



Pass It On

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Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

The principle that we will find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

- Twelve Steps and Twelve Traditions, p. 22

Step 1 We admitted we were powerless over alcohol — that our lives had become unmanageable.

Tradition 1 (Short Form) Our common welfare should come first; personal recovery depends upon A.A. unity.

(Long Form) Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

Concept 1 (Short & Long Form) Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our fellowship.

On Cultivating Tolerance

By Dr. Bob Smith

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior - which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another - and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important - is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

From the editorial column of the July 1944 AA Grapevine

FROM THE EDITOR'S DESK

I hope and pray that everyone had a safe and happy New Year and a wonderful holiday season - and that the New Year turns out to be a better one for all.

Thank you to all who helped with the Central Office/Intergroup Alcathon and thanks to all who showed up to attend - it was a huge success, and wouldn't have been so without your help and/or participation!

If you haven't noticed, the Sobriety Birthday section of Pass It On (page 5) is shrinking. Please submit your (or your group) sobriety birthdays according to the guidelines at the bottom of this section. Twenty years ago the sobriety birthday section filled a whole page and today.... I know Albuquerque hasn't been shrinking, and neither has AA. Step up and be of service to your group and submit sobriety birthdays monthly.

Article submissions are nil (zero). I don't know about you, but I'd much rather read an article penned by a local AA than a reprint from Grapevine or Box 459. If you, or somebody you know likes to write, PIO could sure use some submissions. Personal stories, articles on sobriety/recovery topics (steps, traditions, concepts, love, tolerance, surrender, acceptance, prayer & meditation, spirituality, the recent Alcathon, conventions, assemblies, etc. etc.) - anything having to do with AA and/or sobriety/recovery is appropriate. Articles should be 300-500 words (although shorter is OK and longer will be considered) and submitted to PassItOn@albuquerqueaa.org

There are lots of events coming up (see the AA Events Calendar on page 6). There's an Area 46 Assembly in Albuquerque in March and convention season is almost upon us. I don't know about you, but I'm excited about being able to do 2 conventions in Taos (the Area 46 Convention and of course the Taos Mountain Fiesta) this year.

SUBMISSIONS for PIO publication (articles, stories, announcements, flyers, sobriety birthdays, etc.), letters to the editor, questions, comments, suggestions and constructive criticism are always welcomed at PassItOn@albuquerqueaa.org and will receive a prompt reply and appropriate consideration for publication. Please note that submissions for publication must be made by the 15th of the month prior to the month desired for publication in order to be considered.

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Albuquerque Area Business Meetings

Intergroup Rep. Meeting
2 pm, 2nd Sunday, Brownbaggers

District 3
2 pm, 2nd Saturday
Call the DCM for location

District 11
9 am, 2nd Saturday
Harwood Methodist Church
420 San Lorenzo NW (at 4th)

District 12
10 am, 2nd Saturday, Heights Club

District 13
10 am, 2nd Saturday, St Thomas of Canterbury
425 University Blvd NE (1 blk N of MLK Blvd)

District 18
9:00 am, 2nd Sunday
St. Paul's United Church, 2701 American Road
SE, Rio Rancho

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On Tradition One

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

Editorial by Bill W.

A.A. Grapevine, December, 1947

“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.”

Our whole A.A. program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--“a small part of a great whole.” Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, “Our common welfare comes first.”

“Does this mean,” some will ask, “that in A.A. the individual doesn’t count too much? Is he to be swallowed up, dominated by the group?”

No, it doesn’t seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no “musts.” Few A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don’t discipline. Instead, compliance or non-compliance with any principle of A.A. is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, “Judge not,” we observe most literally.

“But,” some will argue, “if A.A. has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?”

The answer seems to be that we A.A.s cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, “our common welfare comes first.” Rebellion ceases and cooperation begins because it must; we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no A.A., and that without A.A. there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. We humbly confess that we are but “a small part of a great whole.”

