

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

Intergroup Committee Meeting Minutes

Intergroup Minutes – Desert Club
2/12/06

Meeting opened at 2:00 with the serenity prayer.

Michael made the comment DWI Resources isn't affiliated with A.A. – will send a non-A.A. speaker but that's it.

Minutes read and accepted from last month. Sign up sheet passed around.

Treasurer report: (given by Michael W.)
January 31, 2006: Total revenues; \$10,661.45; Cost of Sales \$3, 112.66; Gross Profit \$6,769.03; Expenses \$4,854.34; Net Income \$1,914.69. Assets: checking account balance \$13,136.33; savings (prudent reserve) \$19,746.32. Motion to accept Treasurer's report; Passed.

Central Office Coordinator – Michael W. Thanked all of the members who attended the first Area 46 Assembly Committee Meeting on January 4th. Officers were elected for the 2007 Convention. A high degree of interest was shown and encouraged groups to stay involved. Saturday, March 11th will be the next planning meeting and will be held at St. Timothy's at 1:30 pm. The parking lot to the north was repaved and striped, still no hot water. Had a great month for desk workers, over 80 percent involved from regular workers. Hours worked by subs, Kathy and Michael, down to 44 from over a hundred.

Alternate Coordinator - Kathy is working on updating the rolodex and will change it over into a three ring binder for easier access to important phone numbers.

Activities Coordinator – Meredith had nothing to report. She did inquire about the Quarterly District meetings and wondered which ones were still open.

Member at Large – Don S. had nothing to report.

Pass It On – Sally is still working out the format for the Pass It On. Encouraged reps to ask their groups for articles, events, and birthdays.

Public Information – Alix had a possible first contact but it turned out to be a wrong number. Nothing else to report.

Schedule Editor – Al J. reported that the new schedules were out and that new schedules are being printed about every other month. Al wanted to let the groups know that changes to the schedule can now be done online at the AA website. This is actually an easier way to make changes for your groups.

Special Needs – Trish R. reports that she has a contact for the hard of hearing community and is trying to get a meeting together with an interpreter or enough people that can sign to hold an AA meeting. She is also seeking volunteers to make a video of an AA meeting that can be brought to people that are unable to make it to a meeting.

Media Librarian - Tom C. is pleased to announce that the Central Office has in its possession some historical AA tapes from the 50's and 60's. He is in the process of making
(Continued on page 2)

Volume 68, Issue 3

March 2006

Responsibility Declaration

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that:

I am responsible.

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Intergroup Committee Meeting Minutes

these tapes into cd's. Tom would like to set up an area at Central Office so that volunteers could help with transferring the speaker tapes into cd's. Tom would also like to remind folks that there are free speaker tapes available at Central Office periodically.

Old Business – none.

New Business – Tom C. nominated Don S. for the Non-AA speaker position. A motion was made and all were in favor. Martha volunteered to be the new Member At Large. A motion was made and all were in favor of Martha being the new Member at Large.

A discussion was held to determine if a committee should be formed to go over the by-laws. Some of the issues that could be discussed would be should the name of Tape Librarian be changed to Media Librarian? And should a new position of Webmaster be established in the by-laws? It was determined that at the next Steering Committee meeting a committee of three to five people will be formed to

go over the by-laws.

The meeting closed at 2:55.

The following groups were represented at the Intergroup meeting in February.

Seeking Serenity
Foothills
Seniors Seeking Serenity
Sunrise Sobriety
District 3
Rio Rancho Beginners
El Centro
Serenity – North Valley
Young Peoples
High Noon Group
District 13
Native American Group
District 11
Old 66 Group
Tuesday Knights
New Frontier
Early Birds
Cosmopolitan
Dawn Patrol
Any Lengths
Isleta
How It Works

Please send a Rep. from your home group to our

Central Office Steering Committee E-mail addresses:

Al J. - Schdedule@albuquerqueaa.org

Michael W. - CO Coordinator
CentralOffice@albuquerqueaa.org

Melody - Secretary@albuquerqueaa.org

Sally - PassItOn@albuquerqueaa.org

Trish -
SpecialNeeds@albuquerqueaa.org

Dave C. - Chair@albuquerqueaa.org

Don S.
NonAAspeaker@albuquerqueaa.org

Meredith -
Activities@albuquerqueaa.org

Alix - PublicInfo@albuquerqueaa.org

Tom C. - Website and Media
Library -
anonymous@albuquerqueaa.org

Traditions Checklist from the AA Grapevine

Tradition Three: The only requirement for AA membership is a desire to stop drinking.

