

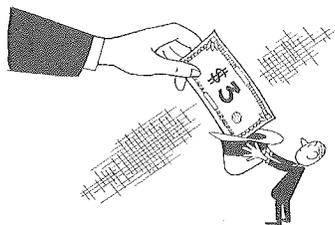
# AA EXCHANGE BULLETIN

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

November 1964

Vol. 9 - No. 6

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



## HOW TO STOP MONEY TALK IN A.A.

Nobody would ever have to talk about money in A.A. at all if every single member automatically remembered at all times his share of the responsibility, and kicked in accordingly.

But a searching and fearless look at the facts as they are indicates this happy state of affairs just isn't the case. Many of us need reminding daily that it takes a little dough to keep A.A. alive, just as we need reminding about the first drink.

TO PAGE 2

## A.M.A. Calls Alcoholism Incurable Disease

CHICAGO, July 31, 1964—American Medical Association Headquarters today flatly repeated that alcoholism is a disease that can be controlled, but that the alcoholic cannot be "cured" so he can return to drinking.

Help for the alcoholic, it said, can come from four places: Alcoholics Anonymous, government health departments, clergymen and, of course, physicians.

Warning about the first drink, the A.M.A. stated, "One drink can change the thinking of an alcoholic so that he feels he can tolerate another, and then another, and another."

The complete text of the A.M.A. statement also lists some common symptoms of alcoholism. Look for these in the November issue of "The Grapevine."

## A.A.'s EXPRESS GRATITUDE TO YOU

- - IN MANY, MANY WAYS

The sometimes strange and always wonderful "thank you's" which pour into our office daily are really meant, of course, for you—all you A.A.'s whose love and work keeps G.S.O. going.

So let us share just a few of these happy letters with you during this season we call in A.A. "Gratitude Time."

*"I felt within myself a supernatural courage when I read your letter—thinking that we are not alone, that you all are helping us spiritually.*

*"Before, when I went out, I used to spend more than I earned . . . But thanks to A.A. and to God, without alcohol I enjoy it more and spend less.*

*"If you don't see any inconvenience to it, I will send you a picture of my children because I want you to know them.*

*"All the members of my A.A. Group are also sending you and everyone their best regards and thanks for the literature." — Roberto, San Salvador*

oOo

*"Ordered to report to the dentist immediately, I was overcome with child-like fear.*

*"However, when I entered his office, there on his wall was our dear Serenity Prayer! All my tension vanished.*

*"This struck me as A.A. at work in an unusual and unexpected way, and gratitude filled my heart—while the Doc filled my teeth." — Jack, New Jersey*

oOo

*"His wife up and left him after this new guy got sober, and it really shook him up. He drove around all night to stay out of bars, then came to my office, deeply depressed and looking like hell.*

*"I listened a couple of hours. Finally he said, 'Well, at least I'm grateful to God I'm still sober.'*

*"That broke the spell. When he left I felt sure he had God by the hand, and I surely was grateful to have shared his experience.*

*"Funny, isn't it, how some simple gratitude can help wipe away depression and a dangerous thirst?" — Mack, Connecticut*

oOo

*"It's my tenth wonderful day of A.A. sobriety. Please accept my gratitude and this \$10 to keep our good work going." — A Loner, California*

oOo

*"Mother came in 13 years ago, I made it 6 years later, and Dad, last fall. Isn't that wonderful? I've enjoyed going to meetings here in Oregon with them.*

*"Please send my World Directory before I leave for Trinidad. Thank you." — Dorothy, New Zealand*

oOo

*"My father died suddenly last month right after he and I had a long, happy trip together.*

*"During my drinking we didn't speak for 8 long bitter years. After I got on the program I had lots of direct amends to make to him. Needless to say, my heart is filled with gratitude that A.A. taught me to do this long before he died." — M.M., New Jersey*

oOo

*"I've just read the pamphlet 'A Letter to a Woman Alcoholic,' and I want to thank you and tell you how much better I feel. I've been having difficulty getting what I should from meetings, but I think with the help I received from that pamphlet I will gain more. Thank you again." — Ruth, Massachusetts*

TO PAGE 4

## BILL'S SUGGESTIONS ABOUT CRITICISMS

After many years of experience and responsibility in the heart of A.A.'s world services, our co-founder Bill W. in the late '50's thoughtfully wrote out his opinion of what A.A. should do about some future problems.

