

The Sea Point Sunset Group

Newcomer Starter Pack

An Introduction to A.A. & Handy Recourses

A.A. PREAMBLE

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.

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FIRST THINGS FIRST

“Is AA for You? 12 Questions only you can answer”.

Visit this link to read the pamphlet:

https://www.aa.org/sites/default/files/literature/p-3_en_0522.pdf

THINK

Have any questions? Of course you do, like we all had.

Visit this link for “A Newcomer Asks”, answering some pertinent FAQs:

<https://cdn.website-editor.net/109de84a47074913afb24bec1b22d8/files/uploaded/new.pdf>

JUST FOR TODAY

Now that you have stopped drinking, your main problem is to not start again.

Click here for a few practical tips, based on the experience of others, that should help make this easier for you:

https://www.alcoholics-anonymous.org.uk/download/1/Library/Documents/Downloads/Just_for_today.pdf

EASY DOES IT

One of the most useful sayings that has been adopted in A.A. is that which advises: “Easy Does It.” So universally workable is this good advice that it qualifies as the expression of one of the fundamental steps in personal rehabilitation.

If this particular saying is applied sincerely and intelligently, it will greatly ease the path of the newcomer in A.A., avert “slips” and further the development of a mature life both inside and outside A.A.

For example, “Easy Does It,” means – relax! Don’t fret and worry and stew and struggle! Take it easy! Relax!

Everyone who has an intimate knowledge of the alcoholic will agree that one of the first things he needs to do is to relax, not only in the early stages of A.A. but forever after and a day. “Easy Does It” applies no matter how long one has been in A.A. and, in fact, it is essential to continue progress in A.A. and to a return to more normal living outside.

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ASK FOR HELP

We all needed to - and still need to - ask for help. So, what is a Sponsor?

Click on this link for Q&As on Sponsorship:

https://www.aa.org/sites/default/files/literature/p-15_en_0722.pdf

KEEP GOING TO MEETINGS

As the message of recovery has reached larger numbers of people, it has also touched the lives of a vastly greater variety of suffering alcoholics. When the phrase “We are people who normally would not mix” (page 17 of this book) was written in 1939, it referred to a Fellowship composed largely of men (and a few women) with quite similar social, ethnic, and economic backgrounds. Like so much of A.A.’s basic text, those words have proved to be far more visionary than the founding members could ever have imagined. The stories added to this edition represent a membership whose characteristics—of age, gender, race, and culture—have widened and have deepened to encompass virtually everyone the first 100 members could have hoped to reach.

While our literature has preserved the integrity of the A.A. message, sweeping changes in society as a whole are reflected in new customs and practices within the Fellowship. Taking advantage of technological advances, for example, A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world. In any meeting, anywhere, A.A.’s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face-to-face, A.A.’s speak the language of the heart in all its power and simplicity.

AA Big Book, 4th Edition, page xxiii - 2001

WHERE?

Over the past few years, online meetings have really become common place and provides us the opportunity to attend a meeting anywhere in the world when we need a meeting. So, apart from your local in-person meeting down the road or on the other side of town, Zoom allows us to virtually walk into a meeting anywhere in the world when we need a meeting.

Click here for the South African meeting directory, both in-person and online:
<https://www.aasouthafrica.org.za/meetings/?tsml-day=any>

This link takes you to the A.A. intergroup directory of worldwide online meetings:
<https://aa-intergroup.org/meetings/>

LITERATURE

As with meetings, all AA Literature is available for purchase on-line. Some publications are also available for online reading or pdf download. Better yet, get your copy from your favourite in-person meeting – look out for the literature representative who will assist you.

The Everything AA app is a great resource to have on your phone – check it out for free in the app store.

Ask a service representative at any meeting, or your sponsor, if you need any assistance.

A VISION FOR YOU

Our book is meant to be suggestive only. We realise we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you -- until then.

Alcoholics Anonymous, Fourth Edition, p164