Groups’ Alkathons Help to Make Happy, Sober Holidays

Marathon meetings, running 12-60 hours or more, with lots of good food and coffee, are being held by more and more groups banded together at holiday times.

Many of us remember being lonely, blue, and hungry our first Christmas in A.A. Some of us had no old friends or family left, or would be expected to drink among them. Now, no newcomer should have to spend such a dreary day if only a few A.A.’s get together for at least one holiday alkathon somewhere in town.

Older members who have helped put on such affairs say meeting old friends and new members at these alkathons is like being bathed in love.

Probably you’ll have some original ideas for such a gathering. Or you might want to use the Tucson, N.M., alkathon as a pattern. Sponsored by the local intergroup, it began at noon Dec. 24, and a different group was responsible for each 50-minute meeting, which started on the hour. Speakers, discussion, film, Eleventh Step (by candlelight), and other kinds of program were used. One group furnished coffee; another, food.

(Last year, a literature table brought in $190; passing the hat, $275. All money received went to the intergroup – but fund-raising is one of the least important parts of most such functions.)

Dear Friends...

This is a time of gift-giving. Those of us who know the glorious gifts of sobriety, serenity, and sanity have a tremendous responsibility to see that these gifts are shared – and generously – with our desperately needy brothers and sisters.

At this very special time of year, may our memories increase our gratitude so that, wherever we are in the world, we may reach out to those around us and be messengers of peace and joy.

May our holidays be truly holy days, and may we continue to know the blessings of sobriety in 1976 – one day at a time!

(continued on p. 5)
Over 25 years ago, even fewer heard Dr. Bob deliver his last major statement, after nearly 15 years’ sobriety.

Transcribed from recordings, these two historic messages are now available to give everybody a fresh new look at alcoholism and recovery. Price: 20¢. (See the Literature Order Form for bulk prices.)

Many A.A.’s may want to mark in an appropriate fashion the 25th anniversary of the demise of Dr. Bob S., co-founder with Bill W. of Alcoholics Anonymous.

In 1935, Bill realized that to keep his own sobriety, he badly needed to talk with unsparing honesty to another alcoholic about his own drinking problem. Dr. Bob, an Akron, Ohio, surgeon, was the first alcoholic to respond positively to that need. He died of cancer November 16, 1950, after 15 years’ unbroken sobriety in A.A.

The way the first two A.A.’s met and the results of that historic encounter are described in the book “A.A. Comes of Age.” Virtually all of us find similarities to our own experience in the story of Dr. Bob and Bill.

A nonalcoholic to whom thousands of us owe our lives died Sept. 19 in St. Petersburg, Fla. He was Jack Alexander, 73, author of the historic article about A.A. which appeared in the old Saturday Evening Post March 1, 1941 (now available as an A.A. pamphlet). He helped with the writing of “Twelve Steps and Twelve Traditions,” according to co-founder Bill W.

One of the owners of the Post knew some Philadelphia alcoholics in A.A., and a nonalcoholic physician there suggested an article on the Fellowship, then virtually unknown. Star reporter Alexander, formerly of the St. Louis Post-Dispatch and the New York Daily News, got the assignment.

He arrived at the tiny old Vesey St. A.A. office in New York very cynical, having just completed a piece on racketeers. But he developed enormous rapport with A.A. members, eventually serving as a nonalcoholic trustee (1951 to 1956).

His A.A. article in the Post—then one of the world’s most powerful magazines—had dramatic impact. In one year, membership swelled from 2,000 to 8,000, including most of the people-links in the chains of twelfth-stepping which led directly to most of us sober today.

His story also influenced our Traditions on self-support, public relations, and anonymity, as you probably know from “A.A. Comes of Age.”

Jack retired from the staff of the Post in 1964, highly respected and loved by all A.A.’s who knew him. His name belongs high on the honor role of nonalcoholics to whom our Fellowship will be forever grateful, and our sincere condolences go to his widow, Anita, daughters, and grandchildren.

