

AA EXCHANGE BULLETIN

NEWS AND NOTES FROM THE GENERAL SERVICE OFFICE OF A. A.

June-July 1966

Vol. 11 No. 3

• 305 East 45th Street, New York 10017 • Mail address: Box 459, Grand Central Station, New York 10017 •

IN MEMORIAM

Dr. Harry Tiebout
 Sr. Mary Ignatia
 "Ebbv" T., Bill's Sponsor
 (see page 3)

We need Answers

How Do You Keep Meetings From Going Stale?

When Groups run into problems, we try to pass on to them the experience of other Groups who have met and solved the same difficulties.

So we always need to know more and more about how your Group solves its problems, so we can share your experience with other Groups!

Please write us as soon as you can what your Group does if it ever finds meetings getting monotonous.

For example, J. G. of Colorado writes:

Failed to Grow

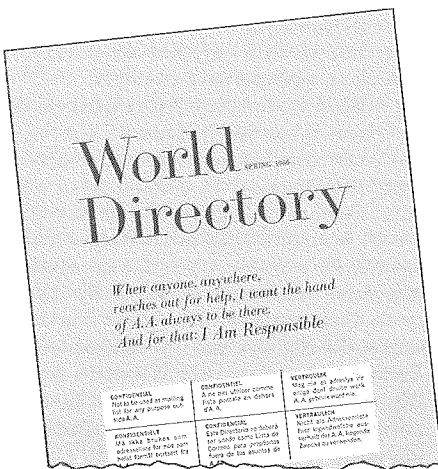
"Our Group has failed to grow as it should for 14 years. It has deteriorated the past two years and is now in real danger of folding.

"Four small Groups have splintered off from the first one here, and two of these are not registered with G.S.O. . . .

"One of the main culprits is monotony in our meetings. All meetings are closed except the last one of the month. We hold three a week: Sunday, closed; Tues., Twelve Step study; and Fri., speakers. But it is always the same speakers every two or three weeks!"

Two other letters from Groups offer good advice on such a situation. T.D. of Connecticut reports on a Sharing Session at their state conference which came up with these suggestions:

1. Make strong effort to get people from other Groups to put on your meeting.
2. Plan each meeting in advance.
3. Change formats occasionally.



1966 Directory shows 12,444 A.A. Groups worldwide -

By now your Group's new 1966 *World Directory* should have arrived. It has a bright, rosy red cover.

It lists a total of 12,444 Groups in contact with the General Service Office, and shows that Group Fund contributions from members in 1965 were \$279,204.66.

ABOUT ANONYMITY

The *World Directory* cover carries in five languages besides English this notice: "CONFIDENTIAL. Not to be used as mailing list for any purpose outside A.A."

Any member who knows of a misuse of the Directory is urged to write directly to the person or organization involved (and send G.S.O. a copy of your letter).

Often mis-users simply do not know about A.A.'s Traditions of non-commercialness or public anonymity, and are glad to respect our request when it is explained.

YOUR GROUP

Maps in the Directory shows the worldwide network of A.A. Groups and members in more than 90 countries.

Your Group is listed - if it returned the Information Cards mailed out last fall. In addition, for each Group the meeting days are shown and one or two members' names, addresses and telephone numbers are

(to page 2)

4. Add occasional special events: Grapevine discussion, monthly birthday celebration, etc.
5. Hold a Sharing Session (Folder on Sharing Session available at G.S.O.).
6. Type on cards such words as *acceptance, humility, fear, drunk, insidious, sly*, etc. All sit at a round table and draw cards, then share their thoughts on the topic they draw.
7. Devote entire meeting to one Step, or one topic.
8. Choose new "Program Chairman" every month.

The Far West Group, Steilacoom, Wash., writes:

"This being a small prison Group, when meetings seem to get a little stale we exchange views and ideas by mail. So we are very grateful for the 'Exchange Bulletin.'"

Here's one more tip: don't miss the new pamphlet, "The A.A. Group." It gives many, many ideas on this very subject.

But what are yours? Please share them with the rest of us!

ALL ABOUT THE CONFERENCE!

News of the six constructive days of meetings of the 16th General Service Conference - in the "Conference Digest" enclosed with this bulletin.

What Has The "Big Book" Meant to You?

Back in our August-September '65 issue we asked members to try to put into words what the book "Alcoholics Anonymous" has meant to them.

