



Members Guide to PI

We may be thinking how do we start PI (Public Information).

Well let's use the Big Book of Alcoholics Anonymous and see what they did to pass on what was freely given.

Matching with our own experience to find places we can go to carry the message.

Tradition 5: Each group has but one primary purpose - to *carry* its message to addict that still suffers

carry

*support and move (someone or something) from one place to another
transfer, move, take, bring, bear, shift, transport.*

The first thing we realised is we need to write a list of ideas of places we can go to. (*directory*)

So let's go to *Chapter 7 "Working with Others" Pg. 89, Alcoholics Anonymous*

"Perhaps you are not acquainted with any drinkers who want to recover. You can easily find some by asking a few doctors, ministers, priests or hospitals."

So here is the start of our directory:

- Doctors /surgeries
- Churches or religious places
- Hospitals

What we did now is look at our experiences of our lives and where we had been to get help or been referred to.

Whilst we were in the madness we came across social workers, support workers, solicitors etc.

Could they not be people that would come across addicts and alcoholics? Well, they came across us so why wouldn't they come across more?

Let's look at *Chapter 9 "The Family Afterward" Pg. 124, Alcoholics Anonymous*

"Henry Ford once made a wise remark to the effect that experience is the thing of supreme value in life. That is true only if one is willing to turn the past to good account. We grow by our willingness to face and rectify errors and convert them into assets. The alcoholic's past thus becomes the principal asset of the family and frequently it is almost the only one."



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This painful past may be of infinite value to other families still struggling with their problem. We think each family which has been relieved owes something to those who have not, and when the occasion requires, each member of it should be only too willing to bring former mistakes, no matter how grievous, out of their hiding places. Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. Cling to the thought that, in God's hands, the dark past is the greatest possession you have - the key to life and happiness for others."

CA Members experience - past and present:

"Toward the later days of my active addiction I found myself in the dubious position of working as a professional in the recovery field with the very people who had once 'treated' me. I had managed to convince most people that I was fully recovered when in fact I had simply swapped the syringe and the pipe for the rolled-up bank note and the bottle. I managed to hold down this charade for more than 5 years and worked my way up the ranks, in no small part due to my well-learned skills of manipulation. In this time, I amassed a large network of professionals in not only the recovery industry but the social sector of my home city. The silver lining to this story is that today I truly am recovered thanks to working the 12 steps of the Big Book and the loving fellowship of Cocaine Anonymous. I now use this same network of professionals to spread the message of true 12-step recovery through my work on the P&I committee. I now go back through all my old contacts and open dialogue with them about all that CA are doing in their area. The P&I committee has been fantastic in providing a wide range of literature to facilitate our mission to spread the message of recovery to the still suffering addict in our city. This has been a wonderful experience and has not only allowed me to make amends and rebuild bridges but my unique knowledge of the social sector in Birmingham has also allowed me to be of real service to this beautiful fellowship of men and women who have found freedom from addiction. "

CA member

So examples of places or organisations:

- Solicitors
- Hospitals
- Treatment centres
- Police station
- Day care centre
- Community projects
- Domestic abuse centres
- Hostels
- Citizen advice

Share ideas with each other, brain storm. Yes use the technology, **google**.



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Let's go to Chapter 11 "A Vision For You " Pg. 163, Alcoholics Anonymous

"We know of an A.A. member who was living in a large community. He had lived there but a few weeks when he found that the place probably contained more alcoholics per square mile than any city in the country. This was only a few days ago at this writing. (1939) The authorities were much concerned. He got in touch with a prominent psychiatrist who had undertaken certain responsibilities for the mental health of the community."

"Arrangements were also made with the chief psychiatrist of a large public hospital to select still others from the stream of misery which flows through that institution."

What next?

So we get postcodes - areas locally that we can drive or walk to.
We then section each place we have found into postcodes.

So, for example B5

- Churches
- Community centres
- Hospitals
- Prison
- Treatment
- Doctors
- Projects

We do that for each postcode, which makes it easy. Members can go out and do one location, if 3 teams of 2 go out, each can cover a postcode area.

Now for the directory

We divided it into an inventory sheet:

Postcode: B5					
Venue	Address	Date	What is CA?	And all other mind altering substances	To the Newcomer
Churches					
St. Helens		04/06/2017	2	2	2

You then make note of where you went and what pamphlets were given out.

This then will help your PI literature person know how much they need to request from your District or order if you are a loner group.



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It also will give you a date that you attended, and you could then go back every 2 to 3 weeks and see if they need any more pamphlets or posters.

This keeps the relationship building between your committee and the professionals.

