



Pass It On

April 2013

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albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

“Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them.”

Alcoholics Anonymous (Big Book), page 27

Step 4 Make a searching and fearless moral inventory of yourself.

Tradition 4 (Short Form) Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

(Long Form) With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

Concept 4 (Short Form) At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

(Long Form) Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation”, taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

I Start My Week with a Meeting

by Skitch F.

Sunday night I am getting ready for Monday morning and the week ahead. Before I found sobriety and the program of Alcoholics Anonymous this often meant that I actually worked. I had to take some action, sometimes even going in to work, pre-work to get ready to work. Rather than talk about my insanity I want to focus on the exact words of Step 2. In AA as the result of working the Steps I came to believe a power greater than myself could restore me to sanity. On Sunday nights I go to an AA meeting to get ready for my week ahead.

My sponsor got me in the habit of a Sunday night meeting in my first month of sobriety. What do we say? “If it ain’t broke don’t fix it!” So over 28 years later I still go to a meeting on Sunday night. Do I always want to? No. Am I always glad after I do? Yes. Over the years I’ve only gone to three different Sunday night meetings. The Sunday Night Step Study at Nativity Church mixed with the meeting at the Isleta Club, and now Dusk Patrol.

I originally switched to Dusk Patrol for convenience. It was earlier in the evening

(continued on page 3)

FROM THE EDITOR'S DESK

First off, I have a couple of amends to make: 1) I forgot to publish Aaron C.'s sobriety birthday (32 years) last month - see the Sobriety Birthday list on page 5 and 2) The date for the Corrections Mini-Conference in Los Lunas was wrong last month - it is in May (not April), on Saturday May 18th - see the AA Events Calendar on page 6. My apologies.

Thanks you to those who submitted articles that were published this month (Skitch F., *I Start My Week With A Meeting* on page 1 and Wayne R., *Fight or Flight* on page 2). It sure is nice to be able to read articles by local fellowship members rather than reprints for a change. We still need articles, and some suggested topics would be the Spanish Central Office and Conventions.

Speaking of conventions, we have several coming up including Red Road here in Albuquerque on the first weekend in May, the LGBT Roundup also in Albuquerque the 2nd week of May, the Area 46 (NM State) Convention from June 7th through the 9th in Taos, the Founders Day celebration in Akron, OH the same weekend, the New Mexico Conference of Young People in AA (NMCYPAA) in Santa Fe in early August, the Cludcroft Camp-O-Rama also in early August and last but not least the New Mexico AA Women's Sobriety Fest in September. See the AA Events Calendar on page 6 for more details.

Speaking of events, if your group or district is holding some sort of event, please submit it to Pass It On and the website (passiton@albuquerqueaa.org and web@albuquerqueaa.org) as early as possible so we can help you spread the word :)

SUBMISSIONS for PIO publication (articles, stories, announcements, flyers, sobriety birthdays, etc.), letters to the editor, questions, comments, suggestions and criticism are always welcomed at PassItOn@albuquerqueaa.org and will receive a prompt reply and appropriate consideration for publication.

ANNOUNCEMENTS

Los Lunas Ladies AA Meeting (formerly Ladies of Peaceful Serenity™) will be at a new location as of April 23, 2012 It's still on Mondays at 6pm, but will be at St. Matthews Episcvopal Church on West Huning Ranch Rd. (travel west on NM 6 (Main St.) past I-25 and the WalMart. Go about 1.5 miles. go left on Huning Ranch Loop Rd. The church is on the very west side of the Huning Ranch neighborhood about 1/8 mile down the road.

Alcoholics Anonymous (the "Big Book") and Twelve Steps and Twelve Traditions (the "12 & 12") are now available as eBooks to read on your computer or mobile device at www.aa.org

AA Women's Sobriety Fest CALL FOR ART Submissions needed by May 5th. The 26th Annual AA Women's Sobriety Fest (with Al-Anon participation) is looking for submissions for logo or art to be used in the promotion of this year's event on Saturday, September 28. For more info go to: www.nmaawsf.com

Central Office Intergroup
Steering Committee

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Chair@albuquerqueaa.org

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Secretary@albuquerqueaa.org

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Coordinator@albuquerqueaa.org

Pam - Alternate CO Coordinator
AltCoordinator@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 - 9am, 2nd Saturday, St. Paul's United Church of Christ, 2701 The American Rd. SE, Rio Rancho

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.

