



Pass It On

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albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2 (*Short and Long Form*) For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2 (*Short Form*) The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs. (*Long Form*) When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference - excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter - the actual voice and the effective conscience for our whole Society.

PASS IT ON IS CHANGING

By Steve R., Pass It On Editor

In case you haven't noticed, this issue of Pass It On has changed in both layout and content. In a collaborative effort between the Editor, Steering Committee and an ad-hoc committee formed for the purpose of content creation and headed by Steering Committee Member At Large Elizabeth E., we're trying to improve the look and content of this publication with an eye toward better serving the 5 Area 46 districts in the Albuquerque Area. This will be an ongoing effort, so expect more changes as we refine things. Comments and suggestions (as well as submissions for publication) are always welcome. We'd really like to know what you want (and don't want) to see in Pass It On. After all, this is *your* newsletter. Email the editor at: passiton@albuquerqueaa.org.

The first changes, which you'll notice this month, are the elimination of the Big Book and 12 and 12 quotes to make more room for content. In addition, the Intergroup Rep Meeting minutes will no longer be published in Pass It On. They'll be handed out at the Intergroup Rep Meeting as usual and will be available for any who wish to see them at Central Office.

Very few flyers will be published (those that are will be mainly convention registrations), but please keep submitting them - your group or district event will be added to the AA Events Calendar as long as it meets guidelines (guidelines: sponsored by a group or district and doesn't violate the traditions). Please keep in mind that you need to submit event info/flyers well in advance (a couple months early is best - for example, if you're having an event in early March, you need to submit by January 15th in order for it to appear in the February issue) in order for them to be published in an issue in advance of your event

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CENTRAL OFFICE STEERING COMMITTEE POSITIONS STILL VACANT

Unfortunately 2 positions on the steering committee were left unfilled after the recent Steering Committee elections: Special Needs Coordinator (develops and coordinates programs for carrying the message to alcoholics with special needs) and Media Librarian (maintains the media library, adds new material, etc.). A more detailed list of duties for these and other steering committee positions can be found at albuquerqueaa.org or be viewed at Central Office.

Requirements for eligibility for Steering Committee membership: “Any member of Alcoholics Anonymous with previous or current experience with the Central Office having at least 2 years of continuous sobriety shall be eligible for office.” (Central Office By-laws, Article V, Section 2). Being on the Steering Committee is a wonderful way to do service work, meet more members of the fellowship you normally wouldn’t, get more involved in your (and other’s) recovery, and it takes nowhere near as much time or effort as you might think (a few hours monthly once you’re used to it - plus a monthly Steering Committee meeting and Intergroup Rep meeting). If you’re interested, please e-mail Steering Committee Chair Mike W. at chair@albuquerqueaa.org or call Central Office (266-1900) during normal business hours.

CENTRAL OFFICE NEEDS REGULAR AND SUBSTITUTE 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.

Central Office Intergroup Steering Committee

- Mike W. - **Chair**
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- Debra - **Alternate CO Coordinator**
AltCoordinator@albuquerqueaa.org
- Rojo - **Intergroup Liaison**
intergroupliaison@albuquerqueaa.org

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 - 10:15 am, 2nd Saturday,
Heights Club, 8520 Marble NE in Rm #3
- District 13 - 10 am, 2nd Saturday, St
Thomas of Canterbury (2nd floor)
425 University Blvd NE (1 blk N of
MLK Blvd)
- District 18 - 10:30am, 2nd Saturday,
United Methodist Church, 136 West
Calle Don Andres, Bernalillo

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A HIGHER POWER I DO NOT UNDERSTAND

BY ELIZABETH E., WESTSIDE GROUP

Alcohol had whipped me and I was ready to surrender. At my first meeting I experienced unconditional love. I had never experienced that anywhere before. I didn't hear a lot, but I could feel love resonate in me. That was my first spiritual experience. From that moment on I was willing to go to any lengths to get what they had.

A couple members explained that I needed a Higher Power of my understanding, but I did not have to understand my Higher Power. That was a relief; I had trouble with the word G-O-D anyway because it brought up images of a vengeful, judging God. I set out to list the attributes that I wanted MY Higher Power to have. It had to be all powerful and all knowing, to love me unconditionally, and guide me. My Higher Power would not judge me. There, that sounded right. I told my Higher Power that I wanted to experience It rather than rely on what other people say.