Bill W., The A.A. Grapevine, December, 1947

"No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master." - Alcoholics Anonymous (Big Book), page 8

➤ Central Office encourages all groups to elect an Intergroup representative. Join us at the next Intergroup meeting the second Sunday of every month, at 2 pm, at the Brownbaggers. ◀

Intergroup Rep. Meeting Minutes December 9, 2012

Open @ 14:00

Open/ Attendees - Kristen E.- Grateful Girls, Paulan E.- Foothills, Henry L.- Seeking Serenity, Sharon H.- Any Lengths, Tom R.- Seeking Serenity, Jerry K.- In The Book, Art L.- El Centro, Martha M.- Promises, Christy O.- Promises, Becky L.- Isleta, John C.- Live & Let Live, Michael U.- Dawn Patrol, George B.- Singleness of Purpose, Steve R.- Saturday Night Alive, Michael W.- Too Much for Us, Alli V.- Singleness of Purpose, Mac L.- How it Works, Morgan D.- Straight Pepper Diet, Debra K.- Brown Baggers, Heather G.- QIOF, Al J.- Still Seeking Serenity, Linda E.- Any Lengths, Janet B.- ODAAT, Kris O.- Serenity Group, Aaron C.- Too Much for Us, Michael W.- Westside AA, Skitch F.- Isleta, Ilse G.- Dawn Patrol, Joe K.- Live & Let Live

Minutes - Minutes from October's meeting accepted. Minutes from last month (November) accepted.

Treasurer's Report - Group contributions down this month. Report includes a graph of group contributions from the last year. New computer and Peach tree software is up and running. Still waiting for reply from IRS penalty. Total Revenues: \$6,950.74, Cost of Sales: \$3,197.31, Gross Profit: \$ 3,753.43, Total Expenses: \$6,009.86, Net Income: \$(2,256.43). So our net income is in the red, but less so compared to this month last year.

Central Office Coordinator - Desk pretty normal: Phone calls- 806, Walk-ins- 267, Web Hits: 2998. Desk report includes group contributions on the back. Pam and I did few more shifts compared to last month. Computer is working great. Looking at other central offices and see that many are doing as bad as or worse than ours financially. I am able to watch our checking account more closely with the new account at Credit union. What is our prudent reserve? \$18,000

Alternate Central Office Coordinator - Absent

Member at Large Absent

Pass it On - Article contributions are still at zero. I would really like some local stuff to put in the PIO. Sobriety birthdays are steady, but would also like those to increase. Please include first name, last initial, amount of years, and sobriety date. Please submit events to me by the 15th of the month. We only had four events (submitted) last month, but I know we had a lot more.

Media Librarian - Trying to wrap up this job. I have gotten a bit behind- personal things have come up. I have been on this committee for about 8 years now, and don't think I will stand for another position. Thank you for letting me be of service.

Schedule Editor - New schedule is at the printer and won't be ready for about a week. If you need more, please print (8 1/2 x 11) it from the web site.

Community Outreach - Absent

Special Needs Coordinator - Absent

Web Guardian - Got the new schedule posted. Getting more pictures for the alcathon raffle up on the web site.

OLD BUSINESS - Elections: 5 Positions available (Jeremy reads job descriptions). 1.)

SOBRIETY BIRTHDAYS

ISLETA November: Brenda 30 days; Erica & Valerie 3 months; Frank, Michelle & Jacob 1 year; Gary 3 years; Juanita 5 years; Alfred 6 years; Joe 12 years; John 20 years; Lonnie 25 years

SINGLENESS OF PURPOSE November: Patrick J. 35 years

Please submit your sobriety birthday(s) (including homegroup, name, sobriety date & length of continuous sobriety) to PassItOn@albuquerqueaa.org. Failure to properly submit s-b days may result in non-publication.

