

BOX 4-5-9

formerly the **A. A. EXCHANGE BULLETIN**

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

June-July 1967

Vol. 12 No. 3

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

Group Conscience at Work

Does a quiet oldtimer or the Group Conscience really run the Group?

Here's a letter from a group:

"She sits quietly in the back at meetings, and does not hold group office any more. But everyone knows that no group decision is made without her approval.

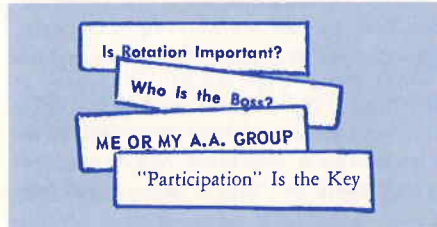
"When we're going to elect new officers, someone reads her the proposed slate.

"If she murmurs 'Really?' about some proposed nominee it's a veto. If she says, 'How about So-and-So?' you can be sure So-and-So is chosen.

"We're hearing grumbling about this. Folks are asking, 'What about letting the group decide, even if it does make mistakes?'

"We think more widespread participation in group decisions would be healthy for us. And we think the group conscience should *really* be sounded out, and used.

"If rotation is a good idea, shouldn't



we do it in reality, not just give it pious lip service?

"To change this situation will be tough. All of us love the gal I'm talking about. We know she started the group and 12th-Stepped half of us. We don't want to hurt her.

"Nor do we want an open fight which could harm the group. We just *all* want to do our part in serving. We love our group, too."

A FEW MONTHS LATER

This group worked out its own answers, and just wrote us about them, so we can share their experience with you. The last letter said: (to page 2)

SIX NEW TRUSTEES

New A.A. trustees elected to the G.S. Board at its April meeting are:

RUTH W., Murray Hill Group, N.Y.C. Sober four years in Cleveland, nine here. Served N.Y. Intergroup many years. Grapevine board-treasurer since 1965.

SOUTHEAST—Maurice R., New Orleans. Sober 11 yrs. Experience as G.S.R., Area Committee member and Chairman, G.S.C. Delegate, Panel 15.

CANADA EAST—Rollie D., Montreal. Sober 17 yrs. G.S.C. Delegate, Panel 12. Helped translate A.A. literature into French. Gen. Secy. Montreal Intergroup.

(to page 5)

IN MEMORIAM

R. FAY B., Bismarck, N.D., West Central member of our G.S. Board, died suddenly at his home Mar. 16, 1967. Our lives are enriched by his outstanding example of selfless A.A. service.



Here are a few items from "Box 4-5-9" just received from G.S.O. — our General Service Office in New York...

• • •

"The A.A. Way of Life," newest book by Bill W., now ready! There are 332 pages of A.A. wisdom, with reader's guide index to subjects. (See pp. 3-4)

• • •

Help wanted! More complete and accurate list of groups in institutions needed. Anyone interested in such groups urged to send info to G.S.O.! (See p. 2)

• • •

Grapevine binders ready. Attractive green, gold-embossed leatherette case holds one year's issues. \$2.50.

ANNOUNCEMENTS FOR GROUP MEETINGS

(Items of Special interest to be read by G.S.R. or Secretary at your group's next meeting.)

Let literature carry the message, too. Any member can order pamphlets from new order form (enclosed) featuring 10 newest publications.

• • •

About clubs, halfway houses, rehab centers, court classes, etc. — many questions on all these now answered in "A.A. Guidelines" issued free by G.S.O. (See P. 2)

• • •

Comic-strip pamphlet breaks records! Number of copies of "What Happened to Joe" distributed in first 2 months after publication broke all records for new A.A. pamphlet sales.

• • •

Copies of Box 4-5-9 can be ordered in bulk. Ten each issue for \$2.50 for one year, 20 for \$5.00, 30 for \$7.50, etc.

About the Institutions Services



Because you have spoiled us by responding so faithfully to our calls for help, we now know we can't get along without you. Isn't it wonderful that we don't even have to try?

Sponsorship — The Hand of A.A. — was the theme of our Conference. How can we more effectively extend the hand of A.A. inside the institutional walls — through literature, through meetings, through release sponsorship? How can we at G.S.O. more fully respond to the calls for help that we receive from A.A.'s inside the walls? They can't come to us, so we must go to them.

