

## AA IN GUERNSEY

AA has a thriving fellowship in Guernsey, with meetings every day.

We are part of a worldwide fellowship of more than two million members.

AA is about one alcoholic talking to another; there are no professional counsellors. We stay sober by staying away from the first drink, one day at a time.

Sobriety of Guernsey members ranges from one day to more than thirty years.

Newcomers will benefit from sharing experience, strength and hope with others with the same problem.

A warm welcome awaits newcomers and visitors to Guernsey meetings.

If turning up at a first meeting sounds a bit daunting, call the Helpline and we'll arrange to meet you at home or another place of your choosing to talk things over.



## AA GUERNSEY MEETINGS

SUN	PEH GATEWAY (OPEN)	10.30 AM
SUN	PEH GATEWAY	6.30 PM
MON	MIND CENTRE	8.00 AM
MON	ONLINE via ZOOM	6.30 PM
MON	PEH GATEWAY	8.00 PM
TUE	LES CAMPS	8.00 PM
WED	MIND CENTRE	12.30 PM
WED	PEH GATEWAY	7.00 PM
THU	ST JOHN'S HALL	8.00 PM
FRI	PEH GATEWAY (OPEN)	7.00 PM
SAT	PEH GATEWAY	12.00 NOON
SAT	KING'S CENTRE	6.00 PM

### DO YOU WANT HELP WITH A DRINKING PROBLEM?

If alcohol is costing you more than money, then call us today in complete confidence.



# ALCOHOLICS ANONYMOUS GUERNSEY



## TRAPPED?

THERE IS A WAY OUT

AA GUERNSEY HELPLINE

# TEL 713480

WEBSITE | [AAGUERNSEY.INFO](http://AAGUERNSEY.INFO)

EMAIL | [aa\\_guernsey@cwgsy.net](mailto:aa_guernsey@cwgsy.net)

TEXT | 07781 151682

Many hundreds of Islanders have benefited from attendance at local AA meetings, helping them to stay sober and rebuild lives previously damaged or threatened by alcoholism.

These personal stories, by Guernsey AA members, tell what it was like, what it is like now and how they found contentment and a new freedom.

**Bessy**

I began blacking out and would wake up with vomit in my hair and a crying baby to look after.

*... AA gave me back my self-respect, my husband and my children.*

**John**

You get to the stage where you plan your life around the next drink.

*... There is a solution, in Alcoholics Anonymous.*

**George**

I was too frightened to live and too frightened to die. I was as alone as any human can be.

*... AA enables me to make choices in my life and to live my life simply and contentedly without alcohol.*

**Jane**

I looked up AA in the Guernsey phone book and made the most important phone call of my life.

*... What I found was nice people, normal people, happy people, people who seemed to understand me. I did not feel alone any more.*

**Alice**

I was a completely broken woman, a shell who was not living a life but just existing in an alcoholic haze.

*... I was given a second chance, I took it, worked at it and my life just gets better and better.*

## ABOUT AA

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 AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, organisation 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.

## WHY AA IS 'ANONYMOUS'

Anonymity is the spiritual foundation of AA. It disciplines the Fellowship to govern itself by principles rather than personalities. AA's fundamental principle of Anonymity is assurance to all AAs, especially newcomers, that their AA membership will not be disclosed.