



# Pass It On

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Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

**Step 3** Made a decision to turn our will and our lives over to the care of God as we understood Him.

**Tradition 3** (*Short Form*) The only requirement for A.A. membership is a desire to stop drinking. (*Long Form*) Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

**Concept 3** (*Short Form*) To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.” (*Long Form*) As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision”.

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## Young People's Workshop

by Elizabeth E.

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The Young People's Workshop sponsored by district 11 held January 24th was a huge success with 89 people attending. There were three panels during the day representing the three legacies-Recovery, Unity, and Service. The panels' three speakers covered the topics very well with heartfelt personal stories to support them. The breakfast potluck of bagels, cream cheese, and etc. was a welcome beginning to the day. The lunch potluck was equally well stocked and delicious. At the end of the day Elizabeth E with 39 years sobriety presented a big book that most attendees had signed to the newest member in the room. I personally am looking forward to next year's workshop since this most surely will be a yearly 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](http://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](mailto: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**  
[Chair@albuquerqueaa.org](mailto:Chair@albuquerqueaa.org)
- Carolyn - **Secretary**  
[Secretary@albuquerqueaa.org](mailto:Secretary@albuquerqueaa.org)
- Tom M. - **Treasurer**  
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- Michael W. - **CO Coordinator**  
[Coordinator@albuquerqueaa.org](mailto:Coordinator@albuquerqueaa.org)
- Debra - **Alternate CO Coordinator**  
[AltCoordinator@albuquerqueaa.org](mailto:AltCoordinator@albuquerqueaa.org)
- Rojo - **Intergroup Liaison**  
[intergroupliaison@albuquerqueaa.org](mailto: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

Excerpts from Alcoholics Anonymous, Twelve Steps and Twelve Traditions, and Living Sober, are printed with permission of A.A.W.S., Inc. Excerpts from The Grapevine, are printed with permission of the AA Grapevine Inc.

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# DRIVE YOUR OWN CAR

BY ARTEMUS M

As I walk my path of sobriety, I have heard many stories and sayings, but the one that has stuck me is this one "drive your own car." I heard that one night when Larry was sharing about his early sobriety, and how he would complain about other people driving in front of him and how it made him angry. After the meeting an older woman came up to him and told him these pearls of wisdom, "Why don't you try driving your own car?"

I went away from that meeting not considering the wisdom that was shared that night. It took awhile for it to begin to sink into my alcoholic mind, to make sense, to see that it had more to do with just driving my car. At first blush, it seems straight forward, don't worry about what other drivers are doing in their car, just drive your car the best that you can, on the road with other drivers, knowing that you are not the only one on the road. To remember that they too are stuck on the same road that you are on, and they are not doing anything to you personally, it's just too many cars on the road at the same time. All are just doing their best to get where they are going, the safest way they can. I am just another car on the road with a insignificant person driving that car.

Well, OK then, that's an attitude that should put rush hour traffic in a different perspective and make it easier to put up with slow traffic in the morning and evening commute. Yet, there is more to this saying when you realize that the car in the saying isn't just a car, it's me! Walking down my journey of life, my sober walk, my new way of walking. When I came into AA, I was an angry man, an explosive anger. That would use alcohol as fuel for my anger, and the drunker I got, the angrier I was, and it was everyone else's fault that I had a lousy childhood, and so I took it all out on anyone that was close to me, especially my wife and her children. It was their fault that there was an accident on the freeway to cause me personally to be late to where ever I was going. It was their fault that the traffic was backed up, because they all looked at the wreckage on the side of the road. I was so important, didn't they know who I was and how important it was for me not to be late? Well, I'll show them, I'll get good and drunk later that day because some fools that didn't know how to drive in rush hour traffic. I wasn't just trying to drive my car, I was trying to drive everyone else's car, for my convenience for me to get where I wanted to be. They didn't matter to me: just get out of my way! I know better than anyone else. Well, that is not entirely true.

