

# This Is **A.A.**

An introduction  
to the A.A.  
recovery program



*ALCOHOLICS ANONYMOUS*<sup>®</sup> 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 A.A. membership; we are self-supporting through our own contributions.

A.A. 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.

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[www.aa.org](http://www.aa.org)

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## **Only you can decide**

If you seem to be having trouble with your drinking, or if your drinking has reached the point where it worries you a bit, you may be interested in knowing something about Alcoholics Anonymous and the A.A. program of recovery from alcoholism. As you read this, we suggest only that you keep an open mind on the subject. Consider your drinking carefully in light of what you may learn from these pages. Determine, for yourself, whether or not alcohol has become a problem for you. And remember that you will always be most welcome to join the thousands of people in A.A. who have put their drinking problems behind them and now lead meaningful, constructive lives without alcohol.



## ***Who we are***

We in A.A. are individuals who have discovered, and admitted, that we cannot control our drinking. We have learned that we must live without alcohol if we are to avoid disaster for ourselves and those close to us.

With local groups in thousands of communities, we are part of an informal international fellowship that now has members in more than 180 countries. We have but one singular focus: to stay sober ourselves and to help others who may turn to us for help in achieving sobriety.

We are not reformers, and we are not allied with any group, cause, or religious denomination. We have no wish to make the world stop drinking. We do not recruit new members, but we do welcome them. We do not impose our experience with problem drinking on others, but we do share it when we are asked to do so.

Within our membership may be found people of all ages and many different social, economic, ethnic and cultural backgrounds. Some of us drank for many years before coming to the realization we could not handle alcohol. Others were fortunate enough to appreciate, early in life or in their drinking careers, that alcohol had become unmanageable.

The consequences of our alcoholic drinking have also varied. A few of us had become indigent before turning to A.A. for help. Some had lost family, possessions, and self-respect. We had been homeless or nearly so in many cities. Some of us had been hospitalized or jailed. We had committed grave offenses — against society, our families, our employers and ourselves.

Others among us have never been jailed or hospitalized. Nor had we lost jobs or families through drinking. But we finally came to a point

where we realized that alcohol was interfering with normal living. When we discovered that we could not live without alcohol, we, too, sought help through A.A.

Countless faiths and traditions are represented in our Fellowship, and many religious leaders have encouraged our growth. There are also atheists and agnostics among us. Belief in, or adherence to, a formal creed is not at all required.

We are united by our common problem, alcoholism. Meeting and talking and helping other alcoholics, *together* we are able to stay sober and to lose the compulsion to drink, once a dominant force in our lives.

We do not think we are the only people who have the answer to problem drinking. We know that the A.A. program works for us, and we have seen it work for every newcomer, almost without exception, who honestly and sincerely wanted to quit drinking.

Through A.A., we have learned a number of things about alcoholism and about ourselves. We try to keep these facts fresh in our thinking at all times, because they seem to be the key to our sobriety. For us, sobriety must always come first.

### ***What we have learned about alcoholism***

The first thing we have learned about alcoholism is that it is one of the oldest problems in history. Only recently have we begun to benefit from new approaches to the problem. Doctors today, for example, have a clearer understanding about alcoholism than their predecessors had since the founding of A.A.

While there is no formal “A.A. definition” of alcoholism, most A.A. members agree that, for us, it could be described as *a physical compulsion coupled with a mental obsession*. We mean that we had a distinct physical desire to consume alcohol beyond our capacity to control it, and in defiance of all rules of common sense. We not only had an abnormal craving for alcohol, but we frequently yielded to it at the worst possible times. We did

not know when (or how) to stop drinking. Often we did not seem to have sense enough to know when not to begin.

As alcoholics, we have learned the hard way that willpower alone, however strong in other respects, was not enough to keep us sober. We have tried laying off for specified periods. We have made solemn promises. We have switched brands and beverages. We have tried drinking only during certain hours. But none of our plans worked. We always wound up, sooner or later, by getting drunk when we not only wanted to stay sober, but had every rational incentive for staying sober.

We have gone through stages of dark despair when we were sure that there was something wrong with us mentally. We came to hate ourselves for wasting the talents with which we had been endowed and for the trouble we were causing our families and others. Frequently we felt sorry for ourselves and proclaimed that nothing could ever help us.

We can smile at those recollections now, but at the time they were grim, unpleasant experiences.

### ***Alcoholism — an illness***

Today we are willing to accept the idea that, as far as we are concerned, alcoholism is an illness, a progressive illness that can never be “cured,” but which, like some other illnesses, *can* be arrested. We agree that there is nothing shameful about having an illness, provided we face the problem honestly and try to do something about it. We are perfectly willing to admit that we are allergic to alcohol and that it is simply common sense to stay away from the source of our allergy.