I Start My Week with a Meeting

(continued from page 1)

and it was closer. I'm older now, and like Jim P. used to say, "If you want to accumulate time in AA you have to do two things. Don't drink and don't die." But I do go to bed earlier than I did in my 30s when I got sober. Dusk Patrol starts at 7:00 PM and goes for one hour. It used to be just one I-40 exit from my house; now it's a little farther. Dusk Patrol moved when Dawn Patrol moved to the exact same spot. We meet at the Harwood Methodist Church on Harwood just West off 4th Street. I knew exactly where the new meeting place was because I've gone to the El Centro group for years and it's the same location.

Dusk Patrol is a quiet, intimate meeting in a very comfortable room in the annex building. We sit in chairs and on couches, the kind that have stuffed pillows and upholstery. We follow the format and pick a topic from Conference-approved literature, and we discourage cross talk. We discuss the topic from the perspective of our own experience of what it was like, what happened and what it's like now. I like it when we have new comers and out-of-town guests. It tells me we're doing something right. My sponsor taught me that – if a group is attracting AAs with a spectrum of sobriety there's something present that people want.

I want to get my week started right, and what better way to do it than go to a meeting Sunday night.

Fight or Flight

by Wayne R.

The psychological term "fight or flight" refers to the mental and biological changes that humans (and animals) experience in response to perceived danger. When we feel threatened, our senses become acute, our heartbeats and breathing quicken, our muscles tense and we become ready to do battle or to flee.

Many alcoholics, living with the burdens of low self-esteem, a need for control, and an intense fear of failure, come to view the world as a chaotic, hostile place. Our comfort zones are extremely narrow, and when faced with unfamiliar situations, we may become paralyzed with indecision. Our "fight or flight" responses kick in, and our panic renders us even less likely to react appropriately to the uncomfortable situation or stimulus.

And this is where we live our lives. The adrenaline-fueled arousal which would ordinarily be reserved for situations such as meeting a rattlesnake or a crazed gunman is part of our everyday lives. It's unpleasant and physically draining, and we often isolate as a means of avoiding these sensations.

The Big Book is full of stories by people who felt awkward or inadequate in social settings, and discovered that alcohol offered relief. Many of us found that we could feel "normal" socially – that we could relax and converse easily – once we'd had a few drinks. After so much turmoil and self-doubt, of course we would become addicted to a substance which offered respite, especially when we found that our remorse and self-doubt when sober was increasing.

During these first few months of my sobriety, I've been most amazed by the safety that I've felt in every AA meeting. After decades of self-absorption and isolation, it has been a revelation to learn that so many others have experienced the agitation and discomfort that I thought were my experience alone.

Today I know, and feel, that I can walk into any AA meeting, let down my defenses, and not be shunned, humiliated or abused. It's astonishing to learn that these harbors exist, whenever I need them. My "fight or flight" reactions are not triggered, and I don't need to drink. That's a powerful message for me, and until I can lessen my demons through working the program, it's enough to give me that most precious commodity, hope.

"All of us felt at times that we were regaining control, but such intervals--usually brief--were inevitably followed by still less control which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better." Alcoholics Anonymous (Big Book), More About Alcoholism, page 30

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 March 10, 2013

Open @ 14:00

Open/ Attendees Morgan D.- Straight Pepper Diet, Mac L.- How It Works, Sarah E.- Strange Mental Blank Spot, Colin M.- Candlelight, Tom T.- Fellowship Group, Alli- Singleness Of Purpose, Martha M.- Promises, Melissa C.- Sunrise Catchers, Art L.- El Centro, Michal C.- Happy Hour, Aaron C.- Too Much for Us, Sharron H.- Any Lengths, Mike W.- Westside AA, Crystal A.- Seeking Serenity, Henry L.- Seeking Serenity, Tom R.- Seeking Serenity, Coco E.- Foothills, Steven D.- Rebellion Dogs, Tomas C.- District 3, Jerry R.- Serendipity, Pam B.- There is a Solution, Steve R.- Saturday Night Alive, Michael W.- Too Much for Us, Heather G.- QIOF, Kris O.- Serenity Group, Linda E.- Any Lengths, Tom N.- High Noon Group, Kristen E.- Grateful Girls

Minutes Not available for review at this time (reviewed & accepted later in meeting).