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The Sixth Concept gives us a way to keep that old alky urge for power in hand. Give some of our power away, it says; spread it around; delegate it.

Bill and Dr. Bob gave theirs to the A.A. groups—to us. We give ours to the Conference, and we see the Conference isn’t afraid to delegate some of its authority, in Concept Six. It says, in essence:

*On behalf of A.A., our Conference has the principal responsibility for our world services, and it traditionally has the final decision in matters of general policy and finance. But the chief initiative and responsibility should be exercised primarily by trustee members of the Conference, our General Service Board.*

Our Conference trusts our board—our trust-ees. You might say the board does the same work for A.A. as a whole that a steering committee does for a group. Trustees meet four times a year and attend the Conference. So they are in a better position to take action on “large matters of general policy and finance.”

Until 1966, nonalcoholics were in the majority on the board, by just one member. But that year, the Conference decided our program really does work. We alcoholics aren’t very trustworthy while drinking—can’t even trust ourselves. But sober in A.A.—that’s another story. We now have 14 A.A. trust-ees, and only seven nonalcoholics.
Trustee Corner

WHAT'S A 'BOARD WEEKEND'?

Five fellows arrived in New York on a recent Thursday and appeared at G.S.O. at nine the following morning. For the next eight hours, they asked questions, poked their noses into records they wanted to see, read special materials, and verbally probed G.S.O. staff members and department heads.

No, they aren’t government investigators. They are the four A.A.’s and one nonalcoholic named this year as new members of our General Service Board (see Aug.-Sept. 4-5-9). They were getting oriented for their new A.A. jobs (unpaid, of course) before plunging into a weekend of board work.

Saturday’s agenda included meetings of trustees’ committees and the A.A.W.S. board, a two-hour business dinner, and an evening A.A. meeting. At 8:30 a.m. Sunday, other committee work began, and lunch and dinner were working sessions. At 9:00 a.m. Monday, there was a formal board meeting. Each of our 21 Canadian and U.S. trustees spent at least 25 working hours over the weekend (plus the orientation for freshmen) and will do the same the weekends of Feb. 1, Aug. 1, and Oct. 31, 1976, plus six full days at the Conference in April. They will make additional trips throughout North America on board business, including trips back to G.S.O. for special sessions of the ten committees and two corporate boards (A.A.W.S. and Grapevine) for matters that can’t be handled by mail or phone.

TWO SERVANTS DO NOTEWORTHY JOBS

From Karl D., Carolina Beach, N.C., comes a new directory of all meetings in southeastern North Carolina — a big job well done. Karl wonders, “Why are some groups so difficult to extract information from?” If anybody knows the answer, please share!

Bill S., Cupertino, Calif., did a terrific job organizing material for delegate George D. on the reaction of local members to Conference questions on various important topics. With as many different opinions as A.A.’s express on almost everything, it can be tough to pull together a sensible consensus, but Bill did a thorough job. He tapped members at group and steering committee meetings, pinned down district committee members, and wrote a three-page summary of his findings.

Central Office Corner

FRONT RANKS OF TWELFTH-STEPPING

Traveling during the holiday season? Intergroups around the world are the best possible way to keep in touch with A.A. and nourish your sobriety. That’s why the International A.A. Directory now shows only local central offices and G.S.O.’s — not individual group contacts — outside the U.S. and Canada.

Most alcoholics who first telephone or go to A.A. for help reach a community A.A. central office.

Effects of publicity about A.A. are first felt in these front ranks of A.A. Robert Thomsen, author of “Bill W.,” biography of our co-founder, recently completed a cross-country tour arranged by his publisher, Harper & Row. Every appearance he made generated phone calls to the local A.A. center. (Yes, A.A.’s can still get the book from G.S.O. at $8.50.)