We understand now that once a person has crossed the invisible borderline from heavy drinking to compulsive alcoholic drinking, that person will always remain an alcoholic. So far as we know, there can never be any turning back to “normal” social drinking. “Once an alcoholic, always an alcoholic” is a simple fact we have to live with.

We have also learned that there are few alternatives for alcoholics. If they continue to drink,

their problem will become progressively worse; they seem assuredly on the path to catastrophe, to hospitals, to jails or other institutions, or to early graves. The only alternative is to stop drinking completely, to abstain from even the smallest quantity of alcohol in any form. If they are willing to follow this course, and to take advantage of the help available to them, a whole new life can open up for alcoholics.

There were times in our drinking careers when we were convinced that all we had to do to control our drinking was to quit after the second drink, the fifth, or some other number. Only gradually did we come to appreciate that it was not the fifth or the tenth or the twentieth drink that got us drunk; it was the first! The first drink was the one that did the damage. The first drink was the one that started us on our merry-go-rounds. The first drink was the one that set up a chain reaction of what we call “alcoholic thinking” that led to our uncontrolled drinking.

A.A. has a way of expressing this: “For an alcoholic, one drink is too many and a thousand are not enough.”

Another thing that many of us learned during our drinking days was that enforced abstinence was generally not a very pleasant experience. Some of us were able to stay sober, occasionally, for periods of days, weeks, and even years. But we did not enjoy our sobriety. We felt like martyrs. We became irritable, difficult to live and work with. We persisted in looking forward to the time when we might be able to drink again.

Now that we are in A.A., we have a new outlook on sobriety. We enjoy a sense of release, a feeling of freedom from even the desire to drink. Since we cannot expect to drink normally at any time in the future, we concentrate on living a full life without alcohol today. There is not a thing we can do about yesterday. And tomorrow never comes. Today is the only day we have to worry about. And we know from experience that even the “worst” drunks can go 24 hours without a drink. They may need to postpone that next drink to the next hour, even the next minute — but they

learn that it *can* be put off for a period of time.

When we first heard about A.A., it seemed miraculous that anyone who had really been an uncontrolled drinker could ever achieve and maintain the kind of sobriety that older A.A. members talked about. Some of us were inclined to think that ours was a special kind of drinking, that our experiences had been “different,” that A.A. might work for others, but that it could do nothing for us. Others among us, who had not yet been hurt seriously by their drinking, reasoned that A.A. might be fine for desperate drunks — those utterly unable to function in society — but that they could probably handle the problem by themselves.

Our experience in A.A. has taught us two important things. First, all alcoholics face the same basic problems, whether they are panhandling for the price of a drink or holding down an executive position in a big corporation. Second, we now appreciate that the A.A. recovery program works for almost *any* alcoholic who honestly wants it to work, no matter what the individual’s background or particular drinking pattern may have been.

### ***We made a decision***

All of us now in A.A. had to make one crucial decision before we felt secure in the new program of life without alcohol. We had to face the facts about ourselves and our drinking realistically and honestly. *We had to admit* that we were powerless over alcohol. For some of us, this was the toughest proposition we had ever faced.

We did not know too much about alcoholism. We had our own ideas about the word “alcoholic.” We tied it up with the truly down-and-out. We thought it surely meant weakness of will, weakness of character. Some of us fought off the step of admitting that we were alcoholics. Others only partially admitted it.

Most of us, however, were relieved when it was explained to us that alcoholism was an illness. We saw the common sense of doing something about an illness that threatened to destroy

us. We quit trying to deceive others — and ourselves — into thinking that we could handle alcohol when all the facts pointed the other way.

We were assured from the beginning that no one could tell us we were alcoholics. The admission had to come from us — not from a doctor or a boss or a spouse or a partner. It had to be based on facts that we ourselves knew. Our friends might understand the nature of our problem, but we were the only ones who could tell for sure whether or not our drinking was out of control.

Frequently we asked, “How can I tell if I am really an alcoholic?” We were told that there were no hard and fast rules for determining alcoholism. We learned that there were, however, certain telltale signs. If we got drunk when we had every reason to stay sober, if our drinking had become progressively worse, if we no longer had as much fun drinking as we once had — these, we learned, were apt to be symptoms of the illness we call alcoholism. Reviewing our drinking experiences and their consequences, most of us were able to discover additional reasons for recognizing the truth about ourselves.

