



# Pass It On

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Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

**Step 4** Made a searching and fearless moral inventory of ourselves.

**Tradition 4 (Short Form)** Each group should be autonomous except in matters affecting other groups or A.A. or Al-Anon 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.

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## CHANGES (I have seen) IN ALBUQUERQUE AA SINCE 1983

by Gayle W.

The changes I have seen in AA since Sept 10, 1983 are as follows....1) The lengthy group formats were not in existence. I got sober at the Desert Club and the only thing the chairperson did was ask us to read "How it Works" and the "Traditions" and then asked for newcomers and visitors to introduce themselves. On closing we recited the Lord's Prayer and said "Keep coming back". It was the same thing at the other meetings I attended including Isleta and Foothills. 2) The rooms were filled at most meetings. The old Heights Club on McKnight St. was packed until they moved to their current location on Lomas & Wyoming. I am saying this because today it seems the meetings are less attended by "desperate for recovery" people. The possible reason being there are more "programs" in our community for recovery from alcohol as well as drug addiction. In the early 80's a lot of treatment centers started coming to Albuquerque. There seem to be more "newcomers" today. 3) Today a lot of "younger" people come in and a lot of them are dually addicted. 4) I was actually considered a high bottom drunk because I had never been to jail, institutions, or etc...ha! I love it when I come across an old friend from early recovery and get sad when one passes. It proves this wonderful AA works, "it really does"! 5) There were only 200-250 meetings per week in Albuquerque...today many more...I have not counted. 6) We went on actual "12th step calls". People would call the clubs or Central Office and a bunch of us would jump in the car and make that call. Some were successful and some were not, but it sure kept us sober...ha! My late husband and I were on the Central Office night phone for 15 years and would get calls all night long. I have recently volunteered for the night phone again and hardly ever get a call. 7) Service work is not as popular today. Members of AA now seem to gripe but have to be reminded to clean up after themselves. My sponsor stressed service work as indispensable to my sobriety. Everyone used to clean up after themselves and then volunteer to do more. The message of recovery has NOT changed (thank God). "The Spiritual life is not a theory." The names, faces and places might have changed but the basic essential message is the same as 1983.

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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**  
[Treasurer@albuquerqueaa.org](mailto:Treasurer@albuquerqueaa.org)
- Linda - **Schedule Editor**  
[Schedule@albuquerqueaa.org](mailto:Schedule@albuquerqueaa.org)
- Elizabeth E. - **Member-at-Large**  
[MemberAtLarge@albuquerqueaa.org](mailto:MemberAtLarge@albuquerqueaa.org)
- Steve R. - **Pass It On Editor**  
[PassItOn@albuquerqueaa.org](mailto:PassItOn@albuquerqueaa.org)
- VACANT - **Special Needs Coordinator**  
[SpecialNeeds@albuquerqueaa.org](mailto:SpecialNeeds@albuquerqueaa.org)
- Leanna S. - **Web Site Chair**  
[Web@albuquerqueaa.org](mailto:Web@albuquerqueaa.org)
- VACANT - **Media Librarian**  
[Media@albuquerqueaa.org](mailto:Media@albuquerqueaa.org)
- David G. - **Community Outreach**  
[CommunityOutreach@albuquerqueaa.org](mailto:CommunityOutreach@albuquerqueaa.org)
- 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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## On STEP 3

By Artemus M.

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

As an alcoholic, the concept of trust was foreign to me. I had always thought I had been the only one that could control my life. I wasn't, I was powerless, and I didn't know it. I had only one power and that was the "power in the bottle." Good "Old Eighty Proof." All I had to do was crack the top and pour it down my throat and "Poof" all my troubles melted away. It was my higher power in liquid form. So to turn my will and my life over to a Higher Power that I couldn't go down to the liquor store and buy, then... I didn't want one. What good is a Higher Power that I could not feel the effect of in my body? (Ah! The burn that warms the tummy, numbs the face, and removes my problems.)

When I drank, I wanted to drown all of these problems. But as I heard many years before, my problems learned how to swim real fast. No matter how much I trust "Old Eighty Proof," the cares of the world and all my personal problems would be waiting for me when I came to in the morning. They would be ready to pile on again wherever I woke up. They drove me to my false higher power that soon became my master, my demons, my personal hell and the swimming pool for all my other life problems.

