

Autumn 2026

AA News

From the General Service Office of Great Britain



Revealed: alcohol abuse
costs soar to
Alcoholics An
spurn cash
Alcohol Care Teams: wh

Alcoholism, Now Viewed as a Disease, Stirs Researcher



Into Action

12 Traditions Checklist

5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.



1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me?"
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if they get mad at me for not giving them a loan?
3. Have I today imposed on any AA member for a special favour or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to whom or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

..... From the AAGB "Traditions Checklist"

AA News

Hello, my name is Vikki and I'm an alcoholic.

I'm currently training to be the new editor of AA News, formerly AA Service News. This is my first edition, please, be gentle.

The new name reflects a wider conversation about how the publication can better serve and engage members. Many of us felt it was time for a refresh — not just in title, but in tone, content, and appearance.

For some newcomers, the old name could feel a little distant or formal. I remember seeing copies left in the AA rooms and assuming they were meant for “proper members” who understood service, Region, and Conference — which I certainly didn't at the time.

Gradually, and with encouragement from my sponsor, I became involved in service and began to see its value. I also began to understand why the publication mattered. It contained important information, but it did not always feel easy or inviting to read.

That is what we hope to change. AA News will still share essential service updates, including work from the Board and Sub-committees, but we also want it to be more welcoming, useful and inspiring for all members — whether they are new to AA or have been around for years.

Above all, we want AA News to show the rewards of service and help more members feel that they belong.

I hope you'll enjoy reading it, discussing it, and hopefully sharing your own experiences of being a part AA's service legacy with us.

Vikki C, Trustee, Wales & Border Region

AA News

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AA News is published in early March, June, September and December each year with deadline dates of the last Friday of January, April, July and October. The General Service Conference report is published each year in the summer issue and Questions and Topics for the following year's Conference in the winter edition.

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Any pictures contained within this edition are stock images. They are not of alcoholics. No one's anonymity has been broken.



The Joys of Service in AA: “We Are the Advert”, Richard S, Conference Chair 2026

In Alcoholics Anonymous, service is often described as a way of giving back. But for Richard, whose journey has taken him from greeting newcomers at the door to conference, service has offered something just as powerful in return: connection, confidence, humility, and a deeper sense of belonging. Speaking about his experience, Richard reflects on the many ways service has shaped his recovery — beginning with the simple but meaningful role of Greeter.

Learning to Look Up

Interviewer: What did being a Greeter teach you?

Richard: It taught me to lift my head, engage with people, and be interested in what they had to say — rather than just saying, “How are you?” as a throwaway comment. I learned to start a conversation about someone who wasn’t me. When you ask people how they are, actually mean it. If they want to tell you their life story that day, you listen. It was a way of beginning to belong, to be a part of rather than apart from. Before AA, I often felt as though there were days at school I had missed — the days that taught people how to be human, how to interact, how to function around others. It was only when I came to AA that I began to learn those things.

Service expands Fellowship

Interviewer: What other service positions have you held?

Richard: I have been secretary of quite a few meetings, when I became secretary at my home group in Reading, it became one of my favourite services. I loved finding speakers. It made me go to lots of different meetings, meet and engage with new people, and expand my fellowship. Many of those people are still in my contacts now. That is one of the big things about service in AA: every time you do service at any level, your fellowship grows. It is like networking, but with something much deeper behind it. You meet people who understand you, people who have been through similar things, and that is one reason AA keeps working so well.

Humility through listening

Interviewer: Which service position have you enjoyed most?

Richard: Secretary. I loved it. I ended up doing it for a year, and I loved finding the shares and listening to people. When you sit there as secretary, you learn that it is not about you. You are not the star attraction. That teaches humility. The fact that people turn up to share always gets me. I know we do it, but the fact that we do it is really quite special.

The longest service position I have held was as a telephone responder, a role I carried out for nine years. Each time I answered the phone, I was taken back to my own early days in recovery. That experience helped me empathise with, and fully understand, the person on the other end of the line.

This is why the service works, right? One alcoholic speaking directly to another alcoholic. Somehow, we find the words that need to be said. It is real “coal face” service, helping the newcomer reach their first meeting on day one.

For me, this has been one of the services where I have most tangibly felt that I was being made useful by my Higher Power. It has also been directly linked to the development of my listening skills.

Inspired by Example

Interviewer: When did you first hear about Conference?

Richard: I first heard about Conference quite early on. I was lucky with the people I met. Many of the people I was attracted to in AA were very service-orientated. I remember being taken to my first intergroup meeting when I was about a month sober. I did not have a clue what was going on, but I remember a woman chairing the meeting. She had it running beautifully. There was no nonsense; she was conducting a very good meeting. I remember thinking, “Crikey, she’s got something.” Over the years, I spoke to her about service. She went on to region, became a Conference delegate, and inspired me to want to follow that path. That is something I said in my keynote at Conference: we are the advert. It is us who inspire others to do service.

A Journey into Conference

Richard’s route into Conference felt like a natural progression. Having first encountered AA service in Reading, then later moving to the South West, he gradually became involved in intergroup, region, and eventually Conference.

Richard: Even though I was aware in my first few years that being a Conference delegate was a thing, and that it was something I would quite like to do one day, I did not push my way through. I took the view that if it was going to happen, it would happen. It did not need me to force it. When the members of South West Region voted for me to become a Conference delegate, I was so grateful.

My journey through Conference has been incredible. After my first year, I was asked to chair Committee Six. I could not believe it. I remember saying to Tom Fox that I could not believe they had voted for me, if they knew who I was. He said, “Well, that’s just it Richard, they don’t know who you were. They know who you are now.” That set me free a bit from the old Richard. I realised I had been carrying him around and using him as a baseline, but that was the wrong baseline. I am not that person anymore.

....continued page 6

Chairing Conference

Interviewer: What was it like being Chair of the General Service Conference?

Richard: I loved it. My skill set seems to lend itself to holding meetings. I have stood in and chaired region a few times, and I enjoy that kind of work. When I became Conference Chair, I thoroughly enjoyed it because it felt like a comfortable place for me to be. The best part was chairing the Conference Steering Committee (CSC).

For myself as Conference Chair, the Conference itself was the public-facing culmination of the role, the core responsibility of being Chair is the work done with the CSC.

The work of the CSC is looking at the questions, keeping people on track, and making sure we are asking whether a question meets the criteria, being objective. Reading the questions that come in is fascinating because it shows where the fellowship is at any given point. Many questions are similar, and that gives a sense of the significant issues people are feeling across the fellowship. At the Conference itself, there is work behind the scenes that people do not see. Sometimes the role is not just standing at the front and counting votes. It is helping people stay calm, being diplomatic, offering reassurance, and remembering that we are all still people in recovery.

What Service Gives Back

Interviewer: What has service given you?

Richard: For the fellowship, service is about what we give. But that is not even half of it. It is also about what we get back. Every bit of service gives you that feeling of, "Oh, I can do that." When you are voted in as Conference delegate or Conference Chair, you think, "Oh God, now I have to do it. Can I do it?" And then you come through the other end and realise, yes, you can. That adds to your sense of what might be possible. You think, "Well, I can do that, so what else could I do?" Service builds confidence, but it also teaches humility, patience, and trust.

Letting Things Happen

Interviewer: What is next for you in service?

Richard: I have one more year as a Conference delegate. After that, I will talk to various people and probably look at a subcommittee. I need to have a longer conversation with my service sponsor, and of course my lovely sponsor who always keeps me right sized, but the subcommittee idea sounds interesting. There may also be more service at region, although I think it may be time to take a step back there and let other people come through. The experience I have gained needs to be used, but it is also about allowing things to happen at the right time. I often talk about not getting in my own way. That is one of the things we learn: get out of your own way. I had to get out of my way to get sober, and service has helped me keep learning these lessons.

A Message That Shines Through

For Richard, the joy of AA service is not confined to roles or responsibilities. It begins at the door, with a greeting, and grows through meetings, fellowship, trust, and shared purpose. Service, he says, is where members discover they are capable of more than they thought. It is where they learn to listen, to belong, to be useful, and to see themselves not as who they once were, but as who they are now. And perhaps most importantly, it is where one member's example becomes an invitation to another.

As Richard puts it: "*We are the advert.*"

Report: Race2Day Presentation at Glasgow EURYPAA 2025

At the Glasgow EURYPAA convention, our Race2Day presentation focused on advancing inclusivity within AA. The workshop was chaired by Race2Day working group member Joya. It started with a presentation delivered by another working group member Jenny D which gave details of the history of efforts to increase membership and participation by people of colour within the fellowship. Since the most recent question for conference addressing this issue in 2021, steps taken include the development of the Race2Day working group, several workshops at fellowship events, a number of community initiatives within AA (for example there was a flyer for a People of Colour London meeting on one of the displays at the convention) and the production of literature such as 'Does anyone else look like me in AA?'. The presentation rounded off with an outline of the next steps planned to carry these efforts forward.

