

Proof of Attendance

If you've been asked to provide proof of attendance (sometimes called a court card), please understand that A.A. is not allied with the court system — we are not required to sign court cards or attendance slips.

It's up to each group to decide whether their group signs slips or not. Arrive at a meeting a few minutes early; you can ask if the secretary will sign your court card or attendance slip. It will be much easier to obtain verification of attendance at an in person meeting than at an online meeting. There are some online meetings where they will take your email address and email you verification of attendance. But if you do not receive this email, you will have no other recourse than to return to the meeting or attend another meeting. If you attend an in person meeting, someone can sign your slip right in front of you.

If someone agrees to sign your attendance slip, they will probably just sign their first name or initials, the name of the meeting, and the date. Some meetings may use a pre-printed stamp with the name of the meeting.

The Central Office is not involved in the sending of verification of attendance forms.

A.A. and the Courts

- A.A. is not part of the court system. We do not work for the courts or the police department.
- A.A. does not "recruit". We do not ask the courts to send people to meetings. You are a member when you say you are.



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If you would like to find a meeting near you, or have questions, please call A.A. San Diego Central Office. Calls are answered 24 hours a day, 365 days a year.

Visit the website for meeting schedules, meeting locations, maps, events and literature.

San Diego A.A.
Central Office
619-265-8762
www.aasandiego.org

North County A.A. Central Office
760-758-2514

www.ncsandiegoaa.org

A.A. Información en Español

San Diego 619-280-7224

Chula Vista 619-476-0288

Vista 760-758-6905

www.aasandiego.org/espanol.pdf
nosdco-aa.org/meetings/espanol.html

SO, YOU'VE
BEEN SENT TO

**ALCOHOLICS
ANONYMOUS**

...AND YOU ARE
NOT THRILLED
ABOUT THE IDEA.

IT MAY NOT BE
AS BAD AS YOU
IMAGINE

MANY OF US
WERE IN THE
SAME SITUATION

www.aasandiego.org
www.aa.org



What Is Alcoholics Anonymous? Here Is What A.A. Says About A.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.

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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Millions of people have changed their lives through A.A., including many who were sent by professionals. There are A.A. meetings in virtually every country in the world.

While some who are sent to A.A. attend only the required meetings and never come back, others keep coming back because they find that A.A. helps them live life without alcohol.

So You Were Sent To A.A.

Many of us were sent to our first A.A. meetings by judges, employers, counselors, or some other authority, as a result of being arrested for drunken driving, family disputes, or some other problem involving alcohol. If you've come to A.A. at the direction (or suggestion) of someone else, you probably have some questions.

A.A. meetings fall into two categories, Open and Closed:

- Open meetings are for anyone interested in our program of recovery, for themselves, for a loved one, or for academic purposes.
- Closed meetings are for alcoholics and those with a desire to stop drinking.

Being "sent" to A.A. does not make you an alcoholic.

People may point out indications that you have a drinking problem — loss of control, driving under the influence, arrests, lost jobs, broken marriages or relationships, blackouts, the shakes, etc. Only you can decide that you are an alcoholic. If you think that you are an alcoholic then we encourage you to keep coming back.

What to Expect at an A.A. Meeting

Meetings begin promptly at the time specified. We suggest you arrive a little early. Meetings often begin with a moment of silence followed by a few short readings.

If you have any questions, feel free to ask before or after the meeting. Find someone at the meeting to talk to and who will answer your questions. Or, call A.A. Central Office at 619-265-8762.

Anonymity is the spiritual foundation of our traditions. While you are free to repeat and use any of the ideas or suggestions that you hear at a meeting, please do not identify anyone you heard or saw there by name. We will do the same for you.

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

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We pass the basket at meetings to allow members to make voluntary contributions to the support of their group. This is for members only. If you are a visitor, please do not make a contribution. As a newcomer to A.A., please consider yourself our guest.