



## Information on Warriors Anonymous

This information is both for people who may have a drinking/drug problem and for those in contact with people who have or are suspected of having a problem. This sheet tells what to expect from Warriors Anonymous. It describes what W.A. is, what W.A. does, and what W.A. does not do.

### **What Is W.A.?**

Warriors Anonymous is an international fellowship of men and women who have had a drinking/drug problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements.

Membership is open to Warriors (active military, veteran or first responder) who want to do something about their drinking/drug problem. (Singleness of Purpose and Problems Other Than Alcohol) Some professionals refer to alcoholism and drug addiction as "substance abuse" or "chemical dependency." Non-alcoholics are, therefore, sometimes introduced to W.A. and encouraged to attend W.A. meetings. Non-alcoholics may attend open W.A. meetings as observers, but only those with a drinking/drug problem may attend closed W.A. meetings.

### **What Does W.A. Do?**

1. W.A. members share their experience with anyone seeking help with a drinking/drug problem; they give person-to-person service or "sponsorship" to the alcoholic coming to W.A. from any source.
2. The W.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol/drug.
3. This program is discussed at W.A. group meetings.
  - a. Open speaker meetings — open to alcoholics and non-alcoholics. (Attendance at an open W.A. meeting is the best way to learn what W.A. is, what it does, and what it does not do.) At speaker meetings, W.A. members "tell their stories." They describe their experiences with alcohol, how they came to W.A., and how their lives have changed as a result of Warriors Anonymous.
  - b. Open discussion meetings — one member speaks briefly about his or her drinking/drug experience, and then leads a discussion on W.A. recovery or any drinking-related problem brought up in the course of the discussion.

Closed discussion meetings — conducted just as open discussions are, but for alcoholics or prospective W.A. members only.



- c. Step meetings (usually closed) — discussion of one of the Twelve Steps.
- d. W.A. members also take meetings into correctional facilities and treatment settings.
- e. W.A. members may be asked to conduct the informational meetings about W.A. as a part of A.S.A.P. (Alcohol Safety Action Project) and D.W.I. (Driving While Intoxicated) programs. These meetings about W.A. are not regular W.A. group meetings.

## **What W.A. Does Not Do**

W.A. does not:

1. Furnish initial motivation for alcoholics to recover.
2. Solicit members.
3. Engage in or sponsor research.
4. Keep attendance records or case histories.
5. Join "councils" of social agencies (although W.A. members, groups and service offices frequently cooperate with them).
6. Follow-up with or try to control its members.
7. Make medical or psychological diagnoses or prognoses.
8. Provide detox or nursing services, hospitalization, drugs, or any medical or psychiatric treatment.
9. Offer religious services or host/sponsor retreats.
10. Engage in education about alcohol.
11. Provide housing, food, clothing, jobs, money, or any other welfare or social services.
12. Provide domestic or vocational counseling.
13. Accept any money for its services, or any contributions from non-A.A. sources
14. Provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

## **Members From Court Programs and Treatment Facilities**

In recent years, A.A. groups have welcomed many new members from court programs and treatment settings. Some have come to A.A. voluntarily; others, under a degree of pressure. In our pamphlet "How A.A. Members Cooperate," the following appears:

We cannot discriminate against any prospective A.A./W.A. member, even if he or she comes to us under pressure from a court, an employer, or any other agency.

Although the strength of our program lies in the voluntary nature of membership in W.A., many of us first attended meetings because we were forced to, either by someone else or by inner discomfort. But continual exposure to A.A./W.A./N.A. educated us to the true nature of the illness. . . . Who made the referral to W.A. is not what W.A. is interested in. It



is the problem drinker who is our concern. We cannot predict who will recover; nor have we the authority to decide how recovery should be sought by any other alcoholic.

## **Proof of Attendance at Meetings**

Sometimes a referral source asks for proof of attendance at W.A. meetings. Groups cooperate in different ways. There is no set procedure. The nature and extent of any group's involvement in this process is entirely up to the individual group. Some groups, with the consent of the prospective member, have a W.A. member acknowledge attendance on a slip that has been furnished by the referral source. The referred person is responsible for returning the proof of attendance.

This proof of attendance at meetings is not part of W.A.'s procedure. Each group is autonomous and has the right to choose whether or not to sign court slips. In some areas the attendees report on themselves at the request of the referring agency thus alleviating the breaking of W.A. members' anonymity.

## **Literature**

A.A. Conference-approved literature is available in French and Spanish. For additional copies of this paper, or for a literature catalog please write or call the General Service Office.

AA Grapevine, a monthly international journal — also known as “our meeting in print” — features many interesting stories about recovery from alcoholism written primarily by members of A.A. It is a useful introduction, an ongoing link to A.A.'s diverse fellowship, and a wealth of recovery experience. The Spanish-language magazine La Viña is published bimonthly.

For Grapevine information or to order a subscription to either AA Grapevine or La Viña: (212) 870-3404; fax (212) 870-3301; website: [www.aagrapevine.org](http://www.aagrapevine.org).