If I were to understand my Higher Power, It would be too small. So I was careful not to put God in a box. I also had to be watchful not to give my Higher Power human qualities. For example, "I'm not going to ask for help because God is probably mad at me for ignoring Him so many times." I catch myself up on that occasionally and have to reframe my thinking. I had to think about who I loved unconditionally and then consider that my HP might love me more than that.

Once I started on the spiritual path and had made the decision in step three, God did not let me stray very far. I could frequently feel my Higher Power's presence. I practiced turning my will and life over to my HP while working the rest of the steps. By the eleventh step it got easier. I have since worked the steps numerous times, fine tuning my understanding of the steps and ferreting out defects of character along the way. While I refined my understanding of the Big Book and steps, my HP fine-tuned me. I may not understand my Higher Power, but my Higher Power certainly understands me.

GUEST EDITORIAL: To Sign Or Not To Sign

NOTE: As an editorial, This article does not necessarily represent the stance of AA, Albuquerque Central Office or Albuquerque Intergroup.

BY ELIZABETH E.

Being autonomous, every group can make whatever decision they want for their group as long as it does not affect AA as a whole. I have heard that the issue of "do we sign court papers or not" has been brought up occasionally in different group conscience meetings. Several years ago a group I know of chose to stop signing papers. I don't know what happened, but I have had sponsees that have gone to that meeting since and have had their paper signed. I have heard that to avoid having to sign papers one group has a stamp at the back of the meeting that can be used by those needing it.

I am very grateful that that has not been an issue at my home group. We welcome everyone with open arms. It only takes a few minutes to sign the papers. I've seen many of our home group members come from the people that have been sent here by the courts.

There is the saying that you can lead a horse to water but you cannot make him drink, however you can make him thirsty. Since most of the people that come to have their papers signed stop coming at the end of their probation, if there be alcoholics among them, they at least got exposure to the message of AA. Many times when people tell their stories we hear that they attended AA a couple of times before they "got it." I hope that I will always be part of welcoming our members from the courts.

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.

29TH ANNUAL INTERGROUP/CENTRAL OFFICE AAWS/AAGV SEMINAR REPORT

(continued from last month, last installment)

BY DEBRA K.

The final workshop I attended was Fundraising. I thought the most innovative thing that I heard was to sell tickets for a certificate to take your sponsor out for breakfast (or lunch) at a raffle. There was the book of the month club to introduce newcomers to literature, and the suggestion of putting a spinning bookrack by the door. Broward CO does most of their markups on the medallions, selling them for \$10 for bronze. There was a lot about inventory, and how often it was done by various CO's. Some do it every day, by having the volunteer's computer hooked up to the QuickBooks, while others bi-yearly or yearly.

Saturday night was the Grapevine presentation, starting off with the GV Board Chair, and NW Regional Trustee, Andrew W., who was appointed to the board 2 years ago, and is now Chair. His first commitment in sobriety was answering phones at Central Office.

The GV financial house is in order; has given \$216K to the reserve fund this year (2013), and expects to be able to give again in 2014. The content of the GV is as good as ever, it's a great product being put out there. Unfortunately, subscriptions are down pretty much every year, and a partial reason is that people are reading less. The Meeting in Print is not getting the support it needs! Andrew has been at conferences where he was asked, "What is the Grapevine?", so the message that it exists isn't getting out there. A part of the unity in and of AA is the stories from around the country and the world about how others recover, and what they do for their sobriety. Grapevine gives people who don't or can't get out much and those in rural communities to have AA in a broader perspective. The GV is a great 12 Step tool for correctional and treatment facilities. The La Vina is doing well also. It does not have a circulation problem – actually has a higher ratio in reaching the Hispanic community than the GV does, but it's a smaller market.

