



THE ROAD BACK

includes Service News

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ISSUE NO. 451

WHO ME?

Editorial

Hello again and welcome to our latest edition of The Road Back, the chosen theme for this edition is "WHO ME" the words many of us expressed when facing up to alcoholism and indeed the defects of character that shaped our very being, one thing that completely slipped my mind when choosing the theme. This is also the edition prior to Christmas so some of the stories will mention the Christmas experience with and without alcohol. To those that have remained sober and those that have joined us on the path of recovery since last Christmas a big thanks to you for your contributions and indeed the time you take to read our meeting in print.

In keeping with current theme trend our next issue will be STEP 4, so once again we ask you to put your typing skills to the test and share with us your experience on Step 4. This is not asking for a confession of past sins rather what benefits you received from working this step. We hope it will be an encouragement to those that fear this experience.

Looking forward to hearing from you. Wishing you peace, sobriety and joy at Christmas and into 2026.

Beannachtaí na Nollag

Bíonn deighilt, mearbhall agus anacair i gcónaí sa domhain. Ach, tá siad thar a bheith géar na laethanta seo. Ar ámharaí an tsaoil, tá prionsabail againn in AA a threoraíonn sinn chun gur féidir linn réiteach le chéile. Agus coinníonn na traidisiúin seo ár gcomhaltacht sabhailte don alcólach atá fós ag fulaingt inniu agus ar aghaidh amach anseo.

Cibé áit ina bhfuil tú an Nollaig seo, b'fhéidir le do theaghlach nó le chairde, bíodh a fhios agat nach bhfuil tú i d'aonar riamh. Beidh an doras ar oscailt do chruinnithe timpeall na tire, deis cupán tae agus briosca a fháil agus am a chaitheamh le halcólach eile. Agus an lá atá inniu ann, tá na mílte cruinnithe ar líne.

Nollaig faoi shéan agus faoi mhaise ó fhoireann THE ROAD BACK. Guímid síocháin agus cairdiúlacht oraibh.

The Road Back, Editorial Team



UNITY | SERVICE | RECOVERY

Contents

Fairway to Heaven.....	4
Is Cuimhin Lìom.....	6
Remembering John B.....	7
Frist Christmas in Recovery.....	8
Who Me? By Oliver.....	12
Who Me?An Alcoholic?.....	11
10 Tips For A Sober Christmas.....	12
Heard At Meetings.....	13
Service News.....	14 - 19
Irish Overseas.....	20
Meaning.....	22
New Literature - Plain Language Big Book.....	23
Who Me? By Bernie.....	24
Member's Humour.....	25
Q&A With June.....	26
All Ireland Convention 2026 Poster.....	29
Open To The Public Meetings.....	30
The Twelve Steps and Traditions.....	31

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, politics, 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.

The Road Back is published by
The General Service Conference of Alcoholics Anonymous of Ireland,
Unit 2, Block C, Santry Business Park,
Swords Road, Dublin 9, D09 H584 Ireland.
Telephone (01) 842 0700 | Website www.alcoholicsanonymous.ie





FAIRWAY TO HEAVEN

It has been a long day today, stuck indoors because of a wild bruiser of a storm that's sweeping across the country from the west. No golf today, so I've got too much time to sit on my hands and think, and that's not good for this alcoholic!

In my first year of sobriety, my nerves were rattling and my head was melted. Burnout and mental illness meant I was unable to work at my usual occupation, and even with attending at least one meeting a day, I was at a loss as to what to do with all the time I had to fill. It was around that time that a member taught me the rudiments of the game of golf, and it came as godsend to me, because it got me moving, gave me opportunities for socialisation, and placed me out in fresh air amid beautiful surroundings.

A full game covers close to five miles, so I

ended up walking about twenty miles a week. Strolling those green and verdant fairways, either on my own or in good company, I found something like peace. Sure, there were bad shots that infuriated me, but I soon learned that in golf, like life, one has to accept what comes our way. Life on life's terms, golf on golf's terms; sometimes the ball flies where we want, and sometimes it doesn't. It's up to me to deal with it, and to ask for help. My job is to do the best I can, and to let God do the rest.

In those early years of my recovery, I needed to be moving, even if it was in circles. Like a shark, I felt that staying still would be deadly for me. I was terrified I might drink again, and knew that while golf was an aid to my recovery, it wasn't going to keep me sober on its own. The twelve steps are a programme of action, so I got into action and asked a lady to take me through the Big Book.

Over the course of one summer, she brought me through the steps. I wrote my step 4, then shared the exact nature of my wrongs with her. There was action and more action, movement and more movement, always moving further away from my last drink and towards good emotional and physical sobriety.

Slowly, very slowly, my mind began to clear. I'd love to say that it has been plain sailing since then, but ill health and ongoing mental health issues have been a daily challenge. I find the help I need in the fellowship of AA, and from my Higher Power. And like golf, the principles of the programme take constant practice.

In the last nearly twenty years of sobriety, I have learned that there is a time for movement, and a time for standing still. A time for speaking up, and a time for silence. A time for joy, and a time for tears. A time to be, to listen for God's voice, and to ask for help to weather the storms that

toss our lives asunder. This is real life, and I've been afforded the great gift of living it sober, trudging the road of happy destiny, walking a wide green fairway to heaven.

No golf today because of the storm, so I think I'll head to another meeting. There might be someone there who needs my help, and who knows, maybe they'll be interested in learning something new, like how to live a good and sober life, and how to play golf.

Fore!

Jennifer, Wicklow



IS CUIMHIN LIOM

Is cuimhin liom an chéad uair a bhí mé ar meisce – an chéad leath den oíche ar a laghad. Bhí mé cúig bhliain déag d’aois agus ar laethanta saoire le clann mo chara is fearr agus cúpla cairde eile linn. D’ól mé i bhfad an iomarca agus bhí mé ag cuir amach sa bháisín. Tá a fhios agam go dtarlaíonn rudaí mar seo do go leor déagóirí, go háirithe in Éirinn, ach bhí sé soiléir dom ó shin go raibh fonn orm leanúint ar aghaidh leis an ól gan stopadh, tar éis dom tosnu. Bhí saoirse iontach ann dom.

Nuair a thosaigh mé ag ól, bhí gach rud níos éasca dom. Bhí mé níos greannmhaire, bhí níos mó spraoi agam, ní raibh mé comh ciúin is cúthail. Thaitin na rudaí sin go mór liom. Thóg sé breis ar deich mbliana dom a aithint faraor nár féidir liom dóthain a fháil d’aon rud. Bhí mé i gcónaí ag lorg níos mó. Ar a bharr sin, thosaigh mé ag aithint nach raibh suaimhneas intinne agam ar chur ar bith go dtí go raibh deoch nó druga agam. Ní haon áibhéil a rá gurb é léirthuscint brónach í seo dom.

