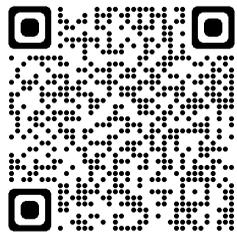


## FINDING AA MEETINGS

All over New Hampshire and even on the Internet – every day of the year – mornings, afternoons, and evenings – there is help in the form of meetings for you and for every alcoholic who wants help.

Use the handy AA Meeting Directory distributed by the NH Area Assembly which you will find at most meeting literature tables. You can also find a list of meetings in the state by visiting our website at <http://nhaa.net> (see QR code below) or by using the Meeting Guide app on your smartphone. Take in as many meetings as you can.



As one AA member says, “The Big Book is your road map; the meetings are your filling stations.”

We also have a 24/7 hotline that can help you find local meetings or connect with an AA member:

NHAA HOTLINE: 800-593-3330

# Making a Start in Alcoholics Anonymous

## A Guide for the Beginner

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 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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**New Hampshire Area Assembly**  
1330 Hooksett Road  
Hooksett, NH 03106  
603-622-6967 <https://nhaa.net>  
NHAA Hotline: 800-593-3330

## ARE YOU AN ALCOHOLIC?

To answer this question, ask yourself the following questions and answer them as honestly as you can.

- |   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| 1. Do you lose time from work due to drinking?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is drinking making your home life unhappy?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you drink because you are shy with other people?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Is drinking affecting your reputation?                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever felt remorse after drinking?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you gotten into financial difficulties as a result of drinking?       | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you turn to lower companions and an inferior environment when drinking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does your drinking make you careless of your family's welfare?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has your ambition decreased since drinking?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you crave a drink at a definite time daily?                            | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Do you want a drink the next morning?                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does drinking cause you to have difficulty in sleeping?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Has your efficiency decreased since drinking?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Is drinking jeopardizing your job or business?                            | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Do you drink to escape from worries or trouble?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Do you drink alone?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Have you ever had a complete loss of memory as a result of drinking?      | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Has your physician ever treated you for drinking?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Do you drink to build up your self-confidence?                            | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Have you ever been to a hospital or institution on account of drinking?   | <input type="checkbox"/> | <input type="checkbox"/> |

If you have answered YES to any one of the questions, you may be alcoholic.

If you have answered YES to any two, the chances are that you are an alcoholic.

If you have answered YES to three or more, you could be an alcoholic and should consider seeking help.

## MAKE A START

You have made a decision. You've taken Step One and said to yourself, “Yes, I'm one of those people who is powerless over alcohol. My life has become unmanageable. I can't stop drinking, and I want help.” You have discovered, as it says in the Big Book, that alcohol is cunning, baffling and powerful.

In order to stop drinking – and stay stopped – there are a few simple procedures you will need to apply to your life. These principles are AA's program of recovery. They can work for you as effectively as they have worked for others. Following are some suggestions we feel will be of help to you on your path to recovery.

### LIVE ONE DAY AT A TIME

Alcoholics Anonymous is a “One day at a time” way of living. We try to break life into small pieces we can handle. We stay sober one day at a time – one hour at a time if necessary. We do our jobs one task at a time. We solve our problems one problem at a time. We clean up our past one mess at a time, and we conscientiously try to turn our will and lives over to the care of a Higher Power, as we understand Him.

In learning to apply the AA principles to our lives, we ask for help from other AA members, from our sponsors, and from our Higher Power, upon whom most of us come to depend for our recovery.

## GET NUMBERS

When you cannot easily get to a meeting, the phone numbers of AA friends are invaluable. As you attend more meetings, you will meet people who will be willing to give you their phone numbers.

In emergencies you may want to call the NH AA hotline (800-593-3330) which is available 24 hours a day.

There is help available when you need it.

## GET A SPONSOR

A few members may tell you that they got sober without the aid of a sponsor, and they may be telling the truth. However, our AA experience tells us that you will have a much better chance with a sponsor than without one. In AA you will probably find that your sponsor is a vital part of your program of recovery.

Your sponsor will listen to you and give you suggestions; tell you what works for him/her; point out trouble spots and help you decide what to do about them. In other words, your sponsor helps you to understand the AA program and guides you along the path of recovery. Sponsors can't solve your problems but they can help you to face up to them with honesty and courage. They will help you find ways to solve them by using the AA program.

## INCLUDE THE FAMILY

It is said that the average practicing alcoholic affects the lives of at least five other people. Alcoholism is a family illness. We find that the family that gets sick together can often recover together. Share your program of recovery with them.

The following are some of the AA activities that you can share with your family:

*OPEN MEETINGS* - Take your spouse, friends, members of your family and others who care about you to hear the stories of AA speakers. Closed meetings are marked with a "C" in our meeting list; all other meetings are open.

*SOCIAL EVENTS* - Special dances, picnics, workshops and conferences as well as special social activities are sponsored by AA groups and districts for AA members and their families.

*Al-Anon Family Groups* are designed for members of the alcoholic family. They hold meetings just as AA groups do. They use AA's twelve steps of recovery to help them understand the alcoholic and to adjust and improve their own lives. Al-Anon membership is available to the spouse of the alcoholic or other concerned persons. Al-Anon and Alateen (specifically for teens with alcoholic parents or loved ones) have their own organizations, separate from AA.

## READ THE BOOKS

As soon as you can, we suggest you read these important books which explain the AA program of recovery:

*Alcoholics Anonymous* (The Big Book)  
*Twelve Steps and Twelve Traditions*  
*As Bill Sees It*  
*Living Sober*  
*Came To Believe*

These books are AA conference-approved literature. We suggest that you read and reread them. They can be a constant source of inspiration and understanding. Many of us begin our "quiet time" by reading a paragraph or chapter from one of them. They are the basic sources of our program of recovery.

AA literature is available and can be found on the literature tables at most AA meetings. Reading these books can be helpful to you as you travel the road to happy sobriety.

There is an excellent periodical that most of us read called the "Grapevine" which is published monthly and is filled with helpful articles for the alcoholic who wants to get well and stay that way. Subscriptions are available at a minimal cost, and many meetings will have single copies available for sale.

NH Area Assembly also publishes a monthly newsletter, the Pipeline, to keep you up-to-date on the happenings in our own area. It is free by email.

## GET A HOME GROUP

When some of us were introduced to AA through a particular group, we thought we had been assigned to that group and should not go to other meetings. Nothing could be further from the truth.

Feel free to visit various groups, but sooner or later you will want to settle down to a regular meeting that you will consider your "home group." Having a home group should not keep you from going to other meetings. Attend as many meetings as you feel the need for, and then a couple more. There are many different types of groups available.

The home group you choose should be one in which you can get sober, stay sober and feel comfortable. Your home group ought to be the place you feel challenged to continue growing and where you feel you have so many friends that you can't afford to stay away.

## BE A PART OF

So now you've made a start. We think you will find these suggestions helpful to you on your journey into happy, comfortable sobriety.

Remember, you never have to be alone if you use the tools that AA has to offer you. Our very survival requires that we carry the message to the alcoholic who still suffers. We need you. Join us. Participate. Become a part of our program of recovery.