Quite naturally, the prospect of a life without alcohol seemed a dreary one. We feared that our new friends in A.A. would be dull or, worse yet, a rabid cult of non-drinkers. But we discovered that they were, instead, human beings like ourselves, but with the special virtue of understanding our problem — sympathetically, without sitting in judgment.

We began to wonder what we had to do to stay sober, what membership in A.A. would cost, and who ran the organization, locally and worldwide. We soon discovered that there are no “musts” in A.A., that no one is required to follow any formal ritual or pattern of living. We learned also that A.A. has no dues or fees of any kind; expenses of meeting rooms, refreshments, and literature are met — literally — by passing a basket. But even contributions of this kind are not a requirement for membership.

It soon became apparent to us that A.A. has only a minimum of organization and that there is

nobody giving orders. Arrangements for meetings are handled by group officers who give up their positions regularly to make room for new people. This “rotation” system is very popular in A.A.

### ***Staying sober***

How, then, do we manage to stay sober in such an informal, loosely knit fellowship?

The answer is that, once having achieved sobriety, we try to preserve it by observing and following the successful experience of those who have preceded us in A.A.

Their experience provides certain “tools” and guides that we are free to accept or reject, as we may choose. Because our sobriety is the most important thing in our lives today, we think it wise to follow the suggestions made by those who have already demonstrated in their own lives that the A.A. recovery program works.

### ***The 24-hour plan***

For example, we make no promises; we don’t say that we will never drink again. Instead, we try to follow what we in A.A. call the “24-hour plan.” We concentrate on keeping sober just the current 24 hours. We simply try to get through one day at a time without a drink. If we feel the urge for a drink, we neither yield nor resist. We merely put off taking that particular drink until *tomorrow*.

We try to keep our thinking honest and realistic where alcohol is concerned. If we are tempted to drink — and the temptation usually lessens as time goes on — we ask ourselves whether the particular drink we have in mind would be worth all the consequences we have experienced from drinking in the past. We bear in mind that we are perfectly free to get drunk, if we want to, that the choice between drinking and not drinking is entirely up to us. Most important of all, we try to face up to the fact that, no matter how long we may have been abstinent, we will always be alcoholics — and alcoholics, as far as we know, can never again drink socially or normally.

We follow the experience of the successful “old-timers” in another respect. We usually keep coming regularly to meetings of the local A.A. group with which we have become affiliated. There is no rule that makes such attendance compulsory. Nor can we always explain why we seem to get a lift out of hearing the personal stories and interpretations of other members. Most of us, however, feel that attendance at meetings and other informal contacts with fellow A.A.s are important factors in the maintenance of our sobriety.

### ***Twelve Steps***

Early in our association with A.A. we heard about the “Twelve Steps” of recovery from alcoholism. We learned that these Steps offered a tried-and-true means of helping alcoholics stay sober. We saw that, over time, by “working the Steps,” we began to accept “life on life’s terms” and to cope with even the most challenging situations effectively — without the need to drink. Eventually, we have found we think about drinking less and less, and along the way develop a more positive approach to our lives. We discovered that a key factor in this process seemed to be honesty, coupled with reliance upon a “higher power.” While some members prefer to call this Power “God,” we were told that this was purely a matter of personal interpretation; we could conceive of the Power in any terms we thought fit: the Universe, Nature, and so on. Since alcohol had obviously been a power greater than ourselves during our drinking days, we had to admit that perhaps we were not “in charge” and that it made sense to turn elsewhere for help. As we have grown in A.A., our concept of a greater Power has often evolved, but it has always been our personal concept; no one has forced it upon us.

Finally, we noted from the Twelfth Step and from the experience of older members that work with other alcoholics who turned to A.A. for help was an effective way of strengthening our own sobriety. Whenever possible, we tried to do our share, always keeping in mind that people must

determine for themselves whether or not they are alcoholics.

We were also guided by the experience of the many A.A.s who have given new meaning to three time-worn sayings or slogans. “First Things First” is one of the slogans, reminding us that, much as we would like to try, we cannot do everything at once. We must remember that in any attempt to rebuild our lives, our first priority is to stay sober. “Easy Does It” is another old slogan with new meaning for alcoholics who are frequently guilty of working too feverishly at whatever they are doing. Experience shows that alcoholics should, and can, learn to pace themselves. “Live and Let Live” is the third slogan, a recurring suggestion that alcoholics, no matter how many years of sobriety they have, cannot afford to let themselves become intolerant of others.

A.A. books and pamphlets are also helpful. Soon after we came into A.A., most of us had an opportunity to read *Alcoholics Anonymous*, A.A.’s “basic text” in which early members first recorded their stories and the principles they believed had helped them to recover. Many members, sober for years, continue to refer to this and other A.A. books for insight and inspiration. (They are all listed at the end of this pamphlet.) A.A. also publishes an international monthly magazine called the AA Grapevine for newcomers and old-timers alike.