Answers keep coming in, so here we share more of them with you:

"Like many others I thought it was badly written, and I still don't like the stained-glass sound of fanatic religiosity in it; but anyone fairly intelligent (and I'm beginning to be by staying dry) reads for the sense. And boy is it there!"

—Hazel, Memphis, Tenn.

"Our Group tossed around the question about the Book. Members with drinking problems seem to read more of it."

—Frank, Cincinnati, O.

Why Was I Denied?

"I didn't see my first Big Book until eight months after entering A.A.—and dry all this time. Upon beginning it, I began to wonder how such a thing could have happened. Why was I denied such a good thing for so long?"

"I don't believe any possible damage could come to anyone from reading the Book upon first exposure to A.A. Anyone who reads it will profit and continue to grow with each reading.

"I want to make it to the middle-timer class, but without the book, I'm afraid my chances would be much slimmer.

"I met a stranger one Saturday morning who was a shaking, sweating, frightened individual. I told him about this wonderful book that had meant so much to me, and suggested it might keep him away from the booze till our next meeting, Thursday night. He took the book; it did; and next Thursday he was a seemingly happy, calm, clear-eyed person, and A.A. has been working for him since. God knows when—when we don't."

—Bill P., S.C.

"To me the Big Book means life, sanity, and serenity contrasted with death, insanity, and nightmare. It means natural sleep not wetted with sweaty pillows or sitting up in bed for hours trying to quiet my throbbing heart and temples.

A Book Convert

"You see, I was a book convert pure and simple. I found the Big Book lying on a table in the English Book Shop in Mexico City.

"Although I had ridiculed A.A. for years, and I laughed when my mother suggested it (I didn't want to be 'ruined' like some of my drinking 'friends' had been!), I bought the book in final desperation and fear, got home at 5 p.m., sat down in an arm chair and started to read it.

"When dawn broke I was still reading it. When I finally finished it I wrote on the back page, 'I hope and feverently believe that I am on the threshold of a new life.' Time proved these words to be true.

"I couldn't find an A.A. meeting in Mexico City at the time, not in telephone directory, newspapers. But in the book it gave good old Box 459 in New York. So I wrote G.S.O. and got the address of the Group. But the marvelous part is that the Big Book kept me from drinking during several weeks until I found my first meeting after years of drinking.

In a sense, it was a meeting for me—other alcoholics talking to me in print.

"Now after several years a copy still lies on my bed table, and another on my desk. I have given several copies to others, in gratitude, and several loan copies are almost always in the hands of beginners until they can buy their own.

"Thank you, God; thank you, G.S.O.; thank you, other alcoholics in A.A.; and thank you, Big Book, for guiding me to A.A. and enabling me to stop drinking and grow in A.A.!"

—Ed E., Guadalajara, Mexico

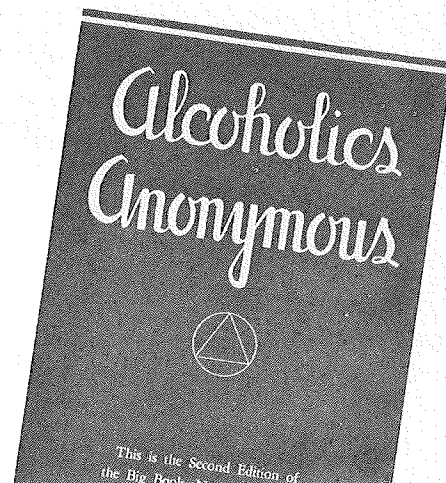
"I was the 'housewife—and—mother' type drunk, who did her drinking in privacy of her kitchen and kept the bottle hidden among the pots and pans, where a little rattling of same would cover the noise of the cork popping out of the jug.

Tried and Tested Recipe

"But even as a drinking housewife and mother, I loved to cook, and there were many of my favorite recipes which I committed to memory. It was only when one of my culinary specialties fell short of the perfection I felt capable of producing, that I went back to the recipe book to review the directions; to discover if I had included all the proper ingredients, etc.

"As a sober housewife and mother in A.A., I was given a tried and tested recipe for happy, contented sobriety in the Big Book, 'Alcoholics Anonymous' which through repeated use has also been committed to memory or so I think at times.

"However, when one of my twenty-



four hour productions turns out to be less than I feel I have, from past experience in using this recipe, a right to expect, I find that I must go back to that Big Book, I must carefully examine the ingredients suggested for use in concocting happy sobriety — spiritual peace — satisfactory human relationships.