1. In my mind do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

The A.A. Service Manual

page S19

Why Do We Need a Conference?

The late Bernard B. Smith, nonalcoholic, then chairperson of the board of trustees, and one of the architects of the Conference structure, answered that question in his opening talk at the 1954 meeting: "We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of a child being born tonight, destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in A.A. that rebirth that brought us back to life.

"We need it because we, more than all others,

are conscious of the devastating effect of the human urge for power and prestige which we must ensure can never invade A.A. We need it to ensure A.A. against government, while insulating it against anarchy; we need it to protect A.A. against disintegration while preventing overintegration. We need it so that Alcoholics Anonymous, and Alcoholics Anonymous alone, is the ultimate repository of its Twelve Steps, its Twelve Traditions, and all of its services.

"We need it to ensure that changes within A.A. come only as a response to the needs and the wants of all A.A., and not of any few. We need it to ensure that the doors of the halls of A.A. never have locks on them, so that all people for all time who have an alcoholic problem may enter these halls unasked and feel welcome. We need it to ensure that Alcoholics Anonymous never asks of anyone who needs us what his or her race is, what his or her creed is, what his or her social position is."

2007 Area 46 State Convention

submitted by Mike F.

The first planning meeting for the convention was held 02/04/06 at St. Timothy's Church.

**The next meeting will be held 03/11/2006 at
St. Timothy's at 1:30pm.
211 Jefferson NE
(corner of Copper and Jefferson)**

The following positions were elected:

Chairperson: **Jakki S.**
Alternate Chairperson: **Dave F.**
Secretary: **Mike F.**
Treasurer: **Dave T.**
Speaker Chairperson: **Matt S.**
Site Committee Chairperson: **Bob T.**

We will be discussing the location of the convention as well as electing the remaining chair positions. We will also discuss possible themes and logos. We would like to extend an open invitation to all who would like to participate in this convention either by chairing a committee or volunteering. We need your help and idea's!

Excerpts from Alcoholics Anonymous, As Bill Sees It, AA Comes of Age, Came To Believe, Living Sober and the AA Service Manual are printed with permission of AAWS, Inc. Excerpts from The Grapevine are printed with permission of the AA Grapevine, Inc.

Help Carry The Message

Are You Interested In:

Information about meetings for the hard of hearing?

Do you know someone who is home bound or in the hospital who would like a meeting brought to them?

An opportunity for service work?

Creation of media material for the disabled?

Contact Trish R. at:

Specialneeds@albuquerqueaa.org

Or call Central Office (266-1900) and leave a message for the special needs coordinator

Become a Faithful Fiver.

Just pledge
\$ 5.00 a month
 to the support of
 helping alcoholics who
 still suffer.



It's tax deductible & you get this fabulous newsletter delivered to your house.

Checks payable to Albuquerque Central Office. *Thanks for your support!*

January Desk Activity

	Jan '06	Dec '05	Jan '05
	This month	Last month	Last yr
Phone calls	1332	1220	1281
Information	1049	941	998
12 step request	38	33	30
Al-Anon Info	32	22	25
Message	44	35	35
Other	169	189	193
Walk Ins	307	274	288
Information	20	25	22
12 step	2	2	1
Al-Anon	10	2	4
Schedules	23	30	30
Purchases	194	152	149
Tapes	6	4	7
Message	0	2	2
Casual	25	28	36
Other	27	29	37
Desk Workers*	94	94	
Regulars	58	58	
Substitutes	36	36	
Desk Shifts*	177	177	
Weekdays	132	132	
Weekends	45	45	
Weekday Shifts*	132	132	
Regulars	74% 105	74% 105	
Substitutes	26% 27	26% 27	
Weekend Shifts*	45	45	
Regulars	67% 30	67% 30	
Substitutes	33% 15	33% 15	
<i>Shifts by Michael*</i>	<i>14/87 hrs</i>	<i>14/87 hrs</i>	
<i>Shifts by Kathy*</i>	<i>5/14 hrs</i>	<i>5/14 hrs</i>	

Thanks to all who participated this month.