Because A.A. is essentially a way of life, few of us have ever been able to describe with complete accuracy just how the various elements in the recovery program contribute to our present sobriety. We do not all interpret or live the A.A. program in exactly the same way. We can all testify, however, that A.A. works for us when many other ventures into sobriety have failed. Many members who have been sober for years say that they simply accepted the program “on faith” and do not yet fully understand how A.A. works for them. Meanwhile, they keep trying to pass their experience along to others who still understand all too well the disastrous way in which alcohol works against the alcoholic.

## ***Will A.A. work for everyone?***

The A.A. program of recovery from alcoholism, we believe, will work for almost anyone who has a desire to stop drinking. It may work even for those who feel they are being prodded in the direction of A.A. Many of us made our first contact with A.A. because of social or job pressures. Later, we made our own decision.

We have seen some alcoholics stumble for a while before “getting” the program. We have seen others who made only token efforts to follow the tested principles through which over a million of us now maintain our sobriety; token efforts are generally not enough.

But, no matter how down-and-out or how high on the social or economic scale an alcoholic may be, we know from experience and observation that A.A. offers a way out of the dead end of problem drinking. Most of us have ultimately found it easier than keeping up our crumbling alcoholic lifestyles.

When we first turned to A.A., many of us had a number of serious problems — problems involving money, family, job, and our own personalities. We soon discovered that our immediate central problem was alcohol. Once we had that problem under control, we were able to make successful approaches to the other problems. Solutions to these problems have not always come easily, but we have been able to cope with them far more effectively when sober than we were able to do during our drinking days.

## ***A new outlook on life***

There was a time when many of us believed that alcohol was the only thing that made life bearable. We could not even dream of a life without drinking. Today, through the A.A. program, we do not feel that we have been *deprived* of anything. Rather, we have been freed and find that a new dimension has been added to our lives. We have new friends, new horizons, and new attitudes. After years of despair and frustration, many of us feel that we have really begun to live

for the first time. We enjoy sharing that new life with anyone who is still suffering from alcoholism, as we once suffered, and who seeks a way out of the darkness and into the light.

Alcoholism is one of North America's greatest health problems. It has been estimated that millions of people continue to suffer, perhaps unnecessarily, from this progressive illness. As members of A.A. we welcome the opportunity to share our experience in arresting this illness with anyone who seeks help. We appreciate that nothing we can say will have any real meaning until the alcoholic *personally* is ready to admit as we once did, "Alcohol is destroying me, and I want help."



## ***Where to find A.A.***

There are A.A. groups in large cities, rural areas and villages throughout the world. These resources can help direct you to a meeting in your community:

- Many A.A. intergroup or central offices have websites where information about local A.A. meetings can be found, and almost anywhere in the United States or Canada you can use the “A.A. Near You” section on the A.A. website: [www.aa.org](http://www.aa.org).
- You can also find a meeting by downloading the Meeting Guide app at no cost on your smartphone. 
- Additionally, information about local meetings can often be obtained from healthcare workers, faith leaders, media outlets, hospitals and alcoholism facilities that are familiar with our program.

Each A.A. group endeavors to provide a safe meeting place for all attendees and to encourage a secure and nurturing environment. In A.A., the shared experience, strength and hope of sober alcoholics is the lifeline to sobriety; our common suffering and our common solution transcend most difficulties, helping us to create the conditions in which to carry A.A.’s message of hope and recovery to the still-suffering alcoholic.

If you cannot locate a group in your area, please contact the A.A. General Service Office, Box 459, Grand Central Station, New York, NY 10163, (212) 870-3400, [www.aa.org](http://www.aa.org). They will put you in touch with the group nearest you.

## THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

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 we were 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 OF ALCOHOLICS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon A.A. 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 A.A. membership is a desire to stop drinking.

4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

7. Every A.A. 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. A.A., 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 A.A. name ought never be drawn into public controversy.