The next speaker was Eugene O'B., the Grapevine Controller. He is the 1st alcoholic to be hired in a position of financial management. He stated that "We use business ideas, but we are not a business – we have a mission." In celebration of the 70th anniversary of the Grapevine, the 'Grapevine Daily Quotes' book was published. There will only be 25,000 copies printed, and then it will no longer be available. The other new book out this year is 'Sober and Out', which is for and by the GLBT people in our fellowship. It has been received very well. As the Controller, he is charged with keeping the copyright up to the required legal regulations, and as such, there are a few 'rules' to be followed in quoting or reprinting anything from the GV, or La Vina. In order to quote/reprint, Eugene has to be contacted for permission and he needs the following information to give that permission - name of the story, the month/year/ issue of the GV, and the name of the publication it is going into, and when it will appear. As a newsletter editor, this can be a complication, so he suggests that one submit permission for several articles at a time, following the above instructions. Permission is usually given very quickly, unless Eugene is on vacation or?, so he suggests planning ahead by 2 weeks. All submissions can be emailed to him directly. John W., senior editor was the last presenter. The Grapevine has 9 full time staff members, 3 of whom read all stories/articles submitted for content.

Those 3 are AA members, so that no anonymity issues arise. The GV is looking for stories! There are the 7 minute audio stories you can submit online, and articles of all kinds for print. They would especially like stories on how you stay sober while traveling, whether for the job or vacation, letting go of resentments, experience with your double-digit sobriety, and anonymity concerns in using Facebook or the Internet. They always need stories concerning how one uses the Traditions, Steps, or Concepts in their personal lives, as they cover a Step and Tradition a month. Cartoonists are also in need!

Be sure to checkout the website, aagrapevine.org for all sorts of information concerning contributing stories and articles. Also, GV has all the stories ever printed available to read in the archive section.

SOBRIETY BIRTHDAYS

COSMOPOLITAN December: Melissa C. 2 months; Lee D. 5 years; Christina 20 years; Manual 27 years

EL CENTRO December: Tabor H. 1 year; Lori C. 9 years; Christine L. 20 years

PROMISES December: Jennifer R. 9 months; Christy O. 13 years

SEEKING SERENITY December: Shanon 30 days; Ray 60 days; Marie 6 months; Tabor 1 year; Terri 10 years; Chris L. 12 years; Martha 33 years

WOMEN IN PROGRESS December: LaLannie 13 years; January: Pat J. 29 years

Please submit your sobriety birthday(s), in order by length of continuous sobriety (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.

On the Eve of my First Birthday

BY ANONYMOUS

What a journey, an expedition into uncharted territory. Who am I, sober? What is life like as a sober lesbian? What do I really care about? How can I cope with life's pain and stresses, without using alcohol?

About a year and a half ago, I had my first encounter with AA. I cried and stuttered over my name and 'confession' of being an alcoholic. At the time, it felt like a confession, but now I proudly name my disease because I am not at fault. I was embarrassed, ashamed, confused, and scared. I went to a handful of meetings and met a woman who pulled me aside, in the middle of my silent cry-fest, at a women's meeting. She gave me her desire chip and said it was mine to hold onto, until I had a desire to drink. She told me if that happened, I should return the chip. I relapsed and was too shy to give her the coin. I threw it away.

Fast forward three months. I moved with my fiancé to NYC to start a new life. I started AA in the Lower East Side and very quickly realized my relationship was based on falsehood. I relapsed. We broke up. I went back to more meetings. I found a sponsor and started doing some step work.

In my first 90 days, I went insane...and then I gained clarity. The only desire I had, besides staying sober, was motherhood. I formulated a plan to move home to NM and to try to get pregnant. I came across that same woman who gave me the coin, and said I was happy to be back. She gave me a big hug and another chip and I feel profoundly changed and full of willingness now. I am grateful for her love and belief in me. I still hold her chip.

Recently, I got pregnant and miscarried early in the pregnancy. It rocked my world, tore my heart in two, and caused the deepest ache I have known since my Dad's death. I started dating again, after 10 months of running from women, hiding, and avoiding honesty and vulnerability at all costs. A week ago, she dumped me. I did not drink. I cried a lot. I did not drink. I went to meetings. I did not drink. I ate. I did not drink.

So here I am sober, changing and growing, striving and crying.

