

How often do A.A. members have to attend meetings?

Abraham Lincoln was once asked how long a man's legs should be. The classic answer was: "Long enough to reach the ground." A.A. members don't have to attend any set number of meetings in a given period. It is purely a matter of individual preference and need. Most members arrange to attend at least one meeting a week. They feel that is enough to satisfy their personal need for contact with the program through a local group. Others attend a meeting nearly every night, in areas where such opportunities are available. Still others may go for relatively long periods without meetings. The friendly injunction "Keep coming to meetings," so frequently heard by the newcomer, is based on the experience of the great majority of A.A.s, who find that the quality of their sobriety suffers when they stay away from meetings for too long. Many know from experience that if they do not come to meetings, they may get drunk and that if they are regular in attendance, they seem to have no trouble staying sober. *Consult the group for local custom.

Newcomers particularly seem to benefit from exposure to a relatively large number of meetings (or other A.A. contacts) during their first weeks and months in a group. By multiplying their opportunities to meet and hear other A.A.s whose drinking experience parallels their own, they seem to be able to strengthen their own understanding of the program and what it can give them. Nearly all alcoholics, at one time or another, have tried to stay sober on their own. For most, the experience has not been particularly enjoyable — or successful. So long as attendance at meetings helps the alcoholic to maintain sobriety, and to have fun at the same time, it seems to be good sense to be guided by the experience of those who "keep coming to meetings."