11. Our public relations policy is based on 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.A. PUBLICATIONS** Below is a partial listing of A.A. publications. Complete order forms are available from the General Service Office of Alcoholics Anonymous, Box 459, Grand Central Station, New York, NY 10163. Telephone: (212) 870-3400. Website: [www.aa.org](http://www.aa.org)

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**BOOKS**

ALCOHOLICS ANONYMOUS  
TWELVE STEPS AND TWELVE TRADITIONS  
DAILY REFLECTIONS  
AS BILL SEES IT  
OUR GREAT RESPONSIBILITY  
ALCOHOLICS ANONYMOUS COMES OF AGE  
DR. BOB AND THE GOOD OLDTIMERS  
'PASS IT ON'

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**BOOKLETS**

LIVING SOBER  
CAME TO BELIEVE  
A.A. IN PRISON: A MESSAGE OF HOPE  
A.A. FOR THE OLDER ALCOHOLIC — NEVER TOO LATE

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**PAMPHLETS**

**Experience, Strength and Hope:**

WOMEN IN A.A.  
BLACK IN A.A.  
INDIGENOUS PEOPLE IN A.A.  
YOUNG PEOPLE IN A.A.  
LGBTQ ALCOHOLICS IN A.A.  
THE "GOD" WORD: AGNOSTIC AND ATHEIST MEMBERS IN A.A.  
A.A. FOR ALCOHOLICS WITH MENTAL HEALTH ISSUES —  
AND THEIR SPONSORS  
ACCESS TO A.A.: MEMBERS SHARE ON OVERCOMING BARRIERS  
A.A. AND THE ARMED SERVICES  
DO YOU THINK YOU'RE DIFFERENT?  
MANY PATHS TO SPIRITUALITY  
HISPANIC WOMEN IN A.A.  
BEHIND THE WALLS: A MESSAGE OF HOPE  
IT SURE BEATS SITTING IN A CELL  
(An illustrated pamphlet for those in custody)

**About A.A.:**

FREQUENTLY ASKED QUESTIONS ABOUT A.A.  
IS A.A. FOR ME?  
IS A.A. FOR YOU?  
A NEWCOMER ASKS  
IS THERE AN ALCOHOLIC IN YOUR LIFE?  
THIS IS A.A.  
QUESTIONS AND ANSWERS ON SPONSORSHIP  
THE A.A. GROUP  
PROBLEMS OTHER THAN ALCOHOL  
THE A.A. MEMBER — MEDICATIONS AND OTHER DRUGS  
SELF-SUPPORT: WHERE MONEY AND SPIRITUALITY MIX  
EXPERIENCE HAS TAUGHT US:  
AN INTRODUCTION TO OUR TWELVE TRADITIONS  
THE TWELVE STEPS ILLUSTRATED  
THE TWELVE CONCEPTS ILLUSTRATED  
THE TWELVE TRADITIONS ILLUSTRATED  
HOW A.A. MEMBERS COOPERATE WITH PROFESSIONALS  
A.A. IN CORRECTIONAL FACILITIES  
A.A. IN TREATMENT SETTINGS  
BRIDGING THE GAP  
A.A. TRADITION — HOW IT DEVELOPED  
LET'S BE FRIENDLY WITH OUR FRIENDS  
UNDERSTANDING ANONYMITY

**For Professionals:**

A.A. IN YOUR COMMUNITY  
A BRIEF GUIDE TO A.A.  
IF YOU ARE A PROFESSIONAL  
ALCOHOLICS ANONYMOUS AS A RESOURCE  
FOR THE HEALTH CARE PROFESSIONAL  
A MESSAGE TO CORRECTIONS PROFESSIONALS  
IS THERE A PROBLEM DRINKER IN THE WORKPLACE?  
FAITH LEADERS ASK ABOUT A.A.  
A.A. MEMBERSHIP SURVEY

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**VIDEOS** (available on [www.aa.org](http://www.aa.org))

A.A. VIDEOS FOR YOUNG PEOPLE  
HOPE: ALCOHOLICS ANONYMOUS  
A NEW FREEDOM

**For Professionals:**

A.A. VIDEO FOR HEALTH CARE PROFESSIONALS  
A.A. VIDEO FOR LEGAL AND CORRECTIONS PROFESSIONALS  
A.A. VIDEO FOR EMPLOYMENT/HUMAN RESOURCES PROFESSIONALS

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**PERIODICALS**

AA GRAPEVINE (monthly, [www.aagrapevine.org](http://www.aagrapevine.org))  
LA VIÑA (bimonthly, in Spanish, [www.aalavina.org](http://www.aalavina.org))  
ABOUT A.A. (digital-only, [www.aa.org/about-aa](http://www.aa.org/about-aa))

## A DECLARATION OF UNITY

This we owe to A.A.'s future: To place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives and the lives of those to come.

### I am responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that: **I am responsible.**



Scan the QR code to learn more  
about this pamphlet at  
**aa.org.**

**This is A.A. General Service  
Conference-approved literature.**

For additional information, visit [www.aa.org](http://www.aa.org) (Information for Professionals) or contact the Cooperation with the Professional Community desk at the General Service Office: [cpc@aa.org](mailto:cpc@aa.org) or 212-870-3400.