Treasurer's Report - Have been working with the state taxation department. Got all of the signers of our accounts updated. We also did not have a certificate for non-taxable status. We now have that! - Been going through records and getting rid of old papers we no longer need. - Group contributions were down for this month, but were close for the year to date. Gross income was down as well. - Have copy of group contributions for the month included in the report. Up's and downs are common throughout the year. - Total Revenues: \$7,426.38 - Cost of Sales: \$3,187.86 - Gross income: \$4,238.52 - Expenses: \$5,385.83 - Net Income: \$(1,147.31)

Central Office Coordinator - Office is running well. Missed one night phone, when the person signed up did not answer. - Do not have the statistics for February's night phones. Trained a bunch of new subs that will be available to help us out. It' is understandable that we are not always able to cover open shifts with subs. Pam and I both help cover those, and we also have covered night phones this month. - The intergroup will be participating in the District service workshop later this month. I did talk to district 17's DCM. Asked them to contribute an article for the Pass it On. They are in charge of the Spanish central office here in Albuquerque.

Alternate Central Office Coordinator - The calls and visits were down this month. Web hits were up. - Phone Calls: 716 - Web Hits: 3221 - Walk-ins: 237

Member at Large .

Pass it On Editor - Correction to the events calendar, the corrections conference is going to be on May 13th, not April 13th. - Still want any events coming up to be submitted to me. It would also be nice if you could submit an article about your experience at an event. - Please go back to your groups and try to get sobriety submissions.- I went to District 3's meeting and did a talk about the Pass it On. I am willing to do that for any district or group conscience. - FYI, the state convention will be coming up soon. I will be suggesting that we do an extra printing run when we get closer to the event.

Media Librarian - Absent, but 52 new items (16 are gay and lesbian), have been added to the library.

Web Guardian - The media list has been updated on the web.- I looked at web hits for last month. I was curious at what was viewed when people use the site. The schedule is looked at around 300 times a month. The PIO is looked at around 75 times a month. The price list is looked at around 45 times a month. - Email me events coming up. - We do not post contact numbers on flyers on the web. We include emails, but no phone numbers.

Schedule Editor - A new printing will be coming up soon. I have received some new meetings that are moving, so those will be updated in the new schedule. But need any other meetings info soon because we are running out of schedules and need to go the printers soon.

Community Outreach - Asked last month if any women would be interested in volunteering for the integration center. - Have a substance abuse course that wants a speaker to come talk to the class. Anyone that wants to help me do tasks like this one, please talk to me or email me. - The integration

SOBRIETY BIRTHDAYS

HOW IT WORKS March: Ben A. 40 years

ISLETA February: Antonio 90 days; Irene & Janenne 6 months; Chuck 18 years; Ralph & Richard 25 years; Roselle 32 years

SEEKING SERENITY

SINGLENESS OF PURPOSE February: Ken H. 9 years; George B. 30 years

TOO MUCH FOR US February: Aaron C., 32 years

WESTSIDE AA March: Kali P. & Rudy M. 2 years; Bernard S. & Duana H. 3 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.

center wants sponsors, but we are going to only provide volunteers to take a meeting into the center who could then provide sponsorship for willing clients.

Special Needs Coordinator - Hands On Group will be moving soon, but I will get that info to you as soon as possible.

OLD BUSINESS - Group contributions Discussion: - Mac, our group is interested in putting our groups name in the quarterly letter, but not the amount. - Many offices publish all group contributions. - Melissa, I think it's a good idea to put it in quarterly. The information we get at this meeting is not available to a lot of other people. And it would be nice to provide the numbers for those people. - I brought this up in our district meeting yesterday, so maybe we could wait till next month. - Motion: Kristen, I want another month to discuss this before we act. - 2nd - Discussion: - We could provide how the money has helped Albuquerque AA. Like how many big books were provided or how many phone calls were answered. -Steve, we could also do levels of contributions. - Vote: All in favor, none opposed. Motion Carries.- Michael: we only exist at the level of the groups contributions.