Ní dhéanfaidh mé cur síos níos mó ar sin. Bhí laethanta iontacha agus cinn úafásacha agam. An rud is tábhachtaí domsa a rá ná go bhfuilim cinnte anois gur andúileach mé agus nach féidir liom aon deoch nó druga a bheith agam gan níos mó a bheith ag teastáil uaim go tapaigh! Inniu níl an saol mar sin dom, buíochas le dia agus buíochas le AA agus na

céadta daoine a chas mé leo a thug an oiread sin cabhrach dom ón lá a shíúil mé isteach do mo chéad chruinniú. Inniu tá an méad sin brí i mo shaol tá sé deacair dom é a thuiscint, chun na fírinne a rá. Inniu is féidir liom a rá go bhfuil suaimhneas intinne agam, agus nuair atá rudaí deacra ag tárlú nó mothúcháin láidre agam, tá bealaí seanbhunaithe ag AA leagtha amach gur féidir liom a leanúint, ó chéim a haon go dtí a dó dhéag! Tá sé go léir ansin dom, sin na fírinne.

Tá na céadta cruinnithe gur féidir liom freastail orthu gach lá agus oíche, na céadta daoine gur féidir liom glaoch a chur orthu, tá treoraí spioradálta iontach tacúil agam agus tá mé féin ag cabhrú le daoine eile lena dtéarnamh. Tá seirbhís á dhéanamh agam sa cheantar, agus tá go leor cairde agam anois ó AA. Ach an rud is tábhachtaí dom faoi ná go bhfuil creideamh agam inniu. Ní creideamh religiúnach é, ach muinín go bhfuil rud éigin nach féidir liom tuiscint ag rith an tsaoil laethúil, is nach gá dom a bheith buartha faoi. Is fíor-mhíorúilt é sin dom agus is féidir liom a rá, gan focal bréige, nach aithróinn tada faoi mo shaol inniu, buíochas le AA, na céimeanna agus na millte daoine a scaip an teachtaireacht romham.

Jess

REMEMBERING JOHN B

A month ago I lost a very good friend who was actively working the Programme of AA up until his death in October this year.

I had the pleasure of working with John B in the civil service almost thirty years ago. We were both as mad as each and carefree, and made each other laugh and cry. I left that job in the late 90's, not knowing where my future was going to go – I did not know how much of an impact the late John B would have on me.

I remember meeting him in the rooms of AA shortly after I came out of treatment. We had lost touch and I was surprised to see him but happy in a way as well, like me he was getting his life back on track.

We ended up going to college and being in the same class working together in a very demanding sector and going on the same journey together sharing stories of times past. I remember reaching out to him in 2004 when

I was at the cross roads of my career working in a field I hated and John B pointed me in the direction of where I am today. I will never forget John's kindness, his compassion and the knowledge he had of our Big Book .

He helped so many people and his dedication to service was an example to all. He was a stalworth in helping establish one of the Prison Meetings bringing his knowledge with him and sharing his experience strength and hope with the newcomer.

The last visit I spent with John before his death will remain precious to me and he will remain forever in my heart – even though it was brief and he was in a lot of pain I will treasure that special time spent with him.

John, Dublin

Grapevine Quote

“I think we simply fail to recognize miracles for what they are. Sobriety -- one-day-at-a-time -- is truly a miracle.”



FIRST CHRISTMAS IN RECOVERY

I remember my 1st Christmas in recovery. I was 9 months. I was at Step 3 around Christmas. We were attending my brothers house. As I sat down for dinner I got a strong smell of red wine. I could almost taste the wine. I excused myself and went to the bathroom. On my knees I said the 3rd step prayer and asked God to remove this obsession. I returned and I no longer had a compulsion to drink.

Attending meetings, I began to see there were people who were happy and were living well. I wanted what these people had. In 'How it works' if 'you want what we have, then you are ready to take certain steps'. I was attending meetings but wanted to do the steps without a sponsor, and only do the ones I wanted to do!. I was unwilling to be vulnerable and ask for help. Thank god for emotional pain, and members of AA who were patient with me. I opened my mind to the fact that I could not do this alone.

My disease centres in my mind. Whenever I drank, my mind never told me here is a nice glass of guilt, shame and remorse. You won't want to face anyone on Monday morning. Instead it lied to me, saying it will be good for you. I defended this lie, especially when someone commented on my drinking. AA helped me see this lie. I had to stop defending the addiction.

Today dealing with thinking that precedes lifting the first drink is so important. For me to recover I had to change my thinking. Recognising wrong thinking was just the beginning. I had to try to live the opposite of this thinking. When I drank, alcohol used to take the edge off this thinking until it didn't. Today AA does this for me. The speed this happens depends

on how much I open my heart and mind to the message of recovery.

In early recovery my mum would say to me 'I don't know what happens at those meetings, but you keep going'. The best Christmas gift I can give my family is to continue to attend meetings.

I done what's suggested, got into the centre of the group, held service positions and attend regular meetings. I have the privilege to take others through this programme. In short AA changed my life.

Paul R. Dungannon



Ebby Thatcher

Ebby's Promise



Bill Wilson

My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems.

Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements. Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all.

AA p13 "Bill's Story"



My story doesn't start with a dramatic car crash or a lost job, or a marriage break up, though those spectres were always close. It started quietly, with a gradual surrender.

The first drink at fifteen made the world soft and my own skin fit better. Then, because of very peculiar circumstances, in this part of the world, and the peculiar times we lived in, I did not have access to drink for ten years. However, that's a story for another day.

At the age of 28 I was let off the leash, and I rediscovered that alcohol was my solution to fear, trauma, shyness, to stress, to boredom, to success and failure. It was the golden thread woven through every celebration and every commiseration.

Slowly, without me even noticing the shift, the solution became the problem. The golden thread became a noose. My drinking became a daily event; it was a constant preoccupation and an obsession. A powerful obsession that gripped the mind and soul, shaping every thought and action. It begins often as social curiosity or escapism but gradually intensifies into a relentless craving that dominates one's life. The desire for the numbing comfort of alcohol becomes everything. In my life,

overshadowing relationships, responsibilities, and self-awareness. I was often seen with a Lucozade bottle filled with whiskey, in the insane notion that I was fooling people.

When could I have the next one? How many could I have? Planning, hiding, justifying, lying... The man in the mirror was becoming hazy, a stranger with tired eyes who broke promises he made to himself and others in the sober light of morning.

The turning point was less a bang and more a suffocating silence. It was a Sunday night. I had been on a binge for the best part of three weeks. I was sitting alone in my local bar late in the evening, drinking copious amounts Jameson whiskey, surrounded by the physical evidence of my life—a good job on paper, friends who had grown distant, a family who kept me at arm's length and a wife who had stated, more in sorrow than in anger that she had had enough and was planning to leave. The Jameson's wasn't working, and I saw not comfort or a soft ease of mind, but a prison. The fear of continuing had finally, by a hair's breadth, surpassed the fear of stopping. The pain of staying the same had become greater than the pain of changing.

That was my rock bottom. It wasn't the lowest it could have gone, but it was low enough for me.

The early days of recovery were a raw, nerve-ending existence. My body, which had been sedated for so long, rebelled. My mind was a storm of anxiety and cravings. I felt everything I had been numbing for fifteen years, all at once. It was terrifying. I white-knuckled ride through those first 90 days, attending meetings almost every one of those days as was suggested by a sober member of AA, where I mostly just listened, hearing my own story in the voices of others.

That was the first spark of hope: I wasn't a unique deviant, I was just an addict, and I

wasn't alone. I'm not a religious person but I became reconciled with the idea that there was A Power greater than me and as I often share at meetings, the line "God as we understood him" is underlined in the 12 steps pinned to the wall in our rooms. That allowed me the space to come to believe in a version of God that I was at ease with.

