

October 1976

The Big Book says it all

From Seattle, Wash.:

As a long-time member, sober and sane for more than twenty-four years, I want to thank J. B. of Seattle for a well-put, concise, and to-the-point statement of the actual purpose of the Fellowship of Alcoholics Anonymous (July Grapevine). I, too, believe that the Twelve Steps program of recovery from alcoholism is what we were offered and what we should continue to offer to others seeking help, or to those wondering how to help someone who has a drinking problem.

"How It Works" is told in the book *Alcoholics Anonymous*. What the founders did and precisely what we can do is set down in simple words in the first eleven chapters. We are told that we can do certain things each day, develop new habits, totally new attitudes; that our reprieve is contingent on the maintenance of our spiritual condition.

ANONYMOUS