In January, the Reader’s Digest will offer “Bill W.” as part of an International Condensed Book series. It’s the Digest’s own idea to also carry three pages showing the telephone number of every A.A. central office in the world.

FOR HOLIDAY INSURANCE: RESPONSIBILITY

Today’s guest writer for this space was, at the 1975 General Service Conference, elected delegate chairman by the delegates-only meeting.

I read in the last Box 4-5-9 how “I Am Responsible” came into being. The declaration goes to the core of A.A.’s success. Many members limit its meaning to the willingness to make a Twelfth Step call. To me, it includes the whole Third Legacy of Service.

When a person in A.A. slips, when a group goes downhill, a district falls apart, or a committee flounders, it always indicates a lack of responsibility on the part of one, a few, or many A.A. members. It bothers me to hear an A.A. verbally express gratitude, yet do nothing but attend meetings. If we want “the hand of A.A. always to be there,” we must do the responsible things — take A.A. to those who want it but are locked up, or accept an A.A. office (job) and work at it responsibly.

Be an active member in the full, broadest sense of our declaration, and you won’t have to worry about taking that first drink this coming holiday season!

— Byron B. (Eastern Missouri)

G.S.R. Corner

Delegate Corner
To "Different Kind of A.A. Talk Becoming Popular"  
(Holiday 1974)  
Most open meetings in the Shawnee, Kans., area last one hour and include three speakers, Ted S. wrote us. The usual talk is a 15-minute drunkalog plus a few minutes on recovery.

Ted worked up a 50-minute presentation of the story of A.A. (beginning with Ebby), including the Three Legacies, our triangle-and-circle emblem, and the Traditions. Everyone would hate it, he was sure. He was wrong. Since then, he has been asked to give it over and over.

Wes P., Pompano Beach, Fla., has a pitch on the Big Book, during which he displays a copy of the original manuscript, plus various editions in various languages.

The idea was sparked in South Africa when a member named Peter L. gave Wes his precious early (1953) edition. Back home, Wes got to reading in "A.A. Comes of Age" about all the fighting, heartaches, and laughs involved in writing the original book.

"Now I know why it was written," Wes said. "To keep people like me from distorting and changing the program."

If anyone else has tried, or heard, "a different kind" of A.A. talk, do let us know.

To "Is Sponsorship Slipping?"  
(Holiday 1974)

The value of sponsorship to both sponsored and sponsor proved an invigorating discussion topic at a meeting led by Richard T., Massena, N.Y., he wrote us.

Richard said he found Chapter 7 ("Working With Others") in the Big Book quite helpful. Some members, he found, had never thought much about the value of being a sponsor, although sponsors have proved helpful to many newcomers.

Patrick K., Hawthorne, N.J., wants to see more serious group attention paid to sponsorship, with emphasis on such literature as our pamphlet "Questions and Answers on Sponsorship," as a means of training us all to be better sponsors.

To "More About Older Alcoholics"  
(February-March)

Merle R., a resident of a U.S. Naval Home for retired sailors and marines in Philadelphia, Pa., wrote us he moved there in 1969 after 14 sober years. He told the administrators he was in A.A. and available to help anyone with a drinking problem.

In 1970, a group was started there with the help of local A.A. members. Now registered with Philadelphia Interregroup and G.S.O., the Home Port Group has weekly meetings attended by about six regular members living in the home (average age, 74), plus many others from the neighborhood, from a hospital, and from nearby groups.

Once a month, a Steps and Traditions meeting is held, and a meeting room open all day makes lots of twelfth-stepping possible. Good show, Home Port!

To "What Kind, How Many 'Other' Meetings?"  
(April-May)

Eleven fine letters from ten states arrived telling us about informal, home-type A.A. meetings. One home meeting in New Hampshire and one in the East Caroline Islands started out of desperation, when a member or two could get to no other meetings.

