and around AA meetings and what they mean to me. Now, that being said, that doesn't mean they are the absolute definition that Webster or Wikipedia might say, but they are what has worked for me. I believe in keeping it simple, but I you can always do an online search to find other definitions. That is a good practice. Back in the "old days", we used to keep a dictionary next to our Big Book to look up terms that we had never heard of before. Having a dictionary on my phone is so much easier, but sometimes, it just feels good to feel paper and look at a real book.

Big Book: This is the book, "Alcoholics Anonymous", and is known as the basic text of the program of Alcoholics Anonymous. It was published in 1939, and written by Bill W, co-founder of AA. The first 164 pages have not changed since first written, and are referred to as "the program". The current version is the 4th edition of this book. The book is divided into 2 sections: the first 164 pages is considered the basic text, then the rest of the book are stories written by alcoholics, and they share what it was like, what happened and what it's like today.

The Steps: The steps were first published in the Big Book. These are suggested for individuals to use for developing a firm foundation of recovery.

The Traditions: The Twelve Traditions provide guidelines for relationships between the groups, members, the global Fellowship and society at large. There is both a short form and a long form of the Traditions.

The 12 and 12: The full title of the book is, "Twelve Steps and Twelve Traditions", but it is commonly referred to as the 12 and 12. Originally published in 1953 as a companion to the Big Book, it explains in further detail each of the original steps and traditions.

"Work the Steps" and "Working the Program": There are 12 Steps and 12 Traditions associated with AA. The steps are for the individuals in the program, and the traditions are for

the group. When people begin to start reading, talking about, and doing the steps, this is referred to as “work (or working) the steps”. It just means you are starting on Step One, and will proceed through the steps, over time, and with the guidance of a sponsor.

Sponsor: A sponsor is just someone who has worked the 12 steps of recovery and can share with you their experience, strength and hope. Some people prefer the moniker of “sobriety partner”. They aren’t our parents, financial advisors, therapists, lawyers, or anything else. Though they may be that in their profession or other roles, that is NOT why they are our sponsors, and that is not how they are to be utilized. They are just another drunk that has worked the steps, and can help you go through them as well. It is highly recommended that they have at least a year or more of sobriety, and is someone that is willing to help you. Often times, someone might become a temporary sponsor; this just means it is a trial period for both of you to make sure you are a fit for each other. If it doesn’t work, for either of you, it is not a reflection on you as a newcomer, nor for the one with more sobriety. Sometimes, people just don’t mesh. Just try again! But, beware of 13 steppers; these are people that take advantage of newcomers by sexualizing them either physically, emotionally or both. Usually it is suggested that same gender sponsors are a best choice, but that isn’t always the case.

Home Group: This is a meeting place where you go to most of your meetings; where people can get to know you and you can get to know them. There are no hard and fast rules about home groups; you can have more than one.

“Old Timer”: When a person has been sober a long time, sometimes they are referred to as an old timer. Sometimes this is referred to as having double-digit sobriety: having more than 10 years of continuous sobriety.

Meetings: There are several types of meetings: open meetings, closed meetings, discussion meetings, speaker meetings, and book/literature studies. Open meetings are open to anyone interested in learning more about AA. There may be students, nurses, doctors or family members present. Closed meetings are for alcoholics only, or for those that may not have decided whether they can label themselves as an alcoholic yet. As long as you have a desire not to drink, you are welcome at closed meetings. The purpose is to ensure the anonymity of people in the room. Discussion meetings generally have a chairperson who “chairs” the meeting. There is sometimes a written format they follow, sometimes it is just a preamble, maybe some readings from the Big Book or Steps, and then a topic is discussed. Speaker meetings generally have one speaker who speaks for the length of the meeting on what their life was like in their active using, how they came to AA, and what their life is like now.

Book/literature studies are a great way to get acquainted with the Big Book, 12 and 12, or other literature. Usually a member reads a paragraph or so then may comment on what they read, or

maybe what someone else read earlier.

