

# Pass It On...

Albuquerque Central Office Newsletter

Website: [www.albuquerqueaa.org](http://www.albuquerqueaa.org)

## Honesty for Me, the Greatest Obstacle

July 1950 Vol. 7 No. 2

THE word "honesty" appears many, many times in the book *Alcoholics Anonymous*, in fact it and its adjective "honest" appear no less than three times alone in the first paragraph of Chapter Five. It seems to me that a word must be extremely important to be used so repeatedly.

Honesty--the word sounds simple enough, but is it? I think not, in fact I am inclined to believe that the lack of a fundamental knowledge of this word and the careless application of it may be the greatest obstacle that I, as an alcoholic, must face to maintain sobriety and a peace of mind.

The word *honesty* is tossed around rather freely, but is usually candied over with beautiful phrases that mean little or nothing in an explanation of the word.

Any standard dictionary or encyclopedia gives many adequate definitions of the word *honesty*, but the best and most inclusive to me is this--"absence of the intent to deceive."

To me this means, if I want to be honest, I must not pretend to be other than what I am. I should strive to learn my limitations and stay within their confines, because if I do not, I may get beyond my depth and become drowned in self-pity. By this I do not mean, I think I should permit myself to stagnate or stay in a rut, for nothing is static. I will either progress or regress, I simply mean I should make haste slowly and learn to know myself. In my opinion, this should

not be too difficult, because all that is necessary is to honestly apply *Steps Four* and *Ten* to my life. If this is done without intent to deceive, I will know when the horizon of my ego has broadened and can adjust myself accordingly.

Without intent to deceive, I should search for and then accept my shortcomings with a philosophy of reason and common sense, since they are a part of my heritage and are probably necessary to neutralize other characteristics.

I should meet what the day brings with calmness and confidence, instead of turning to the narcosis of alcohol when faced with the physically or mentally disagreeable.

I should face my fears with courage and determination, rather than to hide under a basket of pretense with drugged unconcern.

I should adjust myself to the inevitable without resentment or rancor, because destiny is the will of a Higher Power who overlies the totality of all things.

Without intent to deceive, I think it necessary that I accept the fact that I am alcoholic, and as such have wasted the best years of my life and all that I should have been to the cunning allure of alcohol. I should honestly and fearlessly realize without remorse or self-pity that there are no two sides to the truth nor are there two sides to a lie. The answer must be a positive yes or a definite no.

*continued on page 5*

Volume 71, Issue 4

April 2009

## Welcome!

Ben A.

He is our new Central Office Special Needs Chairperson. If you have any questions for Ben, please leave a message at Central Office 266-1900

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<h2>Correction Corner</h2> <p>Please bring your old Grapevines to Central Office. They can be used by those folks who take meetings into jails and other correctional facilities. This is a great way to recycle and help the still suffering alcoholic at the same time. Call the office for directions 266-1900. Thank you!!!</p>	<h3>Central Office Steering Committee</h3> <p><b>E-mail addresses:</b></p> <p><b>Michael W.</b> - CO Coordinator Coordinator@albuquerqueaa.org</p> <p><b>Kathy H.</b> - Alt. CO Coordinator AltCoordinator@albuquerqueaa.org</p> <p><b>Dave C.</b> - Chair@albuquerqueaa.org</p> <p><b>Michael Q.</b> Schedule@albuquerqueaa.org</p> <p><b>Brian H.</b> Secretary@albuquerqueaa.org</p> <p><b>Pat E.</b> Activities@albuquerqueaa.org</p> <p><b>Peggy A.</b> - Memberatlarge@albuquerqueaa.org</p> <p><b>Sally</b> - PassItOn@albuquerqueaa.org</p> <p><b>Ben A.</b> - Specialneeds@albuquerqueaa.org</p> <p><b>Tom C.</b> - Website Chair anonymous@albuquerqueaa.org</p> <p><b>Grace L.</b> - Media Librarian media@albuquerqueaa.org</p> <p><b>John S.</b> publicinfo@albuquerqueaa.org</p> <p><b>Steve P.</b> treasurer@albuquerqueaa.org</p>
<h2>Red Road AA Convention</h2> <p>May 1, 2, &amp; 3, 2009</p> <p>Opening Ceremony at 9:30 am Friday</p> <p>Sandia Courtyard (Old Howard Johnson's)</p> <p>I-40 and Eubank</p> <p>Marathon Meetings, raffles, Al-Anon participation, dance, etc.</p> <p>Contact: Jake @ (505) 261-1203 or Mary V. @ (505) 249-5347</p>	<h3>Albuquerque Area Business Meetings</h3> <p><b>Intergroup Rep. Meeting</b> 2:00 pm, 2nd Sunday Desert Club</p> <p><b>District 3</b> 2:00 pm, 2nd Saturday call the DCM for location</p> <p><b>District 11</b> 9:00 am, 2nd Saturday Harwood Methodist Church 420 San Lorenzo NW (at 4th)</p> <p><b>District 12</b> 10:00 am, 2nd Saturday Heights Club</p> <p><b>District 13</b> 10:00 am, 2nd Sunday Desert Club</p> <p><b>District 18</b> 9:30 am 4th, Sunday Rio West Church 6751 Pasilla Rd., RR, NM</p>