To have a God of my (own) understanding...? Just what kind of God would it be? One that would grant me all of my wishes, all of my dreams, all of my revenges, and all of my conquests? Would I create a god that is all powerful? No, I would put restraints on it. It would have power that I want it to have. If I did that, then I would have a god that I could control, which would make my god powerless. When it didn't perform to my standards, I'd say "Oh well, it wasn't such a great god after all." What good is there in having a god that I created with the power that I deem necessary? A god who can be tossed into a drawer when my wishes and dreams don't come true, that doesn't take away the pain and consequences of another DWI or whatever trouble I've gotten into because of alcohol. My god would therefore, not have the power to return me to sanity.

I had to learn just what a true Higher Power is by learning what it is not. It wasn't until I came into AA, gave up "Old Eight Proof" and embraced the Higher Power professed in the Big Book, that I began to develop my concept of a Higher Power. When I learned how to trust, I found freedom for my soul and answers to my problems. I was able to fill in the swimming pool and put away the deck chairs that my problems enjoyed lounging in.

I really can believe in a true Higher Power, a Higher Power that will let me live and breathe. Therefore, I am willing to turn my will and life over to the God of my (own) understanding, the one in the Big Book. I am ready to know this power, this Higher Power. It means I have to give up control so that I can live free. I want a God more powerful than I can ever imagine. Now I have a Higher Power that I trust to be in control of my life. Now I am willing to turn my will and my life over to Him!

**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.**

## **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.

*Question of the Month: "How do you deal with a resentment that you just can't seem to shake?"*

**Dereld P, Singleness of Purpose**, "I gather all of the bad feelings and resentments I have and give them to God."

**Greg R, Dawn patrol**, "The Big Book says to pray for that person for two weeks, in my case it is going on two years. I had almost put the person out of my head completely, but like a bad penny the resentment showed up again. I have prayed to my Higher Power, talked with my sponsor and a pastor at my church, and have found my part in what happened. I have learned that while I may never forgive this person for their part, I have forgiven myself for mine. My resentment is greatly diminished and I am at peace with the episode."

**Ann B, Zia Group**, "I start by writing a letter I do not intend to send, telling the person exactly what I think of them and how I feel. Amazingly, getting all my anger out on paper allows me to see more clearly and builds a bridge to forgiveness and/or amends."

**Bill S, Singleness of Purpose**, "Forgiveness is the antidote for a resentment."

**Amber G, Jemez Valley Group**, "I share (my resentment) in meetings over and over and over and over and over and over again until I'm sick of hearing myself whine."

**Elizabeth E, Westside Group**, "I use a form with columns fashioned after the big book example in step 4. I ask for HPs guidance. I write my resentment down in an abbreviated version, look for my part, and look at what I could have done differently. I become entirely ready for my HP to remove it and then ask him to remove it."

**Tasha H, Brownbaggers Group**, "I allow myself to feel it (pain) and look for signs so that I don't put myself in the same position again to get that type of resentment."

**Mandie B, High Noon**, "I continually work steps on the resentment. Every time it starts spinning in my thoughts I mantra, 'Bless them. Heal me.' or 'Provide me peace and direction.' then I get busy with something productive. Sometimes service work is the only way to ease out of pain."

**Laura H, Sunday Night Young People**, "My sponsor had me make a God box for all things that take up too much of my thoughts. I put stuff in there to give it up. It really works! When I empty my God box every couple of months it's interesting to see what doesn't bother me anymore."

*Next month's question: You've worked the steps, you know what peace of mind is, but you find that you have slipped back into old habits at work. You are trying to play God again and your ego is becoming out of control. What have you tried that helped you get back on track?*

Keep it short so that we can get a number of responses into the feature and email your answer to [memberatlarge@albuquerqueaa.org](mailto:memberatlarge@albuquerqueaa.org) before April 12th.

# SOBRIETY BIRTHDAYS

**ISLETA** February: James P. 30 days; Adam, Billy B. 18 months, Raydelle 2 years; Ralph T. 27 years; Roselle 34 years

**PROMISES** February: John L. 5 years; Steve C. 31 years

**REBELLION DOGS** February: Sharon W. 30 days; Stu G. 9 months; Todd D. 1 year; Stacy R. 4 years; Art R. 29 years

**SEEKING SERENITY** February: Cody 1 year; Kelly, Melissa 3 years; Linda 33 years

Please submit your sobriety birthday(s), in order by length of continuous sobriety (including homegroup, the month the birthday was celebrated in, name, sobriety date & length of continuous sobriety) to PassItOn@albuquerqueaa.org. Failure to properly submit s-b days may result in non-publication.