Some of the literature that may be discussed in a literature study is: Big Book, 12 and 12, Living Sober, As Bill Sees It, or other material.

“Birthdays/Anniversaries” and “Chips”: In AA, many people celebrate periods of continuous sobriety. Each group does it a little different, but generally there are chips (originally they were poker chips, and sometimes still are!) that represent months of sobriety (30 days, 2, 3, 6, and 9 months) and medallions (which are usually bronze) for each year of continuous sobriety. There is also a chip given for anyone that would like to join the program. Sometimes this is aluminum or a white poker chip; it might be called a desire chip or a surrender chip/token. It represents an outward symbol of an inward desire to stay sober for 24 hours. There are no hard and fast rules for keeping track of your sobriety date, nor is it a requirement for membership. Remember, the only requirement for membership is a desire to stop drinking (Tradition 3.)

CrossTalk: This occurs when someone talks directly to another person during a share in a meeting, whether it is to give them advice or answer a question. The best time for questions and answers is before and after the meeting time.

Dual Diagnosis: It is when you have two concurring disorders, like alcoholism and chronic depression, or some other mental disorder. Sometimes this is referred to as being a double winner. Another use of the term double winner is when you are in two 12 step programs at the same time; like AA and Alanon.

Service: Service work is an important part of becoming a part of a group. It helps us feel helpful, and in turn aids in connecting with members in a way that isn’t really possible in a meeting. Some of the types of service work that we find available in meetings, whether in-person or online can be done by anyone of any length of sobriety. Every group has their own rules regarding length of sobriety for meeting chairs and trusted service positions.

Here is a very small list of ways to be of service at a meeting:

- **Making Coffee** – It’s kind of hard to make for everyone at an online meeting, but sometimes essential at an in-person!
- **Chairing Meetings** – Being willing to read the format for the group, and depending on the type of meeting, either have a prepared topic, or introduce the speaker.
- **Greeter** – Just being there and welcoming each member as they arrive is a great way to get to know people. It also helps newcomers to the meeting feel “seen” and encourages them to feel welcome to come back to the meeting.
- **Answering Phones/email** – If your group has a phone number or an email address, you can help by returning communications and answering questions. If you don’t know the answer, it is a good way to ask others and find out!
- **Trusted Servants:** These are elected by the group at a group conscience meeting. Not all groups have these, nor are they big enough to have regular group conscience meetings. This brings up

the next question, “What is a group conscience?” It is a when home group members get together to discuss issues that may have arisen within a regular AA meeting, and needs further discussion and/or to vote on a change to take place for the group.

Traditional or Mainstream AA: The program of AA started in 1935 in Akron, OH, USA and has grown throughout the globe, and can be found in almost every country in the world. It is not a religious program; instead it is spiritual in nature. However, there is use of the god word and many newcomers today that have no interest in god or religion may have some difficulty feeling comfortable in mainstream AA. No two groups are exactly the same; so if you don’t feel good in one meeting, try another. Or, if the god word is really difficult for you, then you might want to try secular AA meetings.

Secular AA: Secular AA has grown exponentially since the pandemic and the availability of technology such as Zoom and other forms of online meetings. There is no promotion or discussion of god, and many groups have adapted the 12 steps into language that is more inclusive of other types of beliefs, including atheist, agnostic, or whatever you want to believe.

AA PREAMBLE:

“Alcoholics Anonymous is a fellowship of people 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.”

THE PROMISES (pp 83-84, Big Book)

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

THE RESPONSIBILITY STATEMENT:

The Responsibility Statement was written for the 30th anniversary International convention of Alcoholics Anonymous in 1965 in Toronto:

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

Twelve Steps and Twelve Traditions

THE TWELVE STEPS (ORIGINAL)

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon AA unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups, or AA as a whole.
5. Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. AA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues, hence the AA name ought never be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

A List of Conference Approved Literature

BOOKS:

Alcoholics Anonymous: The “Big Book” was published in 1939 and is considered the basic text of our program. The first 164 pages are the guide to the program, and the remainder of the book is a compilation of recovery stories. Even though there is much god-talk and some archaic language, I feel it still has an important part to play in AA recovery today. There are many great suggestions, as well as information contained within the book; however, just like everything else, take what you like and leave the rest. Just don’t feel the need for contempt prior to investigation; see for yourself.

