

Body That Helps People To Overcome Drink Habit

A MEETING of "Alcoholics Anonymous" with a view to forming a local group in Galway was held on Friday night in the Town Hall, Galway. The attendance was small, but considering the fine and valuable work done by this organisation in Dublin and at other centres in the country, it is expected that a group will be formed, if not in Galway, in Connacht in the near future.

At the meeting, members of "A.A." explained in detail how they had been enabled to recover from alcoholism through membership of this association. One member now "dry" for over three years, said that after years of drinking he found himself in a mental home, and as an excuse to get out of the home he feigned interest in "A.A." But in this association, later, he found the only clue to his recovery. Although, he said, he thought at the time that life the future would be very dull without drink, he now realised how foolish and unfounded his ideas had been. He had always thought the drink and more drink was the only way to solve his own persons worries and difficulties, but, he added, when the effects of the drink had worn away, the worries were still there and more often than not had multiplied. When he first joined A.A., he said that he started by one day at a time, which is the plan set out in the rule book of the association.

Tomorrow is another day, so why worry about the future when you have enough in hand at the present.

The speaker gave a brief talk on the formation of the organisation in this country. Alcoholics Anonymous, which was first founded in America, consists of groups of men and women all over the world. It has but one purpose to help the sick alcoholic to recover. Its membership is around 90,000. A.A., he continued, is not allied to any particular faith, creed or denomination, nor is it linked with any political group. There is no entrance fee and there are no subscriptions.

The Dublin group, the speaker concluded, was the first organised group to be formed in Europe, was started in 1946, it now had a membership of 150. A.A. is a strange programme, he said, but it works. Another public meeting of "A.A." will be held about the middle of January. Details of this meeting will appear beforehand in our advertising columns.