

## Baltimore AA Preamble

We of Alcoholics Anonymous are a group of persons for whom alcohol has become a major problem. We have banded together in a sincere effort to help ourselves and other problem drinkers recover health and maintain sobriety.

Definitions of alcoholics are many and varied. For brevity we think of an alcoholic as one whose life has become unmanageable to any degree due to the use of alcohol. We believe that the alcoholic is suffering from a disease for which no cure has yet been found. We profess no curative powers but have formulated a plan to arrest alcoholism. From the vast experience of our many members we have learned that successful membership demands total abstinence. Attempts at controlled drinking by the alcoholic inevitably fail.

Membership requirement demands only a sincere desire on the part of the applicant to maintain total abstinence. There are no dues or fees in A.A.; no salaried officers. Money necessary for operating expenses is secured by voluntary contributions.

Alcoholics Anonymous does not perform miracles, believing that such power rests only in God. We adhere to no particular creed or religion. We do believe, however, that an appeal for help to one's own interpretation of a Higher Power, or God, is indispensable to a satisfactory adjustment to life's problems.

Alcoholics Anonymous is not a prohibition or temperance movement in any sense of the word. We have no criticism of the controlled drinker. We are concerned only with the Alcoholic. We attempt to follow a program of Recovery which has for its chief objectives sobriety for ourselves; help for other alcoholics who desire it; amends for past wrongs; humility; honesty; tolerance; and spiritual growth. We welcome and appreciate the cooperation of the medical profession and the help of the clergy.