12 Steps & 12 Traditions: A supplement to the Big Book which expands on the steps and traditions of A.A. It was first published in 1953. It explains each of the steps and traditions in detail, and assists in the working of them. It is said that the steps are for the individuals, and the traditions are for the groups.

Living Sober: Practical advice to the person in early sobriety. It has lots of suggestions to help those in early recovery. It is non-religious and very useful.

Came to Believe: Is designed as an outlet for the rich diversity of convictions implied in “God as we understand him”.

As Bill Sees It: A collection of the writings of one of our co-founders, Bill W., on a wide variety of topics dealing with alcoholics.

Daily Reflections: Meditative thoughts from the membership presented in a daily format. (Contains God references.)

A.A. Comes of Age: A brief history of A.A.’s early days.

Dr. Bob & the Good Oldtimers: A biography of one of our Co-founders and a history of early A.A. in the Midwest.

Pass It On: The story of Bill W. and how the A.A. message reached the world.

A.A. Grapevine: AA’s monthly meeting in print. It contains stories of recovery by fellow alcoholics in recovery. It also lists upcoming events worldwide, such as conventions and workshops.

PAMPHLETS:

There are 48 pamphlets listed on aa.org. Of them, here are a few that secular folk and newcomers to AA might be interested in reading. You can go to <https://www.aa.org/resources/literature> and download a free copy or read online.

The God Word: Ten agnostic/atheist members share their experience of finding meaningful recovery in A.A., showing there is room in the Fellowship for believers and non-believers alike.
A Brief Guide to A.A. Using simple language, this pamphlet offers general information on Alcoholics Anonymous, covering topics such as symptoms of alcoholism, the Twelve Steps (A.A.'s program of recovery), the function of A.A. meetings, and more.

A Newcomer Asks: Straightforward answers to 15 questions that those new to Alcoholics Anonymous frequently ask about getting sober in A.A.

A.A. for the Native North American: Sixteen Native and First Nation people share how they found recovery from alcoholism in A.A. while remaining true to their rich heritage and spiritual teaching.

Access to A.A.: Members share on Overcoming Barriers: This pamphlet includes the experiences of A.A. members who are blind and/or deaf, those who have hearing or vision loss, those who are housebound or chronically ill, and those who are living with the effects of brain injuries or stroke. These are the stories of alcoholics who found A.A. and are now living new and productive lives free from alcohol.

Black in AA – Experience Strength and Hope: Completely updated and rewritten, “Black in A.A. – Experience, Strength and Hope” replaces the pamphlet titled “A.A. for the Black and African American Alcoholic.” With a new Introduction and contemporary sharing by 12 A.A. members from the United States and Canada, the new pamphlet has been published in English, with French and Spanish translations to follow.

Do You Think You’re Different?: Speaks to newcomers who may wonder how A.A. can work for someone “different”—black or Jewish, teenager or nearing 80, plus nine other people who tell how the A.A. program has worked for them.

Hispanic Women in A.A.: Hispanic Women in A.A. share their experiences of hope and recovery

Is A.A. for Me?: This illustrated, easy-to-read 32-page pamphlet expands on the 12 self-diagnostic questions in “Is A.A. for You?” Suitable for those who think they may have a drinking problem.

Is A.A. for You?: Lists 12 questions to ask yourself if you think you may be an alcoholic. For those who think they may have a drinking problem.

LGBTQ Alcoholics in A.A.: Thirteen LGBTQ alcoholics chronicle their experience before and after joining Alcoholics Anonymous, and how — despite their trepidations about A.A. — they discover that the tie that binds us all together is freedom from alcohol. Includes stories by recovering alcoholics who self-identify as lesbian, gay, bisexual, trans and transitioning, and queer.

