

How 'bout 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 thought turned into a fateful meeting with Dr. Bob and the rest is history.



We now have a huge worldwide fellowship where “each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength and hope” (*Forward To the Third Edition, pg xxii*). Our fellowship is now over three million strong and with your help, we can add one more. You can save a life!

What exactly IS the 12-STEP LIST anyway?

The 12-Step List is a collection of information about men and women who are willing to respond to the person who has called AA for help—day or night. These are men and women who believe it is very important to give back what was so freely given to them. By doing so, they are fulfilling the 12th step of their own program while ensuring that the hand of AA really is there for the suffering alcoholic.



How does it WORK?

The Phone Army and Office Volunteers refer to this list whenever there is a need to assign a 12-Step call. You would receive the name and phone number of the person who needs help in your area. Men are assigned to men and women to women. You would call back and start the ball rolling from there.

What are the requirements to do this work?

Willingness to help a human being suffering from our disease is the most essential ingredient. It's also suggested that you have at least one year of sobriety and reread Chapter Seven “Working With Others” for helpful instructions. When called, you should be able to quickly respond. If you cannot make this kind of commitment, please reconsider being on the list. The very life of an alcoholic could depend on you.



Why Do I Need to Join?

Here are some fitting quotes from our Big Book~

- “Our real purpose is to fit ourselves to be of maximum service

to God and the people about us.” (*Page 77*)

- “Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs.” (*Page 20*)
- “Practical experience shows nothing will so insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail” (*Page 89*)

How do I sign up?

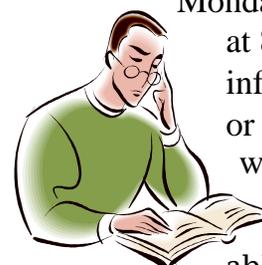


After conferring with your sponsor, call the NCMCO (North Carolina Mountain Central Office)

Monday-Friday, 10am to 1pm
at 828-254-8539 or email:
info@NCMCO.net

or visit our website:

www.aaNCMCO.org



Be sure to indicate when you are available and then do your very best to say yes when you are called. You might want to review the 12-Step Guidelines on the back of this brochure. Also look for any relevant workshops; besides your sponsor, they can be helpful as a forum for questions about the 12-Step call.

12-Step Guidelines

The 12-Step call is a vital part of your program of recovery ~ it is virtually the 12th Step. It is your personal way to help an active alcoholic by sharing your experience, strength and hope. Here are a few suggestions that experience have shown to be helpful. None of these are **MUSTS**, but each can make for a better 12-Step call. Please remember, ours is a program of attraction rather than promotion.

- **BE AVAILABLE** to carry the message. **CALL BACK PROMPTLY** to arrange your visit. Be sure to get directions.
- **NEVER, NEVER, NEVER** go alone. **ALWAYS** get someone to go with you, preferably someone with more experience, if possible.
- **MEN** with men, **WOMEN** with women, however in an extreme emergency a man/woman team may call on either.
- **LOOK NEAT** and presentable—you are representing recovery in Alcoholics Anonymous.
- **BE PATIENT**, compassionate, and **LISTEN**. **SHARE** freely of your experience—especially your feelings of loneliness, hopelessness and confusion before AA.
- **EXPLAIN** the three-fold aspect of the disease (physical, mental and spiritual), stressing that alcoholism is a **PROGRESSIVE** and often **FATAL ILLNESS**.

- **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 the family what AA has to offer, and suggest **ALANON** or **ALATEEN**. Leave literature and a meeting list.
- **IF YOU ARE WILLING**, leave your phone number and encourage them to call you.
- **PLEASE** don't make any promises you can't keep.
- In case of **EMERGENCIES**—DT's, convulsions, suicide threats or violence. **CALL 911** and follow their directions—**DON'T PANIC**.

The 12-Step Call



... for that
I am responsible

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