After this were two very inspirational shares, by Siobhan from Glasgow and David from East Kilbride, people of colour who kindly agreed on the day to tell their stories. Both spoke about the joy of discovering recovery through the practice of the 12 Steps and experience of open-hearted welcome from other members but also about challenges when this had not been the case. The importance of being inclusive in action was clearly articulated.

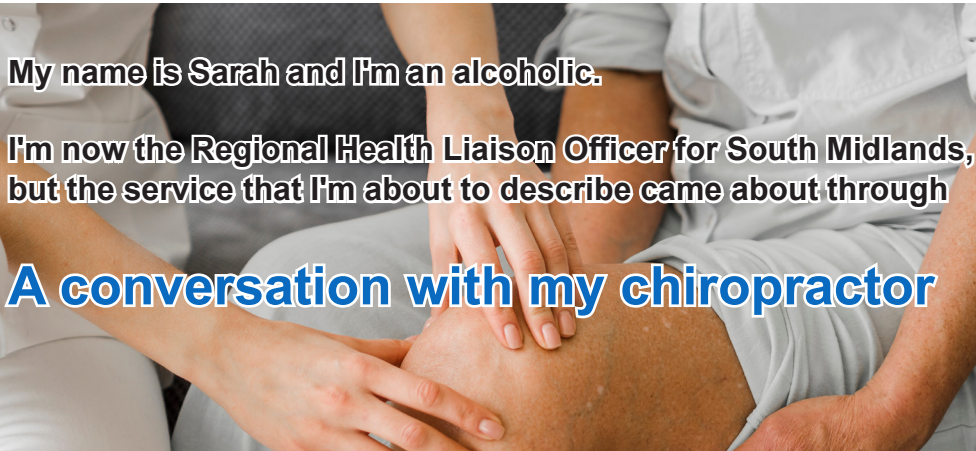
Joya chaired the session expertly, ensuring smooth facilitation and lively discussion.

Closing Quote:

"Let us of AA ... resolve that we shall always be inclusive and never exclusive, offering all we have to all, save our title. May all barriers be thus levelled."

—AA Co-Founder, Bill W., February 1948, Tradition Three, *The Language of the Heart* (Grapevine Daily Quote, August 13, 2025)





My name is Sarah and I'm an alcoholic.

I'm now the Regional Health Liaison Officer for South Midlands, but the service that I'm about to describe came about through

A conversation with my chiropractor

I visited my chiropractor every 10 weeks, so I developed a rapport with him and he was very aware of my medical history and journey with active alcoholism and recovery.

He came along to one of the AA Awareness Days in Cheltenham and as a result asked me if I would speak to a group of Royal College Chiropractors about alcoholism and where to signpost patients who were suffering, which I gladly did.

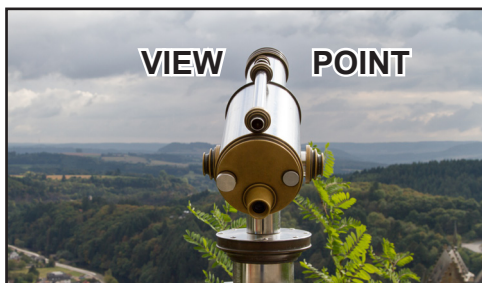
The webinar was attended by about 200 chiropractors. As a result, I was asked if I would join a working party to discuss and put together a public health document for chiropractors. There were quite a few drafts, which went backwards and forwards between those of us involved, and my input was regarding how and what to ask their patients when discussing alcohol, and how to encourage them to be honest in a clinical situation with someone with whom they had probably been seeing for appointments on a regular basis.

I certainly always felt more comfortable with health care professionals who weren't necessarily GPs – for instance, dental professionals and social prescribers, and feel that this is an excellent start for the suffering alcoholics to begin to come to terms with Step1.

My aim was also to suggest where and how to signpost their patients for help if any of them were suffering. With the help of the NICE guidelines and Cochrane report which advocate 12 Step fellowships the public document has now 'gone live' and has ALCOHOLICS ANONYMOUS at the top of the list of where to signpost patients to.

For further information on this please contact Sarah at: health.sm@aamail.org





Has the Structure Arrived at a Critical Point?

Bill W wrote about our need to be aware that the Fellowship, from time to time, may face a crossroads, especially when it concerns the structure.

In the early 1970's, AAGB faced the enormous development of Intergroups. Consequently, if the situation was allowed to prevail, Conference would have had to accommodate a population of delegates that was beyond the scope of the Fellowship. Thankfully, through careful re-organisation by the beginning of 1980, we had started the process of Regionalisation. Thereby, keeping the number of delegates attending Conference at a manageable number.

Quite the opposite now appears to be developing, with several Intergroups having difficulties engaging their constituent groups. This is mainly because the groups do not provide GSRs, the essential link between the group and the Intergroup. This is the service role that ensures effective communication through our structure, the inverted triangle.

Service starts at group level.

This, then, is an appeal for all groups that are recognised as belonging to an Intergroup to accept their full responsibility within AAs service structure by doing service: electing and supporting GSRs, participating in Intergroup, and taking the practical actions necessary to maintain the effectiveness of our Intergroups so that they can work with the various Regions.

The structure of the Fellowship depends solely on the actions of our Third Legacy, handed down to us as the Fellowship at the 1955 Conference in St. Louis. That was when the original Foundation said it is now your turn to look after future of the Fellowship, as you have come of age – from now on service is your responsibility.

At some meetings we do hear read out: "When anyone, anywhere, reaches out, I want the hand of AA always to be there - and for that I am responsible" – so let us see the action.

Cyril H, Lancashire intergroup

SAVE THE DATE:

Inclusivity Seminar - May 2027

Mark your calendars for **21 and 22 May 2027**. This is one event you won't want to miss!

The Inclusivity Committee is pleased to announce that they will host a two-day seminar, held in person for one representative from each Region and open on Zoom to anyone else interested. The seminar offers a chance to understand who we are, what we would like to achieve, and how you might help shape a more inclusive future.

Service strengthens sobriety, and this is an opportunity to be part of meaningful, practical action.

We want AA to feel open and welcoming to anyone who reaches out for help, reflecting the spirit of Tradition 3 in everyday practice. Formal invitations to Regions and Intergroups will be issued soon.

Programme details, timings, and Zoom links will follow. For now, the key message is simple: please save the date:

21 & 22 May 2027

2025 Membership Survey – Helping Us Carry the Message

The 2025 Membership Survey report has now been published. On behalf of the Survey Sub Committee, thank you to everyone who took part.

More than 3,300 members and over 1,600 groups contributed to the survey, helping provide a valuable picture of our Fellowship today and how we continue to carry the message to the alcoholic who still suffers.

Why the Survey Matters

The Membership Survey helps us better understand who we are, how alcoholics find AA, what supports recovery, and how our service efforts can reach those who need help. It also provides useful information that can be shared with healthcare professionals, employers, the media and the public, helping explain what AA is and how it works. For more than fifty years, the survey has allowed the Fellowship to track long-term trends and better understand changing patterns within AA.

Key Findings

The survey estimates membership across Great Britain and English-speaking Continental Europe at approximately 32,200 members. For the first time, women represented a slight majority of respondents in Great Britain, accounting for 52% of participants.

While many members are now over the age of 50, most first came to AA earlier in life, highlighting both the long-term nature of recovery and the importance of continuing to reach newcomers at all ages.

The survey also reinforces the importance of active participation in AA. Regular meeting attendance, working the Twelve Steps and helping other alcoholics were all identified as important parts of recovery.

The findings also show how AA has evolved since the Covid-19 pandemic. While face-to-face meetings remain at the heart of the Fellowship, online and hybrid meetings continue to provide flexibility and accessibility for many members.

Accessibility also emerged as an important theme. Around one quarter of respondents reported living with an impairment or condition affecting their day-to-day activities, most commonly physical, mobility, neurodiverse or hearing-related conditions. This highlights the importance of ensuring that AA remains accessible and welcoming to all who seek recovery.

How people find AA continues to change. Existing members remain one of the most important routes into the Fellowship, while treatment centres, telephone helplines, healthcare professionals and internet searches all play an important role in helping alcoholics find recovery.

Supporting Service Work

One of the most valuable aspects of the survey is the way it can support service work. The findings provide useful information for Public Information, Health, Employment, Armed Services, Prisons, Probation, Telephones, ORS, Young People and Electronic Communications service disciplines. The survey also helps answer some common questions about AA. While 94% of members reported having a Higher Power, most described it in terms of a personal spiritual understanding rather than a religious one. These findings help demonstrate that AA is not a religious organisation and welcomes people of all faiths, as well as those with no religious faith.