I sat and ponder this truism "Drive your own car." I began to start taking responsibility for my own driving, doing things that will help me not get me upset in traffic, perhaps leave the house earlier is all that it takes on some days knowing that everyone is in the same situation.

It's easier for me now on the road, do I get upset still, yes I do, but I remember I'm not the only one. AA has taught me to take off my "God T-Shirt", and to quit trying to control everything and everybody. To give my wife, the one that I need to give the most attention to, to quit trying to drive her car and be the best husband I can be to her. She has been the biggest target of my anger over the many years of my progressive disease. Her car has the dents, cracked windows, flat tires to prove that I cannot drive her car.

I'm not done yet, I have still a long road ahead, but I'm learning to undo many bad habits, character defects, and shortcomings that have been with me for a long, long time. Is it easy? Not by a long shot, yet I do have an answer and a way to resolve these attitudes, the 12 steps, and to learn how to "drive my own car".

## The AA Member Speaks

by Elizabeth E.

*What is shared here is the opinion of the AA member only. It does not reflect what anyone "should" do, we all work our program differently. You can find the Q of the month on AlbuquerqueAA.org to participate.*

Question of the month: What do you do each day that helps keep you sober and sane-ish?

**Beth**, "I exercise 5 days a week in the morning." **Deborah**, "I pray to a loving God and meditate." **David**, "1) Talk to my Higher Power 2) Talk with another alcoholic 3) Spend some time in Silence 4) Do some service without taking credit for it." **Art**, "I read the big book and journal every morning." **Michal**, "Pray, meditate, do yoga, go to meetings, talk about my problems, surrender what I can't control, stay in today!" **Chris**, "I have morning and evening prayer asking God for the strength to do his will and not my own." **Becky**, "Pray." **Andrew**, "I like to run in the foothills." **Melissa**, "I stay in constant contact with my home group members, sober friends and support group. This keeps me accountable." **Linda**, "Every day when I wake up, I thank God and ask her to show me the next right thing to do throughout the day." **Debra**, "I do step 1 and 3 in that order to remind me that I am not in control and He is." **Eddie**, "I work the steps, exercise, read murder mysteries, listen to music, talk to other AA members, and do service and community volunteer work." **Bruce**, "I check in with my sponsor and other alcoholics. My dog will also nudge me when I am not exactly "sane" and let me know it's time to pray, meditate, and get centered." **Anonymous**, "Trust God, clean house, and help others" (FYI. These responses represent 12 different home groups.)

## Big Book Whiz?

by Elizabeth E.

1. A new life has been given us or, if you prefer," a \_\_\_\_\_ for \_\_\_\_\_" that really works.
2. One was to go on to the bitter end, blotting out the \_\_\_\_\_ of our intolerable situation as best we could; and the other, to accept \_\_\_\_\_.
3. \_\_\_\_\_ yourself to God as you \_\_\_\_\_ God.
4. If there be divorce or separation, there should be \_\_\_\_\_ for the couple to get together.
5. This is repeated over and over, and unless this person can experience an entire \_\_\_\_\_ there is very little hope of his recovery.
6. If we were to live, we had to be \_\_\_\_\_ of \_\_\_\_\_.
7. I must keep my magic magnifying mind on my \_\_\_\_\_ and off my \_\_\_\_\_.
8. So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, \_\_\_\_\_, \_\_\_\_\_ and love.
9. The people of Alcoholics Anonymous have provided a \_\_\_\_\_ where, if I remain aware and keep my mind \_\_\_\_\_ enough, my Higher Power leads me to amazing realizations.
10. "But am I to be consigned to a life where I shall be \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, like some righteous people I see?"