We know the answer is in local sponsorship. Many A.A.'s in many areas actively supply this in all its forms, but without a Committee (Area, Intergroup, or Central Office, or independent) to work through, we often feel that we are working in the dark. For instance when institutionalized alcoholics write and tell us of their wish to form an A.A. group, to whom do we turn for outside sponsorship if the facility is located at a distance from the nearest city with a Central Office? The General Service Delegate will put us in touch with A.A.'s in the vicinity, but even he may not know who is interested or experienced in this kind of work. A committee draws these A.A.'s together for a common purpose — to be responsible for extending the hand of A.A., when anyone, anywhere, reaches out for help.

Can you help? Is there an Institutions Committee in your Area?

MEDICINE FOR INDIA

"A member of our group, who has traveled in India and is going again real soon received a letter from a friend there," writes Paul R. from Arizona.

"The friend asked if we in the U.S.A. have any 'medicine for alcoholism.'"

"We decided we do, and will send it to them—a copy of our Big Book, 'Alcoholics Anonymous'."



CONSCIENCE (from page 1)

"At two meetings we discussed Traditions 1, 2, and 4. It created so much interest that the present officers called a special business meeting for electing the next officers, going over our finances, etc. We held it after a regular meeting.

"Everybody participated. We learned a lot from our treasurer, institutions representative, and G.S.R., and voted unanimously to hold such a meeting every two months.

"Next time we'll take up picnic plans, prayers, drug addicts, and publicity.

"Guess what? Our 'oldtimer' is delighted and active again. Guess she was relieved we finally came of age to act responsibly for ourselves."

Let us know how your group conscience works so we can share with others.

INSTITUTION DIRECTORIES

Do you know of *any* A.A. meetings held in a jail, prison, hospital, rehab center or any institution??

Information cards will be mailed in June for such groups, and should be returned to us no later than August for listing in the new Directory of Groups in Hospitals and Rehab Centers, or the Directory of Groups in Correctional Facilities.


A.A. Guidelines Share Experience

"To bring joy to A.A. service by avoiding the pitfalls which brought heartaches to other A.A.'s in the past"—that's the purpose of the eight new "A.A. Guidelines" which G.S.O. sends free to anyone who asks.

They sum up years of A.A. experience at solving A.A. problems which used to create serious difficulties for members and groups. The fruit of all this know-how covers these subjects:

1. CLUBHOUSES—are they, or are they not, good for A.A.? How can they be started? Financed? Run?

2. REHAB CENTERS—such as halfway houses, rest farms, etc. Why doesn't A.A. run them? How can members help them?



Attractive green, gold-embossed leatherette case holds one year's collection of grapevines.

Grapevine News

New JUNE issue of A.A.'s monthly magazine is sure to bring the laughter of recognition to most of us. Not only its cartoons and "Once Over Lightly," but also in stories like "Nothing Wrong With Me!" "I Was a Podium Grabber," and "Martian Report on a Curious Earth Cult."

♪ ♪

JULY has 2 blockbusters. (1) 1st in "Big Book Updated" series—A.A.'s whose stories are in Big Book tell what it's like *now*, years later! (2) Complete text of "Drunkness Offenses" section from President's sensational Crime Commission report.

GOOD NEWS — SAIGON

An enthusiastic member of the Saigon Group #1 tells us that his group is a "going concern," that while 7 to 11 members attend per meeting, some 20 to 25 A.A.'s are known to be in this area.

3. CENTRAL OFFICES and Intergroup Committees—how to start and run one. What it does. Financial suggestions.

4. CONVENTIONS AND CONFERENCES—program suggestions, display material.

5. ARMED FORCES GROUPS—how they operate best. Problems and answers.

6. COURT PROGRAMS—how A.A. members carry the message this way.

7. INSTITUTIONS COMMITTEES—how to avoid pitfalls and better carry the message when A.A. reaches behind walls.

8. PUBLIC INFORMATION—proved successful methods for letting alcoholics know A.A. will help.

Please tell us if you would like to see other topics covered in "A.A. Guidelines."

SEAL INDICATES
CONFERENCE APPROVAL



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

This seal and the words *Conference-approved* do NOT mean that all other A.A. literature is DIS-approved. Local A.A. publications can be highly valuable interpretations of the A.A. program, we all know. But they are just that—*local*.