Literature

As a member of CA, I take responsibility in keeping track of new posters and what's going on in other Districts and Areas.

Our Chair for PI Outreach Birmingham put together a drive that all posters can be found. This also has a letter to professionals and GP's on there to. This will make it easier for printing.

<https://1drv.ms/f/s!ALK0hMVyk2qQmwMMoXBJfKuFC1S5>

If posters have other details, be aware of what your Area or District website and helpline number is. You may also have a PI committee phone or email address that can go on there too.

I would get everything approved/ratified first before printing!!

Tradition 1 (short): personal recovery depends upon CA unity

We need each other sharing inspiration and ideas!

There are so many people doing amazing things, speak to them!

If you don't know anything about PI or other committees, find out when and where your next District/Area service meeting is and go along as a visitor. Whether you have taken the 12 steps or not it doesn't matter!

My experience was until I went and had a look, sat in on one of the District Service Meetings, I didn't know what all this was about.

(ask your **GSR** when your next District Business Meeting is or who you can speak to about PI or other standing committees).



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Video of members pack

Member's packs and you can put other pamphlets in there too.

Member's packs

Business cards

(Remember to use the approved CA logo)

Pamphlets we normally use:

- What is CA?
- And all Other Mind-Altering Substances
- To the Newcomer
- A Guide to the 12 Steps

Think of where you're going - other pamphlets may help too.

Getting members involved in PI Outreach

So as members who have taken the 12 steps we may find that service in our home group is not available. Sponsors can show and guide sponsees to service in the wider fellowship.

Let's go to "Doctor Bob's Nightmare" - Big book Pg. 174, Alcoholics Anonymous

"The question which might naturally come into your mind would be: "what did the man do or say that was different from what others had done or said?" It must be remembered that I had read a great deal and talked to everyone who knew, or thought they knew anything about the subject of alcoholism. But this was a man who had experienced many years of frightful drinking, who had had most all the drunkard's experiences known to man, but who had been cured by the very means I had been trying to employ, that is to say, the spiritual approach. He gave me information about the subject of alcoholism, which was undoubtedly helpful. Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language. He knew all the answers, and certainly not because he had picked them up in his reading. It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted. My health is good and I have regained my self-respect and the respect of my colleagues. My home life is ideal and my business is as good as can be expected in these uncertain times. I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. *Sense of duty.*
2. *It is a pleasure.*
3. *Because in so doing I am paying my debt to the man who took time to pass it on to me.*
4. *Because every time I do it I take out a little more insurance for myself against a possible slip."*



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CA members experience (wider fellowship)

"On first becoming a member of Cocaine Anonymous I was only aware of service positions within the meetings themselves, such as: Meeting Chair, Refreshment Technician & the Literature person. I soon found out that was just a very small part of a much wider fellowship.

Service in Cocaine Anonymous plays such an important & vital part in being of maximum service to the addict that still suffers.

If there is not a service position within the home group meeting then there are many other opportunities for a CA member to get involved with.

The benefit of service in the wider fellowship is not only for yourself but it puts you in a greater position to network with other CA members, I've found this extremely important for my own development.

As I am now known as an active member of Cocaine Anonymous, I am better situated to be contacted if there is someone who needs help or sponsorship.

If it weren't for CA members giving themselves freely in service commitments, such as Hospital & Institutions I would not be here today. For that I am eternally grateful, I owe my life to Cocaine Anonymous."

CA member

PI Outreach

When we meet up with a sponsee for face-to-face time we arrange a day that we do some PI. This means that even if someone is on step 1 or step 4, wherever they are in the steps they can experience what PI is.

Bring them along with us and demonstrate through our actions how to carry the message.

Members who have not taken the 12 steps can go out with any member that has.

Let's go to Chapter 6 "Into Action" Pg. 79, Alcoholics Anonymous

"Reminding ourselves that we have decided to go to any lengths to find a spiritual experience."

CA members experience

I haven't taken the 12 steps but still do PI - wow!!!

"I was sat in the doctors and looking straight ahead at me was a CA poster. I was part of that through PI. I felt very emotional and felt purpose, meaning and value.



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This brought me back to the first time I went out with my sponsor to do PI. I was in the middle of my step 4. I agreed to do it as I said I would go to any lengths. I was willing to do anything for my recovery. Also my sponsor had shown me that this is what she did to carry the message.

We went to do a PI talk to ladies and men in early recovery. I could identify with them and saw that my experience of me being in treatment they saw a person that had been through the same process getting well. I felt that I understood that there was a purpose and it felt amazing to help another suffering addict.