As Bill W wrote:

"There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject."

The survey findings continue to reflect that broad and inclusive approach.

The results may also help professionals better understand recovery in AA. Regular meetings, the Twelve Steps, sponsorship, service and helping other alcoholics all feature strongly in members' responses.

The survey further highlights that many members have interacted with healthcare services before and after coming to AA. More than half reported receiving treatment or counselling before joining AA, while over a third had received support since becoming members.

Finally, nearly seven in ten members reported informing professionals about AA as a solution to alcoholism. This reminds us that carrying the message is not limited to formal service roles. Every member can share their experience and knowledge of AA where appropriate, helping others learn that recovery is possible.

Looking Ahead

The Membership Survey does more than tell us who we are. It helps us understand how people find AA, what supports recovery, and how we can carry the message more effectively. We encourage members to read the report and pamphlet, discuss the findings in groups and service meetings, and consider how the information might support future service work. To make the findings easier to share both within and outside the Fellowship, Conference 2026 approved a new Membership Survey 2025 pamphlet. PDFs of the report and pamphlet are available on our website and printed copies of the pamphlet are available in our shop.



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REPORT

SCAN HERE FOR
PAMPHLET

Alcoholics Anonymous
Great Britain
(AAGB)

Membership Survey
2025

Helping us to carry our message of recovery

SCAN HERE FOR
SHOP

We would also be grateful to hear how the survey has been useful in your service and which findings you found most valuable. Feedback helps us continue to improve future surveys and supporting resources.

If you have any comments, questions or suggestions, please contact the Chair of the Survey Sub Committee at trustee.cer@gsogb.org.uk

FULL TERMS OF REFERENCE OF CONFERENCE STEERING COMMITTEE

- Structure**
- a) The annually elected Conference Chair, acting as Chair (non-voting)
 - b) All the annually elected Committee Chairs
 - c) Two Board Members for guidance, support & continuity (voting/non-voting as decided annually by CSC)
 - d) General Secretary (non-voting)
 - e) Conference co-ordinator (non-voting)

The Conference Steering Committee (CSC) will continue to rely on the General Service Board, the General Service Office, the General Secretary and Conference Co-ordinator for logistical support, advice and assistance with the development of the Conference itinerary. This ensures continuity and is necessary for the success of the Conference Steering Committee's remit.

TERMS OF REFERENCE (selection criteria for Conference submissions):

The CSC agree that their work principally comprises two important elements. The first is the selection of suitable Conference topics and/or questions & initiatives to be made available to the Fellowship through the General Secretary, together with a copy of the full Terms of Reference. The second is to ensure that Conference fulfils the purpose devised by our Co-Founders, to be a part of the Check & Balance system ensuring that AA continues in accordance with the Traditions, Concepts and Warranties.

At their first meeting the CSC will elect an alternate chair for Conference. If deemed necessary, the CSC should present a report on its activities to Conference.

Topics and/or Questions for discussion at Conference

All submissions received by August 31st will be reviewed fully by the CSC. In assessing their suitability for Conference, the CSC will be guided by the criteria set out in the AA Service Handbook for Great Britain, - "a major subject or subjects of topical importance affecting the Fellowship in the widest possible way...", together with criteria established through Conference recommendations.

It is suggested that submissions be formulated using the following template

Submit a clear and concisely worded motion, topic or question.

What issue does this proposal item address?

Has this proposal been discussed within the AA GB structure? i.e. Intergroup / Regions / Board and or their Sub-Committees. If so, is there anything you would like to mention?

Provide background information that describes and supports the reasoning for the proposal. List background material (s) included with the proposal:

How will the alcoholic who still suffers benefit or the fellowship of Alcoholics Anonymous improve its ability to carry the message of recovery from this proposal?

Do you consider there to be any costs associated with implementing this proposal? If so would it require the Board to appraise its viability?

Please, provide a primary contact for the submission.

Final comments:

From these criteria submissions fall into twelve categories.

1. Submissions accepted as suitable for Conference.
2. Submissions accepted as suitable, subject to minor drafting or textual amendments suggested by the CSC and, where practicable, agreed by the questioner.
3. Submissions not accepted as suitable, except by consolidation of submissions with questions of a similar nature, ensuring the spirit of the original submission is maintained.
4. Submissions acceptable through referral by previous Conference recommendation.
5. Submissions not accepted because they have been discussed at Conference within the previous three years.
6. Submissions not accepted due to the lack of sufficient background material pertinent to the submission.
7. Submission not accepted as it is covered by existing Conference approved literature.
8. Submission not accepted but referred to the General Service Board or General Service Board Sub-Committee for consideration.
9. Submission not accepted as Conference upholds the autonomy of Groups and Intergroups and Regions through the conscience of those they serve.
10. Submission not accepted as the CSC considers that the submission is based on an assertion or proposition which it considers to be false.
11. Submission not accepted as it is considered to be contrary to the Traditions.
12. Submissions not accepted for reasons other than the above.

All Conference submissions will be acknowledged by receipt by the General Service Office.

Should a member of the CSC have some involvement in a submitted question then he/she is to declare this to prevent it being allocated to their committee.

Questions received by the CSC and referred to the General Service Board will be recorded on the Conference Tracker. Progress made on each question throughout the year will be updated on the Tracker and in turn fed back to the CSC and the questioner.

The Terms of Reference are reviewed annually and circulated each year.

May 2026

Four Years That Changed Me: Reflections from the Young Persons' Subcommittee

When I first joined the Young Persons' Subcommittee four years ago, I saw it as an opportunity to give something back to AA. Looking back now, I realise that while I hope I was able to contribute something worthwhile, I probably received far more than I ever gave.

Service has always been described as one of the pillars of recovery, but it wasn't until I immersed myself in it that I truly understood why.

People

One of the biggest gifts has been the people. Being part of the Subcommittee introduced me to a group of like-minded members from across the country who all shared the same goal: helping ensure that young people coming into AA could find the same hope that we'd found. Those friendships, conversations and shared experiences have become an important part of my own recovery. Service brought me closer not only to AA, but to the Fellowship itself.

Over the last four years we've been fortunate enough to organise roadshows, workshops and events that brought young people together, encouraged members into service and shared ideas that have gone on to make a real difference in local areas. Seeing new meetings start, new YPLOs take on service and hearing how a single event inspired someone to get involved has been incredibly rewarding. It reminds you that sometimes the smallest actions can have a lasting impact.

Podcasts

One project that I'm especially proud of is They Stopped In Time, the Young Persons' Subcommittee podcast. What started as an idea became something that has reached thousands of listeners. Along the way I learnt skills I never expected to develop—from interviewing and editing to producing and promoting a podcast. Those skills even gave me the confidence to launch my own podcast outside of AA, something I would never have imagined doing before taking on this service position.

Personal growth

Perhaps the biggest surprise has been what service taught me about myself.

Organising national events, co-ordinating projects and working alongside people from different backgrounds showed me that I enjoyed leadership and organisation far more than I realised. It gave me confidence in abilities I'd never really acknowledged before. Those lessons haven't stayed within AA—they've carried over into my professional life, giving me the confidence to take on bigger challenges, trust my judgement and be bolder in my career.

That's one of the wonderful things about service. While its purpose is to help AA carry its message, it also quietly changes us in the process. It asks us to step outside our comfort zone, work with others, solve problems and put principles into practice. In doing so, we often discover strengths we didn't know we had.

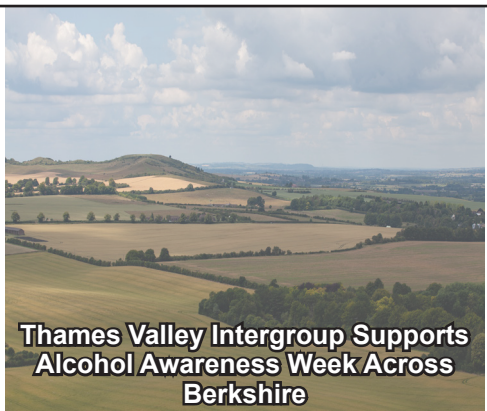
If you're considering applying for the Young Persons' Subcommittee, I'd encourage you to do it.

The committee's purpose is to support and recruit Young Persons' Liaison Officers, develop resources and good practice, and build relationships that help carry AA's message to young people. But beyond the responsibilities listed in the role description lies something much harder to describe: the opportunity to grow, to build lifelong friendships, to develop new skills and to be part of something that genuinely makes a difference.

As my four years come to an end, I'm incredibly grateful for the experience. It's helped shape both my recovery and the person I've become.

Thank you to everyone I've had the privilege of serving alongside. I wish the next members of the Young Persons' Subcommittee every success, and I hope they discover, as I did, that service gives back far more than it ever asks of us.