Many Paths to Spirituality: With sharing that reflects the boundless range of belief (and non-belief) among A.A. members — including Buddhism, Islam, Native American faith traditions, and atheism and agnosticism — this pamphlet shows how Alcoholics Anonymous is a spiritual organization, rather than a religious one.

Problems Other Than Alcohol: Bill W.'s thoughts on the status of those addicted to drugs and other substances within A.A. are as timely as when they appeared in a 1958 Grapevine.

Questions and Answers on Sponsorship: Uses shared A.A. experience to answer 34 questions likely to be asked by persons seeking sponsors, persons wanting to be sponsors, and groups planning sponsorship activity.

Too Young?: This full-color, graphic-novel-style pamphlet speaks directly to teenagers, depicting six young people (aged 13 to 18) as they tell their real-life drinking stories and describe their welcome to Alcoholics Anonymous.

Women in A.A.: Twelve alcoholic women from a range of backgrounds — a U.S. Marine, a stay-at-home mom, a teenage runaway — share how they stopped drinking and found recovery in A.A. Touching on many of the themes common among still-suffering female alcoholics, their stories show how Alcoholics Anonymous helped these women find a new way of life.

Young People in A.A.: Completely revised and redesigned, the “Young People in A.A.” pamphlet now contains seven new stories by young A.A. members. Informed by input and feedback from young A.A. members attending recent YPAA meetings, this beautifully redesigned pamphlet includes colorful illustrations crafted by one of our most beloved Grapevine illustrators.

A List of Other Literature for Alcoholics and Addicts:

(Most can be found on Amazon.com)

Beyond Belief: Agnostic Musings for 12 Step Life, Joe C.

Finally, a daily reflection book for everyone from Rebellion Dogs Publishing.

The Daily Stoic Journal: 366 Days of Writing and Reflection

For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

Staying Sober Without God: The Practical 12 Steps, Jeffrey Munn

Finally, a psychology-based approach to recovery that doesn't require faith in a god or supernatural being. This book will guide you through a series of 12 steps designed to free you from the patterns that keep you stuck in your addictive cycle. These 12 steps are developed to be workable whether you are currently in a traditional 12-step program or not..

The Little Book: A Collection of Alternative 12 Steps, Roger C.

The Little Book is a celebration of the many ways people are today adapting and interpreting the original 12 Steps in order to achieve a "personality change sufficient to bring about recovery from alcoholism".

The Alternative 12 Steps: A Secular Guide To Recovery, Martha Cleveland

Offers a secular interpretation of the Twelve Step program used to help individuals recover from alcoholism, and shares the stories of recovering alcoholics.

Don't Tell: Stories and Essays by Agnostics and Atheists in AA, Roger C.

The book is a diverse and eclectic sampling of writings by women and men for whom sobriety within the fellowship of AA had nothing at all to with an interventionist God.

Living Sober, Alcoholics Anonymous

A.A.'s how-to manual for staying sober in everyday situations, this widely read booklet demonstrates through simple examples how A.A. members throughout the world live their lives to the fullest while staying sober one day at a time.

Do Tell!: Stories By Atheists and Agnostics in A.A., Roger C.

This book contains thirty stories – an equal number by women and men – by atheists and agnostics who tell us “what it was like, what happened and what it’s like now” as they made their way to a life of long-term sobriety within the rooms of Alcoholics Anonymous.

Twenty-five Years of Listening, Glen Palmer-Smith

Life lessons and inspiration for all of life's struggles from the collective wisdom of people in recovery.

Not Everyone is an Egomaniac: 12 Steps for Alcoholics with low self-esteem, Beth Aich

This groundbreaking book opens the door for people who feel less-than to find a comfortable sobriety in AA, rather than trying to force themselves into Bill's shoes when they just don't fit.

Recovery Dharma: How to Use Buddhist Practices and Principles to Heal the Suffering of Addiction

In the Buddhist tradition, "Dharma" means "truth," or "the way things are." This book describes a way to free ourselves from the suffering of addiction using Buddhist practices and principles.