"Invariably, I find that perhaps I left out just a pinch of tolerance or a dash of humility — or that 'generous measure' of love was a bit skimpy. When I correct these things, the recipe works as beautifully as ever and I can cook up a twenty-four hours to delight any sober alcoholic. But I must refer to the 'recipe' again and again."

—Irene O., Reno, Nev.

● DIRECTORY CORRECTIONS

TEXAS:

Texarkana — Should read Alamo Group \$30.00 and Downtown Group \$30.00.

Bellaire — Avenue A Group \$82.00 Credited to Bellaire Group in Houston.

Houston — River Oaks Group \$303.00 River Oaks Women's Group \$18.00.

Memorial Piney Point Group \$100.00 instead of Memorial Bend Group.

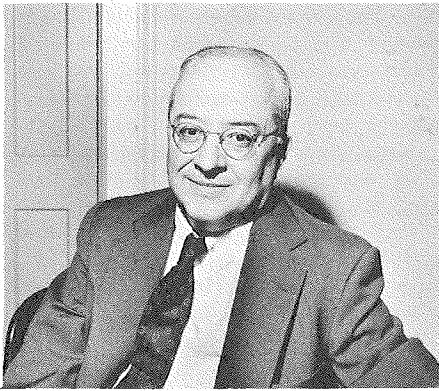
VERMONT:

Rutland County Group \$90.00.

● 1966 DIRECTORY (from page 1)

given so traveling members can easily make A.A. contacts when away from home. G.S. Conference Delegates are also listed, as are Central Offices and clubhouses.

Group membership, as estimated by the Group's G.S.R., and the amount of contributions received before December 31, 1965 in support of A.A.'s world service center (G.S.O.) are also shown.



Dr. Tiebout

Dr. Harry M. Tiebout, 70, the first psychiatrist to endorse A.A. publicly without reservations, died in Greenwich, Conn., April 2, after a heart attack. Since 1957 he had been a Class A (nonalcoholic) trustee of our General Service Board.

Dr. Tiebout was a frequent writer on alcoholism for the "A.A. Grapevine" as well as scientific journals. He spoke at the 1955, 1960, and 1965 international A.A. conventions and before scores of medical societies.

Long before most American psychiatrists and other doctors began to regard alcoholism as a disease, Dr. Tiebout insisted to his colleagues that the condition is an illness, not an immorality or a crime.

In the book, "A.A. Comes of Age," Bill W. tells how Dr. Tiebout, while on the staff of Blythwood Sanatorium, had seen two of his toughest alcoholic patients, Marty and Gennie, recover in A.A. It was Dr. Tiebout who then managed to wangle invitations for Bill to speak before the Medical Society of the State of New York and later before the American Psychiatric Association (talks reproduced in the pamphlet, "Alcoholism the Illness").

(Two addresses by Dr. Tiebout, and a list of some of his other publications, can be found in "A.A. Comes of Age," starting on pp. 245 and 309. His most recent Grapevine pieces are "When the Big 'I' Becomes a Nobody," Sept., 1965; and "Treating the Causes of Alcoholism," Nov., 1963.)

Dr. Tiebout was also a former president and vice president of the National Council on Alcoholism. He helped form the Connecticut Commission on Alcohol-

ism, was former chairman of the American Psychiatric Association's Committee on Alcoholism, and a member of the Expert Subcommittee on Alcoholism for the World Health Organization in Geneva.

In addition he was a fellow of the American Orthopsychiatric Association, former president of the Connecticut Society of Psychiatry and Neurology, the New York Psychiatric Society and the Society of Psychopathology and Psychotherapy.

Born in Brooklyn, he was graduated from Wesleyan University in 1917 and obtained his medical degree from Johns Hopkins University in 1921. He was once on the staff of New York Hospital, Westchester Division, in White Plains.

Most of the G.S.O. Staff and Board members attended the funeral in Greenwich. One A.A. member there could not forget hearing Dr. Tiebout say once to an A.A. audience, "The A.A. experience is not just a miracle but a way of life which is filled with eternal value. A.A. has, I can assure you, done just that for me."

Dr. Tiebout was proud of his "proxy" membership in A.A. and we were all honored to have him along with us.

Sister Ignatia

Sister Mary Ignatia of the Sisters of Charity of St. Augustine, one of the great nonalcoholic friends of A.A. in its earliest days, died April 1, 1966, at the Mother House of the Mount Augustine Training Center, West Richfield, Ohio. She has been ill about a year, and was 77 years old.