They related to me and also I saw hope through the 12 step program. I continue to do PI on a regular basis. It's given me confidence that wherever I am in recovery I can always help another alcoholic or addict in finding the solution from alcoholism or addiction.

I remember now all the places I sat during my addiction and never saw a poster, that drives me and now I will follow what my sponsor did and take my sponsee out with me doing PI too. So it doesn't matter what part of the programme you are at you can do Pi too."

CA member

What can you do!

There are so many ways to carry the message to the addict that still suffers. Sometimes we find that our professions may stop us from being able to go into places to have conversations around CA. However, we need to see what we can do not what we can't.

Question one

Can I google places and get that information to outreach?

Question two

Could I make a phone call explaining what we do and informing professionals where the meetings are?

(Members who have taken the 12 steps)

(Professionals can attend an open meeting)

Question three

Could I put some posters up?

(if you haven't completed the 12 be with someone that has)

Question four

Could I give my service by driving members to places on the list to visit?

Question five

Can I put myself forward to be on the committee?



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Question six

Could I speak to my GP, social worker about my own personal experience?

Let's go to Chapter 11 "A Vision For You" Pg. 155, Alcoholics Anonymous

"But what about his responsibilities—his family and the men who would die because they would not know how to get well, ah—yes, those other alcoholics? There must be many such in this town. He would phone a clergyman. His sanity returned and he thanked God. Selecting a church at random from the directory, he stepped into a booth and lifted the receiver. His call to the clergyman led him presently to a certain resident of the town, who, though formerly able and respected, was then nearing the nadir of alcoholic despair."

CA members experience

I work within drug and alcohol sector so how can I do PI?

"I had always assumed that I couldn't be involved in PI service as I work in the treatment sector in the local area but have learned that there's a lot more to PI than talking to treatment professionals."

I'm now the local PI Committee Chair, which means I chair our monthly committee meeting, try to support our PI Outreach and PI Literature fellows and keep everyone updated on our WhatsApp group.

Our PI Committee is getting posters and introduction letters printed up at the moment ready for some PI work in the next few weeks and there's plenty of ways in which I can be active – identifying local organisations online for targeting and dropping PI information off to non-treatment venues such as hostels and pubs.

My Home Group has also recently joined the Midlands District and so we are starting to link up with others with PI experience and great ideas. Getting involved in PI work locally is an exciting way to carry CA's message of recovery to addicts and alcoholics, spend time with Home Group members and meet other CA members from further afield."

CA member

Reaching Out

Our CA reading at the end of some meetings.

"I made it into this Program because someone else worked their Twelfth Step on me. Someone passed it on to me. Someone was out there after they got clean and sober, caring about others. I need to never, ever forget that. Had they simply gone on with their lives and forgotten about people like me who were still out there using and suffering, I wouldn't be here today. My gratitude begins with that fact. It is with that gratitude in mind that I reach out to others, especially the newcomers. I need to have them in my life. That is where my spirituality begins."



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Reading the book I realised that in so many parts they tell us how important committees are and the service outside of meetings is.

We can find that we have so many strengths that now can benefit others. - to carry the message and be of service to others.

Let's go to *Chapter 7 "Working with Others"* Pg. 102

"Your job now is to be at the place where you can be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful."

CA members experience - being of maximum service

"I took on service in PI so I could give back and try to carry the message that was so freely given to me.

When I came to the meetings for the first few times I didn't know how I could contribute. A lot of my fellowship where in addiction for a long period of time and I felt as I was younger, maybe my experience was not going to be enough to help another suffering addict.

When it first became obvious to my family that I loved drugs and drinking myself into a coma, it broke them. I come from an Indian background and they had never come across this behaviour before. As I went on, I had pushed them so far away that any relationship with them was non-existent.

As the progression of illness got worse, my father did something not a lot of Asian fathers would do - communicate with me. I was fortunate and I was honest with him. Now I go to my meetings and try to rebuild the damage I have done.

I now see how I can reach out and that is helping other addicts but also approaching Asian women and identifying with them - that we all can suffer from the this illness and shouldn't be ashamed. It's taboo to discuss such things in the community but if I can be of any service to an addict and carry the message, maybe it can start opening up more room for discussion.

I've contacted some Asian women's centres in Birmingham and I had a chat with some of the people who work there.

It was clear that they found some ladies that may have the same problem, which needs to be addressed.

They were happy to speak to me and I'm going to hand over information packs. From that one place, we were even asked if we could do a talk. I would love to be able to work with addiction within the Asian community, as I know I struggled with it myself and tried to hide my addiction. Now I feel free."

CA member