

The AA Preamble

Alcoholics Anonymous is a fellowship of people 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 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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Contact the BTG Coordinator

You can access A.A.'s Bridging the Gap program in Western North Carolina by contacting its Coordinator at:

(828) 307-3311

Or writing to:

**District 80
P.O. Box 1451
Whittier, NC 28789**

*This service is available in
Macon, Swain, Jackson, Haywood,
Cherokee, Graham and Clay counties
in North Carolina*

BRIDGING
THE GAP

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The most slippery place in the journey to lifelong sobriety is between the door of the facility and the nearest A.A. group or meeting. Many of us can tell you, even though we were aware of A.A., we were too fearful to go or unaware of where to go.

Many of us have been where you are. We've learned from experience that attending an A.A. meeting as soon as possible after discharge is crucial in making the transition into the recovery community. We don't leave our sobriety at the door when we leave the treatment facility or detention center; we take it with us.

Let us help you make that transition!

What is Bridging the Gap?

Bridging the Gap (BTG) is a program offered through Alcoholics Anonymous. It is made up of volunteer members of A.A., in order to help the newcomer make this difficult transition into the “real” world.

When you sign up to participate, the BTG coordinator will pair you with a volunteer who lives in the same area as you do. If possible, give us at least a week’s notice, as it may take time to find your match.

How Bridging the Gap Works

- A member of A.A. signs up to be a volunteer with the BTG coordinator.
- As you near discharge from a facility, you contact the BTG Coordinator.
- The BTG Coordinator gives the volunteer your contact information.
- If possible, the volunteer contacts you before you leave a facility or within 24 hours of your departure.

The Volunteer Will...

- Make contact with you before you leave, if possible, or very soon afterward. (Client access and confidentiality varies with each facility. Ask your counselor.)
- Familiarize you with A.A. meeting formats and with what to expect at your first meeting.
- Give you a schedule of local meetings and an overview of available A.A. literature.
- Explain group membership and the value of having a “home group.”
- Talk with you about the importance of having a sponsor who will guide you through the 12 Steps.
- Attend 3 to 6 meetings with you – ideally, the first being the day of your discharge – and introduce you to other A.A. members while stressing the importance of asking for phone numbers.

The Volunteer Will Not...

- Become a long-term transportation service or give any form of financial support or housing.
- Give any form of social or counseling services.
- Debate or offer opinions outside the scope of the 12 Steps of Alcoholics Anonymous. A.A. members relate only their personal experiences.

A Bridging the Gap volunteer has committed to being a temporary contact. They are not expected to become your A.A. sponsor. However, the decision to continue the relationship and how to define the form it will take will be up to you and the volunteer.

If you’re interested in BTG, ask your counselor or discharge planner for the BTG Coordinator’s contact information or check the back of this pamphlet.

Please don’t hesitate to call. It is crucial to our recovery to be of service to other alcoholics. You will be helping us just as much as we’ll be helping you. That’s the way this thing works.

We look forward to meeting you!