Michael - Young People's Sub Committee



As part of Alcohol Awareness Week, members of the Thames Valley Intergroup Health Liaison Team were proud to represent Alcoholics Anonymous at a series of healthcare locations across Berkshire, helping to raise awareness of the support that AA offers to anyone affected by alcoholism.

Throughout the week, information sessions were held at all the major hospitals and healthcare centres throughout Berkshire.

Health Liaison volunteers spent time speaking with a wide range of healthcare professionals, including doctors, nurses, therapists, and other members of multidisciplinary teams, explaining how Alcoholics Anonymous works and how healthcare services can refer or signpost patients to AA meetings. We also had many valuable conversations with patients, visitors, and members of the public, providing information about recovery and the support available through the Fellowship.

The response throughout the week was extremely positive. Many healthcare professionals expressed appreciation for the opportunity to learn more about AA, while patients and visitors welcomed the chance to ask questions and take away literature in a relaxed, informal setting.

Events such as these help to strengthen relationships between Alcoholics Anonymous and the healthcare community, ensuring that professionals are better informed about the help available and are more confident in directing people towards AA when appropriate.

The Thames Valley Intergroup Health Liaison Team would like to thank all the hospitals and healthcare organisations that welcomed us during Alcohol Awareness Week, as well as the many AA members who volunteered their time to staff the information stands. Their willingness to carry the message beyond the meeting room demonstrates the importance of cooperation with the professional community while always respecting AA's Traditions.

We look forward to continuing to build these relationships and carrying the message of hope and recovery to those who still suffer from alcoholism.

AA - Secrets of Service

Hi, my name is Jo and I am an alcoholic.

Thank **you** all very much for carrying out your service.

Service has been a played a great part in my recovery and still does today. Writing this article is service, and it's made me question why I do it. Foremost is the fact that I am an alcoholic and my primary purpose is to stay sober and help other alcoholics achieve sobriety. I have a message to carry in whatever capacity. Having a primary purpose gives me a reason to get out of bed. It really helped when I first came in. Otherwise, what was the point!

When I fell in through the doors of AA, I looked around the rooms and saw all these well, grown up people. They seemed to be able to chat and speak in the rooms and be at ease with themselves. I struggled to just read the usual meeting stuff. I didn't know that more would be revealed to me in AA if I carried on not picking up one drink one day at a time. Those wise people who turned up week after week and opened the meetings saved my life. Just by them being there.

I didn't know it was AA service. Why should I do that? Why should I help anyone? Those were the immediate thoughts that crossed my mind when I came in. I was stuck in self. Poor me, pour me a drink! I didn't know that if I got a home group and did the most basic jobs, which was all I was capable of doing I might add, it would keep me coming back, and would eventually move me into the centre of the bed. It's incredible to realise that bringing the milk, making the tea and cleaning the ashtrays would also save my life. It gave me responsibility. Responsibility and I were not natural bed-fellows, we rubbed each other up the wrong way but I learned to get on with it – eventually.

I also didn't know a group conscience was an importance part of service. Decisions had to be made, who was doing what? Questions were raised – was the group carrying the message well to new-comers? In spite of myself I got caught up in these discussions and suddenly I opened my mouth and said something. What's that, I wondered to myself, did I just say something out loud? And they didn't laugh! Blimey, there was more to AA than I initially thought! In spite of myself, I'd become part of something, rather than remaining apart from!

Slowly, slowly I was beginning to connect with others and be part of the human race. Talking to newcomers in the meetings also helped. My usual neon sign on my forehead (rude words) faded into one of 'hello' or 'welcome'. What I didn't understand then, was that service, even in my infancy in the fellowship, was about others, and not 'I, self, me.'

I thought that being secretary of a group was to be God. Wrong! That was my ego. My group and HP had other ideas, and I was sent to intergroup as a group service representative (GSR). As I look back this was an absolute god send. It brought me centre forward into service and found out that AA also carries the message much wider into communities. OMG I thought I can't go talk to prisons, professionals, do PI, that's just too much. No one had actually asked me to do so at that point! My first real job was to carry the voice of my group. Mmmm, how can a people pleaser like me pipe up and say something...that might be a bit, well, controversial or in disagreement?? I had to speak up for my group though. Wowser, I voiced an opinion in a really large group of people, and nothing bad happened. Where on earth did that come from. They listened. Mmmm, I thought, perhaps I ought to listen too. I might learn something new. I knew from my programme about keeping an open mind and having some willingness to learn and change. I stated to grow integrity, and had a lot of respect for so many others.

Being a GSR taught me so much about the fellowship, how it works and my place in it, just a cog helping the still suffering alcoholic. And yes, I did eventually serve in prisons, PI and the like. I learned new skills, such as boundaries, patience and tolerance, working with others as a team, talking to outside bodies which terrified me at first as they were 'better than me'. I was once told in the fellowship if you want to feel esteem, do estimable things and service in the fellowship taught me how to do that. I'd read the AA responsibility pledge. I didn't know what it meant when I first read it (pre-intergroup) but I do now. I learned that AA doesn't work in a vacuum. It requires AAs at all levels of our upside-down triangle to pitch in when ready, and lend a hand as it can't work without us. I learned about the three legacies at intergroup, unity, service and recovery. I learned that without all three AA would not function. I was so happy to be contributing to something that continues to save my life but the paradox is, no matter how much I give back, AA always, always gives me more.

So, I ended up in region. What was so special about region I thought? Well, it as a bit like intergroup only a much larger area was covered and we all worked well together providing unity. I loved my time at region I was able to take all the skills and knowledge at intergroup and put them to good use. The communication skill I learned at intergroup meant I could convey opinions and thoughts from intergroup to region and vice versa. I learned about Conference and how it was the voice of the fellowship. I'd no idea how special it was until region asked me to go. Me, go to conference – 'what are you on!', I secretly thought. What an incredible experience that was and such a responsibility to carry the region's voice, and having the option, depending on what was discussed at Conference, to make up my own mind. And suddenly, I was a trusted servant. I most definitely didn't, and couldn't, trust myself when I fell over the door jamb at my first meeting. It was all I could do to hold a cup of tea and not cry (far too proud for that!).

At Conference I met these people called trustees. What do they do? I thought. Well, they stood up in front of whole lot of us and told us how they carried out Conference recommendations. I thought this is how we choose our literature, posters and many of the services that are provided for AA Great Britain. 'Well,', I thought, 'that is something for the real grown-ups, perhaps I'll just stick to region. I did for about 16 years, asking about and carrying out service in its different guises. I learned so much more about AA, about working with others and about myself. Largely, recognising how much I didn't know, and how important the group conscience continued to be.

Our trustee suggested I applied to be on a sub-committee. 'What's that?', I thought. So, I thought I'd better ask. I found out that it delivers aspects of the work of General Service Board (GSB), and that the GSB carries out the recommendations from Conference. I was told it was a charity. I applied to be on literature, it being a more 'behind the scenes' type of service. I was interviewed by two trustees over the telephone (no tech then). They asked me about my service experience, what I thought of the traditions, and what I could bring to the service. It was all so grown up. I was successful, and I joined the sub-committee. The sub-committee worked on GSB projects which were for the fellowship I found out. I loved working with such a dedicated committee and preparing new literature. We met at York to discuss ideas, and we worked together on projects at home. Seeing items of literature we had worked on, being printed and used by the fellowship, was amazing.

Then out of the blue, came an opportunity to apply to be a trustee. As with every piece of service I had undertaken, the role looked like something I couldn't do, a mountain to climb but I was chosen, and so, I got on with it. I learned so much about how AA works as a whole. I thought I'd grasped that piece of knowledge via Conference but service as a trustee showed me a whole lot more on how 'we' or AA unity truly works. I was shown how dedicated and hard-working GSB trustees were for the fellowship.

AA Great Britain is privileged to carry the message to other countries, I have travelled for AA and I have met so many wonderful people from non-English speaking European AA structures. I was shocked to find out how fragile some of their structures were. I feel extremely grateful and humbled that we have our GSO, our GSB, our Conference, our literature and meetings so readily available here in Great Britain.

It's always the same in service; I start something new with haltering steps and suddenly the years fly by. I had become comfortable in my role, know the job, and then it's time to rotate out. This is something I really hate and love about service in AA. It always looks too much and way beyond me when I start out, and yet I have always grown into it.

I'd made a commitment to myself when coming into the fellowship to get well and stay well. I'd also made a commitment to the fellowship to do service, whatever was asked of me, and the next step in service has been utterly incredible. I am now the 'point' in the upside-down triangle, as Chair of the GSB it has been an honour and privilege to serve the fellowship. AA service therefore really has clearly moved me on, has kept me moving forward and growing one step at a time, given that I was too frightened to read the steps or traditions in meetings, talk to anyone or participate in any way when I came into AA.