NEW BUSINESS - Alli: So for we only have one Intergroup speaker meeting this year. Are there any other districts that want to host one? - I did find out that District 18 is going to do one in Jemez sometime in June. - Historically there were a lot more, I think maybe every month.- Can we host more than one? Yes! - Melissa: There used to be a position called events coordinator that was in charge of this, so that may be the reason why the numbers have decreased on the intergroup speaker meetings. - They were done quarterly, and now we have 5 districts.

GROUP ANNOUNCEMENTS - **Sisters In Sobriety** Meeting: Thursday 7pm in South Valley. - **District 3 Intergroup Speaker Meeting**. April 13th @ St. John's Episcopal church. Potluck @ 6:30, Ray R. speaks @ 7:30. - **Sunrise Catchers**- next Saturday 17th annual BF potluck and speaker. Victor will speak, potluck starts at 7am. - **W o m e n On Wednesday**, Turquoise Lodge needs support on Monday night 6:30-7:30. Call Debby. -Henry: March 30th at Noon **Seeking Serenity** celebrating 27 years. - Crystal: **Woman's Sobriety Fest**: Will be at Nativity Church on 4th and Alameda. - **Ladies Room** 7 years on March 22nd, Potluck at 6pm, Meeting is at 7:30pm. - **Harwood church is changing their name to United Grace Methodist on Easter Sunday**. - Chris: **Traditions conference will be coming up in October. If you or if you know someone who would be a good speaker please talk to me**. - Kristen: March 23rd, at St Marks on The Mesa: **WTF (What's the Fuss) Service workshop**. All different levels and flavors of service. Starts at 9am. Potluck lunch at 1pm.

Close @ 15:01

sobriety is a journeynot a destination



Central Office Urgently 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

Saturday April 13, 2013 - District 3 Intergroup Speaker Meeting & Potluck 6:30pm Potluck; 7:30pm Speaker Ray R.; Raffle after the meeting. St John's Episcopal Church, 318 Silver NW, Albuquerque

Saturday April 13, 2013 - Treatment Workshop 1pm, First Presbyterian Church, 1318 14th St. Alamogordo, NM. Hosted by the Area 46 Treatment Committee

Friday May 3 - Sunday May 5, 2013 - 20th Annual NM Red Road AA Convention All AA and AI-ANON Members Welcome! Opening Ceremony Friday Morning, AA Marathon Meetings, DJ Dance, Saturday Potluck Dinner, Pow Wow, Ribbon Ceremony, Raffles. No registration fee this year, and you can register online (at <http://www.nm-redroad.org/>). Ramada Inn, 10300 Hotel Ave NE, Albuquerque

Friday May 10 - Saturday May 11, 2013 - 1st Annual NM LGBT Round-up 2013 "Unity in Diversity" - St. Thomas of Canterbury Church, 425 University NE, Albuquerque. For more info go to: www.nmroundup.com

Saturday May 11, 2013 - Singleness of Purpose group 5th Anniversary Potluck & Gratitude meeting. 5pm Setup, 5:45 Potluck, 7pm Meeting, 8pm Cleanup. Rio Vista Church of the Nazarene, 8701 Golf Course Rd NW, Albuquerque

Saturday May 18, 2013 - Corrections Mini-Conference 9am - 3pm, Speakers Include: Men & Women AA Corrections Volunteers, Representatives from State and County Correctional Facilities. Question and Answer Panels. Light breakfast at 8:00 a.m; Lunch 12 p.m. - 1 p.m. Daniel Fernandez Community Center, 1103 Highway 314, Los Lunas, NM 87031, (505) 839-3845

Friday June 7 - Sunday June 9, 2013 - Area 46 New Mexico State Convention Events & Activities: Meetings, Speakers, Art Raffle, Workshops, Banquet & Dancing, Meditation & Alcahion Meetings, AI-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

Friday June 7 - Sunday June 9, 2013 - Founders' Day Akron OH. More info: www.foundersdayregistration.akronaa.org

Friday August 7 - Sunday August 9, 2013 - New Mexico Conference of Young People in AA (NMCYPAA) 2013 Convention Warehouse 21, 1614 Paseo De Peralta, Santa Fe. For more info: www.nmcypaa.com

