

## Alcoholics Anonymous Bridging the Gap - Utah, Area 69

Getting back into the “real world” isn’t always easy for an alcoholic. Many of us had never been sober on the outside, and we admitted that our first days out were often frightening. Sometimes, we didn’t know if we would stay sober.

Most new members of A.A. usually understand they can’t make it alone. The dilemma for some of us was that we weren’t sure we could make it in A.A. either. We said things to ourselves like, “Where can I find a meeting I will feel comfortable in?” or “Who will I be able to trust?” It was tempting to give in to old ideas like “I won’t fit in,” or “I’m different.” Lots of alcoholics think like this. We did.

Many of us who have made the change to sober and happy lives in our communities still remember the first few days on our own. It was hard to know what to do. Now we see that our experience can be helpful to other alcoholics in the same situation. The purpose of Bridging the Gap is to assist the new member preparing for release from a treatment or correctional facility make a successful transition to Alcoholics Anonymous in the community where they will be living.

Bridging the Gap in Utah, Area 69 is a program of alcoholics helping other alcoholics. We are not connected with any other group or institution. The only thing we want from this work is the satisfaction of helping another alcoholic. Being alcoholics ourselves, we know that the people you meet in your first days after release could make all the difference in your sobriety. We hope to hear from you soon.

To contact us, please write to:

District \_\_\_\_ Bridging the Gap (or) Area 69 BTG  
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P.O. Box 648  
Sandy, Utah 84091  
[www.utahaa.org](http://www.utahaa.org)

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