I learned I couldn't just stop drinking; I had to start living differently. Sobriety wasn't about deprivation; it was about building a life where I didn't need to escape.

I found a sponsor, a man with many years of sobriety who had no patience for self-pity, but endless compassion for pain. He had been where I was. He took me through the Twelve Steps, not as a religious doctrine, but as a set of practical tools for living.

I did a personal inventory, a fearless and moral stock-taking. I listed my resentments, my fears, my harms. I saw, with startling clarity, the role I had played in my own misery. I admitted my wrongs to myself, to my higher power, and to another person. The shame I had carried for years began to dissolve in the simple, profound act of speaking it aloud.

The most transformative step was making amends. Not just saying "I'm sorry," but making direct repairs where possible. I had difficult, humbling conversations especially with my wife who in the end stayed and played a huge part in my recovery. I paid back small debts. I looked my father in the eye and acknowledged the worry I had caused. Most of my amends were accepted gracefully; others were not. The point wasn't the outcome, but the action. I was cleaning my side of the street.

And slowly, a miracle happened. The obsession to drink was lifted. It didn't happen overnight, but one day I realized I had gone a full week without thinking about alcohol. The space it left behind wasn't empty for long. I rediscovered old hobbies (theatre, music sport)— I started

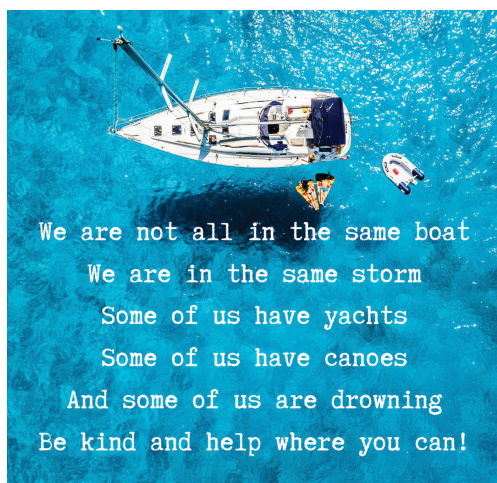
reading again, really reading. I began to ride my bike, joined a gym feeling the clean burn of exertion in my lungs instead of the fuzzy warmth of whiskey. I learned to sit with discomfort, with joy, with boredom, without needing to alter it.

I learned to handle professional failure and success and with the associated feelings . Those are just feelings. I learned that a feeling, no matter how intense, is just a feeling. It will pass.

Today, I have been sober for over 21 years. It's not a number I wear as a badge of superiority, but as a quiet, profound gratitude. My life is built on a foundation I can trust. I have a marriage grounded in honesty, friendships built on shared experience rather than shared bottles, and a sense of self-respect I never thought possible.

The story of my recovery isn't a story about a man who once drank too much. It's the story of a man who was lost, and through the simple, difficult, beautiful work of recovery, found his way home. The journey continues, one day at a time, and for that, I am eternally grateful

Oliver, Dungannon



We are not all in the same boat
We are in the same storm
Some of us have yachts
Some of us have canoes
And some of us are drowning
Be kind and help where you can!



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WHO ME? AN ALCOHOLIC?

It started innocently — a glass here, a toast there.

Nothing serious, or so I told myself.

I had a good husband, loving children, caring siblings — a good life.

But somehow, it all felt... not enough.

There was always this whisper: "You could be more."

If only I looked prettier.

If only I was thinner.

If only I had more money, a bigger house, children who behaved like the neighbour's angels. "If only" became my anthem — the song of discontent.

I traded gratitude for fantasy, reality for comparison. Each "if only" was another sip — a small step away from the woman I truly was.

I thought happiness lived somewhere out there — in the mirror, in other people's eyes, in the next bottle, the next excuse.

But happiness was never missing — only buried beneath the noise of my "if onlys."

By the time I realised, I had already begun to lose pieces of myself — not all at once, but slowly, quietly, until I was only a shadow.

Who, Me? An Alcoholic?

I didn't fit the description — or so I thought.

Alcoholics were the ones on park benches, not women like me.

My home was clean, my children cared for, and I was always "fine."

But mirrors don't lie forever.

I grew pale, thin, withdrawn — from my family, my friends, my feelings.

After my sister's death, something inside me cracked — a grief too sharp to touch.

One drink to steady myself, then another, and another — until the drink owned me.

"Why, Mummy, are you drinking again?"

A small voice I should have been tucking into bed.

I told myself I needed it to quiet the noise — never seeing that the drink created the noise in the first place.

Recovery didn't come in one sunrise.

It began with surrender: "I need help."

Then came meetings — circles of strangers who spoke my pain before I could.

They taught me to trade "if only" for "just for today."

Healing wasn't about becoming someone new, but remembering who I was before the world told me I wasn't enough.

Now, when I raise a glass, it's filled with gratitude, not wine.

The peace I sought was never at the bottom of a bottle — it was inside me, waiting for me to come home.

Christmas used to be my party season — cupboards stocked with wine, mornings of hangovers and guilt.

Thank God I've had many sober Christmases since.

I stay spiritually well and keep those all-important meetings.

Christmas can be a bad time for turkeys — and alcoholics too.





10 TIPS FOR A SOBER CHRISTMAS

1. If you are unsure if non-alcoholic beverages will be available, bring your own. Don't even think about trying the non-alcoholic beer and yes, the Egg Nog IS spiked!
2. Stay away from the bar area.
3. If offered a drink, just say, "no thank you". You don't have to explain.
4. If there is food available, be sure to eat so you are not hungry.
5. If you feel you are becoming tempted to drink, leave early.
6. Stay busy. Talk to others, dance, etc. Don't give yourself time to think about the fact that you are not drinking.
7. Don't drink no matter what.
8. If others at the event are drinking, chances are they will never know that you only have a non-alcoholic beverage in your glass.
9. If you are new to sobriety and are concerned about attending an event where alcohol will be served, arrive late and leave early. Take a sober friend, or at least their phone number.
10. You are probably not the only one at the party who is clean and sober. Find the winners and hang out with them.



Heard at Meetings

Whats facing
me today
will be
behind me
tomorrow

The
Serenity
to accept
the things
I cannot
change

Without
sobriety I'm
nothing,
sober, I'm a
person

How we
spend this
day is of
course, how
we spend
our lives.

My problems
arise when
I either do
what I know I
shouldnt have
done or fail
to do what I
should have
done

I need to
learn how
to forgive
myself too!

Service News

OCT - DEC 2025

Motions to Conference 2026

At the Annual General Meeting of the General Service Conference held in March 2025, it was decided that, going forward, all future motions to Conference would be published in the Road Back magazine so that the whole Fellowship could have prior visibility, and input, into decisions that are going to be made at Conference. All of the motions below have been received from groups and the motions have been forwarded to the Board Secretary through the Structure, in the normal manner. All of the motions have been anonymised, as agreed by Conference 2025.

Decisions in Alcoholics Anonymous are made by those that turn up. Please discuss these motions at your group conscience meeting and ensure that your GSRs bring the views of the group to your local Area meeting, where your Conference Delegate will be in attendance and can bring the feelings of all groups to Conference 2026.