Treasurer: Aaron standing, no one else. Been working with central office a long time and have experience with financials. Martha motions to accept him as treasurer- wins by acclimation. 2.) Member at Large: Debra K. standing, no one else. Very interested in central office, and want central office to operate at its best. Michael motions to accept her as member at large- wins by acclimation. 3.) Community Outreach: Mike standing, no one else. Mike: Most of my service has been in starting up groups, and recently moved back to Albuquerque, but interested in central office. Christy motions to accept him as community outreach- wins by acclimation. 4.) Media Librarian: Christy standing, no one else. Christy: Have long history of copying cd's and pirating tapes. I am very interested in this job. Mike motions to accept her as media librarian- wins by acclimation. 5.) Web Site Coordinator: Alli standing, no one else. Deborah motions to keep Alli as web coordinator- wins by acclimation. **Alcathon:** Brought some new flyers with top 12 reasons to support Inter Group. Only have two meeting slots open. Midnight and speaker meeting after the potluck. Need raffle items- go online to register so we can know how many will be going as well as being able to contact you if you have a raffle item to donate. Michael- I have noticed that people are going to come, but may not be willing to register.

NEW BUSINESS - Jeremy: As reps, how do you carry the message from what goes on here back to your groups? Chris: I go back and talk about the meeting only in the group conscience, which isn't a lot. Mike: I just tell them about what is going on, but a lot of people are not interested. Heather: I type up something, but do more of events coming up. I also put that stuff in a book that we pass around. Martha: We pass around notebooks with flyers and PIO's. George: We announce general events during the meeting. Then at our group conscience and I give some highlights of the IG rep meeting. I also type something up to keep in our records. Henry: We also pass around a binder with announcements and PIO's. Rosie: We need to talk about what central office does one on one and in group. Mark: Group Conscience is where I give a report and I encourage them to read the PIO. Becky: I take back the message.

GROUP ANNOUNCEMENTS - Becky: New Year's Eve party. Potluck at 6pm, speaker at 7:30, and dance at 9pm at Isleta club. Chris: Serenity group having Christmas candle light meeting. Janet: On the 1st Tuesday of every month there will be a concepts meeting from 6-7. Straight Pepper Meeting of Lights, December 21st at 8pm @ St. Marks on the Mesa church.

Close @ 1504.

FREE PASS IT ON EMAIL SUBSCRIPTION

You can receive the **Pass It On** each month for **FREE!** Just go to albuquerqueaa.org and sign up to receive the monthly newsletter via email. Be the first to read Pass It On right from your inbox. Your email address will be kept confidential and you will receive only one message per month.



Central Office Always Needs Desk Workers

Requirements for this service opportunity are six months of sobriety, a sponsor and a home group. A desk shift at Central Office can enhance your sobriety. It can broaden your view of the service structure of your group, your district and your area. And it's fun!

Call Central Office today at 266-1900.

AA EVENTS CALENDAR

Friday January 11, 2013

Cosmopolitan Group 30th Anniversary Potluck & Speaker Potluck 6:30pm, Speaker Bolesio "Buzz" R. 8pm. Rio Grande Presbyterian Church, 600 Coors Blvd NW, Albuquerque (I-40 West To Coors Blvd. South)

Saturday January 12, 2013

District 3 Business Meeting Round Up Group Host 1467 Hwy 314 Los Lunas NM Pot Luck: 1:30pm Meeting 2:00 pm Guest: TBA

Saturday January 19, 2013

Corrections: State Correctional Facility Training For those taking meetings into correctional facilities including the Women's Correctional Facility in Grants, 8am - noon, Fellowship Baptist Church, 8550 Saul Bell NW. This is just west of Unser between Los Volcanes and Bluewater.

Saturday January 19, 2013

Area Assembly Planning Meeting

Potluck at noon, Meeting at 1pm. St. Thomas of Canterbury Church, 425 University Blvd. NE, Albuquerque

Saturday January 26, 2013

Winter White Out Potluck, Speaker & Dance Non-smoking event. Potluck 6:30pm, Speaker 7:30pm, Dance (DJ Steve R.) 9:30pm-Midnight. (\$3 singles, \$5 couples for the dance). Sponsored by the Blackouts Group. Heights Club, 8520 Marble NE, Albuquerque, (505) 266-8952

Saturday March 2 - Sunday March 3, 2013

Area 46 Assembly

Hosted by District 12. Ramada Hotel, Eubank & Constitution, Albuquerque. Please register early for room reservations to help with reducing rent for the meeting facilities (505-296-4852, code CGAA for Area 46 Assembly Group).

