

## **PREAMBLE**

**We are gathered here together, because we are faced with the fact that we are powerless over alcohol and unable to do anything about it without the help of a power greater than ourselves. We feel that each person's religious views, if any, are his own affair. The simple purpose of the program of Alcoholics Anonymous is to show what may be done to enlist the aid of a power greater than ourselves, regardless of what our individual conception of what that power may be.**

**In order to form a habit of depending upon and referring all we do to that power, we at first must apply ourselves with some diligence. By often repeating these acts they become habitual and the help rendered to us becomes natural.**

**We have all come to know that, as Alcoholics, we are suffering from a serious illness for which medicine has no cure. Our condition may be the result of an allergy which makes us different from other people. It has never been, by any treatment with which we are familiar, permanently successful. The only relief we have to offer is complete abstinence.**

**There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover.**

**An A.A. member is an alcoholic who, through the application of an adherence to the A.A. program, has forsworn the use of any alcoholic beverage in any form. The moment he/she takes so much as a one drop of beer, wine, spirits, or any other form of alcoholic beverage he automatically loses all status as a member of A.A.**

**Alcoholics Anonymous is not interested in sobering up drunks who are not sincere in their desire to remain sober for all time. Not being reformers, we offer our experience only to those who want it.**

**We have a way out on which we can absolutely agree and on which we can join in harmonious action. Rarely have we seen a person fail that has thoroughly followed our program. Now you may like this program or you may not, but the fact remains it works. It is our only chance to recover.**

**There is a vast amount of fun in A.A. fellowship. Some people might be shocked at our seemingly worldliness and levity, but just underneath there lies a deadly earnestness and full realization that we must put first things first; and with each one of us the first thing is our alcoholic problem. To drink is to die. Faith must work twenty-four hours a day in and through us or we may perish.**

**In order to set the tone for this meeting, I ask that we bow our heads in a few moments of silent prayer and meditation.**

**I wish to remind you that whatever is said at this meeting today expresses our own opinion, as of today, and as of this moment. We do not speak for A.A. as a whole, and you are free to agree or disagree as you see fit; in fact, it is suggested that you pay no attention to anything which might not be reconciled in the A.A. Big Book.**

**If you don't have a Big Book, it's time you bought one. Read it, study it, live with it, loan it, scatter it, and then learn from it what it means to be a member of Alcoholics Anonymous.**