Although his "Twelve Concepts for World Service" were adopted by the General Service Conference in 1962, not all members are familiar with them yet.

Therefore, as a service for A.A. members everywhere, the "Exchange Bulletin" here reprints an excerpt from Pages 155-156 of the new edition of "The Third Legacy Manual" and Bill's "Twelve Concepts." It also appeared in the April, 1963, "Grapevine" under the title, "Our Critics Can Be Our Benefactors."

"Now let us suppose that A.A. does fall under sharp public attack or heavy ridicule; and let us take the particular case where such pronouncements happen to have little or no justification in fact.

### No Defense Best

"Almost without exception it can be confidently estimated that our best defense in these situations would be no defense whatever—namely, complete silence at the public level. Unreasonable people are stimulated all the more by opposition. If in good humor we leave them strictly alone, they are apt to subside the more quickly.

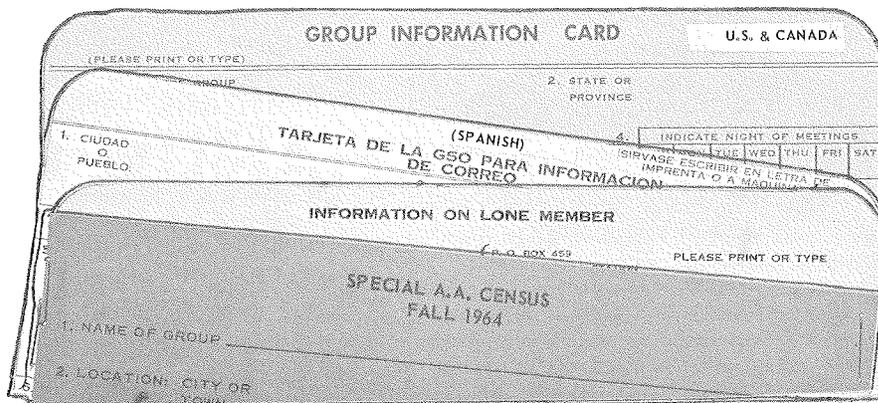
"If their attacks persist and it is plain that they are misinformed, it may be wise to communicate with them in a temperate and informative way; also in such a manner that they cannot use our communication as a springboard for fresh assault. Such communications need seldom be made by the Conference officially.

### Motives Not Questioned

"Very often we can use the good offices of friends. Such messages from us should never question the motives of the attackers; they should be purely informative.

"These communications should also be private. If made public, they will often be seized upon as a fresh excuse for controversy.

"If, however, a given criticism of A.A. is partly or wholly justified, it may be well to acknowledge this to our critic, together with our thanks."



## Want Your Group Correct

## In The '65 Directory?

### THEN BE SURE THESE CARDS ARE RETURNED

Is your Group "out of touch" with the rest of A.A.? Are its members missing important experiences and A.A. news they are entitled to share in?

Wouldn't you like to see our 1965 World Directory 100% accurate? Wouldn't you like to see it issued early in the year so alcoholics who need it can use it—instead of waiting for the straggling-behind, don't-care Groups and being late?

O.K. Please, please be sure that the "Group Information Card" and the every-two-year "Special A.A. Census" card for your Group get filled in correctly and returned pronto this year. They have already been mailed to all Groups. (It took letters in nine differ-

ent languages to cover our worldwide Fellowship!)

Don't wait for someone else to do it, please. If your Group secretary or G.S.R. haven't received cards, let us know right away.