Motion No. 1

Over a number of years, the Service Handbook for Ireland (Service Handbook) has been amended and updated to reflect the decisions of the General Service Conference (Conference). This has led to a number of inconsistencies in the text. There are some seeming omissions and contradictions, some "musts" "may nots". There is at least one error in a quotation from Conference approved literature. There are different titles given for the same type sub-committee/service. It is arguable that there is a misunderstanding of the Twelve Concepts for World Service (Concepts); in particular the way Concept 1 and 2 are interpreted.

To avoid having Conference discuss individual motions on each purported error, omission or

contradiction, separately, it is proposed that: - "Conference review and amend the Service Handbook for A.A. in Ireland to eliminate as far as is possible any errors, contradictions, omissions or ambiguities in the document. The aim is to make the Handbook more cohesive, more readable, user friendly and relevant."

There is a lack of historical information about how the General Service Conference of A.A. in Ireland was formed and the reasons for its formation. The need for a Conference for A.A. in Ireland, the legitimacy of the Conference for A.A. in Ireland, if valid ought to be included in any service manual or handbook for A.A. in Ireland. Prior to the formation of a General Service Conference for A.A. in Ireland what structure was in place? The process by which a Conference for A.A. in Ireland came about ought to be explained at the beginning of any new edition of the handbook.

The General Service Conference for Alcoholics Anonymous in Ireland seems to have deviated from some of the procedures and principles described in the "A.A. Service Manual" which is original manual for General Service penned by Bill W. adopted by the World Service Conference. (The World Service Conference is effectively the Conference for A.A. U.S.A. and Canada) These original procedures and principles have been adopted by the General Service Conference of A.A. in G.B and The General Service Conference of A.A. in Australia. It could be argued that the deviations in practice by the GSC of A.A. in Ireland affect the unity of the fellowship as a whole. Research, consultations and discussions that must inevitably occur if this motion is adopted by Conference will give an opportunity for the Conference Committee to reflect on how it has evolved over the years and allow it to make changes in outlook and procedures where they are needed and/or desirable.



The fact that Conference is now looking at the structure of A.A. in Ireland to see if it is still fit for purpose and the discussion on the Young People in A.A. give an opportunity for the Handbook to be revamped from cover to cover. Monies that we contribute to Literature funds for A.A. in other countries could be used to give ourselves an up to date, comprehensive publication.

When the original Service Handbook for Ireland also known as 'the green handbook' was originally published, it was understood that it was to be read in conjunction with the World Service Conference of Alcoholics Anonymous. Money was scarce at the time and the fellowship in Ireland was operating on a very tight budget with little or no reserve. The first edition was very skimpy and full of errors. Now after more than 40 years and now that the financial situation has improved, the time is right to produce a comprehensive General Service Manual/Handbook for Alcoholics Anonymous in Ireland.

Motion No. 2

Production of videos of the Big Book and 12&12 in Irish Sign Language

Conference requests the Board to arrange for the production of videos in Irish Sign Language of the books "Alcoholics Anonymous" and "Twelve Steps and Twelve Traditions" to help carry the AA message of recovery to deaf alcoholics.

Background

There is a need to produce basic AA literature in video / visual format in Irish Sign Language (ISL) for the benefit of deaf persons whose first language is ISL. Deaf persons communicate primarily, if not solely, by sign-language. As a rule, deaf persons have limited reading and writing skills in English: typically they not relate well, if at all, to written material. In practical terms, deaf persons do not have access to AA

literature, including basic texts such as the Big Book and the 12&12. This is a major obstacle in efforts to carry the message to the deaf alcoholic.

ISL is the sign-language used by the majority of deaf persons in Ireland. It has statutory recognition under the Irish Sign Language Act 2017 (No. 40 of 2017). ISL is also recognised in Northern Ireland under the Good Friday Agreement, as is British Sign Language (BSL). These are separate and distinct languages and are both widely used in NI. Video versions of the Big Book and the 12&12 in BSL have already been produced by AA Great Britain..

At present there are only two items of AA literature available in ISL. These are –

- the video "The Road Back" (approx 16 mins) produced by AA GSO Ireland and which has an insert with ISL interpretation, and
- the video "About Alcoholics Anonymous" (approx 6 mins) produced by the Sober Signs Group in ISL only.

The lack of access to AA literature is additional to the separate, major obstacle met by deaf members who cannot, in practice, participate in AA meetings without the services of a sign-language interpreter.

How Many Deaf Members / Potential Deaf Members?

Definitive or reliable statistics in relation to the extent of deafness and alcoholism in Ireland are not available. Following are some published estimates.

It is estimated that a core population of 5,000 deaf persons in Ireland use ISL as their primary language together with a further 40,000 hearing persons e.g. family members and persons working with deaf persons.

Alcoholism is considered to be a significant public health problem in Ireland. Some 52%

of Irish adults are considered to be "hazardous drinkers" i.e. 70% males, 34% females. (Health Research Board Ireland). This would suggest that some 2,000 / 2,500 deaf persons are hazardous drinkers from among the estimated core population of 5,000 deaf persons using ISL.

Some 24% of Ireland's population engage in "heavy episodic drinking" at least once a month (Eurostat). This would suggest that some 960 deaf persons engage in heavy episodic drinking from among the estimated core population of 5,000 deaf persons using ISL.

Some 15% of the Irish population over 15 has an "Alcohol Use Disorder" (AUD) (Alcohol Action Ireland, 2019/2020). This would suggest that some 600 deaf persons have an acute alcohol use disorder from among the estimated core population of 5,000 deaf persons using ISL.

Some 150,000 or 4% of Irish people over 15 years of age are classified as "dependent drinkers". (Alcohol Action Ireland, 2011, Camille Bello, "Overview of alcohol-related harm"). This would suggest that some 160 deaf persons are dependent drinkers from among the estimated core population of 5,000 deaf persons using ISL.

Attendance at Meetings

Some 15,000 adults attend AA meetings in Ireland, out of a total adult population of approximately 4.1 million. This is a ratio of 1:273. This ratio would equate to attendance at AA meetings by about 18 deaf adults from among the estimated core population of 5,000 deaf persons using ISL. The potential membership is obviously much larger having regard to the extent of alcohol abuse and dependence outlined above.

Costs

Expenditure on the production of videos in ISL would be a once-off capital expenditure to

create a resource which would be permanently available. The cost of producing the two books in video format in ISL would depend largely on the chosen format and production methods. Production might best be done on a stage-by-stage basis.

The production of an ISL video of the Big Book with English sub-titles and an English voiceover is estimated to cost €16.5k. (It might be preferable, and less expensive, to use the recent, shorter Big Book in Plain Language.) A similar production of the 12&12 is estimated to cost €13.5k. A less expensive approach might be to produce a set of short, silent online videos showing only an ISL interpreter signing the text of the books without any English sub-titles or voiceover. It would not be essential to produce a physical DVD: it would be sufficient to have the videos available online.

Source: The cost-estimates quoted above were provided by the Irish Deaf Society (IDS) which routinely produces videos of material in ISL for the Deaf community. The estimates are considered to be a reliable indication of costs and are based on the production of professional, quality videos involving -

(a) use of a studio with a 3-person production team (a camera operator, an ISL presenter and an ISL monitor to confirm appropriate translation), and

(b) a post-production editor.