## ARE YOU A BIG BOOK WHIZ? Try this...

Elizabeth E., Westside Group

1. The greatest enemies of us alcoholics are \_\_\_\_, jealousy, \_\_\_\_, frustration, and \_\_\_\_.
2. Continue to watch for selfishness, dishonesty, \_\_\_\_ or \_\_\_\_.
3. Whatever our protestations, are not most of us concerned with ourselves, our \_\_\_\_, or our \_\_\_\_.
4. When \_\_\_\_ thoughts come, try to pause and count your blessings.
5. Just be careful not to disagree in a \_\_\_\_ or critical spirit.
6. We find the more one member of the family demands that the others concede to him, the more \_\_\_\_ they become.
7. We realized that the people who wronged us were perhaps \_\_\_\_ \_\_\_\_.
8. If you have a \_\_\_\_ you want to be free of, if you will pray for the person or the thing that you \_\_\_\_, you will be free.
9. Another feeling we are very likely to entertain is one of \_\_\_\_ that love and loyalty could not cure our husband of alcoholism.
10. In dealing with \_\_\_\_ we set them on paper.

(answers 4th edition Big Book pages: 1. 145, 2.84, 3. 62, 4. 119, 5. 117, 6. 122, 7. 66, 8. 552, 9. 118, 10. 64. )

## BASICS OF COMMUNITY OUTREACH

David G.

I am David G., an alcoholic gratefully serving as the intergroup Community Outreach Chair for Albuquerque AA. This service commitment has given me much more than I have been able to give to it. My basic obligations are to select and delegate other AA members to carry the message of AA to a varied and random selection of groups. We try to work within the guidelines set forth in the Twelfth Tradition, the pamphlets on *Cooperation with the Professional Community*, *Speaking at Non-AA Meetings* and *A Message to Corrections Professionals* and perhaps a couple of others. We try to maintain our "amateur standing" in making these talks. We tell the groups that we don't speak for AA as a whole, but as one recovering alcoholic sharing his or her experience up to that day. We have many opportunities from the health fairs of communities, health insurance groups, schools and employers to conventions of judges, law enforcement and hospital staffs. We try to explain the difference between cooperation and affiliation as defined in our Traditions. We also try to explain, if time allows, what AA is and what it isn't, what it does and what it does not do, and perhaps how the Steps and Traditions have worked for ourselves and others.

I feel good about being anonymous and doing this for AA as a whole. We help people understand what we do, and how it works (pretty darn good in my case). I also have the privilege of selecting other AA members to share this opportunity to carry the message. That privilege helps me stay grateful. We have frequent opportunities for service and you can reach me at [communityoutreach@albuquerqueaa.org](mailto:communityoutreach@albuquerqueaa.org).

# AA EVENTS CALENDAR

## THIS MONTH

**Saturday April 11 - Potluck, Double Speaker, Dance** Sponsored by Saturday Night Alive and Last Call Groups. Potluck 7pm, Double Speakers Robert and Elsie B. 8pm, Dance 9pm-1am (DJ Steve R., suggested donation \$3 singles \$5 couples). Desert Club, 4305 Mesa Grande NE, Albuquerque

**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

## UPCOMING EVENTS

**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))

**Saturday May 23 - Service Workshop** Hosted by District 18. 8am-noon. Church of the Incarnation, 2309 Monerrey Rd. NE (State Hwy. 528 at Pasilla Rd.), Rio Rancho

**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)

**Saturday September 12 - Sunday September 13 - Area 46 Assembly** Voting assembly. Belen. Hosted by District 3. No Further info available

**Saturday December 5-6 - Area 46 Assembly** Farmington, hosted by District 8, no further info available

**Saturday March 5-6 - Area 46 Assembly** Taos, hosted by District 14, no further info available

*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).*

## February 2015

### Monthly Service Activities Report

PHONE CALLS	FEB15	JAN15	FEB14
Information	379	437	492
12-Step	12	10	23
Al-Anon	7	7	9
Message	47	53	40
Other	84	108	76
TOTAL	529	615	640

WALK INS	FEB15	JAN15	FEB14
Information	10	13	11
12-Step	0	1	1
Al-Anon	0	0	1
Get Schedule	10	7	10
Purchase	145	171	170
Media	4	1	3
Message	3	3	2
Casual	29	30	21
Other	26	47	28
TOTAL	227	274	247

### ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	3874	4485	3568
Number of Visits	6738		
Pages	24235		
Hits	71400		