Key (look on this page in the Big Book for the answers) : 1) 28 2) 25 3) 164 4) 99 5) xxix 6) 66 7) 420 8) 83 9) 475 10) 152

## SOBRIETY BIRTHDAYS

**COSMOPOLITAN** January: Joseph S. 30 days; Melissa C. 90 days; Bo M. 6 years; Oris S. 8 years; Thomas C. 15 years; "Big" John P. 26 years; Mary Jane A., Cosmopolitan Group 31 years

**PROMISES** January: Bill W. 24 years; Henry M. 26 years; Kevin 29 years; Carlos 39 years

**REBELLION DOGS** November: Vickie R. 25 years; January: Jerry R. 7 years

**SEEKING SERENITY** January: John 9 months; Laura B., Kate 2 years; PJ 7 years; Lorenzo, Nancy 9 years; Bruce 36 years

**TOO MUCH FOR US** February: Aaron C. 34 years

**WOMEN IN PROGRESS** February: Andrea 30 days

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.

## Pass It On: Positive Change

from the editor...

The changes have started...and I've received more feedback (all positive and/or constructive, by the way) than I have in the whole 3+ years I've been serving as editor. That tells me we're on the right track with PIO and gives me and those involved a much-needed spiritual boost.

In case you didn't notice, there were some changes made beginning with last month's issue. Those changes were: 1) The big AA quotes running along the side of a few pages were dropped; 2) The Intergroup minutes will no longer be published in PIO (they are available on the Central Office website ([www.albuquerqueaa.org](http://www.albuquerqueaa.org)), at Central Office (1921 Alvarado NE, Albuquerque, (505) 266-1900) and will be handed out at Intergroup for approval/corrections and 3) flyers, with rare exceptions such as Area 46 Convention registration and similar material, will no longer be published (but please keep submitting flyers for events...you never know...and this will also get them in the events calendar as long as they meet guidelines.

This month brings new content to PIO, an effort spearheaded by Steering Committee Member-At-Large Elizabeth E. New features have been added, including a Big Book Quiz and a Question of the Month/AA Member Speaks. Look for more such features as well as articles by local AA fellowship members in future issues.

Future plans currently include changing to a 2-column format as well as standardization of fonts and font sizes.

Feedback is still needed and always welcomed from you, our reader, for without you Pass It On would be pointless. What do you like/dislike about PIO? What would you like to see more or less of in PIO? What suggestions/ideas do you have for PIO? Please email me, the editor, at [passiton@albuquerqueaa.org](mailto:passiton@albuquerqueaa.org). Articles written by local AA fellowship members are desperately needed so PIO doesn't need to rely on reprints or other space-fillers to fill the pages.

Guidelines for submission are: 1) 300-500 words, 12 point font, in MS Word or PDF format; 2) a personal story of recovery, a recovery topic, news of a local AA event/district/group and 3) indicate what by-line should be used if it's not included in the article (ie your first name and last initial...or Anonymous). Please Email submissions to [passiton@albuquerqueaa.org](mailto:passiton@albuquerqueaa.org). Thanks for your input, continued support, and for the privilege of serving as Pass It On editor.

- Steve R.

# AA EVENTS CALENDAR

## THIS MONTH

**Saturday March 7 - Sunday March 8 - Area 46 Assembly**  
Hosted by District 11. Nativity Church, 9502 4th St. NW, Albuquerque. More info: [newmexicoaa.org](http://newmexicoaa.org) (click on events tab)

**Saturday March 14 - Red Road Potluck 2015 NM American Indian Red Road Potluck Dinner (5pm) , Speaker Meeting (6pm, speaker Sam E. Sr.), 50/50 raffle & Silent Auction (right after speaker meeting).** Heights Club, 8520 Marble NE, Albuquerque (505) 266-8952

**Saturday 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>)

**Saturday March 28 - Bridge The Gap, Treatment & Corrections Workshop** Sponsored by District 4. 11:30am - 1:30pm. Arid Club, 334 West Griggs, Las Cruces

## UPCOMING EVENTS

**Saturday April 18 - Intergroup Speaker Meeting** Hosted by District 18 & One Day At A time Group. Potluck 6pm, Speakers 6-7:15pm. 3 Speakers: Michael W. (from Central Office), Sara F. & Sandy H. 7 Paseo San Antonio, Placitas

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

## January 2015

### Monthly Service Activities Report

PHONE CALLS	JAN15	DEC14	JAN14
Information	437	476	536
12-Step	10	24	19
Al-Anon	7	6	7
Message	53	32	45
Other	108	93	85
TOTAL	615	637	692