Friday June 7 - Sunday June 9, 2013

Area 46 New Mexico State Convention Events & Activities: Speaker Meetings, Young Peoples Meetings & Speaker, Area 46 Talent Show, Art Raffle, Workshops, Saturday Evening Banquet & Dancing, Meditation & Alcathon Meetings, Al-anon Meetings, Hospitality Room. Full program is available at www.nmaastateconvention2013.org - Sagebrush Conference Center

1508 Paseo Del Pueblo Sur, Taos, NM. Hosted by District 14

For more and/or updated information on Albuquerque and New Mexico AA Events go to: <http://albuquerqueaa.org> and <http://www.newmexicoaa.org/>. For other AA events nationally and worldwide visit www.aa.org.

SUBMIT YOUR AA EVENT TODAY to: PassItOn@albuquerqueaa.org

November 2012

Monthly Service Activities Report

PHONE CALLS	NOV12	OCT12	NOV11
Information	626	673	629
12-Step	18	20	26
Al-Anon	9	16	17
Message	57	60	47
Other	96	106	107
TOTAL	806	875	826

WALK INS

Information	15	30	9
12-Step	4	0	1
Al-Anon	0	0	0
Schedule	6	11	8
Purchase	140	161	161
Media	4	3	2
Message	7	4	2
Casual	54	56	26
Other	37	29	22
TOTAL	267	294	229

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	2998	3050	2741
Number of Visits	5274	5390	
Pages	21,159	21,407	

DESK WORKERS*

Regulars	48	48
Substitutes	32	32
TOTAL	80	80

DESK SHIFTS*

Weekdays	132	138
Weekends	40	40
TOTAL	172	178

WEEKDAY SHIFTS*

Worked by Regulars	108(82%)	98(71%)
Worked by Substitutes	24(18%)	40(29%)
TOTAL	132	138

WEEKEND SHIFTS*

Worked by Regulars	28(70%)	30(75%)
Worked by Substitutes	12(30%)	10(25%)
TOTAL	40	40

NIGHT SHIFTS NOT COVERED 1 0

SHIFTS WORKED BY MICHAEL

4 - 3 hr (12)	12 hrs
0 - 2hr (0)	4
Night - 0	0

SHIFTS WORKED BY PAM

4 - 3 hr (12)	3
2 - 2hr (4)	4
Night - 0	0

TOTAL 28 hours 23 hours

*INCLUDES NIGHT PHONE

"For many, negative thinking is a habit, which over time, becomes an addiction... A lot of people suffer from this disease because negative thinking is addictive to each of the Big Three -- the mind, the body, and the emotions. If one doesn't get you, the others are waiting in the wings." - Peter McWilliams



TRADITIONS CHECKLIST: TRADITION ONE

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.

- Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?
- Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
- Am I gentle with those who rub me the wrong way, or am I abrasive?
- Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
- Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
- Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
- Am I as considerate of AA members as I want them to be of me?
- Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
- Do I go to enough AA meetings or read enough AA literature to really keep in touch?
- Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

CONCEPTS CHECKLIST: CONCEPT I

Some of these discussion points were originally developed by an A.A. group and further developed by the trustees' Literature Committee to be distributed by the General Service Office. While this checklist is intended as a starting point for discussion by groups, districts or areas, individual A.A. members may find it useful along with our co-founder Bill W.'s writings, a service sponsor if you have one and reflection on your own service experience. Additional information about the Concepts can be found in The A.A. Service Manual/Twelve Concepts for World Service and "The Twelve Concepts Illustrated" pamphlet.

Concept I: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

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Albuquerque Intergroup Central Office

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4 blocks east of San Mateo

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Hours:
Monday through Friday
8 am to 10 pm
Saturday and Sunday
9 am to 9 pm