

For the



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Loners-Internationalists Meeting (LIM)

Bulletin

Correspondence Service

Chuck W. (Loner Sponsor)

LIM Committee

Chapter 3 Group, Sandy Springs, GA

Area Zone 13A

LIM is a confidential bi-monthly bulletin sent to Loners, Homers, Internationalists, Port Contacts and Loner Sponsors.

The meeting in print contains recovery shares from LIM Members' letters/emails to the G.S.O. LIM Coordinator. The LIM Coordinator is a floating assignment at G.S.O. which is tagged onto a staff members' primary staff assignment.

A G.S.O. Staff member coordinates the correspondence service with LIM Members who fit one of the fore-mentioned categories.

The confidential bulletin and LIM directory is only sent to members who are listed members of LIM.

Historical Note:

1. When LIM began, long distance phone calls were costly and there was no internet.
2. Today with cell phones and the internet that spans the world, LIM members take advantage of Online Meetings/ Groups and Telephone Meetings as well as the A.A. Online Intergroup.
3. Additional opportunities for service at those groups through the Online A.A. Intergroup (autonomous of G.S.O.) <http://aa-intergroup.org>

LIM Categories

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A **Loner** is an A.A. Member, who is unable to attend meetings on a regular basis due to his or her (both) remote areas of residence in their country.

A **Homer** is an A.A. Member, who is unable to A.A. Meetings because of other health and physical disabilities.

An **Internationalist** is an A.A. Member, who travels on ships and other seagoing watercrafts (Cruise ships, freighter ships, and yachts, etc.) for periods of time.

A **Port Contact** is an A.A. Member who provides service for Internationalists when their seagoing watercraft is in port.

LIM Categories (Con't)

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A Loner Sponsor is an active A.A. Member who are active in local A.A. Meetings and provide shares about his or her emotional, mental, physical and spiritual experiences in daily recovery and their group activities with Loners, Homers, Internationalists and Port Contacts through correspondence.

Currently, there is an influx of the LIM category of “Loner Sponsor” (those who have access to in-person A.A. meetings).

A Loner Sponsor is not a “Loner” or a “Sponsor” in a traditional sense of service.

LIM Categories (Con't)

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Loner Sponsors are not being added at this time. This may change in the future.

From our shared experience, though some correspondence between members may turn into a more “traditional” reflection of an A.A. Sponsor, most Loner Sponsors simply just share their experience, strength and hope with their A.A. meeting perspective, just as a Homer or Loner will share their own experience.

It may be helpful to know that if “traditional” A.A. sponsorship develops, a Internationalist, Homer, or Loner can also sponsor an Internationalist, Loner, Homer or Loner Sponsor.

We never want to give an impression that sponsorship is limited to only those who attend “in-person” meetings or that recovery can only be found at “in-person” meetings.

Birth of the LIM

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On **March 28, 1946**, Captain Jack, a sailor on oil tankers who found sobriety in A.A. sent a letter to G.S.O. and asked if the office would provide information on A.A. contacts in port cities. He needed to reach out to other members through correspondence.

In **1949**, the first LIM Bulletin termed ***The Internationalists Round Robin***, which was just a few pages of excerpts from letters received at G.S.O. and then mailed to a small number of **Internationalists** who reached out for help from alcoholism from remote areas of the oceans and ports. By 1963, the bulletin mailed to members at sea consisted of 5 to 6 pages

Captain Jack had a 3 part article, "A Loner at Sea" published in the 1948 October, November and December issues of the A.A. **Grapevine**. This event enlightened the Internationalists A.A. Meeting by mail.

A G.S.O. staff member suggested that Captain Jack start a "Round Robin Meeting" through letters. He suggested the meeting by letter be titled, ***"The Far East Internationalist Group"***.

Birth of the LIM (Con't)

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This group opened the doors of recovery from alcoholism to lone members stationed ashore in the Far East and men sailing the seven seas under the flags of different nations.

*In 1976, an A.A. **Loners Meeting** and the A.A. **Internationalists Meeting** merged and became known as the **Loners Internationalists Meeting**. Since March-April issue in 1980, the bimonthly LIM has been printed on yellow pages and mailed to all members of the LIM worldwide.*

The worldwide phenomenal growth of Alcoholics Anonymous is attributed to Captain Jack and hundreds of Internationalists who traveled and continue travel the seven seas carry a message of hope through recovery to others wherever they drop their anchors.

Birth of the LIM (Con't)

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Captain Jack passed away in December 1988. He was 91. His passing occurred a few months after his 42nd A.A. Anniversary. He retired and lived in Portland, ME where he was very involved in service to our Fellowship. He continued correspondence with LIM Members and answered letters from LIM Members worldwide.

Which Members-at-Large Need Help Within Our Local Areas?*

The current concerns with service our A.A. Members are ones who are not able to attend regular meetings in their communities due to other health disabilities and are “home bound” per se.

These members can be encouraged to be listed as “Homers” with the LIM Desk.

As a LIM member, we can reach out to help these members locally, nationwide and internationally.

If the Homer member lives near another LIM member (Loner, Internationalist), are you willing to help setup a meeting at their home senior living facility?

*Anyone who is listed as a Loner or Internationalist who is willing to help another person in a remote type of setting is sponsoring the member

How Do I Become A LIM Member

1. Each A.A. member needs the ability to read and write in English.
2. Each A. A. member needs to adhere to maintaining the anonymity of LIM members and not openly share the LIM Bulletin with non-LIM Members or non-A.A. Members.
3. Send an email to “Loners Assignment” <lim@aa.org>. In your message, ask the LIM Desk to send you an **Application Form**.
 - a. Then chose if you want to join as a **Loner**, a **Homer**, an **Internationalist** and/or a **Port Contact**.
 - b. Complete the form and mail it to the address listed on the form (Next Page)

How Do I Become A LIM Member (Con't)

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To participate, an A.A. member needs to be able to read and write in English. A.A. members who fit a LIM category may contact: Loners Assignment, c/o General Service Office, P.O. Box 459, Grand Central Station, New York, NY 10163; or email: lim@aa.org. Please print or type information requested and return this form or information to G.S.O.: Yes, I want to join (check ONE only):

Loner_____ Homer_____ Internationalist_____ Port Contact_____

Full Name_____

Mailing address_____

City, State/Province, Postal Code, Country_____

Email address_____

Telephone number_____

Average Number of Participants in LIM per Day

Here are the current numbers of participants in the
Loners Internationalists Meeting
(give or take, day to day.)

Total: 309

(H) 96

(I) 18

(L) 51

(LS) 117

(PC) 27

I would to thank all of my Brothers and Sisters in Sobriety for their service that helps each of us to carry a message of recovery to others who are looking for wellness through recovery from alcoholism accomplished by action and planning encompassed by working A.A.'s suggested program of recovery.