There has indeed, been challenges along the way, but I have chosen to learn from them. No one could have described to me the secrets of service, the wonderful people who have crossed my path, and the richness that I have either experienced or witnessed through it. , This article describes only the tip of the iceberg. Service, to me, continues to be a priceless humbling gift, forever teaching me about the growth of others, and the removal of 'I'.

I encourage anyone, no matter how young or old you are in AA to give back and carry out service in our fellowship. I have witnessed so many times, God working through others. There are so many different opportunities to try, I'm confident that some form of service will suit you.

Again, thank ***you!***

When anyone anywhere reaches out for help, I want the hand of AA always to be there, and for that, I am responsible. *AA Pledge*

A handwritten signature in blue ink, appearing to read 'Jo F.', with a long horizontal flourish extending to the right.

Jo F
Chair – General Service Board

VACANCY for General Secretary

The General Secretary is preparing to leave, and a replacement is sought to take up post on 4th January 2028.

Responsibilities

The responsibilities include being Chief Executive of the Charity, Company Secretary and General Secretary to the Fellowship of Alcoholics Anonymous in Great Britain. The job is based at the General Service Office (GSO) in York.

You will be responsible to the General Service Board (GSB) and through the GSB to the General Service Conference for the management and administration of the 3 Service Offices in Great Britain. There will be a handover period of approximately 3 months.

Attributes

You must be an enthusiastic member of AA with at least 10 years continuous sobriety, a home group and service experience at Intergroup and Region plus have served a full term as Conference delegate. Desirable but not essential is to have served on a Board Subcommittee.

You will have demonstrated leadership ability in AA including knowledge of the General Service Structure and AA principles, recognising the unique nature of AA including the checks and balances of authority and an ability to help resolve conflicting views. A sound knowledge of the 12 Steps, 12 Traditions and the 12 Concepts for World Service and Service in Great Britain is also essential for this post.

You must show leadership in a business / professional career - including well developed staff management skills, staff training, recruitment, appraisal and motivation, financial management and reporting and use of information technology. NB Professional references will be sought prior to the successful candidate taking up the position.

High quality communication skills and sound and reliable judgment will be an essential part of your résumé. You will be a leader with education to degree level or equivalent, with an ability to manage change and initiate improvements in service delivery.

If you are interested, please contact the General Secretary in the first instance for a full job description and person specification at: **GeneralSecretary@gsogb.org.uk** or telephone 01904 644026.

Please send your professional curriculum vitae and a covering letter explaining why you think you are suitable to: The General Secretary, GSO, 10 Toft Green, York, YO1 6TJ, marked CONFIDENTIAL.

Deadline for applications is 9.00 am, 7th January 2027

Shortlisted candidates will be notified on or around 29th January 2027. It is anticipated that interviews will take place on 07th- 08th May 2027.

Law is not Order ~ Anarchy is not Chaos: Leadership in AA

Dear Fellowship,

Conference 2026 ratified 10 new trustees, 7 Alcoholic and 3 Non-Alcoholic, the Board exercising its policy of rotation to welcome its own newcomers.

Our unique structure, fellowship and program of recovery flourished from the discovery that as ill people we must tend each other to get well, with books, pamphlets, and the like for and guidance for assistance with this tending. This horizontal plane wherein we work has no authority except the moral authority of experience and love.

Our Sponsors command our accountability, our groups, the accountability of its trusted servants but without any compliance apart from our own desire to stop drinking and carrying the message of recovery to others. The real accountability is to our conscience and consciousness of a power greater than our selves. As we progress through the steps our sponsors help us to find and develop our distinct voice, our individuality, our personality

Upon the loom of these facts our Traditions were woven to knit together the organisation known as the fellowship of Alcoholics Anonymous. An anarchy in the truest sense, of an ordered collective that runs without

anyone being able to give an order; a state of complete freedom of conscience and action; anarchism derived from the ancient Greek for 'without leader'.

Such utopias as our groups are fragile blooms needing careful nurturing, and the secretary, GSR, Conference delegates, trustees and staff are the gardeners in our Eden, exercising leadership by nurturing. When absent, whether there is no one in the role or no one performing, the bloom withers and dies.

The trusted servants are 'leaders,' who by being chosen, are empowered with the Right of Decision. In a law-less society, asking someone to do a job means, as the chosen one, they exercise their will up and till the point that a group may decide otherwise, either through the assessment of a trusted servant's (in)competence or rotation.

Bill described 4 principles of service that work together: petition, appeal, participation, and decision.

Petition is the right of complaint in respect of a grievance either by or against a servant in the course of their service, *appeal* the right to a minority voice, *participation* of the trusted servants with the responsibility of delivering a

service to have a vote in how that service is executed, and *decision* the right of those trusted servants to decide how they may deliver a service: the exercising of leadership.

Bill's essay in 'Our Great Responsibility' describes it as 'trusting our leadership within proper powers of decision carefully and definitely defined' – formalised in Concept 10. He also thought Conference delegates must lead with regards their groups and not refer back to groups the major decisions that conference, being better informed, were best placed to make and for the delegates therefore to lead the group conscience. He felt it was a dereliction of duty and of leadership to do otherwise. And likewise at each scale of the structure, the role of the GSR and Region Rep.

For Bill, leaders were meant to lead, with petition, appeal, and participation together with rotation, the restraints to prevent power accumulating to a 'personality.' And so the fellowship functions, without leaders, but with leadership.

Leadership is the exercising of the role, with concomitant responsibility; the alcoholic exercising that leadership doing so on behalf of the group which has empowered them by the group's choice, not for themselves, though their personal qualities recommended them to that role; to be of use the GSR/ Region Rep delegate must exercise their personality and conscience.

Our trusted servants therefore exercise leadership through the unique tenor of their recovery which they extend by sponsoring their successor, fulfilling their pledge to AA's future.

Yours in fellowship,

Ranjan

Ranjan B
General Secretary, AAGB

FROSC

Online Workshop

10:00 - 12:00

23rd January 2027



New year, new service.

We invite you to learn about the two Alcoholics Anonymous online first response services.

Work directly with still suffering alcoholics.

Meeting ID: 846 5541 6431

Passcode: FROSC

To help us gauge interest please register at:

secretary.fro.sc@gsogb.org.uk

The "Big Book" has been sold

A pivotal piece of recovery history is returning home. The **Stepping Stones Foundation** successfully bid in auction for the original hand-edited manuscript of Alcoholics Anonymous, better known as the "Big Book".

The 1939 "Printer's Copy/Working Draft Manuscript of Alcoholics Anonymous" will be housed at Stepping Stones, the historic Katonah home of AA co-founder Bill Wilson and Al-Anon Family Groups co-founder Lois Wilson.

More on this story next issue

Archives in Action: The Journey of Our Group AA Cloth Scrolls

Introduction

Across AA, group history is often preserved not only through formal archives at the Intergroup and regional levels but also through the objects, stories, and quiet acts of service that pass from one generation of members to the next. I think that keeping these accounts on record strengthens our understanding of where we come from and helps ensure that future groups inherit both the objects and the meaning behind them.

Context

This story was written for a member of my home group after we became interested in the history of our inherited AA cloth scrolls—the Steps, Traditions and, unusually, the Serenity Prayer. I already knew the broad history, but encouraging the member to contact the person who originally donated them to their home group allowed us to capture the story directly from its source. That in itself is an archival success, reminding us how important it is to preserve group level history before it's lost.

The subject came up while we were discussing Questions for Conference 2026, especially how to make the Concepts more attractive. At the time, we couldn't purchase a Concepts scroll on its own, so we suggested that all scrolls be sold individually. Conference has since agreed to do this, a practical example of how clear communication, group participation and Conference decisions work together to support AA groups.

This is the original story as recorded, word for word — Viv L's account:

I got the scrolls in New Zealand when I was there for work in the late 80s/early 90s. I was walking in Auckland when I saw an AA sign, which led to their national office. I saw the scrolls there and bought them for the Fellowship Group in Bristol I bought the support bars in Bristol. One member of the group was very cross and said I had no business buying something for the group without consultation first! I was not expecting the group to pay! Some people just don't like change.

That's about it. I made a bag for them out of wartime window blackout fabric that had changed from black to green, but no doubt that has perished by now.

Great that the group is still going; it was the Young People's Group when it started, had three members, so if we put out more than three chairs we said 'Oh it was a big meeting tonight'. My first meeting in 1973 was unusual as they had decided to have a meeting about sex in sobriety and put out many more chairs (I was told later). When I trembled in the Secretary cancelled that idea, and there was an ordinary meeting. We met in the Clifton Catholic Chaplaincy.