But others have sprung up in areas with lots of "regular" groups, because a few members wanted deeper study of A.A.'s spiritual principles than other meetings offered. These seem always to be very small and informal gatherings, often including nonalcoholic spouses or clergymen (like the earliest A.A. meetings described in the Big Book and "A.A. Comes of Age"). Personal problems are shared and discussed at depth.

A few have no organization or meeting format at all, but several regularly read A.A. literature. Some, but not all, register with and help support a local central office, area G.S. assembly, and G.S.O.

To "Share Your Detox Center Experience"  
(August-September)

"We have six members in one group, four in another, who heard us during monthly meetings we put on at the Minneapolis detox center and several treatment centers," wrote Guy T. of the Edina-Southwest and Chanhassen Groups. "They tell us they came to us because our message was not drunkalog, but how the Twelve Steps work for us. These men and women were all more or less on skid row, but are now active A.A.'s and very grateful.

"Three court-referred people are sober at this time, out of 12 or 14 referrals. Most came angry and distrustful, and as soon as their court-ordered attendance was over, they got drunk. (What will happen to them later, if any seeds got planted, remains to be seen.)"

"Four members came from rehab centers, with an excellent knowledge of A.A. They are happy and grateful to the centers," Guy said.

In Middlesboro, Ky., the Cardinal Group tries to get each newcomer from a detox center into a group near where he or she will be staying upon discharge, Quinton T. wrote.

"I'm proud to say our group started from roots of a detox center. We get a lot of help from other groups, and we hold meetings at a halfway house, a correc-

(continued on p. 5)
1975 MAILBAG
(continued from p. 4)

tions center, and an alcoholism center in Barbourville," he added.

To "Does Anyone Want Cassette Meetings?" (August-September)

From Korea, Ohio, Ontario, Maryland, Michigan, and Florida came support for the idea of G.S.O.'s trying some discussion-meeting cassettes, so the message can be carriedaurally - as well as visually (by Conference-approved literature).

Such a session would be especially arranged in advance, of course, and would not break anyone's anonymity. Topics suggested include Steps, Traditions, slogans, service, and spiritual ideas.

TEEN-AGED ALCOHOLICS
ELICIT A.A. RESPONSES

- An experimental A.A. meeting for children with drinking problems has been set up by the Division of Youth Services in Florida.

- Three A.A. publications (one published, two in the works) are having stories of teen-aged alcoholics added to them.

- Teen-age alcoholism is repeatedly a popular topic on radio and TV talk shows, A.A. public information committees keep finding out. And governmental officials talk more and more about under-20 alcoholics.

- Teen-aged A.A.'s are popular A.A. speakers, but this raises a question. . . .

Whether there is really a big increase in teen-age alcoholism is not known. No one knows how many teen-aged alcoholics existed ten or 40 years ago, so no one can prove the number has gone up, or down.

The latest U.S.-Canada A.A. survey (1974) did not show any dramatic increase, proportionately, in teen-aged members. But delegate Natalie S. (Washington) told the General Service Conference this year there are many more young people in A.A. in her community. And the New York Intergroup staff knows of many teen-agers joining A.A. on Long Island.

Maybe teen-aged alcoholics are more easily and frequently seen nowadays, perhaps turning up in clinics, at A.A., and in other places. At any rate, it seems logical to expect more and more teen-agers in A.A., and A.A. is ready to help them.

The Fellowship responds to such a development in several ways. In Florida, Alice and Larry L. have found authorities enthusiastic about trying A.A. for teen-agers. Use of a small hall has been arranged, and children with drinking problems will be officially referred to this special A.A. meeting.

The long-planned new stories for the Big Book, replacing several dated ones, will include a teen-ager's account. At least one teen-age story is also scheduled for the new pamphlet "Yes, but I'm Different . . . ," currently being developed by the Conference and trustees' Literature Committees. Teen-agers are also represented in the pamphlet "Young People and A.A."

