



# AA EXCHANGE BULLETIN

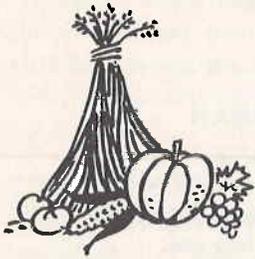
NEWS AND NOTES FROM THE GENERAL SERVICE OFFICE OF A. A.

November 1963

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

## MEMBERS OF A.A. SHARE GRATITUDE FOR UNITY



As A.A.'s we are grateful for each sober day, but when Thanksgiving rolls around, each November, a month which has become, traditionally, "Gratitude Month" or "Traditions Month" for A.A.'s everywhere, we experience an especially deep sense of thankfulness for A.A. and the dividends that our A. A. brand of sobriety has brought to us.

A.A. Tradition, which, as Bill has said in "Twelve Steps and Twelve Traditions" has been hammered out on the anvil of experience, has meant our A.A. unity. It's good to remind ourselves that "the unity of A.A. is the most cherished quality our Society has." And, to quote again from the book "Twelve Steps and Twelve Traditions":

*"The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he*

### A MESSAGE FROM ARCHIBALD B. ROOSEVELT

A letter from Archibald B. Roosevelt was sent to you with the last issue of the "Exchange Bulletin." You'll remember that our good friend, Archie, treasurer of the General Service Board, reminded us that it was Fall contribution time. He told us that G.S.O. is now serving more than 10,000 groups, and that your service office needs to be self-supporting as it is supported *solely* through your contributions. Of course, the only way that this can happen is for A.A. groups and members to assume the responsibility of maintaining their own international service office. To this end, you'll find an envelope enclosed to make it easy to send in your contribution so that G.S.O. can meet its budget, only one-third of which had been received in the first six months of 1963.

*finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the A.A. message. The moment this Twelfth Step work forms a group, another discovery is made - that most individuals cannot recover unless there is a group. Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not."*

Let's be grateful on this Thanksgiving day not only for our sobriety but for our unity which, as expressed in our Traditions, bind us together in preserving "the principles through which A.A. itself may survive."

## A.A.'S POSITION IN THE FIELD OF ALCOHOLISM

To clarify A.A.'s position in the field of alcoholism, our hardworking Public Information Committee has worked out the following statement, which has been approved by all concerned:

Alcoholics Anonymous is a worldwide fellowship of recovered alcoholics who help each other maintain sobriety and who offer to share their recovery experience freely with other men and women who may have a drinking problem. A.A. members are distinctive in their acceptance of all or part of a program of Twelve Suggested Steps designed for personal recovery from alcoholism.

The Fellowship functions through more than 10,000 local groups in 80 countries. Several hundred thousand alcoholics have achieved sobriety in A. A., but members recognize that their program is not always effective with all alcoholics and that some may require professional counseling or treatment.

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A. A. is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help. The movement does not engage in the fields of alcoholism research, treatment, education or propaganda in any form, although members may participate in such activities as *individuals*.

The movement has adopted a policy of "cooperation but nonaffiliation" with other organizations concerned with the problem of alcoholism.

Traditionally, Alcoholics Anonymous does not accept or seek financial support from outside sources and members preserve personal anonymity in print and broadcast media and otherwise at the public level.

## QUESTION-AND-ANSWER MEETING

The Russellville Group has shared an idea they are using for a Question-and-Answer Meeting. They plan to hold these periodically. They tell us:

*Here is how it works:*

*A Question-Box is placed in the Meeting Hall. For any question, or any problem to be discussed, a note is dropped in the box. No signature is required. A sample question:*

*"Should I tell my employer about my affiliation with A.A.?" At the next Question-and-Answer Meeting, the Chairman opens the box and reads the question. A discussion follows, and each person who has asked a question has the opportunity of getting varied opinions.*

This same question happens to be one that is often asked in correspondence here at G.S.O. Of course there is no cut-and-dried answer, but it might be helpful to share various opinions about it. What do you think? We'll share your ideas in the next issue of the "Exchange Bulletin."

## FROM A GRATEFUL HEART

A nice note from a Group Secretary told us of a feeling of hers that we share, and that is that the responsibilities of service which most of us alkies shunned in the past, or were unable to assume, bring with them real satisfaction. Our Secretary friend says, "I have enjoyed serving the group as Secretary and became aware of things I never realized existed before. This program is forever revealing more and more as we grow along, and what hidden treasures that are revealed make me as delighted as a small child."

## SELECTION OF NEW TRUSTEE NOMINEES

The sad fact of Howard B.'s sudden passing has made it necessary for another Regional Class B Trustee to be selected. Letters to the Committee Members and groups of the East Central Region have gone out, letting them know of this necessity and outlining the suggested procedures. (According to the Third Legacy plan.)

A Trustee nominee will be selected from each state in the East Central Region and from these nominees a final selection will be made at the General Service Conference in April of 1964.