But material with the above seal and legend has been literally gone over many, many times by many good A.A.'s from *all over North America*. Therefore it represents—as far as is humanly possible—a general consensus of the entire Fellowship's thinking.

And the Conference approves *only* that material which meets an agreed-upon need of the *whole* Fellowship.

It's no official final word. Nor does every A.A. member agree with every word. That wouldn't be A.A., would it?!

You Own a Copyright

All of A.A.—including you and every other member—“owns” the copyrights to our Steps and Traditions.

In fact, to all “Conference-approved” A.A. literature (see story at left). This includes all our books and pamphlets.

The copyright ownership is held by our General Service Board as Trustees for *all* of us (including future members), and actively managed by A.A. World Services, Inc.

Why?

When the Big Book was first written it was realized this could become a valuable property.

Therefore ownership was vested in our non-profit Board so the book would not become a private racket, but A.A. help would be freely available.

As a result, profits from distribution of A.A. literature now go into A.A.'s 12th-Step pot—the funds which help the A.A. message to be carried

throughout the world by our General Service Office.

Our copyright becomes increasingly valuable each year as more and more people seek permission to reprint A.A. material. It is given only if it will be published in a context which will help “carry the message.”

For example, in recent months it was denied to a European temperance outfit, a South American government-supported movement which calls itself A.A. but ignores our Traditions; and to another group publishing questionable material on alcoholism.

But in the same months permission was granted to eight other groups who will use the A.A. material in a helpful way.

Since our copyright is protected by law, legally no one can reprint our Steps, Traditions or any other A.A. material without permission and without acknowledging the copyright is owned by A.A.—that is, by you.

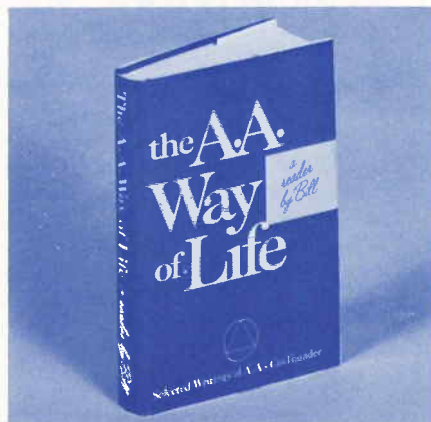
What Bill's New Book Has Meant to Me

“During Labor Day weekend nine years ago I had my last drink. It seemed to me at the time more like a spiritual death than a spiritual awakening.

“But this last Labor Day, nine years later, this was finally explained to me. I had taken home for weekend reading the manuscript of ‘The A.A. Way of Life.’ And there on its pages was the answer to my old question. As Bill puts it:

Now I commiserate *only* with those who suffer in ignorance, who do not understand the purpose and ultimate utility of pain... A.A. is no success story in the ordinary sense of the word. It is suffering transmuted, under Grace, into spiritual progress.

Believe more deeply. Hold your face up to the light, even though for the moment you do not see.



“I’m sure every A.A. will be as thrilled as I was to find his *own* answers here... all the right pages are there waiting for the right person to find them on the right day.

“You’ll find 332 pages of short selections from the Big Book, ‘12 and 12,’ and ‘A.A. Comes of Age,’ and the Grapevine. Plus brand-new ma-

terial, never before published, from Bill’s talks and personal mail.

“IN ADDITION — a handy reference-guide to lead you quickly to all kinds of attitudes and states of mind — from *Acceptance* to *Worry!*

“On page 90 you’ll find:

Life takes on new meaning in A.A. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience not to be missed.

“All of us have felt this. And, in my opinion, reading ‘The A.A. Way of Life’ is also an experience not to be missed.”

—The Secretary of the
Literature Committee

NOTE: TO ORDER, TURN PAGE

SPECIAL GIFTS TO G.S.O.

