

## **A.A. PREAMBLE**

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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## **ABOUT MOSTLY AGNOSTICS AA...**

The Mostly Agnostics group seeks to carry a message of recovery that is grounded in AA's first tradition: "Personal recovery depends upon AA unity."

We are here for those who have doubts or disbeliefs with regard to God and religion, although some of our members believe in a higher power.

Our wish is to assure suffering alcoholics that they can find sobriety in AA without having to accept anyone else's beliefs or having to deny their own.

## **NEWCOMERS WELCOME**

If this is your first time joining us, we'd like to welcome you to Alcoholics Anonymous. Our 3rd tradition says that the only requirement for membership is the DESIRE to stop drinking. So, if you want to stop drinking, congratulations, you are now the newest member of the coolest club that no one wants to join: Alcoholics Anonymous. If you are feeling apprehensive and confused, you're not alone. We were once in your shoes and know how that feels. There is hope.

Everything you hear in AA should be taken for what it is - the perceptions and opinions of individual members. We share what has worked for us personally, but we are confident that there are other approaches that also work. The resources available within AA are as diverse as the challenges recovering alcoholics face. "Take what you like and leave the rest."

In the words of one of AA's founders: "We must never forget that the purpose of AA is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made of anyone. An experience is offered which members may accept or reject. That is up to them."

A primary example of the program's ability to customize the solution to individual needs is the great diversity among AA groups. Groups are crucial not only in providing a sense of belonging but also in fostering vital one-on-one relationships. We suggest attending as many different groups as possible. Each has its own flavor and it is important to find at least one group where you feel welcomed, affirmed, and safe.

Finding a homegroup that you regularly attend builds a strong human connection that can be indispensable in recovery. Other group members get to know you by name and miss you when you're gone. We have found that surrendering to the experience of sharing with a bunch of current and ex-drunks with whom we might not otherwise mix seems to be the most reliable way to stay sober, and it is less embarrassing than continuing to get drunk.

When we were ready to get sober, most of us found clear guidance to be helpful. Sponsorship can be valuable in this regard. A sponsor is an experienced AA member who can provide suggestions, feedback, and an opportunity to talk about issues too intimate to be shared in the group.

If you would like fellow members' contact information for support, please private chat the Host/Chair with your email and phone number. We will provide a 'Newcomers Resources' handout which has phone numbers of group members who would love to hear from you if you have questions or if you just need to talk. You can ask them about sponsorship, ways to get involved, literature, and other resources that can help maintain sobriety.

***Welcome to Mostly Agnostics and we're glad you're here...***