The estimates do not include VAT. The IDS is a registered charity. In the event of a decision to go ahead with the proposal, firm quotations could be requested from a number of video-production companies.

Other Sign Languages

The Big Book and the 12&12 are available in a number of sign-languages such as American

Sign Language, Australian Sign Language and British Sign Language.

For example, the American Sign Language version of the Big Book is divided into 25 separate, short videos which can be viewed free-of-charge on You Tube. It is also available on DVD in a set of 4 discs on sale at price \$8 per set. It includes written subtitles in English and a voiceover in English.

Similarly, the British Sign Language version of the Big Book is available on DVD in a set of 4 discs on sale at price £8 per set. The BSL version of the 12&12 is available on DVD in a set of 3 discs on sale at £6 per set. Both sets include written subtitles in English together with an English voiceover.

Motion No. 3

Motion to the General Service Conference – AA Ireland

Motion to Align Post-Conference Service Opportunities with International AA Practice Motion

“That the General Service Conference revise its current policy regarding former Conference Delegates and Trustees.

Upon completion of their service term at Conference or Trustee level, members would:

1. Return to group-level service and may, after that, progress again through the service structure (Group → Intergroup → Area → Conference → Trustee), as is the case in other countries.

2. Alternatively, Conference may consider a defined ‘cooling-off’ period of three years before a member can begin serving again in the wider service structure.

This change would align AA Ireland with international practice, retain experienced trusted servants, and help address the ongoing shortage of members available for service.”

Rationale

1. Alignment with International Practice

- In AA Great Britain and AA US, members complete their Conference/Trustee term, return to group service, and remain eligible to progress back through the service structure in the future.

- There is no stipulation in these countries preventing a member from re-serving at Area, Intergroup, Conference, or Trustee level once their term has ended.

- Rotation is respected, but permanent exclusion is not required.

2. Retention of Valuable Experience

- Current AA Ireland policy results in members rotating out in their 40s or 50s, effectively ending their opportunity to contribute at national level for the rest of their AA life.

- Allowing re-entry after returning to group service (or after a three-year cooling-off period) ensures their skills and perspective are not permanently lost.

3. Encouraging Diversity of Age

- Members in mid-life often have significant professional and service experience to contribute. Losing them permanently creates an imbalance in representation and limits the diversity of voices at Conference.

4. Addressing Service Shortages

- AA Ireland has fewer members available to serve than larger fellowships.

- Enabling former Conference delegates and Trustees to serve again provides a vital solution to gaps at Area and national levels.

5. Maintaining Tradition and Concept Principles

- This proposal maintains the principle of rotation while also honouring the right of participation and concept of trusted servants.

- It prevents entrenchment in service but

ensures that AA Ireland benefits from the experience of proven members when needed.

Background Material (Comparison)

- AA Ireland (current) – Members who complete a Conference or Trustee term must return to group-level service and may not re-enter service at Area, Intergroup, or Conference.

- AA Great Britain – Rotation is encouraged, but there is no rule prohibiting re-service at Area or Conference levels.

- AA US (Service Manual) – Emphasises rotation, but members may return to service structures; no permanent exclusion is stipulated.

- Other fellowships (e.g. Continental Europe & Vienna Service guidelines) – Term lengths are set (usually 3–4 years), and sobriety requirements are clear, but no permanent ban is imposed on further service.

Motion No. 4

Recommend Conference set up a Subcommittee to adopt a GSR Pamphlet similar to other Service Structures. The GB “Now that you are a GSR” is an example.

Subcommittee to tailor the Pamphlet to embrace our Service Structure in Ireland. This should be designed to empower our Members to find out what they belong to, explain the Service Structure in Ireland and to give helpful information on how the different parts of our Service Structure link in and work together from Group, Area, Intergroup, Conference, General Service Board and GSO.

We have a fantastic new GSR Pack launched in 2025, but it has missed the most important piece of information, outlining the roles, responsibilities and helpful tips on actually being a GSR at Group and Area level.

Since the role of a GSR is considered the most important role in Alcoholics Anonymous and considering the Fellowship has acknowledged the lack of members getting involved in Service it would be helpful therefore for a Subcommittee or current Subcommittee to put this together for our Fellowship.

This would help and encourage our members to understand this role better and get involved in Service. It would be appreciated therefore in the Spirit of Concept IX that Conference gives its approval to design and publish this.

Motion No. 5

Proposes the reinstatement of the 1989 General Service Conference decision that:

“Alcoholics Anonymous does not approve of specialist meetings that might exclude or appear to exclude any individual who has a desire to stop drinking”

This proposal is based on the belief that specialist meetings are contrary to the following AA Traditions:

Tradition 3.

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

Specialist meetings imply that there may be additional requirements for membership beyond the desire to stop drinking, which contradicts this Tradition.

Tradition 5.

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

AA is focussed on helping all alcoholics stay sober. Specialist meetings could give the impression that only certain categories of alcoholics are welcome, potentially excluding others who do not fit into those specific categories.

Tradition 10.

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Race, creed, colour, gender, sexual orientation, age, social status, professionalism and drug use are all considered outside issues. By creating specialist meetings, AA risks forming opinions on these issues, which could draw Alcoholics Anonymous into public controversy.

Motion No. 6

This "group requests that the General Service Conference of Alcoholics Anonymous undertakes a census of members of the fellowship within 12 months, following the 2026 meeting of Conference, as it is now over 15 years since the last such census was conducted. The group also requests that Conference establish a frequency for future censuses to be held. The group requests that the format of the census and future censuses be set out by Conference or a subcommittee of Conference."

Motion No. 7

After emergency group conscience following motion agreed to be submitted

Oppose appointment of management position as attached on following grounds:

- 1) Necessity of paid position
- 2) Procedure of appointment
- 3) Groups consultation of said position

Motion No. 8

Following a Group Conscience meeting, we wish to object to the GSBAA action of employing an outside agency to advertise to the general public, the position of a paid new General Secretary of GSBAA. Ireland.

Contrary to Memorandum and Articles of Association of GSBAA (Company) this was not done with the approval from General Service Conference of Ireland.

Since AA was first incorporated in 1978 the position of secretary to the GSBAA has not been a paid position, and in particular since 2014 when it was given charitable status the position was not a paid one.

AA's traditions make clear 2 principles.

a) Our leaders are but trusted servants they do NOT govern; and

b) The principle of rotation which requires our trusted servants to rotate out of office.

Making the position of Secretary to the GSBAA a paid one offends both of these principles. As well as not complying with tradition 7.

Alcoholics Anonymous is funded by the fellowship. It declines outside contributions.

The Memorandum and Articles of Association in 1978 when it was first incorporated made specific provision for financial accountability to the General Service Conference of AA in Ireland.

The only income to GSBAA is table money from alcoholics. Surely the Fellowship has a say in this.

IMPORTANT REMINDER

If you are leaving this publication in a public place such as a treatment centre, prison or doctors surgery - please be sure to remove the centre pages beforehand.



Dear AA friends in Ireland,

Below is a reflection I have written on how I stay sober.

I was born in San Francisco, California, US in May 1939 and am a citizen of Ireland through my dad's mom, I still have friends in eastern Galway who I visit from time-to-time.