## HELPING A WOMAN

Helping a new woman member? If so, you may not know of the two pamphlets especially designed for the alcoholic woman that are available at G.S.O. They are:

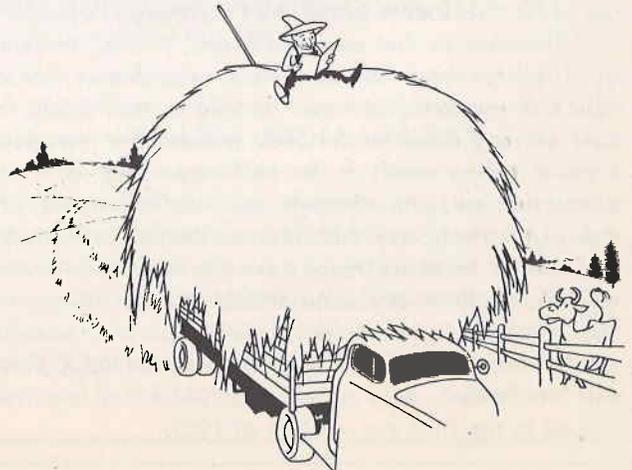
A. A. FOR THE WOMAN tells the stories of seven women who once thought they could never recover from the illness of alcoholism but who now lead happy, useful lives without drinking. These seven women have two things in common: they suffered from alcoholism and they found a new way of life in A.A. (.15)

LETTER TO A WOMAN ALCOHOLIC - Reprint from Good Housekeeping magazine. Written by Margaret Lee Runbeck in 1954, this article describes with sensitive understanding the problem of the alcoholic woman. It is addressed to the woman who is still drinking but who may suspect that she is an alcoholic. (.10)

The pamphlet, THE ALCOHOLIC WIFE, with material from the Big Book, "Alcoholics Anonymous," is helpful to the husband of an alcoholic woman. (.10)

*The Grapevine...*

## A HARVEST OF AA WISDOM



## A.A. INFORMATIONEN- DER DEUTCHSPRACHIGEN GRUPPEN

That's the name of the German "Information Bulletin," which is distributed monthly to all German members who request it. It's a joint effort of the German speaking groups in Austria, Switzerland and Germany. (If anyone is interested in subscribing, let us know and we'll pass the information on, as we cannot give you the address, since it involves using full names.) The October issue had a wonderful story of the European Round-up, which is held yearly in Weisbaden. Translation:

"Everywhere beaming faces; at the beginning conversation suffered from language difficulties and that was still the case at the afternoon meeting, but soon thereafter interpreters were available and everything ran smoothly.

"At 2 P.M. we met for the first public meeting, appr. 130 persons, lectern, microphone, amplifier. A secretary spoke words of welcome and on A.A. in general terms, and five alcoholics from the United States told their life story. Soon one finds out that neither country nor position change anything in our common disease, problems and symptoms are generally the same.

"Through our A.A. friend in Wiesbaden we were able to arrange a meeting for the German speaking A.A.'s at the Hessenhaus where the printing, buying and distributing of literature should be clarified. It was agreed that the committee should consist of Johannes for Western Germany, Heinz and Ernst provisionally for Southern Germany, Bruno for Berlin, Olga for Austria and Gustav for Switzerland.

"At the conclusion of my report I would like to express to our American friends, on behalf of all alcoholics, our gratitude for this well-organized round-up. For myself, it was a great experience, only made possible through the spreading of the A.A. program by our American friends in Germany which made it possible for me to write this and be no longer a compulsory drinker who has to spend his life in a sanitarium."

### GERMAN BOOK AVAILABLE

The first eleven chapters of the Big Book, "Alcoholics Anonymous," is now available in German. It consists of the text of the book, without the stories.\* A mailing of a copy of this book and also a German translation of the pamphlet, "The Fellowship of A.A.," has gone out to all German-speaking groups in Austria and Switzerland as well as Germany. You can order a copy through G.S.O. The price is \$1.75.

\*Eventually, stories of German-speaking A.A.'s will be added.

### THE 1964 WORLD DIRECTORY

Group cards and letters pertaining to listing in the 1964 World Directory have now gone out to all groups and Lone Members registered with us at G.S.O. The Records Department asks us to remind you all that we would appreciate your returning these cards to us **AS SOON AS YOU CAN**. It's a long job to prepare information pertaining to over 10,000 groups, and we need all the time we can have to get this information in readiness. We know that you will want your group to be correctly listed in the Directory, so we will hope to have your group card very soon. Thanks in advance for your help and cooperation.

### THANKS FOR THOSE NEWSLETTERS!

As most of you know, many fine newsletters and bulletins are being distributed by local groups, Intergroups, Area Committees and sometimes, by individual A.A.'s. We are on the mailing list for most of these, and we just want you all to know that we appreciate sharing your news. We know you understand that we don't have the time to comment on all of them, but they are nonetheless enjoyed and read by all the Staff. They help us greatly to keep up-to-date with all your news.

P.S. to the above. We have available a mimeographed listing of these newsletters. If any of you are interested just ask us for a copy.

### A. A. LENDING LIBRARY IN HAWAII

The Hale Alano Club in Honolulu has started a lending library. All of our A.A. literature as well as related material concerning our common problem is available for reading in a quiet, peaceful room, or may be borrowed for home reading. In giving us information about this new project, the Club sent a leaflet describing the services available. Included on the leaflet was that excellent quotation from Herbert Spencer, "There is a principle which is a bar against all information, which is proof against... all arguments and which cannot fail to keep a man in everlasting ignorance. That principle is contempt prior to investigation."