* includes night phone

Birthdays

El Centro

Lance 1 month
 Linda 3 months
 Duane M. 6 months
 Paula H. 9 months
 Keith W. 9 months
 Joseph L. 1 year
 Anthony 1 year
 Flavio 2 years
 Robert 7 years
 Matt S. 9 years
 David 11 years
 Ray G. 31 years
 Earl W. 39 years

Raymond 9 months
 Jason 1 year
 Joseph 1 year
 Sean 1 year
 Dennis 18 months
 John 4 years
 Jesus 7 years
 James G. 10 years
 Ember B. 15 years
 Phil M. 17 years
 Mary Jane A. 22 years
 Roger L. 33 years

Sunrise Sobriety

Carlos M. 2 years 3/28/04
 Carol M. 11 years 3/28/95
 DH 6 years 3/13/00
 Donna M. 23 years 3/25/83
 Fred M. 6 years 3/3/18/00
 Glo T. 31 years 3/10/75
 Joe B. 17 years 3/21/89
 Julian S. 4 years 3/19/02
 Kevin M. 2 years 3/25/04
 Marie K. 2 years 3/8/04
 Richard L. 15 years 3/22/91

Corrales Group

Isleta Group

Trish 6 months
 Heather 6 months

Dick W. 2/2/87 19 years
 Renee H. 2/28/73 33 years



Announcements, reminders, etc.....

As of January 14th, The Desert Club is now a key club. The club will open approximately 15 minutes before each scheduled meeting.



District 13 would like to remind all the new GSR's in the District that District 13 meets every month at 10:15 AM on the second Sunday. The meeting is held in the non-smoking room of the Desert Club.

The deadline for **Pass It On** submissions is the 20th of the month. Please, if possible submit your stories, events and or comments electronically. The e-mail address is: Passiton@albuquerqueaa.org



Correction:

The new women's meeting listed in last month's *Pass It On* as "In the Kitchen" is

actually named "Humble Beginnings." The meeting is held on Monday evenings at 6:00 at Almas De Amistad, located at 609 Gold Street SW. Sorry for any inconvenience this may have caused. Please help support this new meeting. Thanks!

Tom C., the Media Librarian, will be looking for volunteers to help with transferring speaker tapes to cd's. If you are interested in helping out please call Central Office and leave a

The following contributed to Central Office.....

This data is from January 18 - February 20 and is not inclusive for the entire calendar month!

Groups:

Any Lengths
Brownbaggers
Dawn Patrol
Dawning Promises
Happy Hour
High Country Group
High Noon
Jemez Valley Group
Jemez Springs Group
Metropolitan Group
Promises Group
Seeking Serenity
Sober Valley Group
Sponsorship and Growth
Westside Group

Individuals:

Anonymous
Nancy
Pat F.
Ray
Tom D.

Faithful Fivers:

Al. J.
Anne W.
Beverly D.
Brian H.
Cecelia D.
Daniel S.
Dave N.
Edwina B.
George and Pat D.
Jim F.
John K.
Merle P.
Mike D.
Nance C.
Partha B.
Ralph T.
Rojo R.
Sarah F.

***Thank you all for supporting your
Central Office!!!!***

Came To Believe

page 93

Destinations

Only Twelve Steps. In a day when we are exposed to fantastic statistics, a mere dozen doesn't seem to rate much. But what is involved in the Twelve Steps makes a great difference.

I can remember how thrilled my wife and I were when we saw each of our twins take the first step at eleven months. Soon, it was two steps, then three, then four, and in no time at all there was no way of counting the steps they had taken. They were free—free to go on and on.

That first step is very important, whether it is the first step of a beloved child learning to walk—or the First Step, taken by a man on his way to a new life. Looking into my little ones' faces, I can see the same qualities that we need for the Twelve Steps of A.A.: daring, to stake everything on the attempt; a sense of direction, to be followed with no swerving, no detour; decision, to move forward without hesitation or reservation; determination, to make it all the way. Destination: a full life, a free life, a serene life.

Albany, Australia

Other Numbers: Al-Anon 262-2177 Oficina Intergruppal Hispana 266-3688

Living Sober

pages 30-32

Getting plenty of rest

For at least three reasons, people who drink heavily often cannot realize how tired they are. The reasons are three characteristics of alcohol: (1) It is full of calories, which give instant energy; (2) it numbs the central nervous system, so that one cannot fully feel body discomfort; (3) after its anesthetic effect wears off, it produces agitation that *feels* like nervous energy.