From 1935 to 1952 she worked with alcoholics at St. Thomas Hospital, Akron, where the late Dr. Bob, co-founder of A.A., treated thousands of alcoholics in A.A.'s first years.

In 1952 she was transferred to St. Vincent Charity Hospital in Cleveland, where she established Rosary Hall, the alcoholic ward.

One of Sr. Ignatia's last A.A. appearances was a speech before thousands of her grateful former patients, other A.A.'s and their families at the 1960 International A.A. Convention in Long Beach, Calif.

No one there can ever forget the frail, modest little nun who endearingly professed to be no public speaker, then won a standing ovation with her humor, common sense, and beautiful spirit.

She first thanked her religious superiors for putting her into alcoholic rehabil-



itation work. "Before that, I was in music," she explained, "and you know how nervewracking *that* is!"

Born Della Gavin in Ireland, she entered the Community of St. Augustine in 1914. She studied music at the University of Notre Dame and in Lakewood, O., taught organ, piano and voice at Augustine Academy in 1927-28. She became admitting officer at St. Thomas Hospital in 1928.

Sister Ignatia was one of the first religious to encourage alcoholics to join A.A., and was always vigorous in her insistence that sick alcoholics deserve decent hospital care. Although never trained as a nurse, she is credited with Twelfth Stepping and otherwise helping over 10,000 alcoholics.

Her help was never syrupy. One slipping patient reported that from his quaking bed he begged her to pray for him. She snapped back, "I will not. Pray for yourself. God *enjoys* hearing strange voices!" Her tartness startled him into a new attitude, he said. He took her advice, joined A.A., and never had another drink.

In Long Beach Sister Ignatia revealed that she had wanted Rosary Hall named in memory of Dr. Bob, who was not Catholic. When this was not done, she persuaded authorities to let her use the name Rosary Hall Solarium, and she and other nuns then embroidered the ward linens with Dr. Bob's initials, "R.H.S.," as her own private but anonymous memorial to the beloved Akron physician.

During her Golden Jubilee (1964) the "Exchange Bulletin" quoted a Cleveland Plain Dealer editorial salute to her as saying, "She is 80 years old, weighs 80 pounds and works 80 hours a week."

The Bulletin also said, "Maybe hospitals and doctors who are reluctant to take alcoholic patients would like to hear of her experience. Maybe A.A.'s who say 'Only an alcoholic can help another alcoholic' would like to know that Sister Ignatia is *not* an alcoholic (Read Pages

(next page)

SISTER IGNATIA (from page 3)

7, 8, 14, 19, 20, 67, 134 and 178 in "A.A. Comes of Age.")

Now maybe lots of us would like to remember her with gratitude in our prayers.

Bill W. attended the funeral, a Solemn Requiem Mass in St. John's Cathedral, Cleveland, Apr. 5. Interment was in Calvary Cemetery there.

' Ebby' T. '

Bill's Sponsor

(Bill's personal tribute to Ebby appears in the June 1966 Grapevine.)

The man who Twelfth Stepped Bill W. in 1934 and thus helped make A.A. possible for us all—(Edwin T.)—died in Ballston Spa, N.Y., on March 21. He was 69 years old, and had been sober two years.

One particular thing Ebby did, and one specific thing he said, were

crucial in the chain of events we now call Alcoholics Anonymous.

(1) Two months after Ebby himself had "sobered up" through the religious program of the Oxford Groups movement, he sought out his old boyhood school chum, Bill, who was drinking himself to death in Brooklyn. He visited Bill and without ranting told Bill that God had done for him what he could not do alone.

(2) When Bill skeptically questioned Ebby's "brand" of religion, Ebby quietly replied, "Why don't you choose your own conception of God?"

"That statement hit me hard," Bill writes (p. 12 in "Alcoholics Anonymous"). "It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last.

"It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. . . ."

And hundreds of thousands of us since have shared in the sunlight of hope Ebby carried to Bill.

Ebby's contributions to us are in no way diminished by the fact that he had slips. He was a familiar panhandler outside Manhattan A.A. meetings in the late '40's, but when a bunch of Dallas A.A.'s scooped him up and took him there for Texas-style Twelfth Stepping, he was blessed with seven continuous years of sobriety.