### ANYBODY HOME?

Whenever we're asked how to contact a local A.A. Group in your area, we give the name and address of your Group. If we don't have correct, up-to-date Group information from you, a sick alcoholic or a lonely traveler may be knocking on the wrong door—and no one answers.

If your Group moves, or changes Secretary or G.S.R., please be sure to send us the latest correct addresses.

### HOW TO STOP MONEY TALK

FROM PAGE 1

Some of us couldn't stay sober without those first-drink reminders every 24 hours or so. And apparently Groups would go defunct, Intergroups would close their doors, and G.S.O. would konk out if somebody didn't occasionally speak of A.A.'s small but vital financial needs.

Last month your Group got a letter from Mr. Archibald Roosevelt, distinguished nonalcoholic Trustee and Treasurer of our G.S. Board, reminding you of these things.

Has your Group sent in all its '64 contributions yet? If so, we thank you

on behalf of all the alcoholics, new and old, who have received help from G.S.O. this year. If not, can they count on you to come through soon?

\*\*\*\*\*  
 \* OPEN HOUSE AT G.S.O. \*  
 \* On Saturday, November 14, 1964 \*  
 \* G.S.O. is holding Open House for \*  
 \* G.S.R.'s and any interested A.A.'s. \*  
 \* The Place: 18th Floor, 305 E. \*  
 \* 45th Street \*  
 \* The Time: 9:30 A.M. to 1:00 P.M. \*  
 \* \*\*\*\*\*

## Group Soup Gems From Our Mail

*Aboard the Aircraft Carrier "Kitty Hawk" in the South Pacific: the only A.A. Group aboard a U.S. Navy ship (they believe) is now two years old. Listed as an Internationalist Group, they meet weekly and in every port contact members named in the World Directory, according to Dave S. and Barney S., Linda Vista Group, San Diego, Calif.*

*A 3-hour 45-minute meeting(!) on "How Many Ways Can the Message be Carried?" is reported by New York's Greenwich Village Group, helped out by four neighbor Groups (Henry St., Wall St., Washington Sq., and Workshop) and G.S. Committee and Intergroup workers. Who says alcoholics are short on patience!*

*A Sharing Session, G.S.O. Filmstrip #2, the Delegate's Report, and a panel discussion covered Group, Intergroup, and G.S.O. services.*

*"I just wish more Groups worked together like this more often," said Jose A. of Henry St. "A.A. is more friendly this way." We know, Jose.*

Who you see here  
 What you see here  
 When you leave here  
 Let it stay here

*A large card like that reminds members of the Salmon, Idaho, Group of our Tradition of anonymity. Have any other Groups spawned any good original ideas lately to share with the rest of us?*

*Did you know that naming a Group in honor of a deceased member could get the Group into serious legal trouble? Attorney Bernard B. Smith, nonalcoholic Trustee, passes on this free legal advice. Want to help us spread it around?*

*In addition, most members who have written us about it feel*

*it violates both the 11th and 12th Traditions: "Principles before personalities," they say. What do you say?*

*"The booze is off my back but the wolf is sure at my tail," wrote Bill S. to his home Group, the Crossroads, Phoenix, Ariz. But he added this: "There is not an alcoholic in this world who cannot be saved with love and understanding, because that love is the love of God, and that understanding is that of the A.A.'s who are their brothers' keepers."*

### 1964 Contributions

Budgeted . . . . .	\$290,000
Contributions 6/30/64 .	101,600
Still to go . . . . .	\$188,400

*"He who forgets is condemned to repeat," Paul C. reminds us. Nineteen days out of the Panama Canal on a ship bound for Australia, he writes: "Everything that took place at the meetings back home still goes through my mind. Sitting here writing this is almost like attending a meeting. At least I can write to someone that understands.*

*"'Action' among the crew will begin in a couple of days. Maybe my ways will help someone out. It only takes two to make a meeting."*