# Central Office Intergroup Meeting Minutes

## 3.7.09

CO/InterGroup Meeting Minutes

Submitted By Brian H (Secretary) with contributions from Michael Q (Schedule Editor)

### Dave C – Chair

Dave opened the meeting at 2:00 pm with the Serenity Prayer.

### Secretary – Brian H

Not present. Review of minutes for February meeting as published in the March Pass It On. Minutes approved by acclamation.

7th Tradition Basket Passed.

### Treasurer - Steve P

Checking account very strong. Group & Individual contributions remain quite high for the month. In the black for the month and the year. Repaid the 2008 deficit to the prudent reserve. Treasurer's Report accepted by acclamation. Thanks to contributing Groups for all your hard work and contributions.

### Service Coordinator - Michael W

Still encountering coverage issues on specific overnight phone shifts. Several permanent desk shifts open. Contact Central Office for details. Preparing to place a literature/chip order.

### Alternate Coordinator - Kathy H

Statistics: Calls down a little bit from normal while walk-ins fairly normal for the month. Shift Coverage: Weekday shift coverage good; weekend coverage required more substitutes than normal. Good ongoing coverage of regular deskworkers.

### Activities Coordinator – Pat E

Not present. Pat E (Activities Coordinator) has encountered some medical issues that will likely impede her service on the desk and as a member of the Steering Committee. More will be revealed; contact Coordinators for more information or to volunteer support for ongoing Activities programming.

### Member at Large - Peggy

Nothing to report.

### Pass It On Editor - Sally

Current issue available at Central Office and via the website <albuquerqueaa.org>.

### Schedule Editor – Michael Q

Spring 2009 Schedule published in a run of 4500. Please submit all changes/corrections for schedule to Michael Q.

### Community Outreach - John S

Supported a variety of outreach events in the previous month, including: provided a speaker to Job Corps; participated in CNM Mental Health Awareness Week at all four campuses; participated in Mountainair mental health fair. Thanks to all the volunteers to continue to support Central Office outreach endeavors. Considering setting up booth at "A Women's Affair" – an upcoming event at the fairgrounds. Michael W (Coordinator) negotiated a substantial reduction in booth rental cost and John S (Outreach) is consulting with Public Information/Outreach coordinators at the district level to share the cost of this event. If you would like to support future Community Outreach endeavors, please contact John S via Central Office.

### Special Needs – vacant

No report.

### Library - Grace L

Lending library of audio cds arranged in three binders: women's stories; men's stories; and AA history. Opportunities remain for volunteers to screen audio cassettes for possible transfer to cd. Contact Central Office for details.

### Web Guardian - Tom

Switching all website/webmail service to a new webhost, due to ongoing problems with delivery of email. During transfer of service to new webhost, some changes to the website may be installed. Bulletin board up to date; PIO posted on-line as soon it becomes available.

### Old Business:

Paula G is Interim Chair for the 2010 Winter Bash. After consulting with coordinators of Women's Sobriety Fest, Paula has created a binder containing information about planning the event to be passed on to the subsequent year's Winter Bash. To become involved in planning for the 2010 Winter Bash, contact Paula G via Central Office or attend the first planning meeting on April 12 immediately following the InterGroup Meeting.

### New Business:

• MOTION for InterGroup to cover registration expenses for "A Woman's Affair" should there be a shortfall after consulting with the Districts; motion PASSED.

Ben A (How It Works) stood as a nominee for service as Special Needs Coordinator. Subsequent vote among InterGroup reps

elected Ben A as Special Needs Coordinator

for the remainder of the term. Discussion of rescheduling the April InterGroup meeting due to potential conflict with the Easter holiday. No motion was passed and the April InterGroup meeting will meet as scheduled on April 12.

### Group Announcements:

Ladies Room: Bake Sale the first Friday of each month as benefit for Central Office. Straight Pepper Diet: Awesome Extravaganza (picnic/meeting) at 1pm on Saturday, 4/19. Bring a side dish to share.

Dave C closed the meeting at 3:10 pm with the Third Step prayer.