Many members who have attended Bill's anniversary dinners in New York heard Bill year after year introduce Ebby as "my sponsor." As such, he spoke at the 1955 convention in St. Louis.

A few years ago, for health reasons, he moved to a nursing home near Albany, N.Y., where he was regularly visited by many A.A.'s.

Surely many of us who never thanked him in person will want to express in our prayers gratitude for his Twelfth Step work, on that cold November day in Brooklyn, and loving appreciation for Ebby's conception of God. When each of us does as well as Ebby, thousands more alcoholics will find life instead of losing it.

Groups Speak Out on Contribution Plan of Bulletin

From Massachusetts to California, Groups are writing us how much they like the Monthly Contribution Plan endorsed by the Conference last year after a long trial period.

Instead of sending service funds to G.S.O. for worldwide Twelfth Step work once a year, under the new plan Groups send donations monthly. They are acknowledged by G.S.O. with quarterly statements.

From California, one G.S.R. writes that now each G.S.R. in his district makes it his personal business to see that contributions are gathered monthly, both for the local Central Office and for G.S.O.

"We explain this in about two sentences each time we pass the hat at a meeting, and I think our members take pride in knowing that we do our part. When we say 'I am responsible,' we know we mean it."

Another California G.S.R. writes, "Since we operate on a cash basis, it was awkward to keep our service collections apart from the other money for months. Now at the month's end we just balance the budget by paying out our commitment for meeting hall rent, our share in Central Office expense, and our support for G.S.O."

G.S.R.'s from Texas, Boston, and New York all have mentioned the new "self-respect" their Groups have found

in "trying to make A.A. truly self-supporting."

"We'd all hate it if A.A. had to beg handouts from the government, or the public," one said. "If the day ever comes when A.A. isn't willing to keep its own services going, it will be the end for all of us."

Here at G.S.O. we see no signs of any such day coming. What we see coming cheers our hearts.

If your Group wants to know more about the Monthly Contribution Plan, ask your G.S.R., Committee Member or Delegate — or, of course, we're always glad to have you write us.

SUMMER GROUPS

For vacationers, we'd like to make available a listing of "Summer Only" Groups that function only during the summer at resort spots. If any of you know of such a Group, won't you let us know, so that we can be more helpful to traveling members during the vacation months?

A.A. ON RADIO AND TV

The soundtrack only of the new Public Service TV announcement about A.A. (described in the last "Exchange Bulletin") is available on tape for use on local radio stations. Runs one minute. Price \$5.00.

Price of the TV film, featuring four

anonymous A.A.'s and Dr. John Norris, is \$20. Order both from G.S.O.

ANSWERS ABOUT HALFWAY HOUSES

We get so many letters from people asking us about A.A. cooperation with Halfway Houses and other rehabilitation agencies that we've now prepared a new 5-page mimeographed service bulletin on the subject.

If you or anyone you know is interested in a sponsor house, 12th Step house, rest farm, etc., we suggest you write for this bulletin. It explains a lot.

GRAPEVINE NEWS

JUNE: "Potentiation—New Top Killer?" by J. Horace Strunk, editor of Pennsylvania's Department of Health *Journal*, about mixing alcohol and mood-changing drugs. "In Remembrance of Ebby" by Bill. "Step One: House Afire." Two about slips: "Retread to Retread" and "What We Don't Know"—

JULY: "Treating the Causes of Alcoholism"—a reprint of the late Harry Tiebout's most popular article. "In Memory of Harry" by Bill. "Report of the Fourth of July—(my favorite day is the fifth!)"—hilarious! "Unbeliever in A.A." and "Afterthought on Atheists." And of course, many jokes, cartoons and letters.