I cannot express, in words, my gratitude for my sobriety, and all who have played a crucial part. My two home groups, my sponsor, my friends, and my Mom, are my everything on this journey. Who knows what the future holds for me...a baby? A partner? Recently, I have been seeing a vision of a sexy, seductress called alcohol. She terrifies and tempts me. I decided to attend more meetings and dive into step 4, with my sponsor. One thing is certain, and one thing is true: I have been changed, for good.

AA EVENTS CALENDAR

THIS MONTH

Friday February 13 - Sunday February 15 - 53rd Annual El Paso Jamboree "We Are But Trusted Servants" Radisson Suite Hotel, 1770 Airway Blvd., El Paso, TX. More info: <http://www.aael Paso.org/Events%20&%20Information.html>

UPCOMING EVENTS

Saturday March 7 - Sunday March 8 - Area 46 Assembly
Hosted by District 11. Nativity Church, 9502 4th St. NW, Albuquerque. More details to follow...

Sunday March 21 - Sunrise Catchers Group 19th Anniversary 7am potluck, 8am speaker (Steve H.). Isleta Club, 1829 Isleta Blvd. SW, Albuquerque (flyer: <http://albuquerqueaa.org/pdf/03212015.pdf>)

Friday May 1-3 - NM American Indian Red Road Convention Crowne Plaza Hotel, 1901 University Blvd, NE, Albuquerque (more details: www.nm-redroad.org)

Friday June 5-7 - Area 46 Convention Hobbs, NM. No further information at this time.

Thursday July 2-5 2015 International Convention of Alcoholics Anonymous Atlanta, GA. More info: http://www.aa.org/pages/en_US/2015-international-convention-of-alcoholics-anonymous

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.

December 2014

Monthly Service Activities Report

PHONE CALLS	DEC14	NOV14	DEC13
Information	476	405	592
12-Step	24	16	27
Al-Anon	6	1	6
Message	32	40	60
Other	93	86	97
TOTAL	637	548	782

WALK INS

Information	13	13	13
12-Step	0	1	0
Al-Anon	0	0	0
Get Schedule	9	8	7
Purchase	155	138	149
Media	6	0	2
Message	3	1	4
Casual	29	25	11
Other	32	21	20
TOTAL	247	207	206

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	4146	4240	3962
Number of Visits	7352	7724	7621
Pages	28277	26066	26811

DESK WORKERS*

Regulars	43	43	45
Substitutes	35	32	32
TOTAL	78	75	77

DESK SHIFTS*

Weekdays	138	120	132
Weekends	40	50	45
TOTAL	178	170	177

WEEKDAY SHIFTS*

Worked by Regulars	117(85.4%)	6(80%)	110(83.3%)
Worked by Substitutes	20(14.5%)	24(20%)	22(16.7%)
TOTAL	137(99.9%)	120(100%)	132

WEEKEND SHIFTS*

Worked by Regulars	25(62.5%)	42(84%)	41(94.3%)
Worked by Substitutes	15(37.5%)	8(16%)	2.5(5.7%)
TOTAL	40(100%)	50(100%)	43.5

NIGHT SHIFTS NOT COVERED 1 0 1 (WEEKEND) SHIFTS NOT WORKED

BY A VOLUNTEER	15.5	16	12.5
HOURS	46.5	48	36.5

*INCLUDES NIGHT PHONE



Cosmopolitan Group History - 31st year Anniversary January 7, 2015

by Manuel P.

We'd like especially to thank Beverly D., whom now lives out of state, when asked what she could remember of Cosmo (our nickname) through the years, she sent a whole portfolio of group information dating back to 1983, all of which will now become part of Cosmopolitans archives for future Cosmopolitan Group members and AA's to know the groups journey through the years. Beverly D. joined the Cosmo Group in 1992.

Remembering the words of Bill W., one of AA's co-founders, "If we'd known we were going to make it we'd taken better notes", an account of our history from 1983 to today will now be given.

The Cosmo group started the tradition of celebrating anniversaries. We're also a service orientated group. Both traditions still exist today.