I do remember meeting you somewhere recently, but I have Alzheimer's, so lucky you caught me with your question as I am losing my memory, though the retelling of our stories in AA means that I will retain all that life-saving and wonderful shared experience for longer.

Viv got sober on 22 November 1971. She was thirteen years sober when I joined AA, and her example has guided me ever since. I am deeply grateful to her.

Footnote: By the way, the green bag remains, housing our precious cloth scrolls, which we are proud to use at our weekly meeting.

Pragnya G
Trustee, South Midlands Region.

The Prisons Sub Committee are hosting an *online*

Prison Workshop

Saturday 7th November 2026 10:00hrs to 12:00hrs.

This will cover AA service in prisons, with particular emphasis on our Prison Postal Service (PPS), which enables AA members to write to AA members in prison and help with their recovery.

All are welcome!

Email Steve on aainformation@gsogb.org.uk
to register or for further details.



"Let us always love the best in others, and never fear their worst."

**AA Co-Founder, Bill W., January 1962, "This Matter of Fear",
The Language of the Heart**

“We Never Give Up on Anyone”: The Story of Building Alcohol Care Teams

This is a synopsis of Dr Kieran Moriarty's blog. The original blog, and its accompanying video are available at: <https://www.alcoholics-anonymous.org.uk/professionals/health/alcohol-care-teams-km/>

Dr Kieran Moriarty CBE, Non-Alcoholic Trustee, Alcoholics Anonymous and Consultant Gastroenterologist, reflects on more than 35 years of pioneering work to transform the way hospitals support people with alcohol use disorders. From identifying gaps in care in Bolton in the early 1990s to helping establish Alcohol Care Teams as a recognised model across the UK, he shares the story of how a commitment to compassionate, integrated and person-centred care has improved outcomes for patients across the country. He also discusses how members of Alcoholics Anonymous can cooperate with members of Alcohol Care Teams, especially alcohol specialist nurses and ward nurses, to help people with alcohol use disorders achieve abstinence and lifelong remission, remove stigma and guilt and be reunited with their families and loved ones.

“When I arrived at Bolton NHS Foundation Trust (NHSFT) in 1990 as its first Consultant Gastroenterologist, I kept seeing the same painful pattern repeat itself. Patients would be admitted over a weekend in acute alcohol withdrawal. They'd be detoxified over several days, discharged with no follow-up, and then readmitted weeks later under a different consultant. Didn't these patients deserve better?” That question drove everything else that followed.

By the early 90's, Dr Moriarty, and a group of professionals dedicated to change, had established the UK's first Alcohol Care Team (ACT): “We provided person-centred care, which was holistic, timely and responsive to the needs of patients and their families. Our aim was quality improvement and to unify patient care, with a non-judgmental approach and to empower our patients to make lifestyle changes. Our mission statement, inspired by one of our own patients, said it best: “We never give up on anyone, even if they give up on themselves.”

The ACT's most transformative element was the Alcohol Specialist Nurse (ASN). These specialist nurses, trained in liver disease and mental health, assessed every alcohol-related admission, developed supervised care plans and quickly connected patients with community alcohol services. The results were striking with around 2,000 bed days saved each year, and readmissions reduced by 3%. By 2016, 83% of UK hospitals had at least one ASN, up from 42% only a few years earlier.

These findings helped Dr Moriarty drive implementation of ACTs across UK hospitals. An effective ACT has four essentials:

- A clinician-led, multidisciplinary team
- A seven-day Alcohol Specialist Nurse service
- Specialist consultant gastroenterologists, hepatologists and psychiatrists
- An alcohol assertive outreach team

Alcoholics often face stigma, with alcoholism dismissed as a self-inflicted lifestyle choice rather than the complex disease it is. Poor treatment, denial of intensive care and exclusion from liver transplantation compound this. ACTs are revising this by restoring dignity, reducing shame and reconnecting patients with families and connecting them with community alcohol services.

Alcohol Care Teams save lives. They reduce pressure on hospitals. They improve quality of care. And perhaps most importantly, they remind people experiencing alcohol harm that they are worthy of dignity, support and hope.

Evidence for peer support, such as Alcoholics Anonymous (AA), is growing. Alongside Alcohol Care Teams, AA can help people maintain recovery after discharge. A 2020 Cochrane Review found AA and 12-Step programmes were more effective than all other treatments in achieving continuous abstinence and remission. AA is free, accessible and continues beyond time-limited NHS care.

Dr Kieran Moriarty says, "I have been highlighting the value of AA members cooperating with ACTs, especially ASNs and ward nurses, to facilitate patients attending AA meetings in hospital and at discharge — the major risk period for relapse. The bond, once established, can lead to lifelong remission and peer support."

"We should never give up on anyone, even when they give up on themselves."



Above: Trustee Dr Kieran Moriarty, who has recently been bestowed the honour of a Knight of the Pontifical Order of Saint Gregory the Great (KSG) by Pope Leo XIV. This is in recognition of his contribution to the Catholic Church and to the wider community, specifically to Alcoholics Anonymous, creating the NICE Alcohol Guidance, the Government, and to pioneering hospital Alcohol Care Teams, for which he received the CBE from Her Majesty the Queen in 2002

Ranjan B., General Secretary, Alcoholics Anonymous, adds:

The above is but a modest précis of Kieran's inestimable work for alcoholics and is why he was selected to be a Non-Alcoholic Trustee.

At interview it was obvious that his CV belied his potential to be a great NAT and spokesperson for Alcoholics Anonymous. And so it proved.

In championing AA, Kieran ensured AA is signposted in the NHS's National Institute for Clinical Excellence (NICE) Quality Standard guidelines as a treatment for the disease of alcoholism. If that were all, it would be more than we could have hoped for in improving AA's public visibility. However, with his work on the Health Subcommittee and at the Board, Kieran's wit, humour and sagacity have helped the Charity go from strength to strength in its endeavours to support the Fellowship of AA, and to carry the message of recovery to alcoholics inside and outside of the rooms. We are privileged to have him serve on our Board and I, for one, want to thank him for his service. NICE!

Online Responder Services: the first contact ...

From Kitchen to Key Holder

I first became involved in service by being asked to attend one of my weekly meetings early to set the room up, prepare the kitchen for drinks and then serve them as members came in. I really enjoyed this role, it got me to a meeting each week, speaking to members and getting to know them better. I soon felt part of the fellowship and something Greater than myself. Eventually I was trusted to be a key holder which was so helpful to my self esteem, being trusted with the keys to a building and to turn up on time to open up and lock up! A feeling of responsibility was a good thing to help me continue my sobriety journey.

Service with Chat Now

I became a Chat Now responder in lockdown, after being hounded by an existing responder as they thought the role would suit me. I am so glad I applied. I loved being a responder learning how to respond in writing, helping support alcoholics/newcomers before they go to their first meeting. Learning how our online services are slightly different from other first response services in the service structure, as it is administered by the GSB and therefore runs slightly differently with the GSB being the conscience for the services. My favourite part of responding is when a newcomer comes in to chat who is confused, baffled and unsure if they are alcoholic, we give them the "Is AA for you?" questionnaire and wait while they complete it. Within a few minutes they realise they have a problem and want to attend a meeting or call the helpline - without this service they may never have joined us.

Leaving the Comfort Zone

Two years into responding I was approached twice to apply to join the First Response Online Sub Committee (FROSC) by the existing outgoing Administrator, again I'm glad I eventually applied. I was accepted following my application and interview. The Administrator role, 4 years in length, taught me an awful lot about team work. I also joined the Chat Now Admin Team at the same time. I had time on my hands and now the time had been transformed into time well spent doing worthwhile service for an online service that is always growing and in ever more demand. The role came with its challenges, some administratively, training wise and documentation challenges and, as ever, some personality problems. All of which I have been supported through by others on the Sub-committee members and mostly our Trustees. The services needed more structure and unifying, which has been a pleasure and an honour to be a trusted member of a team that made this a reality. To now see the fruits and transformation is truly amazing. Learning to put principles before personalities has been prevalent throughout. A real growing experience! I chaired the Admin and Responder meetings, preparing an agenda. Working with the team in the background to ensure training ran smoothly for the new trainees. I have been pushed out of my comfort zone to do presentations both online and at conventions to hopefully attract more responders. This was new and scary for me, but I did it and grew to like it, and even enjoyed the experience.

Practicing Principles - and Building Friendships

After 2 years in the Administrator role, our FROSC Secretary was due to rotate out and I was approached by our Trustee to consider the role. I put myself forward and was voted in. My service extended an extra 2 years so I get to stay until 2028! The secretary role meant I was no longer Administrator of Chat Now and instead became responsible for the applications for responder roles, inbox, spreadsheet and drive management. Liaising with GSO staff regarding the DBS stage of the application process. Drafting our FROSC meeting minutes and distributing approved minutes. Attend GSO in York twice a year and 2 online meetings. The role has become an overarching role for the Sub-committee, with a central point of information and a link between GSO and the Sub-committee members. I have assisted with creating our 3 guides for training, responding and admin roles. It has enhanced my recovery by giving me an opportunity to grow, practice our principles, be responsible, give back and mostly build friendships I never knew I needed.