One Big Tent: Atheist and Agnostic AA Members Share Their Experience, Strength and Hope, AA Grapevine

One Big Tent is a collection of stories originally published in Grapevine which represent the shared experience of secular AA members who have struggled with alcoholism, yet ultimately found a common solution and a welcoming community in Alcoholics Anonymous.

Not-God, A History of AA, Ernest Kurtz

The most complete history of A.A. ever written. Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of A.A.'s early figures. It is a fascinating, fast-moving, and authoritative account of the discovery and development of the program and fellowship that we know today as Alcoholics Anonymous.

A History of Agnostics in AA, Roger C.

This book is an inspiration for those uncomfortable with the "God bit" in 12 Step recovery meetings and fellowships. A History of Agnostics in AA is a perfect blend of two essential parts for a book of this sort: personal experience and research.

To Thine Ownself Be True, Sandy Jolley

"To Thine Own Self Be True: A More-Than-Just Survival Guide" is a self-help guide for changing behaviors and enhancing recovery from addiction or other self-defeating behaviors. It is a hands-on, do-it-yourself book that provides experience, strength and hope that you can incorporate into your own recovery.

Resources

Online Groups and Information:

Official AA Website

www.aa.org

A.A. has a simple program that works. It's based on one alcoholic helping another.

AA Agnostica

<https://aaagnostica.org/>

Started over a decade ago, this is your number one stop for amazing articles about secular recovery.

NA Agnostica including Atheist, Agnostic, Freethinkers (AAF) Meetings

www.naagnostica.org

A website to question your Group Think and a nod to the Secular Network.

The Secular Recovery Groups

<https://srgrecovery.org/>

The Secular Recovery Group SM - Home Group for 10 Secular Online Recovery Meetings. Includes a meeting finder, tons of recovery links and announcements.

Our Mostly Agnostic Group Of Drunks

<https://www.omagod.org/>

Alternative Steps, FAQs, Meeting Materials and More! A very popular site from a very popular meeting!

Tús Nua's Official Website

<https://tusnua.eu/>

One of Ireland's best virtual meeting spots! Zoom meetings almost every hour on every subject you can imagine.

In The Rooms

www.intherooms.com

A global recovery community with online video meetings (not Zoom) from more fellowships than any other platform, including Gamblers Anonymous, Al-Anon, Cocaine Anonymous, Emotions Anonymous, Crystal Meth Anonymous and much more.

Online Meeting Lists:

<https://bit.ly/secularmeetings>

<https://www.aasecular.org/online-meetings>

Worldwide Secular Meetings

www.worldwidesecularmeetings.com

Incredible secular resources. Up to date announcements on upcoming events, full secular reading lists, newcomer Q&A and listings of more meetings than you can possibly imagine.

Official AA Online Intergroup Secular Meeting List

<https://aa-intergroup.org/meetings/?types=Secular>

Sort by keywords such as secular, LGBT, Step Meetings, etc.

Narcotics Anonymous Secular Meeting List

<https://secularna.org/schedule-of-secular-na-meetings>

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem.

Secular Al-Anon Family Groups Official Al-Anon Website

<https://rivenwoodbooks.com/secularAlanon/>

Al-Anon members are people, just like you, who are worried about someone with a drinking problem.

Recovery Dharma

<https://recoverydharma.org/>

Recovery Dharma is a peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom.

Podcasts and Recordings:

Many Paths To Recovery Podcast

www.manypathstosobriety.org

There is no right or wrong way to choose recovery: Everyone is traveling on a different journey to the same end result. Finding a path that creates a happier life than a life in active addiction or alcoholism produced. Join us on our journey through recovery and the path of many that we are on. As well the paths our guests take us down through their own recovery.

Rebellion Dogs: Rebellious Radio

<https://rebelliondogspublishing.com/rebellious-radio>

Available on multiple platforms like Spotify and iTunes. A very popular show!

Secular AA Podcast

<https://secularaa.buzzsprout.com/>

International Conference of Secular Alcoholics Anonymous - atheists & agnostic in AA stories, panels, speakers, meetings...

