

AA EXCHANGE BULLETIN

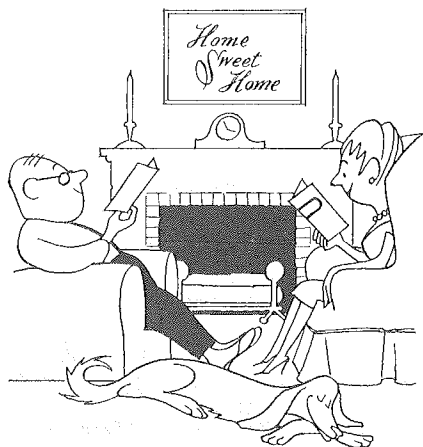


NEWS AND NOTES FROM THE GENERAL SERVICE OFFICE OF A. A.

June-July 1965

Vol. 10 No. 3

• 305 East 45th Street, New York 17 • Mail address: Box 459, Grand Central Station, New York 17 •



DOMESTIC TRANQUILIZERS

Can A.A. help the husband of an alcoholic, or the wife, and thereby strengthen the sick spouse's chance of recovery?

It can, and does, ever since the first A.A. book was published. Now it is even easier, with the help of these two pamphlets: "The Alcoholic Husband (A Message to Wives)" and "The Alcoholic Wife (A Message to Husbands)."

The Alcoholic Husband

The message to wives brings a message of hope. The material is based on the actual experience of wives whose husbands have the disease of alcoholism.

One section shows how to raise the subject of A.A. without raising the roof.

The Alcoholic Wife

The message to husbands answers many questions about the husband's stake in his wife's basic problem before and after she joins A.A.

If domestic tranquility—or peace—is desirable in your home or any home you know of where there is alcoholism, you'll find these 10¢ "tranquilizers in print" a great help.

WHICH COUNTS MOST -- ME OR MY A.A. GROUP?

That's the question one of you asked in replying to recent Bulletin queries about Group life.

"After all," writes "Group Shopper, New York," "don't we have to stay sober at all costs? And if the members of a Group or the way they operate bugs me, why shouldn't I switch Groups? I say it's fine to Group-hop if that keeps you sober. I can't stand work on Committees.

"I resent the way old-time Bleeding Deacons insist everyone must have a 'home' Group to really get A.A. I've been sober my way two years, and so have some of my best A.A. friends."

We're delighted to get all such mail at G.S.O. After all, A.A. is your fellowship, the Bulletin is your paper, so you ought to have your say.

Another member from Oklahoma, has his say this way: "Everybody in A.A. has a Group—even the Loner, and the Internationalist. By mail, in thought and in reading, each member has in his head an image of some others like him, so he can say 'we.'

"It was the knowledge that there are others like us that saved us all, from Ebby to Bill to Dr. Bob to Bill D. to last night's newest comer.

Communicate

"It's our first Tradition at work. Sometimes I think it means, 'Communicate, or die.' Once I heard a fellow say we have to love each other or perish. It isn't too important for us to like each other, but it is important for us to learn to get along with other people—for a change."

Maybe that's what J. L. of Utah had in mind when he wrote us, "I'm so proud of my Group. We got into lots of personality clashes and bickering until we decided to concentrate mostly on helping newcomers.

Twelfth Step

"In helping others, we've begun to like each other, and ourselves. We do lots of speaking at meetings

(continued on page 2)

New 'Thank You' for Contributions

For many years each contribution to support General Services has been acknowledged as received. But the growth of A.A. has made us want to try another way—the QUARTERLY ACKNOWLEDGMENT. This promises to cut record-keeping and labor costs by many hundreds of dollars.

At the end of each quarter every Group will receive a statement. This shows your Group's contributions to date. In this way you will know exactly what your Group is doing in the way of contributions.

We think you will like this new system. We certainly hope so. The 1965 Delegates to the General Service Conference have gone on record as approving this new and better way to let your Group know where it stands financially at G.S.O.

30th Anniversary

INTERNATIONAL CONVENTION

JULY 2-4, 1965 TORONTO

ME OR MY A.A. GROUP (continued)

in institutions, and we regularly adopt Loners, Internationalists, and overseas Groups to write and send literature to.

"Other members around call us the Live Wires. We have one Committee that specializes in calling on doctors and clergymen and institutions. We try to hold public meetings, too, and keep an ad going in our local paper."

"Every visitor gets a 'host' or 'hostess,' who makes the newcomer—or visitor—feel welcome."

Partners

From the mail we get at G.S.O., it seems the best kind of Group organization isn't built around titles, but around jobs, or services.

"We use the pamphlet *PARTNERS IN A.A.* as a model for our Group operations," writes J.M., Connecticut. "After all, why not use the experience of those who have learned the hard way?"

