

## How You Can Help

Individual and Group Participation will help us “Carry the Message”. We depend upon the local members and groups for necessary support to carry out our responsibilities. This support comes in the form of volunteer help and financial contributions.

Our efficiency and the continuation of services offered are related to the level of support from the groups.

- ✓ **Send an Intergroup Representative (IGR) from your Home Group to monthly intergroup meetings.** Having an IGR present at monthly meetings ensures that your Home Group has a voice at intergroup. Monthly meetings are held on the first Thursday at 6 p.m.
- ✓ **Split your group’s 7th tradition collection** as suggested in the A.A. pamphlet, *Self Support: Where Money and Spirituality Mix*.
- ✓ **Help a Committee** — Consider serving on one of our standing service committees. They’re always looking for help with their activities.
- ✓ **Volunteer** — If you want to participate in intergroup activities but are not an Intergroup Representative, feel free to attend Intergroup meetings and volunteer to help out with any activities we sponsor.

For more information, visit our website:  
[www.sussexaa.org](http://www.sussexaa.org)

## CONTACT US

If you think you have a problem with alcohol and want to stop drinking, but find you cannot quit entirely, or you have little control over the amount you drink, there are a number of ways A.A. can help. For confidential support, please contact us.

- ✓ Call 302-856-6452
- ✓ Email: [support@sussexaa.org](mailto:support@sussexaa.org)
- ✓ Go to an A.A. Meeting



I am responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that I am responsible.

### Southern Delaware Intergroup of Alcoholics Anonymous

P. O. Box 1080 • Millsboro, DE 19966

302-856-6452

[support@sussexaa.org](mailto:support@sussexaa.org)

[www.sussexaa.org](http://www.sussexaa.org)

## Southern Delaware Intergroup of Alcoholics Anonymous

Our purpose is to support the individual A.A. Groups in Sussex County, Delaware in carrying the message to those individuals who feel they may have a problem with alcohol.



“An Intergroup (sometimes referred to as a central office) is an A.A. service office established to help carry the message of Alcoholics Anonymous to a certain geographical area. It is a partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. An intergroup is established to carry out certain functions common to all the groups — functions which are best handled by a centralized office — and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.” — *reprinted from A.A. Guidelines, Central or Intergroup Offices with permission from A.A. World Services, Inc.*

## Did you know...?

Bill W. helped write an intergroup pamphlet, which was published by the Intergroup Committee of New Jersey in March 1949. On the back page of the pamphlet, Bill wrote:

“Every A.A. member wants every alcoholic in the world to have the chance that he has had. Every A.A. member wants unity for our movement. Every A.A. member wants the good opinion of medicine, religion and the general public. We know we must have these things or the new man may never get his chance.”

“The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup.”

— A.A co-founder Bill W., 1949

### A.A. 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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## Are Intergroups & Central Offices a part of Alcoholics Anonymous?

Traditionally, general service committees and intergroups/central offices have performed different functions. Central offices provide local services; general service committees maintain the link between the A.A. groups and the A.A. General Service Board by means of the Conference. So these two separate but vital service structures coexist in many areas in mutual cooperation and harmony. *Reprinted from The AA Service Manual 2018-2020 Pg S42.*

*“Unity is the glue that holds the intergroup/central offices and general services together, but it is communication that jumpstarts mutual cooperation and harmony — vital both in reaching suffering alcoholics and in being attuned to the needs of those who are recovering in A.A.”*

*— Reprinted from Intergroup/Central Offices: A.A.'s Front Line, Box 459, August/September 2007, with permission from A.A. World Services, Inc.*

Intergroups are service entities that focus exclusively on local needs (e.g. publishing local A.A. meeting lists, answering inquiries about A.A., receiving, arranging, and following up Twelfth Step calls, establishing local public information committees) and are not part of A.A.'s larger decision-making/service structure.

## What Southern Delaware Intergroup Does

- ✓ Maintain a 24-hour Helpline — This line is answered 24/7 to respond to inquiries about meetings and A.A. in general for members and the general public.
- ✓ Answer inquiries from the general public and individuals who think they may have a drinking problem, as well as field questions from treatment, court and medical professionals seeking information.
- ✓ Establish local public information committees.
- ✓ Publish up-to-date local A.A. meeting lists.
- ✓ Maintain a website listing local A.A. meetings and relevant information.
- ✓ Coordinate with the A.A. Groups in Sussex County to take meetings into various facilities (prisons, treatment centers, hospitals, etc.).
- ✓ Cooperate with the local district committees and the Delaware General Service Assembly (Area 12).
- ✓ Coordinate the efforts of intergroup committees.
- ✓ Serve as a communications center for participating groups to keep groups informed about one another.
- ✓ Order, sell and distribute A.A. Conference-approved literature.
- ✓ Sponsor special functions