Freethinker Cottonwood Varieties of Secular Experiences Workshops

<https://www.youtube.com/channel/UCwkML7-H-Fh0JfQzh0JaFCA>

The official YouTube channel for the very popular workshops.

Tús Nua Speaker Recordings

<https://tusnua.eu/speaker-recordings/>

A HUGE selection of speaker tapes from Atheist / Agnostic addicts and alcoholics.

The Secular Recovery Group Speaker Recordings

<https://www.youtube.com/channel/UCxH0N9j99BywuyDMpUFLHCw/featured>

The official YouTube channel for TSRG's archive of speaker tapes. Wide variety to choose from.

Higher Palooza Speaker Recordings

<https://www.worldwidesecularmeetings.com/higher-palooza>

What Is Higher Palooza? Higher Palooza is a bimonthly event created to address the common misconception that AA is a Christian organization. Although there are people in AA who are Christians, there are many who are not.

Freethinkers Living Sober Podcast

<https://tunein.com/podcasts/FreeThinkers-Living-Sober-Podcast-p2006914/>

These are recordings of popular speakers and workshops from the very popular group. Check it out!

WhatsApp and Facebook Groups

Secular Notice Board WhatsApp

<https://chat.whatsapp.com/IDCMRyG00Zy8MkJmVKNLGQ>

Hosted by Tús Nua group, this chat features up-to-the minute meeting notifications as well as special events.

Secular Coffee Shop Facebook Group

<https://www.facebook.com/groups/374269562746231/>

This is the "Original" SecularAA Coffeeshop.....After we returned from our first International gathering in Santa Monica in 2014---- we thought we would create a Facebook group to help us stay in touch after the conference.

AA Beyond Belief Facebook Group

<https://www.facebook.com/groups/aabeyondbelief/>

This is a private Facebook group for people who are seeking or have found a secular path to sobriety within Alcoholics Anonymous.

Secular AA Canada Facebook Group

<https://www.facebook.com/CanadaSecularAA/>

A community for atheist, agnostics, freethinkers, humanists et al who are part of the Secular AA community in Canada - and our friends around the world and throughout AA.

The Secular NA Coffee Shop Facebook Group

<https://www.facebook.com/groups/1851422028422662>

An experimental and organic forum for NA members who struggle with the language and culture of NA with particular regard to the religious content.

Recovery Dharma Support & Connection Facebook Group

<https://www.facebook.com/groups/194931134377462>

This group is for Recovery Dharma participants who want to connect and support each other with resources, advice, and online meetings.

Popular Websites and Other Interesting Stuff

NOTE: These are both secular and traditional resources.

The Twelve Steps: A Different View

<https://www.omagod.org/alt-steps>

A listing of over 20 versions of the 12 steps.

Slogans, Slogans, Slogans!

<https://sendmeyourslogan.wixsite.com/slogans/download>

A list of over 500 sayings you might hear in meetings or elsewhere.

Tús Nua's Random Topic Generator

<https://tusnua.eu/topic-generator/>

Click the button as many times as you'd like and get a brand new meeting topic every time!

A.A.'s Frequently Asked Questions

<https://anonpress.org/faq/>

Wanna go down a rabbit hole? Where does the Circle/Triangle logo come from? What is Rule 62? And many more answers!

A Brief History of Alcoholics Anonymous and the 12-Step Model

<https://destinationhope.com/the-12-step-program-a-beginners-guide/>

From The 12 Step Program: A Beginner's Guide

The Original Manuscript of The Big Book (1938)

<https://aainthedesert.org/wp-content/uploads/2019/01/ORIGINAL-MANUSCRIPT-OF-THE-BIG-BOOK.pdf>

Sobriety Calculator

<https://www.aagrapevine.org/sobriety-calculator>

Jim Burwell from San Diego, CA - History of A.A. (06-15-1957)

<https://www.youtube.com/watch?v=ZzZYvaLy52o>

Listen to Jim B tell his memories of the beginning of AA. Lots of good information.