

THE BUDDY SYSTEM 2019

WHAT IS THE BUDDY SYSTEM?

The Buddy System is the Process of an AA Member introducing a Non-Alcoholic and/or a Professional to the Program of Alcoholics Anonymous and its Benefits.

STEP 1: CONTACT POTENTIAL PARTICIPANTS

- ✓ In order to Effectively execute this system, the AA Member must be willing to break his/her Anonymity to Someone(s) outside of the Program.
- ✓ Anyone who's Curious about Our Program Is a Potential Participant regardless Of Their Status or Professional Affiliation.

BY THE WAY...PAGE 6 OF THE CPC WORKBOOK STATES: "ANYONE WHO DEALS WITH A PROBLEM DRINKER IN THE COURSE OF THEIR WORK IS A PROFESSIONAL." (FOR OUR PURPOSES)

HOW TO INITIATE CONTACT

Referral - Email - Cold Call from Phone Book. (CPC Workbook has sample guide letters or we can email samples to anyone interested)

WHOM TO CONTACT

- ✓ Friends, Family, Professional Affiliates (optional) Your "Warm-List".
- ✓ Public Information & CPC Workbooks contain examples of professionals etc.
- ✓ Clergy, Teachers, Doctors, Managers, Starbucks etc. Law Enforcement, Bartenders etc.

STEP 2: WHEN INITIAL CONTACT IS MADE

- ✓ Briefly explain the reason for Contacting them (Scope of Service)
- ✓ Introduce yourself as a member of Alcoholics Anonymous (first name only) and politely explain why you've contacted them.

SUGGESTED APPROACH:

- ✓ "Alcoholism has a negative impact on every facet of society. Alcoholics Anonymous is a proven pathway to recovery and is much more than people sitting around telling stories."
- ✓ "I'd like to familiarize you with an up-close view of who we are and what we do."
- ✓ "If you'd be willing to accompany me to a meeting at your convenience, I can guarantee you:
 1. Complete anonymity
 2. An approximate time commitment of 60-90 minutes plus travel time.
 3. After this experience, you will know more about our program than most people."

If "Yes", go to next step.

If "No" offer to drop off literature when/where convenient for him/her.

You may be able to "briefly" tell them why you appreciate Alcoholics Anonymous (*Remember that this is about familiarizing them with the program of AA and not about you.*).

Either at this point or at the meeting you may describe AA by reciting the Preamble (*time permitting*).

Be sure to Thank them for their time regardless of their response!

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(continued)

STEP 3: SELECT AN OPEN MEETING CONVENIENT TO YOUR BUDDY

- ✓ Local, Citywide Meeting Book, Meeting App
- ✓ Websites (i.e. Queensaa.org, .Nyintergroup.org)
- ✓ Remember: "No Urgency - No Quota"

STEP 4: AT THE MEETING

- ✓ (PLEASE BE PROMPT As You Are Representing AA.)
- ✓ Introduce yourself & buddy to person running the meeting. (first name only, no occupation)
- ✓ Explain that your buddy is a NON alcoholic who is here to experience an AA meeting firsthand.
- ✓ Give your buddy a tour of the room but don't take "ownership" if he/she wants to mingle.
- ✓ If possible explain the relevance of Step 1 and Traditions 3, 7, 10 & 11.

***** Invite Your Buddy To Take A Meeting Book and/or as many Pamphlets as they would like & If Possible, Leave Them With The F-2 Information On Alcoholics Anonymous Sheet.**

- ✓ (Or You Can Have A "Goodie-Bag" With Above Items Prepared When You Meet!!!)
- ✓ Have Chairperson explain format of the meeting
- ✓ Ask that speakers be as "user-friendly/jargon-free" as possible.
- ✓ Ask buddy to write down questions during the meeting.
- ✓ Sit next to buddy if possible.

STEP 5: AFTER THE MEETING

Answer any questions & thank your buddy for their time

- ✓ Help break down room (time permitting)
- ✓ Let buddy know you're a resource in the future
- ✓ Leave buddy your number and email: queenscountypi@gmail.com

SUGGEST REFERRALS

Leave contact of committee chair Antonio G.: with group should members want to participate,

Ask Buddy to leave an optional review at: queenscountypi@gmail.com (example of a review below.)

Thank you for your service!

Please contact me with questions, comments or for guidance:

Antonio G. - Public Information / CPC Chair, Queens County

(347) 807-7566 or queenscountypi@gmail.com

RESOURCES

All are available at AA.org

- ✓ F-2 Information on Alcoholics Anonymous: What AA is/is not.
 - ✓ Cooperation with the Professional Community (CPC) Workbook (Especially pg 6)
 - ✓ THE BIG BOOK – The Doctors Opinion
 - ✓ How AA Members cooperate with Professionals
 - ✓ Let's be Friendly with our Friends
 - ✓ AA Fact File
 - ✓ If You Are A Professional
 - ✓ Understanding Anonymity
 - ✓ Medications & Other Drugs
 - ✓ Members of the Clergy ask About Alcoholics Anonymous
- Pamphlets:**
- ✓ Speaking at Non-AA Meetings (Very Helpful)
 - ✓ This is AA
 - ✓ AA at a Glance
 - ✓ Alcoholics Anonymous in your Community

REVIEW OF THE BUDDY SYSTEM BY A PARTICIPANT

I would like to start by thanking you for providing me with such a wonderful educational experience. Last night I accompanied Antonio, the CPC Chair from Broadway Steinway, to my first AA meeting. As a non-alcoholic, I did not know much about the program other than that one of my good friends despises her mother for having to attend. My experience last night opened my eyes to the reality that it is a disease.

As we traveled to the meeting, Antonio explained the principles and beliefs of AA. He explained to me that no one there will know what I do for a living. I learned how that the only thing that someone needed to be a member of the AA family is the willingness to want to be there. When we entered the meeting, everyone was very welcoming. Antonio introduced me to everyone but only gave them my name, he did not tell them any other personal information. As I listened to the stories that were shared I couldn't help but think how inspiring and strong all of these men and women are for being there. I listened to a woman tell her story of overcoming the disease and all of the demons in her life. Antonio explained how he would never be where he is today without his AA family. In between speakers I spoke with a young man next to me. He explained how he has been sober for three months and has never felt better, he is truly enjoying life now.

Accompanying Antonio to this meeting opened my eyes to many things. It made me feel grateful for what I have and how important it is to remember that not everyone has it so easy. It reminds me to always remember that you never know what someone is going through or what they have gone through in the past. One quote that especially stood out to me was when one of the speakers compared life to driving and looking through your rear view mirror. When driving you only glance at what is behind you, but then you continue to look forward. It is important to live in the present, not in the past, and how you can change from today.

My experience has taught me to understand the disease, how I can be helpful to someone that suffers from it. My good friend, whose mother is an alcoholic, lives in another country, but I am going to advise her to attend a meeting. I learned that this program is worldwide. I feel that she will have a better understanding for her mother similarly to how I did during my experience.

I think that AA is a wonderful resource and I am thankful to have had the opportunity to learn about the major impact that it has had on so many lives.

Sincerely,

Lauren Lombardi