WALK INS	JAN15	DEC14	JAN14
Information	13	13	20
12-Step	1	0	0
Al-Anon	1	0	2
Get Schedule	7	9	12
Purchase	171	155	175
Media	1	6	1
Message	3	3	3
Casual	30	29	21
Other	47	32	33
TOTAL	274	247	267

### ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	4485	4146	4029
Number of Visits	7352	7724	7621
Pages	28277	26066	26811

### DESK WORKERS\*

Regulars	46	43	45
Substitutes	32	35	36
TOTAL	78	78	81

### DESK SHIFTS\*

Weekdays	132	138	138
Weekends	45	40	40
TOTAL	177	178	178

### WEEKDAY SHIFTS\*

Worked by Regulars	107(81.1%)	117(85.4%)	126(91.3%)
Worked by Substitutes	24(18.2%)	20(14.5%)	12(8.7%)
TOTAL	131(99.3%)	137(99.9%)	138(100%)

### WEEKEND SHIFTS\*

Worked by Regulars	31(68.9%)	25(62.5%)	35(87.5%)
Worked by Substitutes	14(31.1%)	15(37.5%)	3.5(7.5%)
TOTAL	45(100%)	40(100%)	38(95%)

### NIGHT SHIFTS NOT COVERED SHIFTS NOT WORKED

BY A VOLUNTEER	15	15.5	
HOURS	45	46.5	

\*INCLUDES NIGHT PHONE



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# The Coconut

by David from Goodfellas

My name is David and I am an alcoholic. I am grateful to be here and grateful to be anywhere at all. I am also grateful every time I taste coconut.

In September of 2004, I had not had to drink any alcohol for over four years. My whole life had changed, with the help of AA, and the Higher Power I found by working the steps with my sponsor's help. I was 52 years old, I had a supportive family, a home group, service commitments, and men I sponsored - the whole AA package. And I had a professional job, for the first time in my life.

By the Grace, I had gone from the blue-collar truck driving that I had done for two decades, to work as a field technician for an engineering firm. This was simply because I was an "experienced traveler" as well as being long-time buddies with the husband of the lady who hired me. So I was working on a roads planning project for a community out in Big Cypress, Florida. The field techs worked doing very tedious, technical mapping and traffic studies, sunup to sundown, seven days a week. It was toward the end of my third three-week field work segment (not counting down time and wasted travel due to hurricanes Ivan, Jeanne, and Francis). I realized I was taking my work-mate's inventory a lot more often than my own.

I knew what to do. It bothered my co-worker, but I took a late start one Sunday. I was the crew leader and he did not need to make that first million dollars on that project, plus I had the keys to the rental vehicle. So, I told him I would pick him up a little before 10a.m. and I went to an 8a.m. meeting on Pompano

Beach. Yes, that is right – ON the beach. This was Paradise for a New Mexico fella like me. The sun was coming up, peeling the fog and mist back off the surf and there were about 50 or so of my brand new best AA friends gathering for a meeting. I sat on the sand and paused to ask for help with my self-centered thinking. ■

When I opened my eyes, my gaze rested on a coconut laying on the sand by my right knee. I am a mountain goat, born and raised, and tropical fruit is Treasured Food. I was wondering if I could crack it open with my Leatherman tool, when I felt a light touch on my left shoulder. I looked up into the smiling face of another alcoholic. We said good morning, introduced ourselves and then he asked where I was from. I replied that I was from New Mexico and he said, "I thought so." Now that got my attention! My new friend sensed my agitation and laughed. Then he simply raised a forefinger and pointed up at the tree the coconut had fallen from.

Then he gently suggested that I might want to move over a few feet from where I was sitting. Apparently Spiritual Guidance should not require a hardhat!

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## Albuquerque Intergroup Central Office

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4 blocks east of San Mateo

**(505) 266-1900**

**[www.AlbuquerqueAA.org](http://www.AlbuquerqueAA.org)**

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