Founders listed: Larry K., Ray G., Saheb S., Patty F., Eddie C., Theo R., and Belle L. They were members of the Metropolitan Group that had been meeting on Wednesday and Saturday. The Saturday meeting was cancelled at Metro due to the church needing the area for church function. It is sometimes said, "All you need to start a meeting is a resentment and a coffee pot", but other well documented events throughout history have also started with, "No room at the inn, which the Cosmo group has encountered several times.

The name Cosmopolitan represents "being free of all prejudice, belonging to the entire world and welcoming everybody". Trini G., and George G. had joined the group in its infancy, but not founders, and at a group conscience in December 1983 the group's name was voted on and we became the Cosmopolitan Group.

Belle L. sent documentation to GSO that our founding date is January 7, 1983.

We first met at the Isleta Club, and continued at that location until September 1987. We first met on Saturday's 8:30-9:30pm. We began as a speaker meeting, as we still are today, the then 6 members became tired of chairing and speaking amongst them, so they began to invite other speakers, and chair people to participate, also a practice still used today with our group.

In September of 1987 it was time for a change, Friday night was the only night available for move to a new location, and so we moved to the Catholic Charismatic Center, 5th and Kinley., and changed meeting nights from Saturday night to Friday night. Ray R., had joined the group and gotten sober in August of 1987 and 27 years later Cosmo has been his only home group.

Some early notes taken by Larry K. state the Charismatic Center was leery of giving a key to their facility to Alcoholic's. For month's a parishioner would unlock the door and stay for the meeting, watch us clean up, then lock up.

Larry's notes also state beginning a Big Book study meeting motion on Wednesday night was brought up by a member, and he discussed it and discussed it, and when the idea finally passed he was asked to chair, the first meeting and his reply was, "Sorry but I have choir practice on that night". Lol. Ray R. chaired the Big Book & 12x12 study meeting of the Cosmopolitan group May 10, 1989 and later in 1995 the study meeting was discontinued due to lack of attendance. The Metropolitan group had their meeting going on Wednesdays and believe it or not in today's world, "being able to smoke during a meeting" may have veered AA's to Metro more, and sociability. Ray R., and Beverly were Cosmo's sole group members at that time, official group membership has been as small as 2 members and as large as 16, we currently have 6 members with 2 potentials, we also have thrived and welcomed the influence of "regular attendees" of our meeting, although not "official group" members.

In January 2004 we moved from the Charismatic Center, room restrictions due to church business, thus "no room at the Inn" syndrome to the Indian Cultural Center, 12th St., first meeting at the Cultural Center was January 2003 and after about a year we moved again, this time to the Manual High School, but we were unable to maintain self support at Manual, our January 2006 Anniversary meeting was held at Our Lady of Guadalupe Church on Griegos, and for a time after meetings continued at Ruth G's. home for a couple of months until we found our current location 2006 to present.

All members through the years have not mentioned, but from 1983 to present there have been many that have called the Cosmopolitan group their home group in 31 years. You can see our Archives which give group history, names and dates located at the back of the room at any Cosmopolitan Group Meeting, or ask a group member to view our archives. We thank all past group members for your service to the group?

Our current members include: Tomas C., GSR, Melissa C. alt-GSR, John S., secretary, Joseph S., Intergroup Rep, Ray R., treasure and church liaison, and Manuel P., a slacker. Max H. & Donnie D. attend group conscience occasionally.

We meet every Friday night at 8:00pm, 600 Coors NW at The Rio Grande Presbyterian Church, and we invite AA's to chair our meeting, and they invite AA's to be their speakers, although our group "membership" is not large our group meetings usually are. We are represented in district 3, and area 46 meetings, have hosted several district meetings, have assisted in workshops, support outreach to treatment centers and corrections and continue to influence our members to continue in the spirit of service, one note taken at a recent group conscience though also stressed our group also is dedicated to the individual AA's sobriety, and, "having had a spiritual awakening as the Result of the Steps, we continue to carry the message to the alcoholic that still suffers".

Until the next time you make it back to visit, or stop in to enjoy a cup of hot, regular or decaf coffee, for the first time at the Cosmo Group we'll be there and we'll leave the light on for you.

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Hours:
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8 am to 10 pm
Saturday and Sunday
9 am to 9 pm