

FAQs for AA/AI-Anon PI/PO booth at Pioneer Park 4th of July

Both AA and AI-Anon

Q. If you are asked, "Are you a member of AA &/or AI-Anon?"

A. AA / AI-Anon are anonymous programs. That means we do not identify ourselves as either in public, so I can't answer that, but I am happy to provide you with information on either program.

Q. Are AA and AI-Anon the same?

AA stands for Alcoholics Anonymous and is a recovery program for alcoholics.

AI-Anon is a support group for families and friends of alcoholics.

BOTH programs use the 12 steps of AA but have their own literature and focus.

Q. Will people tell others if I attend a meeting?

A. One of the AA and AI-Anon program's basic principles is that of anonymity. Meetings are confidential, and we do not disclose whom we see or what we hear at meetings to anyone.

Q. Does it cost money to attend?

A. There are no dues or fees for A.A. or AI-Anon membership; we are self-supporting through our own contributions.

Q. Is AA or AI-Anon a religious group? Political group? Connected to rehab facilities?

A. A.A. and AI-Anon are not allied with any sect, denomination, politics, organization or institution; do not wish to engage in any controversy, neither endorse nor oppose any causes.

AA

Q. What is AA?

A. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Q. What happens at AA meetings?

A A.A. members share their recovery with anyone seeking help with a drinking problem, and provide experience, strength and hope or "sponsorship" to alcoholics through the 12 steps.

Q. What is required to join AA?

A. The only requirement for membership is a desire to stop drinking.

Q. Do you need a referral or be invited to join A.A.?

A. No, A.A. is open to anyone who has a desire to stop drinking. You are a member when you walk through the door.

Q. Can nonalcoholics go to AA meetings?

A. Nonalcoholic guests are welcome at "open" A.A. meetings to listen. Generally, they do not share but are welcome to listen and learn more about alcoholism. Visitors may be clergy, students, professionals in the field of recovery/rehab/counseling or families and friends of alcoholics.

Attendance at "closed" AA meetings is limited to those who are alcoholic or think they may have a drinking problem that want to insure their anonymity.

Q. Can addicts go to AA meetings?

A. Addicts that have a desire to stop using all substances including alcohol are welcome to attend AA. Many alcoholics are cross addicted. The only requirement for membership in AA is a

desire to stop drinking. Addicts may also want to attend Narcotics Anonymous. Visit their website at na.org

What A.A. Does NOT Do

A.A. does not: Furnish initial motivation for alcoholics to recover... solicit members... engage in or sponsor research... keep attendance records or case histories... join "councils" or social agencies (although A.A. members, groups and service offices frequently cooperate with them)... follow up or try to control its members... make medical or psychological diagnoses or prognoses... provide detox, rehabilitation or nursing services, hospitalization, drugs or any medical or psychiatric treatment... offer religious services, or host/sponsor retreats... engage in education about alcohol... provide housing, food, clothing, jobs, money or any other welfare or social services... provide domestic or vocational counseling... **accept any money for its services, or any contributions from non-A.A. sources**... provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

Al-Anon

Q. What is Al-Anon?

A. Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

Q. Do you need a referral or be invited to join Al-Anon?

A. No, Al-Anon is open to anyone who is looking for support regarding a friend or family member who has a drinking problem. No advance notification or formal written referral is necessary to attend an Al-Anon meeting.

Q. Can alcoholics go to Al-Anon meetings?

A. Alcoholics may attend Al-Anon meetings because they are more concerned with another's drinking but often, with time, they find their way to getting help for themselves through AA or other support. AA members (and members of other 12 step groups) are welcome to attend Al-Anon meetings for the same reason as other Al-Anon's – because they, too, may have been raised in an alcoholic home or have a family member or friend that is affecting their lives. Members of any other 12 step groups are asked to keep the focus on Al-Anon and not identify themselves as a member of any other 12 step program.

Q. If I am concerned about someone's drug use should I attend Al-Anon?

A. Al-Anon Family Groups have one primary purpose: to help families and friends of alcoholics, however Al-Anon's 2018 Membership Survey reported that 35% of Al-Anon members first came to Al-Anon because of a relative or friend's drug problem. The survey also showed that 78% of these members eventually realized that someone's drinking also negatively affected their lives. You are welcome to try Al-Anon meetings to see if the program is helpful to you. You may also find help in Nar-Anon, a program for those affected by someone else's drug addiction. Visit their web site at: nar-anon.org.