*"How many state prisons can throw open their gates to 150 visitors, both male and female, for an entire afternoon and evening, and permit them to mingle with and dine with an equal number of inmates?"*

*"The local chapter of A.A. deserves a pat on the back from all of us . . . And thanks from every inmate for showing by your fine example that all prisoners are not incorrigibles, but do have the ability, understanding and personal integrity to conduct themselves as gentlemen despite the stigma of confinement."*

*The above is from Mountaineer, put out by the California Conservation Center, Susanville.*

## RICH STUFFINGS IN TURKEY-MONTH "GRAPEVINE"

*A few titles in the November issue include: Recipe for a Holiday Shindig; Let Go and Let God; Hansom Cabs and Duck Hunters; The Absent-Minded Professor; How Welcome Are Newcomers; The Whisper of Humility; and You, Too, Can Come Back.*

*There are more of the baby-pictures-with-captions that you saw first in the September issue. (Question: are these unfair to babies or alcoholics?)*

*PLUS — Full text of the latest A.M.A. statement on the incurable disease of Alcoholism!*

## From Outside In

*Non-A.A. representatives of public news media that have helped carry the message of A.A. will be guests of our General Service Board at its annual Gratitude Luncheon on November 19 in New York.*

\* \* \*

*Public Information Committees and individual P.I. contacts will be listed for the first time in the 1965 World Directory. Do we have correct information on yours?*

\* \* \*

*"A.A.'s Position in the Field of Alcoholism," a statement prepared by G.S.O.'s P.I.C., was mailed to all members of the North American Association of Alcoholism Programs with their August newsletter. The N.A.A.A.P. members are tax-supported alcoholism programs in Canada and the U.S.A.*

\* \* \*

*Murray W., New Canaan, Conn., G.S. Board member, attended the annual N.A.A.A.P. meeting in Portland, Ore., Sep. 27—Oct. 2, at their invitation, to speak about A.A.*

\* \* \*

*The N.A.A.A.P. has invited any A.A. member working professionally in any field of alcoholism to accept individual membership in their organization. Their address: Rm. 323, Dupont Circle Building, Washington, D.C. 20036.*

# GROUP TO SELECT TRUSTEE NOMINEES

Groups in the Northeast and West Central U.S.A. and Manitoba, Canada, have been asked to submit names of A.A. members for election of three regional Trustees to our General Service Board in April, 1965.

Each state and provincial General Service Committee from those regions is to agree on the name of *one* member to be submitted to the Conference in April, where the three nominees will be chosen. (See the rotating election plan, PP. 72-73 in "The Third Legacy Manual")

The West Central region includes Iowa, Minn., Mo., Mont., Neb., N. Dak., S. Dak., Wis., and Wyo. Northeast region is made up of Conn., Del., D.C., Maine, Md., Mass., N.H., N.J., N.Y. (excluding 75-mi. radius of New York City), Penn., R.I., and Vt.

Delegates and Committees of these states have all been notified, and some have already submitted names.

## Information, Please

1. What "officers" does your Group have?
2. Who chooses them? How—by election, appointment, or what?
3. How long do they serve?
4. What are their duties?
5. Does your Group have a Steering Committee? Who chooses it? How? How long do members serve on it?

\* \* \*

Thanks for the good information you sent us on *Halfway Houses*. But we still need more.

## GRATITUDE TO YOU

FROM PAGE 1

"When I tried to thank my sponsor for his first visit with me, he said, 'Don't thank me; I do this for my own benefit. If you really do feel grateful, all I ask is that you try to do for another guy what I've tried to do for you.'"

"So here's my \$3.00 to help you keep sharing the message with those who need us. Wish I could afford more." — *Phil*, New York

oOo

All of us here at G.S.O.—Beth, Eve, Hazel, Herb, June, Liz, Midge, and Waneta—join in gratitude to all of you for your warm hearts that help us stay sober, plus your magnificent support of the work we do in your name.

