

## What is Secular AA?

Part of Alcoholics Anonymous, secular AA is a recognized *special composition group* catering to agnostics, atheists, and freethinkers. Our format is secular, and everyone is welcome. We aim to help anyone find sobriety, regardless of what they do or do not believe.

Secular AA is also an International Contact, as part of the global AA community, and therefore does not geographically limit the AA groups it serves and is accountable to. Further defined at [www.aasecular.org/about-us](http://www.aasecular.org/about-us)  
Youtube Channel: @secularaa7795

The General Service Office of the US and Canada recognizes secular groups, and AA International Conventions host secular speakers, workshops and hospitality suites.

Since 1975, the book, Living Sober, has offered 31 practical (secular) AA tips for getting the most out of a sober life. The pamphlet, The "God" Word: Agnostic and Atheists AA Members, and AA Grapevine's book, One Big Tent, now offer experiences of nonbelievers' many paths in AA navigating our fellowship and program.

## Why Secular AA?

Minority populations within AA have always gathered to safely discuss issues specific to that population within a recovery context. In fact, atheists and agnostics helped to write the Big Book, softening the god talk with 'Higher Power' and 'as you understand Him.'

Many meetings begin with a reading of the AA Preamble, assuring all that AA is not allied with any religious sect or denomination. Accordingly, no prayers are recited, fostering an open and inclusive environment for atheists, agnostics and those not affiliated with any religion. In the US, that amounts to over a fourth of all adults.

AA's own surveys of its membership show that in the 21st Century, AA is growing older. Young people seem to be seeking alternative recovery programs that don't promote AA's theism. Pew Research found in 2022 that over 40% of those between 20 and 34 are religiously unaffiliated. Secular AA is a safe home for this demographic.

## But what about all the god stuff in the steps?

Founder Bill W. spoke at the 1953 General Service Conference on 'Variations in the Twelve Steps and Twelve Traditions,' commenting, "The more we insist on strict conformity with these Steps and Traditions, the more resistance against them we create."

Embracing the slogan, "Take what you like and leave the rest," the secular AA community has rephrased both Steps and Traditions, and published many different versions, each capturing the principles raised. Several recovery books not "Conference approved" by AA now illuminate a path for the recovering alcoholic who rejects religious thought.

We share a common bond with all AA members, but not a common belief system. Secular groups have widened the doors of AA for more alcoholics to find sobriety — exactly the primary purpose of Alcoholics Anonymous.