Staying Sober

Anyone can get sober. We have done it a lot of times. The trick is to stay and live sober." from Living Sober © 1975.

I was born 86 years ago, in May 1939, a month after the first printing of the Big Book and a month before a group in Cleveland, Ohio was the first to call itself 'Alcoholics Anonymous'.

I am approaching my 49th AA anniversary in December 2025.

I have been sober for over half of my life and half of AA's life.

How do I stay sober? I can only tell my story and only you can tell how you stay sober.

I continue to learn from all of A.A.'s history that

started on June 10th 1935 when Dr. Bob Smith took his last drink, a beer given to him by Bill Wilson. Bill had gotten sober six months earlier in the Oxford Group in New York City and the Oxford Group in Akron, Ohio had been trying for some time to get Dr. Bob sober.

What was the key to that being Dr. Bob's last drink? Two alcoholics telling their stories and listening to each other as equals. Bill Wilson said as much in his article in the Grapevine on A.A.'s 25th anniversary in 1960. A.A.'s Sponsorship brochure updated in 2019 says the same: "In A.A., sponsor and sponsored meet as equals, just as Bill W. and Dr. Bob did." In A.A.'s biography of Dr. Bob, Dr. Bob and the Good Old-timers published in 1980, Dr. Bob is quoted as saying, "Bill Wilson is the first person who didn't preach to me." And as Dr. Silkworth, Bill's doctor suggested to him, Bill stopped his own preaching that wasn't working with the first 100 alcoholics in New York who he tried to sober up. He simply told the facts to Dr. Bob about what had kept him sober for six months. Another spiritual program I practice states in its central book: "Our diversity invites us both to speak what we know to be true in our lives and to learn from others."

For me, that fits 100% with A.A. and expresses

the principle of equality that A.A. expresses in its Third Tradition, "The only requirement for membership is a desire to stop drinking."

It doesn't matter who I am, where I came from, what I think, or what I believe. I can consider myself a member of A.A. if I have a desire to stop drinking. To stay stopped, I continue to re-read with other A.A. members all seven books of Bill's writings and talks that A.A. has published:

Alcoholics Anonymous © 1939,
The Twelve Steps and Twelve Traditions © 1952,
Alcoholics Anonymous Comes of Age © 1957,
Twelve Concepts for World Service © 1962
(available in the 9th edition of the AA Service handbook for Ireland 2024),
As Bill Sees It © 1967,
The Language of the Heart © 1988, and
Our Great Responsibility © 2019.

I draw upon all 36 years of Bill's sobriety and don't limit my sobriety to the first book, Alcoholics Anonymous, a life-saving book that represents only the first 10% of his sobriety.

I also continue to learn from sources outside of A.A. that offer inspiration as Bill himself did as he wrote on A.A.'s 20th anniversary: "...it would be false pride to believe that Alcoholics Anonymous is a cure-all, even for alcoholism....

Let us constantly remind ourselves that the experts in religion are the clergy; that the practice of medicine is for physicians; and that we, the recovered alcoholics, are their assistants." Alcoholics Anonymous Comes of Age, © 1957, AA's third book, page 232, spoken by Bill Wilson at A.A.'s 20th anniversary International Convention in St. Louis, Missouri, 1955.

I learn from Bill's humility from statements like this. For me, humility has become simply "I don't know. Others might. I need to listen."

Dan, California

**" Deep down in every
man, woman, and
child is the
fundamental idea of
God."
Big Book p55**

© Meta AI



What's the point?

Oftentimes I asked myself that question as an empty, lonely, and exhausted alcoholic. That was before A.A, the Fellowship that gave me a taste of what I had been searching for in active addiction. Six months into recovery and I found myself asking the same question, what's the point? I was existing without alcohol but far from living. It was then I finally heard a suggestion that had been said many times before but this time it hit home – get a sponsor and get started on the steps. Things started to change from then on, in large part to a patient sponsor, who I am humbled to call a great friend today.

Recognising how much had been given to me in A.A, and somehow reaching two years of continuous sobriety, one day at a time, I finally understood the importance of giving away what had been freely given to me. In time, a prison service position was on the horizon, life and recovery have been immeasurably better ever since. The honesty and courage was palpable as we shared our experience, strength, and hope within a room in Mountjoy.

Despite the seriousness of what was being shared, there was always laughter, there was

always hope no matter how faint. I would leave each meeting torn – buoyed by the power of the meeting but saddened that we couldn't go together for a coffee afterwards - that rite of passage we all get to enjoy in A.A and something I realised I often took for granted. Suddenly, I saw my life for what it was - a life based on the freedom of movement, something that my fellows are temporarily without.

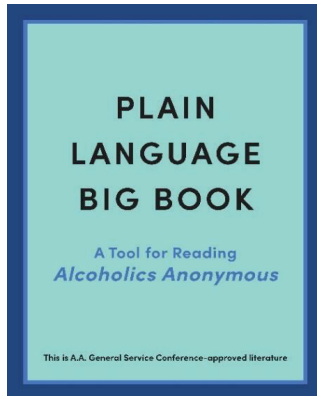
Each week, the prison meeting is a highlight. To see recovery with all its ups and downs, happen in prison, is joyous. It instils hope, faith, and gratitude in this recovering alcoholic. I am embarrassed when I am thanked for taking the time to host a meeting in prison, as I get so much from it, so it is me who needs to be thanking my fellows. To meet a member after their release is a gift, further strengthening my sobriety.

Life today feels fuller, more meaningful, which is a direct result of the privilege of being trusted to undertake prison service. I can honestly say that prison service is what I have spent a large part of my life searching for.

Ken



UNITY | SERVICE | RECOVERY



Plain Language Big Book: A Tool for Reading Alcoholics Anonymous

Available in English only.

The *Plain Language Big Book* was written to help readers better understand the book *Alcoholics Anonymous* — fondly called “the Big Book” by A.A. members. This new book describes A.A.’s Twelve Step program in simpler language than the original Big Book, which was first published in 1939. The *Plain Language Big Book* presents in simpler language:

- The ideas contained in the Big Book, *Alcoholics Anonymous*
- Specific A.A.-related words and phrases used in the original Big Book that may be dated or unfamiliar to readers
- The core content of the original Big Book without member stories

This book is General Service Conference-approved literature.

Data extracted from AA World Services website aa.org

WHO



ME?

Who Me? And why that day? It was not particularly different from any other Sunday when it was acceptable (in my mind) to open a bottle of wine while preparing lunch, believing that it would be more than enough to see me through a pleasant family afternoon and no harm could be done. All would be well with me and mine.

I came to in someone else's kitchen that evening having no recollection of how I got there. Terror and bewilderment coupled with crippling shame and what could be deemed an easy enough landing to rock bottom was the result of that last drink.

At that point in my life I was in my early forties, married, good career, teenage children, no mounting debts, no major conflict, a very healthy stock of wine and spirits should the need to offer any caller a drink and a very concerned husband who would often look at me with eyes of disappointment and pity. The disappointment and pity were absolutely crippling for me but my judgement of me far exceeded all of it.

I could not continue this way, so what now? A family member of Alcoholics Anonymous was contacted and within two days I was at my first meeting, believing that this thing was being nipped in the bud before it really got out of hand otherwise, I was going to end up a full-blown alcoholic.