Spiritual Growth and Understanding

I have an admin background in my work life, but I have still found and experienced priceless spiritual growth in this service. A stronger dependence on a Power Greater than myself has developed throughout my FROSC journey. I have developed more faith and trust in my fellows. Courage to speak my truth using our principles and Traditions and an ability to deal with uncomfortable situations calmly and honestly. A deeper understanding about the service structure and how things work in AA. How to implement safeguarding and GDPR in AA service roles without violating our Traditions. A stronger ability to reach out for help when needed and allowing others to support me. I have also been able to train, mentor and support others and help them grow too, a joy to watch!

I will be sad to rotate when my time comes. I have loved every minute of it, but mostly I will miss the people I have met on my FROSC journey. We make lifelong priceless friendships in our fellowship and if I'm taking anything of great value away with me it's those!

The online responder services are the first contact of our age/generation. It is the ever increasing way to make contact. The work behind the scenes in the form of administration, training, documentation, process development, team work, business meetings etc is all a much needed part of making these valuable services available to newcomers seeking help with their drinking. It's a fantastic way to be there for the newcomer, usually before they are ready to go to a meeting or call the helpline. If we had stats on how many actually do call or attend because they contacted an online responder for support/information first I am confident it would reflect the good work being done by responders. These members may never have made it to the rooms without these services - *"modern to modern we speak the language of the heart"*. Some of our existing responders actually came into AA through these services and it made such a difference for them that they couldn't wait to be 2 years sober to give back, and help give someone else that same chance. So if you are considering this service, you can make a real difference. I would encourage you to take the leap and enjoy what I have been privileged to be a part of!

Thank you for letting me be of service!

Yours in fellowship,

Sam H
FROSC Secretary

GSB Vacancies

GSB Vacancies - Service on a Sub Committee

Rotation creates the opportunity for new members to join a General Service Board (GSB) Sub Committee (SC). The primary purpose of a SC is to deliver Conference recommendations.

If you have experience at intergroup and region and are 5 years+ sober, then we would welcome your application.

All sub committee members go through an application and interview process. Current vacancies are listed quarterly here in AA Service News, together with a deadline for submission for application, and the criteria which you will need to meet as part of your application.

Successful candidates would be expected to attend four meetings a year; usually two in York and two online. The term of service is usually 4 years.

General requirements

- Understand the relationship between the GSB and a SC
- 5 years+ continuous sobriety
- Good knowledge and application of the 12 Steps / 12 Traditions
- An understanding of the AA structure
- Ability to 'carry the message' to audiences outside of AA
- Work with outside organisations
- Create and encourage open communication channels at intergroup and regional levels
- Work collectively as a team
- Ability to assist in delivering relevant Conference recommendations

Additional requirements

- Have worked in a complimentary discipline to the one being applied for
- Understanding / application of the 12 Concepts for service
- A degree of confidence in establishing relationships to local, regional or national bodies outside of the Fellowship
- Conference experience

How to apply

When applying for any of the sub committee vacancies below, please obtain an up-to-date application form from either **Jenny Pryke** at GSO, PO Box 1, 10 Toft Green, York YO1 7NJ: 01904 644026; jennypryke@gsogb.org.uk or from the Document Library (select 'Forms') at the AAGB website www.alcoholics-anonymous.org.uk.

Your application must be endorsed with a covering letter from a currently serving officer of your intergroup or region. Your application and covering letter will need to be sent to Jenny Pryke at GSO by the application deadline.

Applicants will be interviewed online by two GSB members of the Nominations Committee. The next deadline for applications to join a sub committee is **23rd October 2026**

For any application, we would suggest you contact the Trustee responsible for the SC you are interested in working for. All vacancies are listed below together with relevant Trustee contact details.

We look forward to hearing from you soon!

Current Sub Committee Vacancies and Trustee contact details:

- **Archives**
Jim M - trustee.easternregion@gsogb.org.uk
- **Armed Services**
Jim M - trustee.easternregion@gsogb.org.uk
- **First Response Online**
Holly A - trustee.southwestregion@gsogb.org.uk
- **Literature**
Max J - trustee.midlandsregion@gsogb.org.uk
- **Prisons**
Max J - trustee.midlandsregion@gsogb.org.uk
- **Survey**
Matt S - trustee.cer@gsogb.org.uk
- **Public Information & EComms**
Matt S - trustee.cer@gsogb.org.uk
- **Roundabout - vacancy for Proof Reader**
Cath W - trustee.hIGHLANDSregion@gsogb.org.uk
- **Share - Editorial Reader (x2) / Liaison Officers Co-ordinator**
Jane C - trustee.northeastregion@gsogb.org.uk
- **Share / Roundabout Diary & Calendar Editor**
Jane C - trustee.northeastregion@gsogb.org.uk
- **Young People**
Holly A - trustee.southwestregion@gsogb.org.uk



EMPLOYMENT LIAISON: A wider view

Chris H reports:

As we looked forward to our joint meeting between the Employment Sub Committee (SC) and Regional Employment Liaison Officers (RELO's) at GSO York in June, we were conscious that we needed to set a workplan for 2026/7 and outline any budget requirements.

However, rather than decide this outcome alone, the experience and ideas of RELO's would be sought as they are the lead fellowship members at the coalface sharing the AA message to employers and experiencing any issues first hand.

Therefore, we used our June 2026 meeting to comprise a workshop with breakout groups to gather RELO thoughts and ideas to inform plans and stimulate ideas for any wider work in the immediate future.

At heart, the recruitment of RELO's/ELO's can be difficult as the role in Employment Liaison may be seen as a bit dry and boring – which is far from the truth! We needed to think how we could improve this situation and how we might go about it.

We set about this task by holding a workshop meeting in addition to a catch up, having two breakout groups to allow participants to share ideas and potential initiatives. The discussions were lively and thought provoking and really got to tease out some great ideas.

At a Plenary session on Day 2 of the workshops, the reflections of the breakout groups were brought together and discussed by the whole meeting.

Our conclusions focused on several key areas.

On RELO/ELO recruitment we felt it would be helpful to promote positive success stories via all available channels e.g. Share Magazine, Service Talks, GSR's and Communications Officers, Regions Reps etc. Also, by making the RELO/ELO role more attractive by improving descriptions in such outlets as the Service Handbook, web resources and tools, more interest might be generated.

In addition, producing and circulating E-Vacancy bulletins for Region and Intergroup positions including 'who to contact' details – and potentially a brief video of RELO/ELO's talking of experience in the role will help.



Promoting the success of Chambers of Commerce membership has seen an uptake of regions joining their local chambers. We think mapping Chambers of Commerce locations to Intergroup locations/boundaries would help to prevent overlapping contacts.



Promoting the AA Employment role profile to interested parties, we'll consider having an AA Employment presence at the three largest wellbeing conferences and Chambers of Commerce Annual Conference.

An exciting initiative emerged for considerably improving the working environment for RELO/ELO office holders featuring LinkedIn as a comms channel to/from the employer.

London Region North is developing an AI generated 'Information Funnel' which will take contact data from various sources and feed this data into a smart system, which will generate and store contact information without the need for spreadsheets and logs.

Our ambition will be for this information database to be linked to the above accounts set up by each Region and readily accessible by RELO's/ELO's to help in their contact work. A Task and Finish Group to take this initiative forward was established, to report in the next few months.

Overall, the Workshop was thought to be a great success and well worth the widening of involvement to be an inclusive approach using the experience of those at the sharp end.

**Chris H,
ELO Sub Committee Member**

Sub Committee Highlights

First Response Online

In the first 3 months of 2026 we received 1,914 initial email contacts and 1,294 live chats - a total of 3,208 people reaching out for help and the hand of AA being there.

Young People

On 8th July there was an online workshop held with the Kenyan Intergroup as part of ongoing work to help support AA structures in other countries. Sally, a member of the Young People's sub committee, gave a presentation on the history of the YPLO role in the GB structure, and she also spoke about some of the great work that has been done to help encourage and support young people coming into AA.

This was followed by an enthusiastic question-and-answer session. The meeting was attended by members from Kenya, Ethiopia, Egypt, USA, Mauritius and more, and Sally's positive and informative presentation was very well received.