## **Conclusion**

The primary purpose of W.A. is to carry its message of recovery to the warrior alcoholic seeking help. Almost every alcoholism treatment tries to help the alcoholic maintain sobriety. Regardless of the road we follow, we all head for the same destination, recovery of the alcoholic person. Together, we can do what none of us could accomplish alone.

We can serve as a source of personal experience and be an ongoing support system for recovering alcoholics.

Alcoholics Anonymous World Services, Inc., Box 459, Grand Central Station,  
New York, NY 10163. Tel. (212) 870-3400. [www.aa.org](http://www.aa.org)



## **Starting a New W.A. Group**

Simplicity is a central concept of sobriety. The requirements for starting a group are simple. Find a meeting place, bring a coffee-pot, have some A.A. literature and follow the Warriors Anonymous and A.A. meeting guidelines.

Having and doing these few simple things are all you need to begin your WA. group.

Keep in mind these simple ideas familiar to all within the A.A. community:

*Warriors Anonymous* is a fellowship of men and women from the warrior class who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism and or drug addiction.

Our primary purpose is to stay sober and help other alcoholic Warriors achieve sobriety.

There is but one single purpose for meeting:

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

## **Attraction, not Promotion**

Once your W.A. group has gotten off to a good start, you will want to announce your presence to neighboring groups and your local Intergroup office, if one exists. Other A.A. affiliates, including most importantly the General Service Office (G.S.O.), can provide considerable support.

To list your W.A. group with the G.S.O. simply complete the Alcoholic Anonymous New Group Form \* and return it in accordance with the instructions at the bottom of the form.

[https://www.aa.org/assets/en\\_US/e\\_group.pdf](https://www.aa.org/assets/en_US/e_group.pdf)

To more fully understand A.A. meeting protocols and etiquette, please refer to the very informative pamphlet entitled: "The A.A. Group . . . where it all begins."

[https://www.aa.org/assets/en\\_US/p-16\\_theaagroup.pdf](https://www.aa.org/assets/en_US/p-16_theaagroup.pdf)

It is an invaluable source of essential information regarding the structure, functioning, inter-A.A. relations, principles, purposes, and the "do's and don'ts" of an A.A. group. You will find it very helpful as you start and as you grow.

Once you've applied to the G.S.O. for recognition as a new group and been approved, you will receive a handbook and a modest supply of literature.



## WARRIORS ANONYMOUS W.A. MEETING GUIDELINES

Start and end meeting on time.

Once the start of the meeting has been announced, please read the following:

### **CHAIRPERSON TO READ:**

Welcome to the Warriors Anonymous meeting. Warriors Anonymous is a specialty meeting that has been approved by AA World Services.

My name is \_\_\_\_\_ and I am an alcoholic. My sobriety date is \_\_\_\_\_

Please join me in a moment of silence for the suffering alcoholic followed by the Serenity prayer.

God, grant me the SERENITY, to accept the things that I cannot change, the COURAGE to change the things that I can, and the WISDOM to know the difference.

I have asked \_\_\_\_\_ to read the **A.A. Preamble**.

I have asked \_\_\_\_\_ to read, "**How It Works**", from Chapter 5 of the A.A. Big Book (pp. 58-60).

Thank you for coming to the meeting – we're glad you're here. In keeping with our singleness of purpose and our Third Tradition which states, "The only requirement for membership is a desire to stop drinking", we ask all who participate to confine their discussion to their problem with alcohol. Also, in keeping with our Twelfth Tradition, we ask that you respect the anonymity of those present and that all discussion held at this meeting remains confidential. Who you see here, what you hear here, when you leave her, let it stay here.

In keeping with this meeting's group conscience, our discussion may be about alcohol and also drugs other than alcohol. We spend minimal time talking about substances and more time sharing about **Our Common Solution which is the 12 steps and this Fellowship**.

Go Around the room and have members introduce themselves.

# Warriors Anonymous

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The Chairperson should introduce the discussion leader. The discussion leader will tell a little bit about himself/herself. Shares should last no longer than 5 minutes. Ask that everyone limit shares to 5 minutes.

## **Conclusion of Meeting:**

We have used all our allotted time for the meeting. We will close the meeting with two readings.

I have asked \_\_\_\_\_ to read, "The Promises" from pg. 83 from the A.A. Big Book.

I have asked \_\_\_\_\_ to read the last two paragraphs from pg. 164 of the A.A. Big Book.

Thank members for attending and close with the Serenity Prayer while holding hands in a circle.





## A.A. PREAMBLE ©

Alcoholic 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 and/or drug addiction.

The only requirement for membership is a desire to stop drinking/using.

There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organization 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.

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## *Chapter 5 Alcoholics Anonymous pgs. 58-60*

### **HOW IT WORKS**

**R**arely have we seen a person fail who has thoroughly followed our path.

Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God.

May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.





Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than our selves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

1. (a) That we were alcoholic and could not manage our own lives.
2. (b) That probably no human power could have relieved our alcoholism.
3. (c) That God could and would if He were sought.



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## THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
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10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.



12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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## The Promises

(From pages 83-84 of the Big Book of Alcoholics Anonymous)

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

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## **Closing readings from page 164 of the Big Book**

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you-until then.