### ATTENDEES:

Dave C (Dawn Patrol/CO Chair)  
 Michael W (Mountainside/CO Coordinator)  
 Kathy H (Metropolitan/Alt. CO Coordinator)  
 Steve P (Free Spirits/CO Treasurer)  
 Paula G (Any Lengths)  
 Dondo (Happy Hour/SNYP/Dist 12 Alternate DCM)  
 Peggy A (Free Spirits/ CO Special Needs)  
 Maryann (Promises)  
 Sharon H (Any Lengths)  
 Terri R (Ladies Room)  
 Henry L (Seeking Serenity)  
 Sean F (Serendipity)  
 Dennis M (Isleta)  
 John S (Brownbaggers/CO Public Outreach)  
 Terri R (Cosmopolitan)  
 Tom C (Basement Steps/CO Web Guardian)  
 Jason K (Straight Pepper Diet)  
 Michael Q (Dawn Patrol/CO Schedule Editor)  
 Tom N (High Noon)  
 Bill B (Goodfellows)  
 Joseph F (Dawn Patrol)  
 Ernest V (Corrales Smoke Free)  
 Marian G (Triangle Group)  
 Sally G (Free Spirits/CO Pass It On Editor)  
 Grace L (Straight Pepper Diet/CO Media Library)  
 Ben A (How It Works/CO Special Needs)  
 Todd W (How It Works)  
 Rose P (El Centro)

***The Steering Committee at Central Office encourage all groups to elect a Intergroup representative. We welcome you to come join us at the next Intergroup meeting. We meet the second Sunday of every month, at 2:00 pm, at the Desert Club.***

# 11 @ 11

Come Join us for an 11 Step Meeting  
and Potluck in the Park

When: May 3rd 2009 @ 11:00 a.m.

Where: Alvarado Park

(Between San Mateo & San Pedro, Constitution & Indian School)

What's Doin': Meeting/Potluck in the park silly!

Bring a blanket or chair, friend and food

Coffee will be provided.

For info call Shawntel 203-6499

Sponsored by NM Conference of Young People in A.A.

## Central Office of Albuquerque Treasurers Report: February 2009

Total Contributions/Sales	\$ 11,172.43
Total Cost of Sales	\$ 2,705.41
Gross Income	\$ 8,467.02
Total Expenses	\$ 5,744.61
Net Income	\$ 2,722.41

For a copy of the full Central Office income/expense report, please join us at the next Intergroup Committee Meeting. It's the second Sunday of the month , 2:00 pm, at the Desert Club.

## February '09 Desk Activity

	Feb. '09	Jan. '09	Feb. '08
	This month	Last month	Last yr.
<b>Phone calls</b>	<b>930</b>	<b>1153</b>	<b>1157</b>
Information	796	942	934
12 step request	11	29	28
Al-Anon Info	16	21	25
Message	25	33	29
Other	82	128	142
<b>Walk Ins</b>	<b>242</b>	<b>323</b>	<b>276</b>
Information	13	14	8
12 step	2	1	0
Al-Anon	3	2	1
Schedules	10	14	32
Purchases	158	192	155
Tapes	4	2	4
Message	2	2	3
Casual	36	48	41
Other	20	48	32
<b>Desk Workers*</b>	<b>89</b>	<b>89</b>	
Regulars	47	47	
Substitutes	42	42	
<b>Desk Shifts*</b>	<b>160</b>	<b>177</b>	
Weekdays	120	132	
Weekends	40	45	
<b>Weekday Shifts*</b>	<b>160</b>	<b>138</b>	
Regulars	92% 110	87 % 116	
Substitutes	10 % 10	13 % 16	
<b>Weekend Shifts*</b>	<b>40</b>	<b>45</b>	
Regulars	80% 32	67% 30	
Substitutes	20% 8	33 % 15	
<b>Shifts by Michael*</b>	<b>10/3 29 hrs</b>	<b>6/3 18 hrs</b>	
<b>Shifts by Kathy*</b>	<b>4/4 20 hrs</b>	<b>3/5 15 hrs</b>	

Thanks to all who participated this month.

\* includes night phone

**Honesty for Me, the Greatest Obstacle** *cont.*

I should make an avocation of being of service to my fellowman and other alcoholics in particular. I should never permit anything to prevent me from giving a helping hand to anyone suffering from the affliction of alcoholism regardless of condition, race or creed.

Without intent to deceive, I should not pretend to believe and accept things I do not think to be the truth, because to do so would be hypocrisy, which has no place in the philosophy of Alcoholics Anonymous.

With complete honesty, I should put aside prejudice, intolerance and all mental reservations in seeking a conscious contact with God as I understand him. This I believe to be necessary if I am to bring my spiritual self from the darkness of yesterday into the light of today, and to attain my inherent right--the right to a sane, sober, happy and useful life.