ALABAMA:

Mobile-Ala. — N.W. Florida
A.A. Convention \$328.71

ALASKA:

Anchorage — Fifth A Month
Club 100.00

CALIFORNIA:

Concord — General Service
Panel No. 1 99.73
Santa Cruz — Monterey Bay
Intergroup 21.18
Santa Cruz — Monterey Bay
Intergroup 69.77

FLORIDA:

Orlando — Fla. State
Conv. — 1958 332.81

GEORGIA:

Statesboro — St. Simons A.A.
Weekend 50.00

MAINE:

Portland — District #1, Maine
New Year's Party 60.00

MICHIGAN:

Jackson — Central Inter-Area
Council of Michigan 75.00

NEW JERSEY:

Princeton — Foolish Fund 50.00

PENNSYLVANIA:

Scranton — Area II Eastern
Pa. Conference 50.00

WASHINGTON:

Seattle — Washington State
Assembly of A.A. 16.35

WISCONSIN:

Stevens Point — Northern Wisc.
& Upper Mich. Area — Spring
Conference 34.00

CANADA:

Halifax — Nova Scotia-New-
foundland-Labrador
Assembly 100.90
Saskatchewan — Saskatoon
Intergroup Round-Up 37.89

NEWCOMERS MEETING KIT

At last we have available guidance for members who lead or plan Newcomers' Meetings.

It's a kit containing a brand new eight-page summary of suggestions of what to do and what not to do—based on the experience of many groups.

Also included are 5 basic Conference-approved pamphlets. Whole Kit: \$1.00.

LONER HONOR STUDENT

"At my first meeting, when I was not quite 21, if anyone had told me I would be sober 3 years, I would have thought them crazy," writes *Gary P., Cortland, N.Y.*

"Now I've married a wonderful girl, active in Al-Anon and a big help to my sobriety. Thanks to A.A. I returned to college and this term made the Dean's list."

PIRATES AHOY!

"At anchor in Finland, near the Russian frontier, we had trouble all day from persistent requests for whiskey," writes *Bill in the Internationalists' Round Robin.*

"Just before dark a tough looking character clambered aboard from a rowboat, followed by a one-armed piratical-looking gentlemen, all talking Swedish.

"I caught the word *kisky* and was about to blast them and 'repel boarders' when I heard 'Ah Ah.'

"My blasts turned to blessings when I realized they wanted 'Whiskers of A.A.,' which is my nickname.

"I had written ahead, and these good members had rowed miles to welcome a fellow member and cement a great worldwide fellowship!"

Please make checks payable to:

A. A. WORLD SERVICES, INC.
Box 459, Grand Central Post Office
New York, N.Y. 10017

(PLEASE PRINT)

_____ Name of Group

_____ City, State or Province and Country

MAIL TO: _____

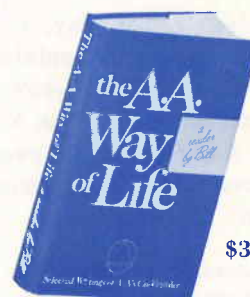
_____ Street and No.

_____ City and State or Province, and Country _____ Zip Code

No. of copies _____ Amount \$ _____

Cash _____ Charge _____ C.O.D. _____

Bill's new book now available for group and individual orders



\$3.50
\$3.15 to A.A. Groups

332 pages of nuggets of A.A. wisdom and encouragement from the oldest A.A. of all—including new quotations from his private letters and talks, as well as excerpts from A.A. books and Grapevines.

CASH orders are sent prepaid. CHARGE orders will be billed for postage, handling, and N.Y. State Sales Tax, if any. On C.O.D. (U.S. only), a 50¢ service charge is added.

TRUSTEES (from page 1)

EAST CENTRAL—Andy A., Port Huron, Mich. Sober 18 yrs. Served as G.S.R., Committeeman, and Delegate. Active on P.I.C.

SOUTHWEST—Katharine P., Camden, Ark. Sober 18 yrs. Helped organize women's prison group. Experience: G.S.R., Intergroup, P. I. C., State Conference.

PACIFIC—Eric B., Seattle. Sober 16 yrs. Service: G.S.R., Intergroup, G.S.C. Delegate, Panel 15; Governor's and Seattle Committees on Alcoholism.



MOVIE ON A.A.

The color documentary film in which Bill W. and Lois explain the original A.A. ideas is still available to groups on a one-week rental basis. Every group that has seen it says, "Great!" Write G.S.O. for details.

The complete 17th Conference Report will be mailed to all Delegates and Committee Members and available in June to all for \$1.50.

Just One Way to Attract?

How did you come to A.A.?

The more we know about this the better we are able to attract alcoholics to A.A. So we keep asking, and get these answers:

In a New Orleans Group every member had first heard of A.A. through radio, TV, newspaper and magazine stories. Many women members in Kansas saw a group ad in a local paper.