(That reminds us: does your group have a literature chairman? Many groups do, and find it is the best way to make sure all members, especially newcomers, have the advantage of being acquainted with the full range of A.A. experience, strength, and hope available on the printed page. It also provides an A.A. job for a member who may need such activity.)

More and more, A.A. banquets and conventions like to feature teen-aged speakers, but some older members have questioned whether or not it is kind to the young alcoholics to turn them into sort of "instant celebrities" this way.

"After all," one famous veteran of the A.A. banquet circuit said, "it's hard enough for those of us sober 20 years and more to keep our feet on the ground when we get asked to fly all over the country to speak. I wonder what it does to a teen-ager sober only a short time."

MINI-CONFERENCE
(continued from p. 1)

- A.A.'s yearly representative assembly for all U.S. and Canada groups - started as an experiment in 1951, not becoming a regular part of the A.A. landscape until 1955. Like the Conference, the mini-conference may prove a valuable A.A. experience. The only way we can know is to keep an open mind and give it a good try.

Since Atlanta members have hosted many great A.A. gatherings, it seems hardly necessary to say, "Look out, Georgians, here they come!"

Certainly, Dr. Jack and other G.S. personnel look forward to meeting lots of Southeastern A.A.'s again next month.

GROUPS' ALKATHONS
(continued from p. 1)

Come-and-go attendance totaled 745 in 1974, but only because of extensive publicity all over town and lots of advance planning.

In Phoenix, Ariz., the Salt River Valley Intergroup held an eight-day A.A. marathon through midnight Jan. 1, with free buffet. Each session ran two hours.

Greeters handing out name tags, Al-Anon and Alateen sessions, and lotteries (for the Big Book) are used in some places.

Seven A.A. marathons were held in the San Francisco area last year, according to Merle G., delegate. In San Jose, general service districts helped sponsor one from 8:00 p.m. Dec. 23 to 8:00 a.m. Dec. 26, with capacity crowds.
URGENT! CALLING ALL G.S.R.'S AND D.C.M.'S!

Do we have at G.S.O. the correct names and addresses of all G.S.R.'s and D.C.M.'s in your area? Elected ones lately — or going to?

It is essential G.S.O. have at all times correct information on delegates, area committee officers and members, and G.S.R.'s — so we can get important mail to you quickly.

So please be sure our information on your area is up-to-date and complete. We count on you to keep our A.A. address book usable!

NEW BULLETIN FOR LONERS AND INTERNATIONALISTS

What about the A.A. member who is isolated on an island — living in a remote spot — on a ship — housebound — temporarily disabled — unable for other reasons to get to regular meetings?

Starting January 1976, there will be a bimonthly A.A. meeting by mail called Loners-Internationalists Meeting. It will contain excerpts from Internationalists', Loners', and Loner Sponsors' letters and will be mailed to well over 1,500 on our mailing list. This meeting will begin with the Preamble, just like a regular A.A. meeting, have an announcement section, and close in the usual manner. In the back of Loners-Internationalists Meeting, there will be addresses of new Loners, tape correspondents, new Internationalists, port contacts, etc. for those wishing correspondence with one another.

Prior to this change, Loners had a separate meeting by mail called Loners Meeting. This year, it was a Step meeting; two Steps were discussed in each issue. The Internationalists service started 25 years ago for seagoing A.A.'s; they had their own sharing bulletin, Round Robin. The new, combined meeting will also be mailed to include any member who cannot attend regular meetings.

Wherever Loners and Internationalists are located on sea or shore, they try to start A.A. groups. But it's not always easy. Sometimes, they read the Big Book aloud while waiting weeks for a fellow alcoholic to show up to share experience, strength, and hope with. They read other A.A. literature, too, write letters, work on Steps, and read the bulletins. The isolated member knows the spiritual side of the program. A.A. works by mail!

CHECK YOUR CHART

Just after the "G.S.O. Staff Assignments" chart went to you along with the last Box 4-5-9, a change was made in correspondence areas. Please note: Cora Louise B. now answers letters from the Pacific Region, U.S.; June R., those from Western Canada.