Little did I know at that point I had already arrived but that is neither here nor there. I had a deep down desire to stop drinking and I know today that is all that is required to make an honest start.

From that day I haven't had to lift a drink coming up on 20 years. Within that time frame I learned that the quantity or quality of drink isn't the main point but the fact that I could not guarantee my subsequent behaviour once I lifted my first drink no matter how much I believed it would be different this time or how much self will was applied was the defining discovery.

There have been many meetings since, many rough days, and endless amount of discoveries about myself, tears of sorrow and joy and a relationship with a power greater than myself that I found through the Big Book of Alcoholics Anonymous that helps keep me sober one day at a time.

May I remain forever grateful to Alcoholics Anonymous for giving me and my family the lives we have today.

Bernie

MEMBER'S HUMOUR



AA Sponsor

/eɪ eɪ 'spɑːn.sə/ • noun
AY-AY SPON-sor

A professional nudge enthusiast who is always ready with a cup of coffee, a listening ear, and just the right amount of "Have you thought about not drinking today?" They're like a life coach, therapist, and best friend all rolled into one—except they prefer sober conversations over bar stools and can spot a "just one more" excuse from a mile away!



Alcohol is not in my vodkabulary. However, I looked it up on whiskeypedia and learned if you drink too much of it, it's likely tequilya.

QUESTIONS & ANSWERS

WITH JUNE

How long have you been sober

17 years A Day At A Time

What brought you into the fellowship?

I stopped drinking 13th April after a very messed up weekend of drinking after my best friend's hen party, I made a complete fool of myself and caused ructions with her family and friends. I stayed off the drink, complete dry drunk and white knuckling it till sometime in July/August that year. During this time I lost my job, I couldn't go to my best friends wedding as I made such a fool of myself at the hen and my sister who I was living with wrote a letter to evict me after I lost control of myself and put my hands on her partners neck as he was annoying me!

I was living in London, knew no one and felt lost. An old friend from home asked me to his birthday party. I went and felt so alone and out of it, I sat outside drinking diet coke. I got chatting to a couple and I offered to go get them another drink, the guy warned me, "just diet coke", I was ya ok, I'm not drinking either. We then got chatting, and he told me he didn't drink anymore that he was sober and goes to

AA. I heard bits and pieces of his story, and I thought, wow, I used to say I was an alcoholic when I was drunk in the pubs and have a big laugh about it. I wasn't one of those alkie! He told me to look it up on the internet about meetings and that I probably was an alcoholic if drink was causing problems. I thought, but I'm not as I'm not drinking, but then I realised I was still in trouble without it, the job, moving house again and having no one around me as I drove everyone away.

I looked up the Alcoholics Anonymous website, searched a meeting and made a call. They offered someone to come to my house to bring me to a meeting but there was no way I was bringing alcoholics to my house that I shared with complete strangers, that I rented a room in!

Was there anything that you found off putting when you first came to into meetings?

My first meeting was a women's only meeting, the speaker told my story I got such identification. I was asked to read something. I heard them sharing the serenity prayer and I didn't know what they were saying and I

thought, oh here we go again, some more prayers to learn. I eventually learnt it and it's one of my most said prayers today.

There was so much to learn about the meetings, the format, when to speak, when not to speak. Prayers, readings, service, sharing, over sharing, slogans. There was loads to learn, but all I knew was I didn't want to drink and all these new things to learn kept me away from thinking about alcohol. I know there was lots to put me off meetings, and it could be the seat was too uncomfortable, or the room was too hot, I didn't need any excuse to not go, all I know is I felt so much better when I went as I felt like I belonged, that I kept going. Many days I didn't want to go, but I know if I didn't go I might miss something I needed to hear.

What Slogan is your favourite?

Give time, time. I hated it at the start as I didn't understand its meaning. I started to learn that I couldn't get a year sober without giving time, time. I learned that I couldn't get a job on my terms, I had to give it to GOD and give time, time. I could go out and enjoy dinner with friends if I gave time, time. Nothing is on my terms anymore, if I move out of the way and leave GOD take direction everything that's meant to be, will be in GODs time, not mine.

Does your family feel the ripple effect of sobriety?

My family is destroyed in alcoholism. I am the youngest of 6 and I see how my family affect my alcoholism. I have tried to help 3 of them but they don't think their behaviours are a result of alcohol. It's hard to be sober around family that aren't, and are alcohol dependant. Sometimes I can feel excluded from their life like, I don't get invited to nights out or they think I am just their taxi. At the start it used to bother me a lot, but now when I see them drinking, I see myself and I don't like it. I can

be called the "goodie two shoes", which is just their way of having a go at me, I've learnt not to take it personal as they are struggling with their own issues. I was so secretive when I was drinking, my behaviour was appalling and I had such loathing for myself. I don't have that today. I have learnt about self compassion for myself and also for the suffering alcoholic. I do my best to mind myself and stay sober. When it comes to my anniversary in April, I message one or two of them to let them know how many years, I am always congratulated on my achievement, as I never saw how bad my drinking was, they had less of a clue. My nieces and nephews know of my sobriety and I talk to them about alcoholism and to watch out for the signs not just with themselves but with others. They think it's amazing I don't drink today.

How has the ability to do your job improved?

I had just started my career when I stopped drinking. I now know it wasn't the right company for me, I struggled with the management and felt like I was constantly being told off, I didn't have drink to support me and no network of AA. I lost that job early and I had to do any job I could to support me. I used to be so upset I didn't have a proper job, but the members used to say to me, give time, time and this is probably what you need right now to be able to get to the meetings.

Since then I have had many jobs, moved from London back to Ireland and all over Ireland working. I have always checked to see if I can get a meeting near where I am working, because without the meetings, I'd have no job. Today, I work for an amazing company, I haven't told them or any of my other companies about being a recovering alcoholic, there's no need. I bring GOD with me to every interview I've done, to every meeting, to every situation that I feel I may struggle with. I often recite the serenity prayer through out the day to keep

me grounded. I have a stressful job at times, but I am able to manage it all once I get my meetings in and speak to my sponsor and GOD.

Is just taking what is on offer enough or do you feel you need to give back?

Alcoholics anonymous is a fellowship, it works by giving back what was freely given. It not only helps you to give back it helps others. AA works by helping each other. When I first came to meetings, they used to ask for someone to wash the cups up at the end of the meeting, I volunteered. In UK, there was lots of service positions, greeters at the door to welcome, someone to do readings, someone to make the teas etc. I did all those, as it got me to the meeting. I was offered and done the same, given lifts to meetings, help with reading the big book, going through the steps with a sponsor, all these things are so important when the time is right to help you understand why you drank and what to not go back to. If I did none of those I know I wouldn't have stayed sober. Giving back keeps you in the meetings, and if you miss a meeting, you might miss the message you need to hear.