A.A. CALENDAR
JUNE—AUGUST

JUNE

- 2-5 - 21st Texas State Conference
Hotel Texas, Fort Worth, Texas.
- 3-5 - Oklahoma State Conference, Mayo
Hotel, Tulsa, Oklahoma. Write:
Chairman, A. A. State Conference,
Box 1593, Tulsa, Oklahoma.
- 3-5 - 6th Annual Desert Roundup, Hol-
iday Inn/Riviera Hotel, Palm
Springs, Calif. Write: Desert
Roundup, 454 North Indian Ave.,
Palm Springs, Calif.
- 3-5 - 2nd Golden Isles Family Week
End, St. Simons Island, Georgia.
Write: Chairman, P.O. Box 527,
Stateboro, Georgia.
- 3-5 - Dawson Creek Annual A.A. Round-
up, Park Hotel, Dawson Creek,
B.C., Canada. Write: Secretary,
Box 111, Dawson Creek, B. C.,
Canada.
- 10-12 - Missouri Roundup, Missouri Motor
Hotel, Jefferson City, Mo. Write:
Conference Chairman, P.O. Box
814, Jefferson City, Mo. 65101.
- 10-12 - 13th Annual Indiana State Con-
vention, Van Orman Hotel, Fort
Wayne, Indiana. Write: Secretary,
2519 Pauiding Road, Fort Wayne,
Indiana.
- 17-19 - 1st Annual North Florida Confer-
ence, Voyager Motel, Daytona
Beach, Florida.
- 17-19 - Mississippi State Convention,
Jackson, Mississippi. Write:
Conv. Chairman, P.O. Box 313,
Jackson, Mississippi.
- 17-19 - XI National Congress of Colom-
bia, Pasto, Norino, Colombia.
Write: Comite Coordinador, XI
Congreso Nacional de A.A.
Carrera 22 No. 18-42, Pasto,
Norino, Colombia.
- 18-19 - Annual A.A. Founders Day Com-
memoration, Akron University,
Memorial Hall, Akron, Ohio.
Write: Chairman, Breakfast Com-
mittee, % Sheraton Hotel, Akron,
Ohio.
- 18-19 - Summer Regional Conference,
Grand Junction, Colorado. Write:
Conference Secretary, 885 South
Ogden Street, Denver, Colorado.
- 18-19 - Annual Nebraska Reunion, Paw-
nee Hotel, Crystal Room, North
Platte, Nebraska. Write: Secre-
tary, Box 491, Laurel, Nebraska.

JULY

- 1-3 - 19th Annual Pacific Northwest
Conference, Olympic Hotel,
Seattle, Washington. Write: Chair-

- man, P. O. Box 765, Seattle,
Washington.
- 8-10 - 9th Annual Louisiana State Con-
vention. Write: Secretary, P.O.
Box 1774, Alexandria, Louisiana.
- 28-31 - 19th Annual North Carolina State
Convention, Jack Tar Hotel &
Motor Lodge, Durham, North Caro-
lina. Write: Convention Chairman,
Box 227, Durham, North Carolina.
- 29-31 - Arkansas Convention, Marion
Hotel, Little Rock, Arkansas.
- 29-31 - 3rd Annual N. Y. State Con-
vention, Statler-Hilton Hotel, Buffalo,
New York. Write: Committee
Chairman, 1370 Main Street, Room
6, Buffalo, New York.
- 30-31 - Northeastern Alberta Roundup,
Cold Lake, Alberta, Canada.
Write: Roundup Committee, Box
1447, Canadian Forces Base,
Cold Lake, Alberta, Canada.

AUGUST

- 12-14 - International Doctors In A.A.,
Speedway Motel, Indianapolis,
Indiana. Write: Convention Com-
mittee, 5842 N. La Salle Avenue,
Indianapolis, Indiana.
- 12-14 - 14th West Virginia State Confer-
ence, Morgan Hotel, Morgantown,
West Virginia.
- 12-14 - Ninth International Conference of
Young People in A.A., Chase-
Park Plaza Hotel, St. Louis,
Missouri. Write: Conference Chair-
man, Box 247, St. Louis, Missouri.
- 17-21 - 22nd Southeastern Conference &
Florida State Convention of A.A.
Diplomat Country Club, Holly-
wood, Florida. Write: Chairman,
Southeastern Conference, P. O.
Box 276, Pompano Beach, Florida.
- 26-28 - Colorado Sixth Annual Confer-
ence, Capri Motor Hotel, Denver,
Colorado. Write: Conference
Secretary, 885 South Ogden Street,
Denver, Colorado.
- 26-28 - 13th Tri-State Assembly, Chau-
tauqua Institute, Chautauqua,
New York. Write: Tri-State As-
sembly, Box 96, Meadville, Penn-
sylvania.
- 26-28 - 17th Annual Virginia State As-
sembly, Lake Wright Motel, Nor-
folk, Virginia. Write: Secretary,
Box 1003, Portsmouth, Virginia.
- 27-28 - 18th Anniversary So. Minnesota
Conference, Mankato, Michigan.
Write: Chairman, So. Minnesota
Conference, 2027 3rd Avenue,
Mankato, Minnesota.