### DESK WORKERS\*

Regulars	46	46	48
Substitutes	34	32	33
TOTAL	80	78	81

### DESK SHIFTS\*

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

### WEEKDAY SHIFTS\*

Worked by Regulars	108(90%)	107(81.1%)	104(86.7%)
Worked by Substitutes	12(10%)	24(18.2%)	15(12.5%)
TOTAL	120(100%)	131(99.3%)	119(98.9%)

### WEEKEND SHIFTS\*

Worked by Regulars	28(78%)	31(68.9%)	35
Worked by Substitutes	12(30%)	14(31.1%)	5
TOTAL	40(100%)	45(100%)	40

NIGHT SHIFTS NOT COVERED 0 1 1

SHIFTS NOT WORKED

BY A VOLUNTEER 15 15 7

5 - 2 HR SHIFTS 2 - 2 HR SHIFTS

HOURS 40 45 19

\*INCLUDES NIGHT PHONE



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## AREA 46 ASSEMBLY - MARCH 2015

The March Area 46 assembly was held at the Nativity Church in Albuquerque March 7th and 8th. There were 211 attendees which included GSRs (general service representatives) from the 19 district across New Mexico, DCM's (District Committee Chairs) from each district, 13 Area Committee Chairs, Area officers (chairperson, alt chairperson, secretary, treasurer, registrar), our Alternate Delegate and Delegate who will be the General Service Conference in New York in April, along with past delegates and interested members. The Assembly is one big group conscience meeting that meets three times a year or six times in a two year rotation.

District 11 did a wonderful job hosting the Assembly. Thank you to all the volunteers who made sure the assembly ran smoothly while providing coffee, water, lunch and other snacks. Your service was greatly appreciated.

FYI, the September Assembly hosted by District 3 in Belen will be an election assembly. This means that on Sunday after all assembly business is taken care of there is an election for our delegate, alternate delegate and Area officers. Eligible candidates come from the current serving Alternate Delegate, Area Officers, Committee Chairs, DCM's and past DCM's.

Our Area Chair will select new committee chairs with the exception of the El Farolito Editor that serves on a staggered rotation. These new chairs will be presented at the December Assembly hosted by District 8 in Farmington. The committees are archives, bilingual, bridging the gap, cooperation with the professional community (CPC), corrections, finance, Grapevine, literature, public information (PI), treatment facilities, website, and young people.

On Saturday morning, committee meetings are held during three different sessions. Sunday morning each committee chair gives an oral report because it is impossible to attend all the different committee meetings. Following an assembly each committee chair provides a short recap of the committee meeting which will be published in the El Farolito and posted on the Area Website ([newmexicoaa.org](http://newmexicoaa.org)). If you want more information about meetings you were unable to attend check with the committee chair. Contact information can be found on the Area Website or in the El Farolito.

The information that stood out to me in the committee meetings is the following: We have a new El Farolito Editor, Jay M. who has past experience publishing the Akron Central Office Newsletter. In April there will be a printed version and e-copy posted on the Area Website. Jay will be having a monthly El Farolito party to get the ELF ready for mailing. The Area 46 State Convention will be in Hobbs, New Mexico June 5th-7th. The speakers are lined up and Alison T. from Albuquerque will be the young people's speaker. The Archives Committee is sending our Area Archivist to the National AA Archives Convention.

During the Saturday afternoon business session, Jen N. our Area 46 Delegate, gave a presentation on the cost of the General Service Conference held each year in Manhattan New York near our General Service Office. Discussion centered on the cost and whether it would be cheaper and feasible to host the GSC outside New York City.

On Sunday morning bids and motions from the Saturday afternoon business portion of the assembly are voted on. Voting members of Area 46 include GSR's, DCM's Area Officers, Area Committee Chairs and the Delegate and Alternate Delegate. Each registered group in New Mexico has one vote. The Assembly made the following decisions:

District 14 Taos will host the 2016 March Assembly.

The website committee will purchase a projector to be used by the assembly and area workshops for no more than \$1000.00.

The Area will provide \$600 to send our Area Archivist to the National AA Archives Convention. Districts have volunteered to provide the other \$600.00.

Although assemblies are business meetings, they are exciting, thought provoking and fun. I have friends from across New Mexico because of Area Assemblies. Hope to see you in Belen September 12th and 13th!

Albuquerque Central Office  
1921 Alvarado NE  
Albuquerque, NM 87110  
(505) 266-1900  
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](http://www.AlbuquerqueAA.org)**

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