Nearly half of 1,058 A.A.'s in New

York said they first heard of A.A. those ways too.

The Louisianans had been pushed at least *twice* toward A.A. before finally joining—by a Rehab Center and then by a boss, an alcoholism clinic, a mother, a barroom acquaintance, or a fellow inmate.

New Yorkers said they were sent to A.A. most often by a nonalcoholic friend, some professional person or agency, or a family member.

SPECIAL DELIVERIES

FROM A COUNTY JAIL

"I read the pamphlets and it was like a slap in the face. I really saw myself for what I am and it's about to send me to the Pen. . . .

"If they do not dismiss the case I'll go to a jury trial. If you don't mind keeping in touch with me. . . ."

We will, of course, Johnny, since there are no A.A. meetings in your jail.

THE BEST CHRISTMAS

"You'll never know what a nice gift your letter and the literature were," writes *Internationalist Bennett C.*

"Especially the *World Directory*. I could never locate A.A. in small ports and I needed it so much. Now I look in the *Directory* and find it is there, small but there. Thanks again for answering my plea so promptly. It was the best Christmas I could have had."

FAMILY REUNION

"Best of all was a 5-month reunion with my parents, who were so happy to see me sober. It was very difficult for them in the days of my space travel in the bottle. . ." writes *Clarence B.* in the *Round Robin*.

"My sister, who is my sponsor, visited from Alaska—our first visit since my return to earth. She sponsored me by phone about five thousand miles away when I was having my last bout with the bottle."

TODAY IN JAPAN!

"My interest in reporting A.A. growth in Japan is based on personally finding A.A. in the Yokosuka Brig in 1957.

A.A. is growing throughout the entire Kanto Plains area, what with the advent of a phone answering service, spot announcements over the Far East Network, and ads in the Japan Times."

Overseas Problems Are Opportunities

How can you help a small A.A. group in a country where a percentage of the population is believed to be alcoholic? Do A.A.'s ideas make any sense to Ori-



entals? What became of all those books and pamphlets sent to-----? Should the *World Directory* be split up into two—one for North America, one for overseas? Are the new translations of A.A. material into Dutch, Zulu, Swedish, Portuguese, Norwegian, Korean and Japanese accurate?

That's just a small sample of the issues recently faced by the International Committee of our G.S. Board.

Under the co-chairmanship of our non-alcoholic trustee Dr. Vincent P. Dole, Rockefeller Institute, and Niles P., New

York, the committee (10 members) meets every month for a 3-hour evening session. In addition, each member (many of them professional world travelers) carries out individual assignments on his own and is expected to spend one week at the Conference each year.

The committee has just issued a list of suggestions for helping A.A. grow in Europe. Using U.S.A. experience as a guide, it recommends translations of A.A.



literature, local offices for answering mail and telephone inquiries, and publicity in mass media.

(pictures courtesy A.A. Grapevine)



Tips for Sober Vacationing



About to embark on your first vacation trip in A.A.?

Being nervous about it won't help. But oldtimers and newcomers alike find it useful to make some level-headed preparations in advance. Here are suggestions from the experience of many A.A.'s.

1. Get ready with an "Easy Does It" attitude. Make *today* a good A.A. day instead of borrowing future frets.
2. Talk it over with other A.A.'s, get their suggestions.
3. Get a *World Directory* and make local A.A. contacts wherever you go.



4. Slip some Grapevines and pamphlets in your bag for a private, quiet "reading meeting" each morning. (Or maybe this is the time to turn the jacket inside out on A.A. COMES OF AGE and really read it, as you've been meaning to!)

5. Take your personal A.A. address book with you, and every day write at least one postcard to members back home. For *your* sake, not theirs.

6. Plan an itinerary that is NOT a boozier's dream. No need to include memory-laden old watering holes and drinking buddies *every* time.



7. Plan non-drinking activities you'll enjoy remembering—churches, museums, theaters, etc. Too much idle time can be bad, but so can fatigue, and hunger, of course.

8. Make sure you have at least one companion who knows you're in A.A. He's on your side, can secretly "sponsor" you.

9. Plan what to do on drinking occasions. Be sure to know the name of some nonalcoholic beverage.

10. Many of us feel better, if we simply tell the truth about being recovering alcoholics. Where you're going there may be a sick alcoholic asking God to send him help *somehow*, please.

