

How BTG Works

Fill out the request form enclosed in this pamphlet and **send it** per instructions. All information will be confidential. That information will go to the District 32 Bridging the Gap (BTG) coordinator.

The BTG coordinator will use your information to **match you with a volunteer from A.A.**

The A.A. volunteer will contact you to make plans for going to a meeting together. Due to current health safety measures that meeting will likely be online.

Attend the meeting with your temporary contact. You will hear basic suggestions for sobriety that the fellowship shares and you will hear how others work the program. Use this meeting to listen and learn. **Ask for phone numbers.**

After the meeting **ask your temporary contact any questions you have.** Become aware of A.A. meetings and online etiquette. Find out where you can find meeting information and A.A. literature.

Make arrangements to attend a variety of additional meetings (up to 7) **with your temporary contact.** Learn more about how the A.A. steps work and start looking for a sponsor and home group. When you are ready, begin to share your story in meetings.

Attend meetings on your own. Find one that feels comfortable and make it your home group. Ask someone to be your sponsor. Start working the 12 Steps. Stay sober, one day at a time.

Suggestions

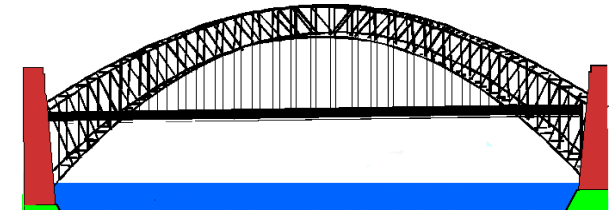
- You may not relate to everything you hear in meetings. **Take what works for you** and leave the rest.
- **Come to each meeting with an open mind.** Your old way of thinking resulted in a trip to treatment, so maybe it was not working too well. Try on new ideas.
- Listen for **ways you are the same as others** in the meeting.
- **Your willingness** to change, grow and learn **is critical to recovery.**
- Though online meetings can be found from anywhere in the world, you might want to **attend meetings based in your community.** Such meetings can begin your connection with members of A.A. that you can then meet with in-person once current health restrictions are lifted. If you do not live in our district (Algona, Auburn, Federal Way, Pacific) your temporary contact can help find those meetings. Ask them.
- **Find** a meeting that feels comfortable, has people you can relate to and that you enjoy. Make that **your home group.** It can provide a solid, continuing support system. Members of that group can become people who know you, your challenges, and successes, and they will guide you with understanding and acceptance.
- **A.A. literature** like *Alcoholics Anonymous* (Big Book), *Twelve Steps and Twelve Traditions* (12 by 12), *Living Sober* and numerous pamphlets are **readily available and helpful** on the road to recovery.



Algona, Auburn, Federal Way, Pacific
District 32 - Western Washington

Bridging@District32aa.org

Bridging the Gap



First Contact with A.A.

Request

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 recover from alcoholism.

Request for A.A. Contact

I would like a member of A. A. to acquaint me with the A. A. community through meetings and introductions to others in the fellowship.

Date _____

First name _____

Last name initial ____

Gender: _____

Phone _____

Email _____

Residence Zip Code _____

Facility _____

Location _____

I would like initial contact by:

____ phone ____ text ____ email

I like meetings during:

____ morning ____ midday ____ evening

Describe your know-how with online meetings:

___ I have an appropriate device for getting into online meetings

___ I know what to do once I have the meeting information

___ I will need some guidance getting into online meetings

Mark how important it is to you to attend in-person meetings during current health restrictions

Not				Very
1	2	3	4	5

When completed take a photo or scan this form and send to:

bridging@district32aa.org

Or tear off this section and mail to:

District 32 Treatment Committee
PO Box 4722
Federal Way, WA 98063

Hello,

Like many others, you have started or restarted your journey with sobriety. District 32 Alcoholics Anonymous congratulates you. Past experience from members of A.A. have shown that attending A.A. meetings as soon as possible can augment your initial recovery. We have also found that the fellowship of A. A. can be helpful in maintaining that newfound sobriety, and we invite you to join us. In fact, we have a program to lend you a hand.

That program, called Bridging the Gap, is to assist people with making a transition to the A. A. program. If you are interested, you can be matched to an A. A. member who will attend meetings with you and help you get acquainted and comfortable in the A.A. fellowship. This volunteer is a temporary contact to guide you with learning about the A.A. program of recovery and answering your questions. You do not have to go it alone.

Temporary Contact Guidelines

- **Your temporary contact will only be with you for a limited time** (6 to 7 meetings).
- During those meetings **look for a sponsor**; another alcoholic who has some time being sober and making progress in the program who can become a continuing contact for you. When you see/hear someone in meetings that “has what you want” you can then ask them to be your sponsor. Want more information about sponsorship? Try this pamphlet: *Questions & Answers on Sponsorship* (P-15).
- **Respect the anonymity** of your temporary contact and any others you see in meetings.
- Alcoholics Anonymous and your temporary contact are not responsible to provide housing, food, clothing, jobs, transportation, money, online devices or other welfare or social services.
- A.A. experience suggests **that men work with men, women work with women**.

Greater Seattle Intergroup

Call **(206) 587-2838** 24 hours a day to talk to a sober alcoholic.