

*Do A.A.s have to attend meetings for the rest of their lives?*

Not necessarily, but — as one member has suggested — “Most of us want to, and some of us may need to.” Most alcoholics don’t like to be told that they have to do anything for any extended period of time. At first glance, the prospect of having to attend A.A. meetings for all the years of the foreseeable future may seem a heavy load. The answer, again, is that no one has to do anything in A.A. There is always a choice between doing and not doing a thing — including the crucial choice of whether or not to seek sobriety through A.A. The primary reason an alcoholic has for attending meetings of an A.A. group is to get help in staying sober today — not tomorrow or next week or ten years from now. Today, the immediate present, is the only period in life that the A.A. can do something about. A.A.s do not worry about tomorrow, or about “the rest of their lives.” The important thing for them is to maintain their sobriety now. They will take care of the future when it arrives. So the A.A. who wants to do everything possible to insure sobriety today will probably keep going to meetings. But attendance will always be on the basis of taking care of present sobriety. As long as the approach to A.A. is on this basis, no activity, including attendance at meetings, can ever resemble a long-term obligation.