SPECIAL GIFTS TO G.S.O.
February, March, April

- CANADA:
Ontario - North Northwestern
Ont. \$127.78
Ontario - Regional Conference . 500.00
- ALABAMA:
Montgomery - West Florida
Convention 442.18
- CALIFORNIA:
Costa Mesa - District #5, #6
and #12 4.00
- INDIANA:
Huntingburg - Tri-State
Convention 654.60
- KENTUCKY:
Louisville - Kentucky State
Conference 400.00
- MAINE:
Portland - Maine District #1.. 113.80
- MASSACHUSETTS:
Brockton - Brockton Area
Groups 141.73
- MICHIGAN:
Saginaw - Central Michigan
Intra Area 175.00
Waterford - General Service
S.E. Mich. 150.00
- WISCONSIN:
Northern Wisconsin & Upper
Mich. Area. 64.00

A.A. in Institutions

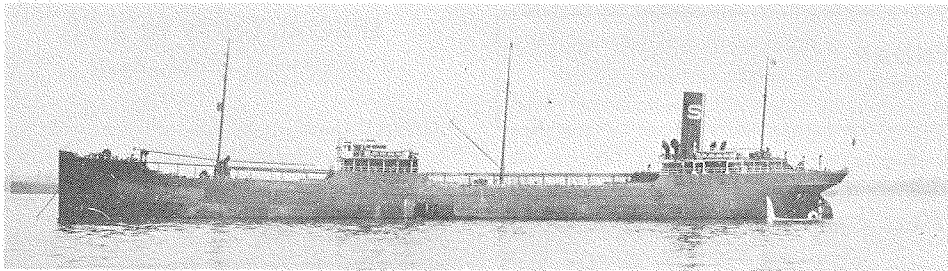
Choose a Group, or Groups, in a jail or hospital (or we'll choose them for you) and send them some pamphlets, or a subscription to *The Grapevine*. They cost less than a fifth of booze! Or send them one of the A.A. books.

"I cannot stress too much the importance of A.A. to an inmate," writes Peter H. from Australia. "It's about his only chance.

"I had just short of a year of A.A. in prison, and this is what saved my bacon. Through A.A. I learned how to do something about my drinking, and also the value of a Higher Power. But it is mainly the members of A.A. who helped me to be here writing this letter today."

That's typical of the letters we get at G.S.O. from members behind walls.





Our Seafaring A.A.'s

NEW INTERNATIONALIST LIST. The latest list of A.A.'s seafaring world rovers, Internationalists, is now available. Write for a copy.

A.A. GROUP TOUR WORLD ABOARD GRIPSHOLM

They didn't plan it that way, but five A.A.'s have found themselves on the same round-the-world cruise on

the S.S. Gripsholm. Altogether, they've had 75 years of A.A. sobriety.

The first meeting was held in the middle of the Pacific on February 1. Mike E. (Grosse Pointe, Mich.) was elected chairman. Other members are Sara N., Kansas City, Mo.; Ed P., Tampa Fla., Leonard L., Lenox Hill Group, New York; and Norman C., Rhineland Group, New York.

The Ship's News of the Day carries a notice of their meetings, and the Group plans to visit A.A.'s at their various ports of call. They say there are plenty of potential candidates for membership aboard, too! Bon Voyage, message-carriers!

'A GAIN THAT MONEY CAN'T BUY'

"We arrive in Marseilles in the morning and I'll make contact in the eve. We're 2 days late, but what's a few more 24 hours? As long as they don't involve a drink they are a gain that money can't buy.

"Thank God I know I am the only person who can disrupt my sobriety. I feel so sorry for the people still trying to fight their way out of the rat race instead of accepting the fact that they are controlled by alcohol until they accept defeat."—W.S., At Sea.

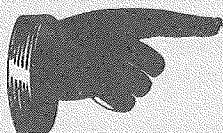
INDIAN PUBLIC INFORMATION

"We started our native Group on our Indian Reserve (23 members) and people from other Reserves are very interested and have asked if we could have a panel on A.A. at the Homemakers' Club Convention.

"Probably there'll be many alcoholics there that would like to know how to stop drinking."—W.W., Chilliwack, B.C.

Would you like enough

EXCHANGE BULLETINS for everyone in your Group?



THE A.A. EXCHANGE BULLETIN (6 issues a year) is now available at bulk rates for Groups, as follows:

10 copies each issue	\$ 2.50
20 copies each issue	5.00
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