A.A. CALENDAR June, July and August

JUNE

- 2-4 — Desert Round-Up, Palm Springs, Cal. Write: Chm., Box 539, Palm Springs, Calif.
- 2-4 — 26th Okla. State Conf., Okla. City, Okla. Write: Okla. State Comm., Box 835, Okla. City, Okla.
- 2-4 — Dawson Creek Annual Roundup, Dawson Creek, B.C., Can. Write: Box 111, Dawson Creek, B.C.
- 2-4 — Annual Bilingual Quebec District A.A. Conv., Chateau Frontenac, Quebec City, Can.
- 8-11 — 22nd Annual Texas State Conv., San Antonio, Tex. Write: Box 6927, San Antonio, Tex.
- 9-11 — 3rd Golden Isles A.A. Family Weekend, St. Simons Island, Ga. Write: Box 527, Statesboro, Ga.
- 9-11 — 2nd New Hampshire State Conf. North Conway, N.H. Write: Box 182, Portsmouth.
- 9-11 — Annual Indiana State Conv., Indianapolis, Ind. Write: Chm., RR #6, Box 381, Martinsville, Ind.
- 10-11 — Annual Provincial Roundup, Glace Bay, Cape Breton, Nova Scotia. Write: Box 118, Grace Bay, Cape Breton, N.S.
- 10-11 — 8th Nebr. A.A. Reunion, Lincoln, Nebr. Write: 1926, Ord. Nebr.
- 15-18 — 20th S. C. State Conv., Wade Hampton Hotel, Columbia, S.C.
- 17-18 — Annual Founders Day Commemoration, Akron, Ohio. Write: A.A.

Breakfast Comm., Sheraton-Mayflower Hotel, Akron 8, Ohio.

- 17-18 — Summer Regional Conf., Alamosa, Colo.
- 22-25 — 11th Fla. Conv., Orlando, Fla. Write: Chm., Box 6114, Orlando, Fla.
- 23-25 — Area Anniversary Get-together Maryville, Tenn. Write: Box 693, Maryville, Tenn.
- 23-25 — Alaska State Assembly, Fairbanks, Alaska. Write: Box 1434, Fairbanks, Alaska.
- 29-30-1,2 — 20th N. C. State Conv., Durham, N.C., Write: Conv. Comm., Box 2271, Durham, N.C.
- 30-1,2 — 10th Annual Internat. Conf. of Young People, Denver, Colo. Write: Box 6026, Cherry Creek Station, Denver, Colo.
- 30-1,2 — Conf. & 21st B'day Celebration of New Westminster, B.C., Can. Write: Chm., Box 251, New Westminster, B.C., Can.



JULY

- 14-16 — 11th Ohio State G.S. Conf., Cincinnati, Ohio. Write: Ohio G.S.C., Box 244, W. Carrollton, Ohio.
- 14-16 — 10th La. State Conv., Jack Tar Capitol House, Baton Rouge, La.

AUGUST

- 4-6 — 4th State Conv., Hotel Roosevelt, N.Y. N.Y. Write: Chm., Box 1753, Grand Cen. Sta., N.Y., N.Y. 10017.
- 10-12 — 23rd S.E. Conf., — 14th Ga. State Conf., Atlanta, Ga. Write: Host Comm., Box 7188, Station C. Atlanta, Ga.
- 11-13 — Internat. Doctors in A.A., Air-lie, Warrenton, Virginia.
- 18-20 — 7th Annual Colo. Conv., Albany Hotel, Denver, Colo.

DIRECTORY CORRECTIONS

FLORIDA

Miami: Coral Gables Group . . . \$138.00
 Coral Gables: Coral Gables Club 0

NEW YORK

Rockville Center: Rockville Center Group 55.00
 Warsaw: Wyoming Co. Group . . 50.00
 Lancaster: Matt Talbot Gr. . . . 25.00
 Buffalo: Cheektowaga Gr. 8.00

OHIO

Akron: Your Sunday Morning Group 5.00
 Akron: Sunday Morning Gr. . . . 0

PENNSYLVANIA

Phila. Northeast Gr. 102.00
 Phila. Northeast 40 & Under Group 0

VIRGINIA

Alexandria: Recreation Beginners Group 100.00
 Alexandria: Beginners Gr. 0