



## Looking for help?

*Do you think you have a problem with alcohol? Do you want to stop drinking, but find you cannot quit entirely or have little control over the amount you drink? If you answered yes, to either of these questions, there are several ways Alcoholics Anonymous can help.*

### A.A. PREAMBLE© Service Material from the General Service Office

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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### HAWAI'I AREA INTERGROUP OFFICES TELEPHONE NUMBERS AND WEBSITES:

**(Visit websites for more information and links to in-person and zoom meetings)**

- **OAHU Intergroup of Hawai'i, Inc.** Call us now at (808)946-1438  
<https://oahuaa.org/> **and** [New to AA Page? Link Here](#)
- **KAUAI Intergroup of Hawai'i, Inc.** Call us now at (808)245-6677  
<https://kauaiaa.org/> **and** [Link to 12 Questions: IS AA for you? here](#)
- **MAUI Intergroup of Hawai'i, Inc.** Call us now at (808)244-9673  
<https://aamaui.org/> **and** [Link to Newsletter](#)
- **WEST HAWAI'I Intergroup of Hawai'i, Inc.** Call us now at (808)329-1212  
<https://www.westhawaiiaa.org/> **and** [Link to More About AA](#)
- **EAST HAWAI'I Intergroup of Hawai'i, Inc.** Call us now at (808)961-6133  
<https://easthawaiiaa.org/>

CLICK THE LINK ON THE PAMPHLET TO READ MORE. You can also download a .pdf to your computer.

## Problems other than alcohol

by **Bill W.**,  
co-founder of  
Alcoholics Anonymous



<https://www.aa.org/problems-other-alcohol>

## A Newcomer Asks



<https://www.aa.org/newcomer-asks>

## Frequently Asked Questions About A.A.



<https://www.aa.org/frequently-asked-questions-about-aa-formerly-44-questions>

## Is A.A. for You?

TWELVE QUESTIONS  
ONLY YOU CAN ANSWER



<https://www.aa.org/aa-you>

## This is A.A.

An introduction  
to the A.A.  
Recovery Program



<https://www.aa.org/aa-introduction-aa-recovery->

## Questions & Answers on Sponsorship



<https://www.aa.org/questions-and-answers-sponsorship>

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A.A. for the Older Alcoholic  
—Never too late

<https://www.aa.org/aa-older-alcoholic-never-too-late>

www.aa.org  
**A.A. at a glance**

**What is A.A.?**  
Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women born of needs of those who meet together to affirm and maintain sobriety. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership.

**Current Membership**  
It is estimated that there are over 120,000 groups and over 2,000,000 members in approximately 180 countries.

**Relations with Outside Agencies**  
The Fellowship has adopted a policy of "cooperation but not affiliation" with other organizations concerned with the problem of alcoholism. This takes no position on issues outside A.A. and neither endorses nor opposes any causes.

**How A.A. is Supported**  
Over the years, Alcoholics Anonymous has affirmed and demonstrated a tradition of being fully self-supporting and of neither seeking nor accepting contributions from nonmembers. Within the Fellowship, the amount that may be collected by any individual member is limited to \$6,000 a year.

**How A.A. Members Maintain Sobriety**  
A.A. is a program of total abstinence. Members assist their fellow members, one day at a time. Sobriety is maintained through sharing experience, strength, and hope in groups, meetings, and through the suggested Twelve Steps for recovery from alcoholism.

**Why Alcoholics Anonymous is "Anonymous"**  
Sobriety is the spiritual foundation of A.A. & sobriety is the specific purpose of informing the nonalcoholic public.

<https://www.aa.org/aa-glance>

**Information on Alcoholics Anonymous**

**For Anyone New Coming to A.A.**  
**For Anyone Helping People to A.A.**

This information is both for people who may have a drinking problem and for those in contact with people who have, or are suspected of having, a problem. Most of the information is available in more detail in literature published by A.A. World Services, Inc. This sheet tells what to expect from Alcoholics Anonymous. It describes what A.A. is, what A.A. does, and what A.A. does not do.

**What is A.A.?**  
Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonreligious, self-supporting, nonsectarian, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

**Significance of Purpose and Problems Other Than Alcohol**  
Some professionals refer to alcoholism and drug addiction as "substance abuse" or "chemical dependency." Nonalcoholics are, therefore, sometimes introduced to A.A. and encouraged to attend A.A. meetings. Nonalcoholics may attend open A.A. meetings as observers, but only those with a drinking problem may attend closed A.A. meetings.

**What Does A.A. Do?**

1. A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service or "sponsorship" to the alcoholic coming to A.A. from any source.
2. The A.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop satisfying life without alcohol.
3. This program is discussed at A.A. group meetings.
  - a. Open speaker meetings — open to alcoholics and nonalcoholics. Attendance at an open A.A. meeting is the best way to learn what A.A. is, what it does, and what it does not do in its regular meetings. A.A. members "fill their names." They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of Alcoholics Anonymous.
  - b. Open discussion meetings — one member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drinking-related problem anyone brings up. (Closed meetings are for A.A. or anyone who may have a drinking problem.)
  - c. Closed discussion meetings — conducted just as open discussions are, but for alcoholics or prospective A.A. only.
  - d. Step meetings (usually closed) — discussion of one of the Twelve Steps.
  - e. A.A. members also take meetings in restaurants, facilities, and treatment settings.

f. A.A. members may be asked to conduct the informational meetings about A.A. as a part of A.S.A.P. (Alcohol Safety Action Project) and D.W.I. (Driving While Intoxicated) programs. These meetings about A.A. are not regular A.A. group meetings.

**What A.A. Does Not Do**  
A.A. does not:

1. Furnish initial instruction for alcoholics to recover.
2. Select members.
3. Engage in or sponsor research.

<https://www.aa.org/information-on-alcoholics-anonymous>

This is A.A. General Service Conference-approved literature.

**A.A.'s LEGACY OF SERVICE**

BY BILL W.

What is the basic A.A. service?  
The Fellowship's responsibility  
The pioneers' battle for the Big Book  
News stories and modern A.A. growth

Beginnings of group and world services  
Origin of the Twelve Traditions  
G.S.O. today  
Birth of the General Service Conference

<https://www.aa.org/aas-legacy-service>

guide to Fellowship activity, is available from the General Service Office.

The A.A. Group  
...where it all begins

How a group functions.  
How to get started.

<https://www.aa.org/aa-group-where-it-all-begins>

Available for purchase:  
The "Big Book" of Alcoholics Anonymous

**ALCOHOLICS ANONYMOUS**

This is the Fourth Edition of the Big Book, the Basic Text for Alcoholics Anonymous

<https://onlineliterature.aa.org/Big-Book-Hardcover-4th-Edition>

Service Material from the General Service Office

**THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS**

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature

<https://www.aa.org/sites/default/files/literature/The%20Twelve%20Steps%20of%20Alcoholics%20Anonymous%20-%20SMF-121.pdf>

Service Material from the General Service Office

**THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS**  
(SHORT FORM)

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups.

[https://www.aa.org/sites/default/files/literature/smf-122\\_en%201121.pdf](https://www.aa.org/sites/default/files/literature/smf-122_en%201121.pdf)

preserved as our primary purpose.

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