

Original Preamble 1951

WHAT IS ALCOHOLICS ANONYMOUS?

A.A. (Alcoholics Anonymous) is a fellowship of men and women, people for whom alcohol has become a major problem in their lives and who have decided TO DO SOMETHING about it. They share their experience, strength and hope with each other that they may solve their common problem and help others recover from the disease, Alcoholism.

The only requirement for membership is an honest desire to stop drinking. A.A. has no dues or fees. It is not allied with any sect, denomination, politics, organization or institution; neither endorses or opposes any cause.

Our primary purpose is to stay sober and help others achieve sobriety. Realizing that Alcoholism is a disease, the Alcoholic, when he feels uncertain of himself, will read and study the Twelve Steps carefully, applying them to himself. He will find an answer to his problem. A.A. works.

An alcoholic is any person whose indulgence in alcohol continuously or periodically results in behavior such as to disrupt normal relations with his or her work, family or society. It is no disgrace to be an Alcoholic, but it is certainly not a happy state. Any alcoholic can live a life without alcohol and be happy by following the A.A. program.