After we stop drinking, the agitating effect may persist for a while, leading to jumpiness and insomnia. Or we may suddenly become aware of our fatigue and so feel worn-out and lethargic. Or the two conditions may alternate.

Either is a normal reaction that thousands of us have had at the very beginning of our sobriety, in degrees depending on our previous drinking and general state of health. Both wear off sooner or later and need not cause any alarm.

But it is very important to get plenty of rest when we stop drinking, because the notion of having a drink seems to arrive from nowhere with greater ease when we are tired.

Many of us have wondered why we suddenly feel like taking a drink, for no apparent reason. When we examine the situation, time after time we find that we are feeling exhausted and hadn't realized it. Chances are, we have used up too much energy and have not had enough rest. Generally, a snack of some kind or a little nap can change our feelings completely, and the idea of a drink vanishes. Even if we can't fall asleep, just a few minutes of lying down, or relaxing in a chair or a tub, take the edge off the fatigue.

It's even better, of course, to get our lives on a healthy schedule which

permits a sufficient regular rest period very 24 hours.

Not all, but thousands of us can tell stories of insomnia spells after we quit drinking. Evidently, it takes a little while for the nervous system to learn (or usually to relearn) the habit of regular, undisturbed sleep without alcohol in the body. What may be the worst part of this is our worry about it, because the worrying makes it even harder to get sleep.

The first advice we commonly give each other on this point is "Don't worry. Nobody has ever died of lack of sleep. When your body is tired enough, you'll sleep." And so it turns out.

Since insomnia was so often the excuse many of us gave ourselves for "needing a drink or two," we largely agree that a brand-new attitude toward insomnia helps in trying not to drink. Rather than toss and turn and fret about it, some of us give in to it, get up, and get some reading and writing done in the wee hours.

Meanwhile, it is a good idea to check out our other health habits to see whether we are in any way making sleep difficult for ourselves. Too much caffeine in the evening? Are we eating properly? Getting enough of the right kind of exercise? Is the digestive system functioning properly yet? That may take some time.

Many simple, old-fashioned recipes for insomnia actually help, such as a glass of hot milk, deep breathing, a soak in a warm tub, a dull book, or some soft music. Some prefer more exotic gimmicks. One recovered alcoholic recommends heated ginger ale with pepper in it! (To each his or her own!) Others rely on a particular massage, yoga, or various remedies suggested in books on the subject.

Even if we do not fall asleep at once, we can rest by lying still with the eyes closed. Nobody goes to sleep pacing a room or talking all night over coffee.

If the condition persists, it may be

advisable to check with a good physician who understands alcoholism well.

One thing we have learned for sure: *Sleeping medicines if any sort are not the answer for alcoholics.* They almost invariably lead to drinking, our experience repeatedly shows.

Because we know how dangerous such medicines can be, some of us have had to put up with slight discomfort for a little while, until our bodies settled into a healthy sleep routine. Once we are past the temporary unease, when a natural sleep rhythm sets in, we can see that the price was eminently worth it.

One more curious item about sleep after we stop drinking may be useful. Long after we have weaned ourselves from the bottle, a great many of us are startled to awaken some morning or night realizing we have just had an all-too-vivid dream about drinking.

Not all of us have such dreams. But enough have for us to know that they are common, and harmless.

A.A. is not a program of dream interpretation, so we cannot point out the hidden meanings if any, that such dreams have, as psychoanalysts and other dream interpreters do. We can report only that such dreams may occur, so don't be too surprised. Among the most common is a dream that one finds oneself drunk, and horrified about it, but has no memory at all of taking a drink. We may even awaken with chills, shakes, and other classic hangover jitters—when, of course, we haven't touched a drop in months. It was all just a bad dream. And it may come out of the blue, long, long after our last drink.

Probably, it's a good thing that we find ourselves shook up and miserable at the notion of drinking, even in a dream. Maybe this means we are really beginning to get the idea, deep down in our bones, that drinking is really no good for us. Sobriety is better, even to dream about.

The beauty of sober sleep, once it is achieved, is the sheer pleasure of waking up—no real hangover, no worries about what may have happened in last night's blackout. Instead, it means facing the new

Albuquerque Central Office Newsletter

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The Central Office of
Albuquerque is open:

Monday through Friday

8:00 am to 10:00 pm

Saturday and Sunday

9:00 am to 9:00 pm

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The Central Office is
located two blocks
North of
Constitution and four
blocks East of San
Mateo.