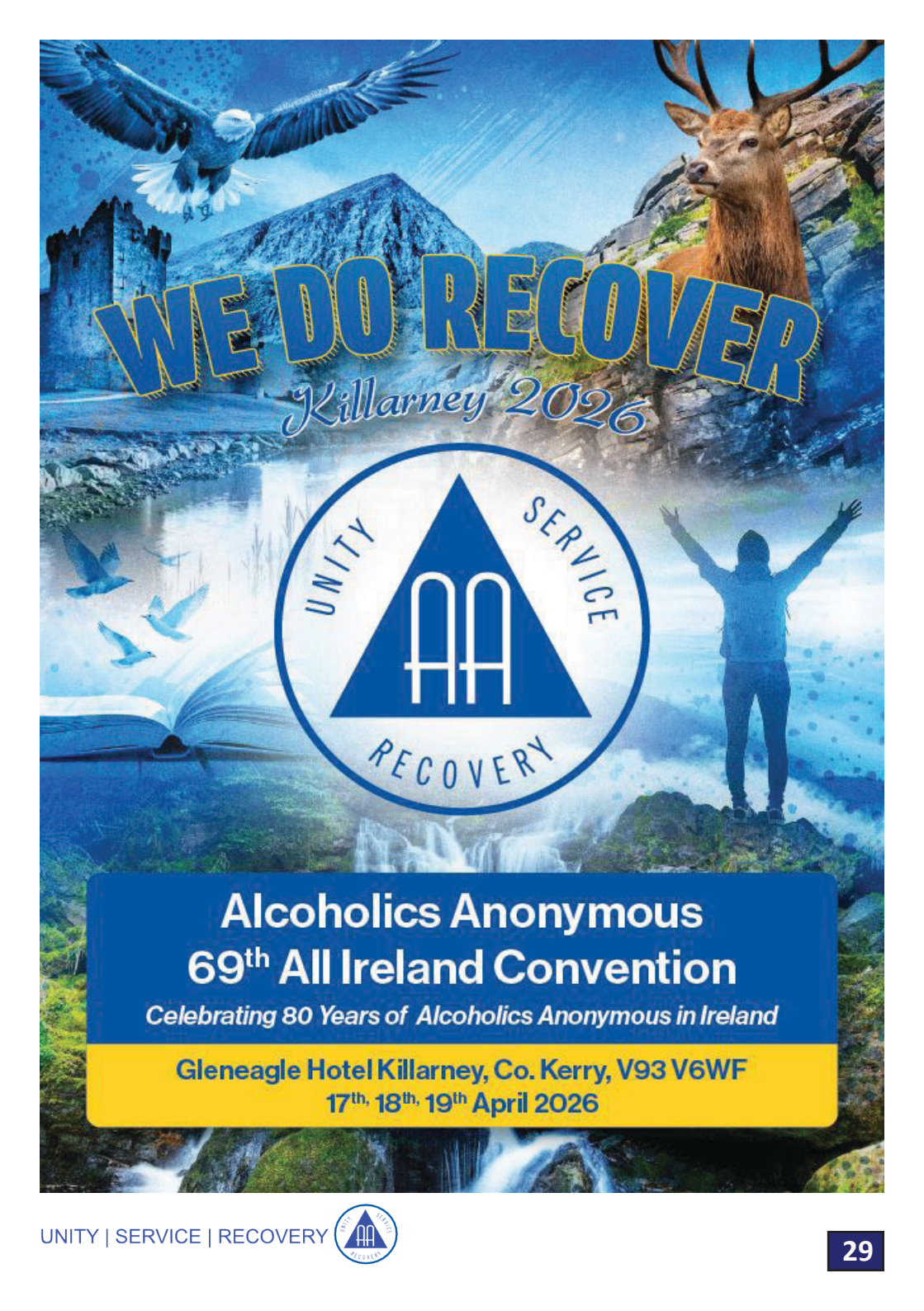
What is your message to the newcomer?

There is no right or wrong way to stay sober. I made plenty of mistakes along the way, and as I was told it's not a race, you can't get 10 years sober in 10 days, give time, time. Be kind to yourself and get time to know yourself. I cried for the first 12 months, I didn't set out to be an alcoholic, but today I'm grateful I know what I suffer with. I have had many trials and tribulations and throughout it all, no matter what I didn't drink. There were many times it would have been easier to drink but I know there is no solution at the end of the bottle. Just get to meetings, stay with the winners,

those that are at many meetings, that share what's going on for them today and what they are doing to stay sober. Everything will sort itself out in time, you just have to move out of the way and stop trying to run the show, this is now time for GOD to direct, you just keep the cork on the bottle and enjoy your new life, A Day At A Time.

"When I focus on what's good today, I have a good day. When I focus on what's bad, I have a bad day. If I focus on the problem, the problem increases. If I focus on the answer, the answer increases. "

~Big Book of Alcoholics Anonymous



WE DO RECOVER

Killarney 2026



Alcoholics Anonymous 69th All Ireland Convention

Celebrating 80 Years of Alcoholics Anonymous in Ireland

Gleneagle Hotel Killarney, Co. Kerry, V93 V6WF
17th, 18th, 19th April 2026



Open to the Public, Open and Information Events

Many communities have arranged meetings for those who may not have a drinking problem themselves, but may have family members that need some help, or would like to see how AA works. These meetings are called Public Meetings. Public meetings, are just that, they are Information meetings for the public (often there will be AA members in attendance). They will often have speakers who will offer their experience on how AA helped them, on what AA can do, and also what it can't do. This events page shows the upcoming events of this type.

A different type of meeting, an open meeting, is where it cannot be assumed that members are members of AA in some cases they may be deciding if AA might be right for them or somebody close to them.

Mayo Weekly Open Meeting Event

Foxford
Every Sunday at 11AM

Cork City Monthly Open Meeting Event

Western Road
First Tuesday of the month 8PM

Belfast Area Lisburn Road Group Open Meeting

Belfast
First Monday of the month at 8PM

Antrim Area Ballymena Open Meeting

Ballymena
Last Friday of the month at 8:30PM

Armagh Area Lurgan Open Meeting

Lurgan
First Monday of the month at 8PM

Belfast Area 62 Lisburn Road Group Open Meeting

Lisburn
Last Thursday of the month at 7.30PM

Belfast Area East End Open Meeting

Skainos Centre
Last Sunday of the month at 7:30PM

Derry Area Open Meeting

Derry
Every Monday at 8:30PM

Down Area Banbridge Open Meeting

Banbridge
First Tuesday of the month at 8PM

Down Area North Down Groups Open Meeting

Bangor
Last Friday of the month at 8:30PM

Down Area Ward 15 Open Meeting

Downshire Hospital
Every Tuesday at 8PM

Tyrone Area Dungannon Open Meeting

Dungannon
Last Wednesday of the month at 8:30PM

Area 12 Open Public Meeting

Kilcoole Community Ctr.
Last Friday of every month at 8:30PM

If your Group or your Area hold a regular OPEN Public Meeting then please do have your Intergrout Secretart inform the General Service Office and this information will be added to the current list displayed on the Events section of the website.



UNITY | SERVICE | RECOVERY

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities

The Twelve Steps

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.
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.





The Road Back Editorial Team would love to hear your stories, snippets of AA humour, amusing anecdotes overheard at meetings, maybe you have some AA cartoons.

**BA BHREÁ LINN BHUR SCÉALTA I NGAEILGE A CHUR SAN ÁIREAMH
INÁR N-IRIS. DÉAN TEAGMHÁIL LINN!**

Email articles to roadback@alcoholicsanonymous.ie or post to the General Service Office.

Up to date information on forthcoming AA Events can be viewed on our website www.alcoholicsanonymous.ie