B.L., Oregon, writes, "A few years ago when an old-timer asked me what Group I belonged to, I said I belonged to A.A.-at-large. He looked thoughtful a minute, then asked quietly 'Who's going to want to help you if you get drunk?'"

Experience

"That got me. I didn't like it, resented him (scared, I guess) and dreaded it, but I finally told one Secretary I'd like to be a member of his Group. I felt foolish.

"What a great experience it has been. I've learned to do things I never dreamed I could do, and love them. There were some personality troubles (mine), but we got past them and I didn't know what I was missing until I found what close A.A. friendship can be.

"I had always thought I was a loner at heart. Now I know my heart was just lonely, and I'm proud to be a member of my Group, and to love my friends in a special way. After all, we take care of each other, drunk and sober."

A.A. EVERYWHERE



Hindi

Anywhere and everywhere, A.A. meetings and Groups are much alike. Shown here are pictures of meetings of Las Palmas Group, Grand Canary Islands, Spain; the Bandra Sunday Evening Group, Bombay, India; and Grupo El Poblado, Medellin, Colombia. They could be any meetings in Canada or the U.S.A., couldn't they?

And that triangle-in-the-circle symbol in Hindi looks almost like the one on Conference-approved pamphlets anywhere, doesn't it?

A.A. trials and triumphs, gripes and glories are similar everywhere, too, as this sampling from our mail-bag shows.

FOR A.A. TRAVELERS

"I'm quite happy to think I'm in the '65 World Directory, so maybe some people of the Alaska Highway traffic will stop to see me.

"For 20 years booze and I were on very friendly terms—always seen together. But the last 5 years I knew I had lost my grip on being a man.

"Had a bartender friend always hounding me to go to A.A. meetings. He finally shamed me into attending one about 9 years ago and I haven't had a drink since. Never has more been taught to one person in one evening than was taught to me that night.

"I do hope travelers will stop by. Tok is not much of a place really, but it is the customs stop for those entering Alaska on the highway."—R.E.S., Tok, Alaska.

9th STEP AND A GOLDEN RING

"When I quit the bottle, I had never lost a wife because of drinking. I had never had a wife—because of drinking. I had decided that I couldn't support a wife and a distillery at the same time. You know which I chose to support.

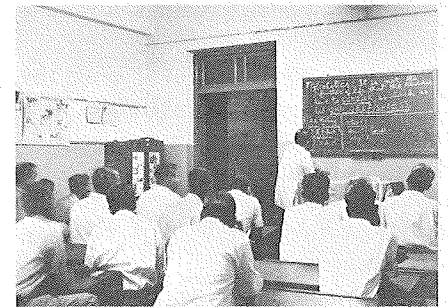
"But I finally decided to clean up the last of the 9th Step business by writing to Nancy.

"It was the most difficult letter I ever wrote. Object apologies? Off-hand humor? I finally decided a straightforward statement of fact was the best.

"One thing led to another, and now we are an old married couple of seven weeks.

"I once wondered if I shouldn't have written this 9th Step letter earlier than I did. Then I decided no, I could not have. Each time that I first seriously worked a step of the program is a milestone in my sobriety, and a milestone cannot be reached until one has walked the mile.

"This then is the story of the 9th Step letter that led to the gold ring."—L.P.S., Hawaii



BOMBAY

'I WANT TO BECOME A MEMBER'

"Please enroll me and count us among members to enable me to be like Mr. A. who was a habitual drunkard but now a sober.

"During conversation I overheard that it is his membership that helps him to become a better man. He advised me to leave drinks and join fellowship.

"The only defect is that I am illiterate and cannot read your booklets. Mr. A. spared time to read them to me and I am sure he will continue. I will also approach literate friends to help.

"A lot of havoc has drinks placed on me and I want to become member."

—R.E., Nigeria

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MEETING IN TRAILERS

"A new meeting here is the first Group in any trailer court in California. The recreation hall is a beauty for meetings, and we get it free of charge."

"It is owned by one of the greatest cops I ever met, always ready to lend a helping hand. Sometimes he sits in on meetings and loves every bit of it." — N.M., Mobil Group, San Jose, Calif.