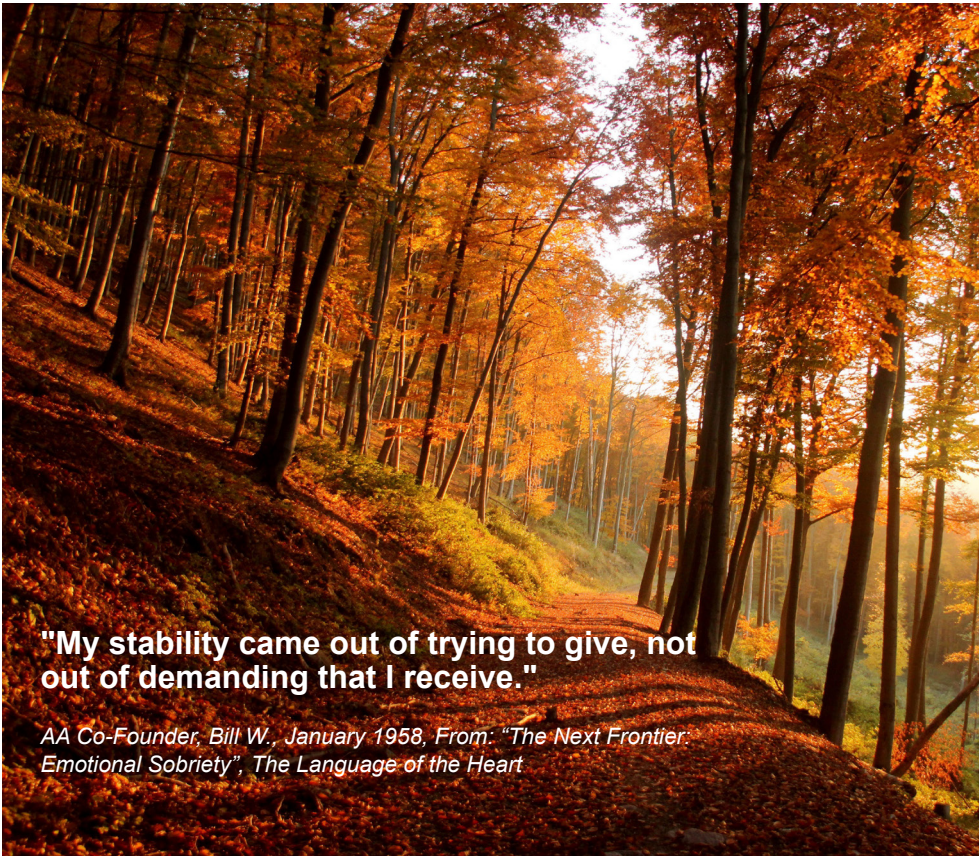
**Holly A (she/her)
Trustee for Young People & First
Response Online**

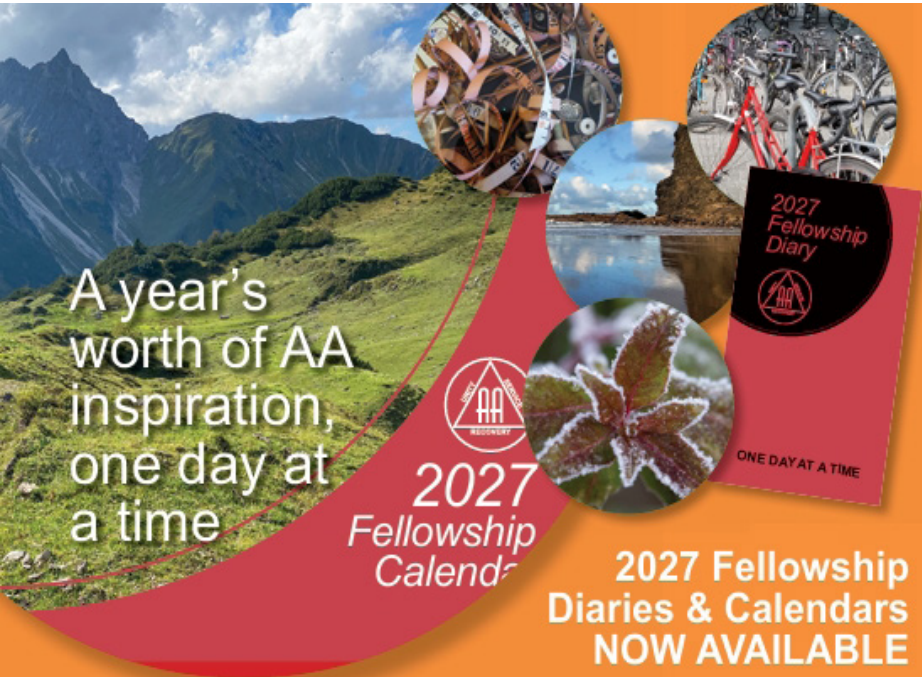
Conference 2026/27 Tracker

Committee	Question	Recommendation	Responsibility	Action/Status
C1 Q1	Preamble change	Change to 'people'	GSO/GSB	Change with each new pamphlet printing
Q2	Group Meetings increasing tradition 7 suggestions	Revise Structure HB p. 109 & 113 - Review contributions on website - Create display material for groups - GSB continue expenditure review & W2 - GSO: tax implications of payment systems	Fellowship GSB GSO	Change to website and new edition
Q3	Service Handbook – AA in Prisons	Amend as per Conference	GSO	Change to website and new edition
C2 Q1	Structure Handbook Pg 119 - Children, minors and juveniles	Review current guidance - Group Conscience Plan to be prepared Insurance Safeguarding concerns Venue safety Anonymity	GSB - Fellowship	Change to website and new edition
Q2	Conference process being more attractive, inclusive for Fellowship	GSB review current Conference Delegate information: SH & GSC Pamphlet	GSB / CSC	
C3 Q1	Supporting older alcoholics	Recommendations that groups bear in mind (See report)	Fellowship	
Q2	Improve the understanding of the 12 Concepts	GSO Shop	GSB/Fellowship	
C4 Q1	Strengthen practical application of Tradition 1	Lit SC	GSB / Fellowship	
Q2	Safe-guarding role within the service structure	Role & function description is developed by a 'Working Group'	Fellowship/GSB: Safeguarding Group	
C5 Q1	Artificial Intelligence (AI) use / impact	(see report)	Fellowship/GSB	Ecomm/PI review Conference 2027

Q2	Structure Handbook – role of Greeter	Literature SC	Literature SC/GSO	Change to website and new edition
C6 Q1	Early sobriety alcohol free presence	No action No opinion		
Q2	Service Handbook Chapter eight Probation/Criminal Justice Services ((CJS)	Amend to final report wording	GSO	Change to website and new edition

Men's Video (2025 C5 Q1) Board reported Conference 2026 on viability and cost. Decision back to Board.	G5B	Board to decide simple majority vote 2026
British Big Book (2024)	G5B	Ready for Conference 2027





A year's
worth of AA
inspiration,
one day at
a time


2027
Fellowship
Calendar

**2027 Fellowship
Diaries & Calendars
NOW AVAILABLE**

Produced by members for members, the 2027 Fellowship pocket diary and wall calendar are full of Fellowship inspiration, with quotes from AA literature on every page.

Once again, the calendar features stunning photographs from AA members across the country – vivid reminders of the gifts sobriety gives us. Both represent great value at £7.50 for the calendar and £8.50 for the diary which includes postage.

To order, please complete the form below and send it with your payment to: Fellowship Calendar/Diary, PO Box 1, 10 Toft Green, York YO1 7NJ.

In order to make payments direct through your bank please use the following information: Sort code: **40-47-31** Account no.: **63930408** (ref: Diary/Calendar)

Once you have instructed your bank to make payment, email – name, address and how many copies of calendars and/or diaries to: carolinedavy@gsogb.org.uk
This will enable us to match the payment when it arrives.

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Post Code

Tradition 7

"Every AA group ought to be fully self supporting, declining outside contributions"

Tradition 7 Regional Contributions April - June 2026	Contributions £
Some of these contributions come from regional assemblies, whilst others may come from individual members or groups	
Eastern Region	15,799
London Region North	2,162
London Region South	58,179
Midlands Region	21,841
North East Region	1,305
North West Region	1,659
South East Region	63,489
South Midlands Region	11,546
South West Region	15,344
Wales & Borders Region	7,859
East of Scotland Region	350
Glasgow Region	19,101
Highlands & Islands Region	4,500
Scotia Region	22,335
South West Scotland Region	14,205
Continental European	11,375
Sundry- Unidentifiable receipts	4,489
Total	275,537

IN MEMORIAM

April - June 2026

HULL GROUP - IN MEMORY OF PHIL M	60.00
STOW GROUP - IN MEMORY OF MONICA D	170.00
MORAY GROUP - IN MEMORY OF RODGER	500.00
IN MEMORY OF MATT TOUGH	250.00
LINCOLN GROUPS - IN MEMORY OF MARK L	60.00

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*GSO reference for each AA group - register with GSO by filling in the Group Registration Form