HOW YOUR PENNIES CARRY THE MESSAGE

"A Penny a Day for Sobriety" is the title of a new report to A.A. members on G.S.O. income and expenses. "A penny a day for sobriety, one day at a time, helps your G.S.O. carry the message around the world," says the first page of the new folder.

Every one of us has a perfect right to know how G.S.O. spends the money it receives as contributions and as net income on Conference-approved literature.

Inside this leaflet, you learn of the tens of thousands of requests for help arriving at G.S.O. from all over the globe each year.

Since all of us want the hand of A.A. to be there whenever anyone, anywhere reaches out for help, the Penny-a-Day Plan makes it easy for each member to do his or her part in this big Twelfth Step job performed by G.S.O.

A.A. is self-supporting. We want it to stay that way — beholden to no one! So if we do not pay the costs of A.A., no one else will. Realizing this, many members, we are told, literally put a penny in a jar or box each day and send the accumulation to G.S.O. yearly.

How G.S.O.'s services use its income is clearly shown by a pie chart in the new folder. Each service is described, too.

Send for your free copy.

THIS MEMBER DISLIKES SOME A.A. PUBLICATIONS

Repeatedly in A.A. history, one lone voice or a minority opinion has proved to be worth hearing.

Here's one member's honest opinion of some A.A. literature.

"Frankly," says this three-years-sober member (from California, New York, Texas, North Dakota, Illinois, and Wisconsin), "it is my belief A.A. spirituality isn't as powerfully understood as it might be. As much as anything, that spiritual enigma is greatly reducing our effectiveness.

"It's appalling to sit in meetings and hear alcoholics with years of abstinence behind them stipulate that the A.A. concept is one of never achieving recovery, but of always recovering, never being recovered.

"Of course, we would not have that problem if anyone was studying our four books. The emphasis in A.A. is on cute or whimsical pamphlets, rather than on the lifesaving wisdom found in our four books.

"I scan Box 4-5-9 and the Grapevine for meat, some A.A. you can get your teeth into. I have no problem with our continuing need to milk-feed our babies and to accommodate convention and public relations needs. But I ask myself: How is this spiritual Fellowship's publication different from my employer's newsletter? It should be, it must be, and it isn't! What can be done? Sincerely, Dick B."
Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.'s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking.

Here are some tips for having an all-round ball without a drop of alcohol.
1. Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.
2. Be host to A.A. friends, especially newcomers. If you don’t have a place where you can throw a formal party, take one person to a diner and spring for the coffee.
3. Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you’ve called an A.A.
4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you’re timid, take someone newer than you are.
5. Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.
6. If you have to go to a drinking party and can’t take an A.A. with you, keep some candy handy.
7. Don’t think you have to stay late. Plan in advance an “important date” you have to keep.
9. Don’t sit around brooding. Catch up on those books, museums, walks, and letters.
10. Don’t start now getting worked up about all those holiday temptations. Remember — “one day at a time.”
11. Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.
12. “Having had a . . .” No need to spell out the Twelfth Step here, since you already know it.

CLOSED MEETING TOPICS FROM THE GRAPEVINE

December: Read “The Reclaimed Turkey-Carver”; share incidents that symbolize our return in sobriety to warm family relationships. Are we, as a psychiatrist advises in “To Be Always Teachable,” continuing to learn and grow as sober years go by? Does our own A.A. group still have the simplicity and mutual help, member to member, pictured in “. . . Who Has Thoroughly Followed Our Path?”

January: A section of articles on doctors suggests a discussion of our present and past attitudes toward physicians. Are we doing all we can to carry our message to doctors? “The Shrivelage Principle” asks us to examine how we may apply the A.A. program to big and little problems in a fast-changing world. “Con Artist” tells how an alcoholic conned others — and himself. Have we found honesty to be a practical way of life?