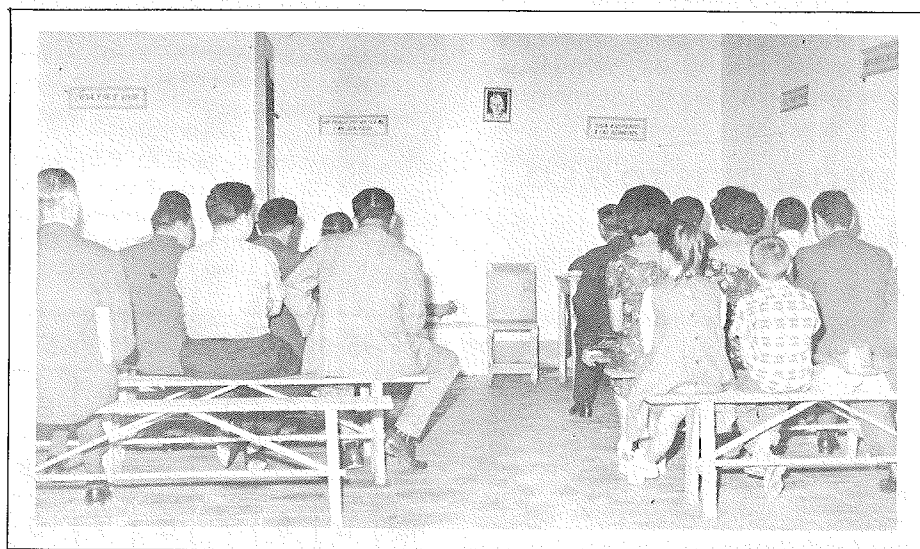
Spain

FLOATING MEETING

"His ship came alongside to fuel us. O.J. had told me where he worked on the ship during refueling, so I walked out on the flight deck to see if I could spot him.

"Here I was on a carrier of over 4,000 men—and darned if he didn't find me first. He made signs for me to go down below on our hangar deck and talk to him on the sound-powered phone they had rigged.

"So how about that, we held a meeting out in the middle of the ocean, he on his ship, me on mine." — R.B., Valencia, Spain



Colombia, South America

WE KNOW WHAT YOU MEAN!

"We like the way A.H.L. of Washington, D.C., signs his letter to us: "Vertically yours, Bill."

TAKING CHARGE VS. SERVING

"The Group looked to me for leadership and I was soured by getting my 'I' knocked out every time I tried to take charge. The familiar persecution complex arose and you know the old story.

"We recognize the phase in others, but not in ourselves. Thank God, others have blazed the trail and exposed their own faults so that we who follow can identify ourselves. After more than 11 years of sobriety, understanding has finally come of the difference between taking charge of a Group and being of service to it. I think the bleeding has stopped now." — P. S., Townsville, Australia

NEW GROUP IN POLAND

Dr. Zbigniew Wierzbicki of Warsaw, Poland, visited G.S.O. to tell us of a new Group in Poznan, with 5 to 8 members. Thanks to the efforts of an Al-Anon member and an A.A. member (Ted L., Michigan) we have A.A. pamphlet material to offer this new Group. Instead of the word "anonymous," they use a word meaning "unknown," (Bezimienni), as anonymous means a secret society, forbidden by law in Poland.

We also have a Loner in Warsaw and one in Bierlowice.—Staff Member G.S.O.

A.A. WEEK IN U.S.A.

Groups may want to tie in special public meetings with "A.A. Week," designated by the Advertising Council for June 28—July 4 in the U.S.A. Each newspaper, magazine, radio and TV station will get special material about A.A. from the Council.

For ideas on how to tie in, get the new, updated P.I. Kit (\$1.00).

P.I.C. NEEDS YOUR HELP

Know of any Group that ever held a successful public meeting? How did they do it? Whom did they invite? How? Who spoke? What else was on the program?

So we can share your success with other Groups, please, please write G.S.O.'s Public Information Committee about any A.A. public meetings you know of that have been successful. Try to tell us what made the meeting go over, and any new things that were tried.

All of us can carry the message better if you'll share your experience. Here are some P.I.C. tips from various areas:

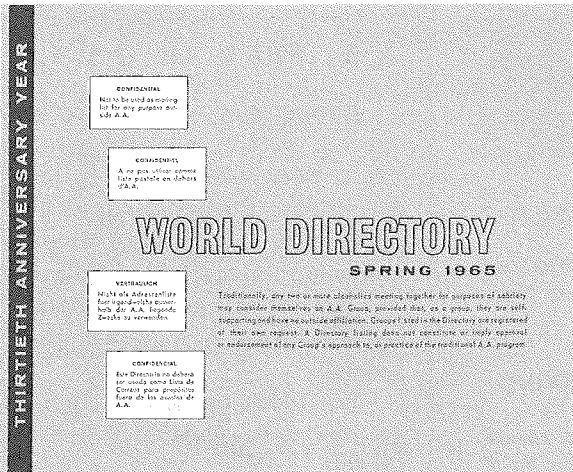
P.I.C. Tips

Washington — Our high school information program which has been active for about five years now had another wonderful year. We spoke to a total of 150 classes in the Seattle and King County high schools and believe we have spoken at almost every high school in this Puget Sound area. This has been a most rewarding work because, on several occasions, the youngsters have gone home, told their parents what they heard in school about alcoholism and Alcoholics Anonymous—the parents then contacted A.A., attended meetings and have been sober ever since.