Friday August 9 - Sunday August 11, 2013 - Camp-O-Rama 2013 Aspendale Mountain Retreat Center, Cloudcroft, NM. More info at: www.newmexicoaa.org

Saturday September 28, 2013 26th Annual New Mexico AA Women's Sobriety Fest More info at: www.nmaawsf.com

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

FEBRUARY 2013

Monthly Service Activities Report

PHONE CALLS	FEB13	JAN13	FEB12
Information	535	661	546
12-Step	13	14	14
AI-Anon	7	15	17
Message	44	27	19
Other	117	112	78
TOTAL	716	829	694

WALK INS

Information	15	13	13
12-Step	4	1	0
AI-Anon	2	0	1
Get Schedule	4	11	8
Purchase	158	154	178
Media	0	1	1
Message	4	17	0
Casual	24	16	23
Other	26	42	32
TOTAL	237	255	256

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	3221	3440	2791
Number of Visits	5480	6115	
Pages	21,684	23,509	

DESK WORKERS*

Regulars	45	44	48
Substitutes	38	37	45
TOTAL	83	81	99

DESK SHIFTS*

Weekdays	120	138	132
Weekends	40	40	45
TOTAL	160	178	177

WEEKDAY SHIFTS*

Worked by Regulars	107(90%)	128(93%)	113(90%)
Worked by Substitutes	13(10%)	10(7%)	13(10%)
TOTAL	120	138	126

WEEKEND SHIFTS*

Worked by Regulars	30(75%)	34(85%)	32(80%)
Worked by Substitutes	10(25%)	6(15%)	8(20%)
TOTAL	40	40	40

SHIFTS WORKED BY MICHAEL

1 - 3 hr (3)	9hrs	18hrs
0 - 2hr (0)	2	0
Night - 0	0	0

SHIFTS WORKED BY PAM

0 - 3 hr (0)	6hrs	12hrs
0 - 2hr (2)	2	?
1 - Night - (11)	0	0

TOTAL 14 hours 19 hours 30 hours

NIGHT SHIFTS NOT COVERED 0 1 0

*INCLUDES NIGHT PHONE

F.E.A.R. = Frantic Efforts at Avoiding Responsibilities

Sponsoring yourself is like using unskilled labor.





How Free Do You Want To Be?

AREA 46 STATE CONVENTION

June 7-9, 2013

Sagebrush Conference Center

1508 Paseo Del Pueblo Sur

Taos, New Mexico

Hosted by District 14

Register online: www.nmaastateconvention2013.org

Events & Activities:

- * Speakers Friday night, Saturday, & Sunday morning
(see website for complete lineup)
- * 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

\$25.00 Registration Fee

\$20.00 Pre-Registration before May 1st

Convention Lodging available at:

- * Sagebrush Inn (575) 758-2254
 - * Comfort Suites (575) 751-1555
 - * Quality Inn (575) 758-2200
- Mention "Area 46 State Convention" for discounted rates*

Questions?

Email us at: howfreedoyouwanttobe@gmail.com
Visit online: www.nmaastateconvention2013.org
Call: (575) 613-2264

Translation services will be provided

(clip and mail)

Registration:

Must be postmarked by May 1, 2013

Pre-Registration by May 1st:

AA Members: _____ x \$20.00 = \$ _____

Al-anon Members: _____ x \$20.00 = \$ _____

Onsite Registration: _____ x \$25.00 = \$ _____

Saturday Night Banquet: _____ x \$17.50 = \$ _____

Optional Donation/ AA Scholarship: \$ _____

Total Enclosed \$ _____

Registrant Information:

Name _____

Name _____

Name _____

Address _____

City, State _____

Zip _____ Phone () _____

Email _____

Special needs request: _____

(Every effort will be made to accomodate requests)

I'd like to volunteer. Contact me by: ___phone ___email

Make checks/ money orders payable to: Area 46 Convention 2013

**PO Box 2383
Taos, NM 87571**

Onsite registration will be open from 4pm-9pm Friday June 7th and 8am-5pm on Saturday June 8th

Albuquerque Central Office
1921 Alvarado NE
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www.AlbuquerqueAA.org
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Albuquerque Intergroup Central Office

1921 Alvarado NE
2 blocks north of Constitution and
4 blocks east of San Mateo

(505) 266-1900

www.AlbuquerqueAA.org

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