## NEW "SEDATIVES" PAMPHLET

"Sedatives, Stimulants, and the Alcoholic" is the new title of the pamphlet (P-11 on the order form) discussing the effects on some alcoholics of tranquilizers and other drugs.

After months of writing and re-writing, and consultation with scores of medical experts (including doctors who are themselves in A.A. and have had first-hand experience), the new pamphlet should be an extremely useful tool for any A.A. member and his physician. Price: 10¢ each.

## "DISCOUNT PACKAGES" OF LITERATURE

The literature order blank you got with this Bulletin lists three "Discount Packages" of A.A. literature available to Groups.

You can save—or make—\$1.00, \$1.87, or \$3.37 buying pamphlets and books this way.

Special institutional packages are also available.

## UNITY UPSETTERS

Who are the disturbers of Unity in A.A.? A member of a New York Group suggests these answers:

(1) Those who do not understand "self-support"—including two kinds: (a) those who fail to support any A.A. effort with money or time; and (b) those in A.A. who accept money from *any* place "to save a drunk."

(2) "Special" (they think) A.A.'s bleeding deacons who want more power. Some edit their own publications; others form "special" Groups. Others try to endear themselves to the clergy and through them develop a special A.A. position.

(3) The C-O-P-E kind (critics of Practically Everything). They are seldom for anything. They don't like the way things get done but won't help do anything.

His conclusion: "The miracle of A.A. is that the image of U.U.'s (Unity Upsetters) seems to grow smaller and smaller, as more and more A.A.'s grow—or at least grow *older*. Meanwhile the Fellowship stays young?"

What do you think?

## A.A. CALENDAR

### NOVEMBER

- Oct. 31—Nov. 1-2 Central American, Panama, Mexico & Caribbean Convention. Write: Oficina de la Juta, Apartado Postal 7398, Mexico D.F., Mexico.
- 1— 17th Anniversary of Victorian A.A. Melbourne, Australia. Write: Secretary, Box 2541 W., G.P.O. Melbourne, Australia.
- 6-8 Tri-State Convention (Illinois, Indiana, Kentucky), Irwin Cobb Hotel, Paducah, Kentucky. Write: Tri-State Convention Hq., P.O. Box 810, Paducah, Kentucky.
- 6-8 Yukon Assembly, South Burnaby, B.C. Write: Conference Committee, Box 38, Station A, Vancouver B.C.
- 13-15 Northeast Texas Area Conference, Carlton Hotel, Tyler, Texas. Write: P.O. Box 1124, Tyler, Texas.
- 13-15 Annual Tri-State Convention, Shreveport, Louisiana. Write: Convention Committee, 1711 Tulane St., Shreveport, La.
- 20-22 Third Hawaii Convention, Hilton Hawaiian Village. Write: Central Office, Box 2384, Honolulu, Hawaii 96804.
- 28— Coastal Panel No. 1 Assembly, Oakland, California, Veterans War Bldg., Oakland. Write: Secretary, Coastal Panel 1, 166 Geary Street, Suite 84, San Francisco, Calif.

## SPECIAL GIFTS TO G.S.O. JULY—SEPT. 1964

ALASKA: Anchorage 5th of the Month . . . . .	\$100.00
CANADA: B.C. 7th Annual Round-Up . . . . .	15.00
ILLINOIS: Dwight A.A. Round-Up . . . . .	140.13
MISSOURI: Missouri River Valley Picnic . . . . .	20.00
NEW YORK: Western N.Y. Area Conference . . . . .	100.00
OHIO: Ohio State Conference . . . . .	1,140.87
VERMONT: Round Robin . . . . .	45.37
WASHINGTON: Northeast Conference . . . . .	386.50

## Getting the Record Straight

### DIRECTORY GOOFS

CANADA: The Kerrisdale A-2 Group in Vancouver, B.C., Canada should be credited with \$44.88 for 1963.

The Kerrisdale Mens Group should be credited with \$100.00.

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