I know I cannot even begin to maintain these standards of honesty by myself, that is why I attend as many AA meetings as possible. I do believe I can make progress through God as I understand him and the helping hand of the fellowship of Alcoholics Anonymous.

I like this old proverb "La vita comencia en praesenti" or "Life begins at present." Thus it makes no difference how bitter we found yesterday we all have the God given opportunity to start life again right now--the present.

Leo.  
Long Beach, California

**UNITY RECOVERY  
SERVICE**

**Carry the Message:  
LEARN HOW YOU CAN HELP!**

For those interested in how our AA message is carried to the general public and to professionals to reach the still suffering alcoholic, come join us for a Public Information and Cooperation with the Professional Community Sharing Session.

**GUEST SPEAKERS**

Area 46 Public Information  
Committee Chair, from Los Alamos  
Area 46 Cooperation with the Professional  
Community Committee, Las Vegas, NM

Lunch will be served immediately  
following the presentation.

**SATURDAY, APRIL 18,  
10 AM - Noon**

Corrales Senior Center  
4320 Corrales Road  
Corrales, NM 87048

Lunch will be provided  
Contact District 18 with any questions

Excerpts from Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It, are printed with permission of AAWS, Inc. Excerpts from The Grapevine, are printed with permission of the AA Grapevine Inc.

**Other Numbers:** Al-Anon (505) 262-2177      Oficina Intergruppal Hispana (505) 266-3688



## Announcements, Reminders, Birthdays, etc.

### Seniors Seeking Serenity

Al. J.	4/24/00	9 years
Eunice C.	4/13/96	13 years

### Seeking Serenity

Arnold	6 months
Paddy R.	6 years
Thorton Y.	21 years
Matt N.	25 years

### The Ladies Room

Renee M.	4/23/07	2 years
Jennifer M.	4/25/03	6 years
LeAnn H.	4/15/08	1 year
Amy D.	4/28/04	5 years
Gari B.	4/5/98	11 years



### 8th Step Experience

Hosted by the High Noon Group

Sunday April 19, 2009

1:30 - 3:15 p.m.

Desert Club

4305 Mesa Grande Pl. SE

**Panel: Lorenzo, Ted N., Lindsey N.**

Discussion for 45 minutes, 15 minute break,  
Q & A etc.. for 45 minutes

(Munchies potluck - bring your favorite drinks or snacks)

For more info. call Patrick @ 315-1652 or Wally @ 410-4868  
(This is a smoke-free event!)

**District 12** has returned to the Heights Club for their monthly meeting. There is a new time however, it's now one half hour later. So that's the second Saturday of the month at the Heights Club at 10:00 am. See you there!

### ***Become a Faithful Fiver !!***

Just pledge **\$ 5.00 a month** to the support of helping alcoholics who still suffer. It's tax deductible and you'll get the *Pass It On* newsletter delivered to your door.



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

**Paula G.** (Any Lengths Group) has called a planning meeting for the "Winter Bash". This meeting will be held directly after the Intergroup meeting scheduled for Sunday April 12, 2009. The planning meeting should start at around 3:00 pm. Bring your ideas or questions and join us. If you need more information about this upcoming event, please call Paula at (505) 341-1009.

**NEW MEXICO ALCOHOLICS ANONYMOUS  
WOMEN'S SOBRIETY FEST 2009  
22nd ANNUAL CELEBRATION**

**Date of festival: September 26, 2009**

**Time: 8:00 am – 10:00 pm**

**Where: Albuquerque Center for Spiritual Living  
2801 Louisiana Blvd. NE  
Albuquerque, New Mexico 87110**

- △ Discussion Panels**
- △ Meditation**
- △ Raffle**
- △ Evening Speaker (ASL Interpreted)**
- △ Sobriety Countdown**
- △ Free On-Site Child Care**
- △ AA and Al-anon Meetings**
- △ Free gift with early registration**
- △ Scholarships available**

**Email questions to: [NMAAWSF@hotmail.com](mailto:NMAAWSF@hotmail.com)**

**Check Website for upcoming/updated registration information:  
[www.nmaawsf.com](http://www.nmaawsf.com)**

**Theme: "*A Sense of Belonging*"**

12x12 p.105

"Perhaps one of the greatest rewards of meditation and prayer is the **Sense of Belonging** that comes to us. We no longer live in a completely hostile world. We are no longer frightened and purposeless... We know that God lovingly watches over us.

## Albuquerque Central Office Newsletter

1921 Alvarado NE  
Albuquerque, NM 87110  
(505) 266-1900

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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.