



Alcoholics Anonymous Central CT Intergroup

What does A.A. NOT do?

1. A.A. does *not* run membership drives to try to argue alcoholics into joining. A.A. is for alcoholics who want to get sober?
2. A.A. does *not* check up on its members to see that they don't drink. It helps alcoholics to help themselves.
3. A.A. is *not* a religious organization. All members are free to decide on their own personal ideas about the meaning of life
4. A.A. is *not* a medical organization, does not give out medicines or psychiatric advice.
5. A.A. does *not* run any hospitals or treatment centers, or provide nursing services.
6. A.A. is *not* affiliated with any other organization. But A.A. does cooperate with organization that are interested in recovery. Some members work for such organizations- but on their own- not as representatives of A.A.
7. A.A. does *not* accept money from sources outside A.A.; either private or government.
8. A.A. does *not* offer any social services, doe not provide housing, food, clothing, jobs or money. It helps alcoholics stay sober, so they can earn these things for themselves.
9. Alcoholics Anonymous lives up the "Anonymous" part of its title. It does *not* want member's full names or faces to be revealed on radio, TV, newspapers or on new media technologies such as the Internet. And member do not tell other member's names to people outside A.A.. But members are not ashamed of belonging to A.A. They just want to encourage more alcoholics to come to A.A. for help. And they do not want to make heroes or heroines of themselves simply for taking care of their own health.
10. A.A. does *not* provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

What A.A. Is



Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking 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 they have learned how to recover from it in A.A.

A.A. members say that they are alcoholics today – even when they have not had a drink for many years. They do not say that they are “cured”. Once people have lost their ability to control their drinking, they can never again be sure of drinking safely- or, in other words, they can never become “former alcoholics” or ex-alcoholics” But in A.A. they have become sober alcoholics, recovered alcoholics.

A brief guide to A.A.



What is AA?

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking 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 they have learned how to recover from it in AA.

A brief guide to 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 problems and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no fees for A.A. membership; we are self-supporting through our own contributions

A.A. is not allied with any sect, denominations, politics, organization or institution; down not wish to engage in any controversy; neither endorse nor oppose any causes.

Our primary purpose is to stay sober and help the alcoholics to achieve sobriety.

Am I an Alcoholic?

12 questions only you can answer

Answer YES or NO to the following questions.

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking— stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have an eye-opener upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get “extra” drinks at a party because you do not get enough?
9. 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?
10. Have you missed days of work or school because of drinking?
11. Do you have “blackouts”?
12. Have you ever felt that your life would be better if you did not drink?

Did you answer YES to 4 or more of these questions? You may be in trouble with alcohol.

These questions are from AA’s website, (c) Copyright 1973, A.A. World Services, Inc. Read more about them on aa.org by [clicking here](#).



What happens at an AA meeting?

AA meetings vary in format and size. There are discussion meetings, speaker meetings, meetings which center around reading AA literature, and some meetings are combinations of these formats.

At any AA meeting, alcoholics share from their own experience about what their lives were like when they were drinking, what actions they have taken to recover from active alcoholism, and what their lives are like today.

AA does not keep any membership records. You do not have to reveal anything about yourself when you attend a meeting. Attending an AA meeting does not obligate you to anything; you are welcome to make your own decision about whether to come back.



A brief guide to A.A.



How much does AA membership cost?

There are no dues or fees for AA membership. Groups often take a collection to pay for the meeting's expenses, such as coffee, rent, and literature, and AA members are welcome to contribute as much or as little as they like. Newcomers and visitors are not expected to contribute to the collection.

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What can I do next?

If you think you may be an alcoholic or you have a desire to stop drinking, we urge you to learn more about AA. The best way to learn more is to attend an AA meeting. There are hundreds of AA meetings in Connecticut everyday, meeting at almost any time of day.

You can find updated information on meetings at:

<http://CCTI-AA.org>

Or by calling **toll-free number 1-866-STEPS12 (1-866-783-7712)** to connect you with the AA answering service, or use one of the local numbers listed below.

NEW Spanish language answering service at 1-855-ESPANCT (1-855-377-2628).

NUEVO española en el servicio de contestador 1-855-ESPANCT (1-855-377-2628).

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