### SOCIAL WORKER WANTED

A gal who is a social worker and who is finding it hard to combine her work and her A.A. activities would like to share experiences with another A.A. who has been in the same spot. Are there any such? If so, won't you write in to us, and we'll put you in touch with our correspondent.

## NOVEMBER CALENDAR

- 8-10 Tri-State Convention  
Washington-Youree Hotel  
Write: Convention Committee, 1711 Tulane Avenue,  
Shreveport, Louisiana
- 8-9-10 Skyline Conference  
Salt Lake City, Utah
- 8-9-10 2 Hawaii State Convention  
Hilton Hawaiian Village, Waikiki, Oahu  
Write: Box 2384, Honolulu 2, Hawaii
- 9-10 British Columbia-Yukon Assembly  
Gai Paree Supper Club  
6669 Kingsway, Burnaby, British Columbia  
Write: Conf. Comm., P.O. Box 38, Station A,  
Vancouver, B.C.
- 15-16-17 Tri-State Fall Convention  
P.O. Box 42 Salem, Indiana
- 22-23-24 Second Southeastern Texas Area Conference  
Rice Hotel, Houston, Texas

### OPEN HOUSE AT G.S.O.

On November 16, a Saturday, G.S.O. is holding Open House for General Service Representatives and any interested A.A.'s in New York, New Jersey, Rhode Island and Connecticut. We hope to see you there. The hours: 10 A.M. to 1 P.M. There'll be a luncheon afterwards at another location which will be designated on arrival. The place: 305 E. 45th St., 18th floor. 305 is located between First and Second Avenues.

### A NURSE THANKS US

Many hundreds of inquiries are received each year from members of the nursing profession and student nurses. A fine answer received in reply to the letter and pamphlets which go out to each such inquirer, gave us a lift:

"Thank you for all the pamphlets which you sent to me... now that I have read them I find them most informative to me as an instructor in psychiatric nursing. We hope to have a selected two or three of our nursing students attend an Alcoholics Anonymous meeting locally and report to the rest of the group. We feel that social drinking is such a huge problem everywhere today that our students should be well informed in this social, as well as medical and spiritual problem."

## SPECIAL CONTRIBUTIONS TO G.S.O.

JUNE-OCTOBER 1963

- ALABAMA: Southeastern State Conference . . . . \$285.78
- BRITISH COLUMBIA: Meeting - Mid Island  
Groups . . . . . \$ 10.00
- CALIFORNIA: Associated Serenity House Groups \$ 18.00
- GEORGIA: Assembly Meeting Atlanta. . . . . \$ 11.00
- ILLINOIS: 1963 Chicago Intergroup Conference . \$122.71  
6th Annual Roundup-Keeley Institute . \$ 28.84
- INDIANA: 15th Annual Banquet. . . . . \$300.00
- IOWA: Combined Meeting - East Central Iowa. . \$150.00  
Missouri River Valley Picnic. . . . . \$ 18.00
- DES MOINES: Founders Dinners Group. . . . . \$600.00
- MAINE: State Picnic. . . . . \$ 36.00
- NEBRASKA: Omaha 20th Anniversary Banquet . \$100.00
- NEW MEXICO: Area Intergroup Meeting. . . . . \$ 90.00  
General Service Conference  
Convention . . . . . \$240.07
- NEW YORK: Central N.Y. Area Conference . . . . \$126.60  
Southeastern N.Y. Area Committee . \$1001.00  
Binghamton Conference . . . . . \$157.40  
Central N.Y. Area Meeting . . . . . \$ 79.00
- LONG ISLAND: North Shore Women's Discussion  
Group . . . . . \$ 9.00
- OKLAHOMA: Oklahoma State Conference . . . . \$381.61
- PENNSYLVANIA: Cook Forest Conference . . . . \$150.00
- TEXAS: Texas State Convention . . . . . \$1210.00
- VERMONT: Vermont State Assembly . . . . . \$ 15.00
- VIRGINIA: Blackstone Meeting. . . . . \$200.00
- WASHINGTON: Aurora Fellowship Groups. . . . \$ 50.00

### A FAMILY WANTS TO SHARE

Word comes from Lance G., New South Wales, Australia that he and his whole family would like to share experiences with another family through correspondence. The G.'s have children ranging in age from the eldest girl who is fourteen to the baby who is eighteen months old. Mrs. G. is active in Al-Anon, and Lance in A.A. He says, "I have the feeling that a family group like my own could possibly help another similar family from over there." Any takers? If so, shoot your letters along, and we'll forward them to Lance and his family.

### WHAT'S IN A NAME?

We've had the usual quota of questions lately about how to make out checks for contributions and literature orders. We hope it will be helpful to give a reminder here. For CONTRIBUTIONS, checks should be made out to GROUP FUND. For LITERATURE AND TAPE ORDERS, checks should be made out to A.A. WORLD SERVICES, INC.