

12th Step Call Guidelines

The 12th Step Call is a vital part of your programme of recovery. It is a way for you to personally help an active alcoholic by sharing your experience, strength, and hope. Here are a few suggestions that experience has shown to be helpful. None of these are MUSTS but could make for a better 12th step call. Please remember our public relations policy is one of attraction, rather than promotion.

Be available to carry the message.

Call back promptly to talk or arrange a visit.

Be patient, compassionate and listen. Share freely of your experience, especially your feelings of loneliness, hopelessness, and confusion before AA.

Explain the threefold aspect of the disease (physical, mental, spiritual), stressing that alcoholism is a progressive and often fatal illness. Under NO circumstances go to meet a prospective newcomer alone. Always get someone to go with you, preferably someone with more 12th step experience. This is an excellent opportunity for sponsors to share 12th step work with sponsees. Men with men, women with women; however, in

an extreme emergency men/ women may call on either.

Determine the willingness of the person to do something about his/ her condition.

Suggest taking action today. Suggest a time to take this newcomer to a meeting.

Discuss with any family members present what AA has to offer and suggest Al-Anon or Al-Ateen.

Look neat and presentable; you represent a programme of recovery in Alcoholics Anonymous.

Please don't make promises you cannot keep.

In cases of emergencies, convulsions, DT's, threats of suicide or violence to self or others, call 999 and follow their instructions. Do not panic.

Experience shows that some people do not want to be visited or go to meetings. In this situation, contact may be maintained for a short period of time. If there is no response, detach and let go.

Minors can only be helped with the express permission of a parent or legal guardian. A man and a woman must go TOGETHER to these calls for help. There are no exceptions to this. THIS IS THE LAW.



THE 12TH STEP CALL

I am responsible...

**When anyone, anywhere,
Reaches out for help, I want the
hand of AA always to be there.**

And for that:

I am responsible.

For further information contact

Loraine 07577 497328

or Michael 07941 767719

How about a little history?

In 1935 Bill W. was desperately trying to stay sober. He thought that if he could talk to another alcoholic it might help. This turned into the fateful meeting with Dr Bob and the rest is history. We now have a large worldwide leadership where each day somewhere in the world, recovery begins when one alcoholic talks with another, sharing experience, strength and hope. There are countless alcoholics who found AA through the helpline and with your help we can add one more!

What is the 12th step list?

The 12th step list is a collection of contacts, availability and location details of men and women willing to respond to a call for help made to the AA helpline. These are men and women who believe it is important to their own recovery to give back what was so freely given to them. By doing so they are fulfilling a part of the 12th step of their own programme, and ensuring that the hand of AA is always there for the still suffering alcoholics.

How does it work?

Telephone Responders (TRs) working on the helpline refer to the list when they need to assign a 12th step call. You would receive a call from the responder who would give you the name and phone number of the person who needs help in your area; your number is never given out. Men are assigned to men, and women to women. You would then call the person and start the ball rolling from there.

What are the requirements to do this kind of service?

Willingness to help a fellow sufferer of alcoholism is the most essential requirement. It is also suggested that you have at least one year of sobriety and read chapter 7 of 'working with others' in the big book of AA. You should be able to respond to a call quickly and be prepared to talk at length, or preferably meet, with the person you are helping. If you cannot make this kind of commitment please reconsider being on the list. The life of an alcoholic may depend on it.

Why should I be on the list?

Here are some quotes from our big book 4th edition.

'Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help their needs.' (p.20)

'Practical experience shows nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.' (p.89)

'Someday we hope that every alcoholic who journeys will find a fellowship of Alcoholics Anonymous at his destination.' (p.162)

How do I sign up?

Before you sign up, it is advisable to review the 12th step guidelines overleaf, latest safeguarding documentation, and read chapter 7 in the Big Book, titled "Working With Others". Then, discuss this important service role with your sponsor.

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