Central New York Area — We are running ads in our local newspapers indicating where A.A. meetings are located and time of meetings. We also list our Inter-group Office telephone number and address if anyone needs help.

Cincinnati, Ohio — The Executive Director of the local Council on Alcoholism was invited to attend the A.A. Public Information Committee meeting to further A.A.'s cooperation with other agencies.

Connecticut — A.A.'s manned a booth and distributed literature at two health fairs during the past year and sent speakers to the State Police Academy.



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Cover of the 1965 World Directory this year carries the "Confidential" warning in four languages.

If you or your Group need an extra one, it *must* be ordered only through Group Secretaries or G.S.R.'s. Each Group gets one free copy; additional ones cost \$1.75 each.

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A.A. CALENDAR

JUNE

- 12-13 Nebraska's 6th Annual State Reunion, Hotel Madison, Norfolk, Nebraska. Write: Reunion Chairman, Box 67, Dixon, Nebraska.
- 17 7th Convention, The Brothers Presbyterians, Williamsville, Trinidad, West Indies. Write: Chairman, So. Intergroup of A.A. Trinidad, P.O. Box 203, Port of Spain, Trinidad, West Indies.
- 19 Annual Founders Day Commemoration, Akron University Memorial Hall. Write: Pete Boggs, 197 Smith St., Akron, Ohio.
- 20 Annual Founders Day Breakfast, Sheraton-Mayflower Hotel. Write: Breakfast Committee of A.A., Sheraton-Mayflower Hotel, Akron, Ohio 44308.
- 27-29 IX National Congress of A.A., Barranquilla, Colombia. (Span.) Write: Junta Coordinadora, Apartado Aereo No. 452, Barranquilla, Colombia, S.A.

JULY

- 2-4 30th Anniversary International Convention, Toronto, Canada. Write: Convention Secretary P.O. Box 454 Grand Central Station, New York, N.Y.
- 3-4 III A.A. National Congress of Mexico (Spanish speaking), Leon, Gto., Mexico. Write: Grupo "Primavera," Apartado Postal 105, Leon, Gto., Mexico.
- 23-25 Ohio A.A. Conference, Columbus, Ohio. Write: Ivan Roberts, 263 Bachmann Avenue, Newark, Ohio.

AUGUST

- 6-8 International Conference of Young People, Lafayette Hotel, Long Beach, California. Write: Secretary, P.O. Box 5434, Buena Park, California.
- 13-15 8th International Conference of Young People in A.A., Edgewater Inn Marina Hotel, Long Beach, California. Write: 8th International Conference of Young People, P.O. Box 8158, Long Beach, Calif.

BE SURE YOUR GROUP HAS THIS 'ADDRESS BOOK'

Remember when you were new and your sponsor advised you to get a little address book and start collecting members' names and telephone numbers? Just so you could keep in touch.

And remember your surprise when you first saw a meeting list for some big area and saw how many A.A. meetings were going on all the time? It showed where you could always keep in touch with A.A.

A.A.'s biggest address book ever, the 1965 World Directory, has now been mailed to each Group, so all of us can keep in touch.

It's especially valuable for travelers, of course, because it shows meeting nights and telephone contacts for all Groups. No A.A. need be the lonely stranger in a new town with the Directory.

Bill W. and Dr. Karl Menninger in new 'Grapevines'

In the June issue of *The A.A. Grapevine*, there's a suspense story by Bill W., A.A.'s surviving co-founder, which you won't want to miss—even if you know the ending!

Other June articles are "Get a Fresh Start"; "Thank God for Despair"; "Way-outsville, or Resentments Revisited" (a hilarious set of drawings); and "Go

Ahead and Plan!"

Dr. Karl A. Menninger has written a special article, "The Vital Balance," for the July Convention issue, which also contains a realistic, tough look at A.A. today by Bill. You'll also enjoy "Cock Robin is Crooked"; "One Line That's Never Busy"; and "Help Yourself to Self-Help."

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WHAT'S YOUR GUESS?

Al B. says 13,500; Whit H. says 14,500; Cliff M. says over 15,000. **WHAT IS YOUR GUESS on the total registration at the 30th Anniversary Conference? Send in your estimate of the total registration to Editor, All Around Ontario, Box 686, Adelaide St. East P.O. Toronto 1, Ont. PRIZE for closest guess—a Big Book autographed by Lois and Bill.**

SPECIAL GIFTS TO G.S.O.

- BELGIUM, Lumburg
15 A.A. Groups \$ 30.00
- IOWA, Sioux City
Western Iowa Conference . . . \$ 85.00

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NEW TAPE - T. S. 4

A.A. Meeting at 1965 General Service Conference. One woman and two men speakers. Excellent talks, \$2.50, Speed 3 3/4 - 7 inch 2 track.

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