

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

Editorial: On the 7th Step

Grapevine May 1945 Vol. 1, No. 12

"Humbly asked Him to remove our shortcomings."

We all know that it is God's will that we live clean, wholesome lives; that we think clearly and become persons of honest decision. This we know we cannot do until we become our real selves, so, in desperation, we alcoholics revert to prayer. We humbly ask God to remove our shortcomings; to restore us to our natural selves, so that we may think clearly on our problems.

Emerson says, "None will ever solve the problem of his character according to our prejudice, but only in his own high unprecedented way."

Character is undoubtedly accumulative, and in removing shortcomings it stands to reason that we are striving to build character. This can be done by observing our errors, and, one at a time, correcting them on the spot.

We have already accepted this "Power greater than ourselves" as a reality. Something to which we can pray, expecting to receive help. So now we ask for courage to look at our shortcomings honestly. To recognize them for what they really are, and not what we might wish them to be.

What are some of our shortcomings? Let us list just a few: 1. Excessive drinking. 2. Resenting help. 3. Resenting the good fortune of others. 4. Defending ourselves when we know we are in the wrong. 5. Jealousy and envy of all kinds. 6. Shunning responsibility.

Through the grace of God we have found A.A., which teaches us that we are sick

people and that alcohol in any form or amount is out. So we stop drinking. That takes care of our number one problem.

We must be willing to accept help of all kinds without resentment. This takes a little time, as we are the world's most sensitive persons. We know too well that we have neglected all of our talents and abilities for alcohol, and we have terribly guilty feelings, made more acute by persons who are already in better circumstances than we are. Nevertheless, we learn to suffer our hurt feelings and start building a constructive, happy life.

Defending what we call our "pride" is one of the most difficult shortcomings to remove. Many of us have thought of pride as something virtuous, something to be honored. Well, what have we left, we who are humbly seeking help, that we can put on exhibition as virtue? Often we cannot actually put our finger on anything in our make-up of which we are really proud. So we break down our false pride, and exchange it for humility.

The most beautiful art in the world is simple, with few lines, little fuss and complications. So we try being simple for a change. Just plain honest simplicity. We look for the best in our fellow man, "Pardon the wrong in him; hark to the song in him."

By accepting God's help, we learn to think clearly; to play fairly; and to give generously.

Elizabeth W.
Boston, Massachusetts

Volume 71, Issue 5

May 2009

Freedom is being able to do what you please without considering anyone except the wife, police, boss, Commonwealth, State and Civic authorities and neighbors.

The Reviver
Sydney

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Correction Corner

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!!!

District 13 Report:

District 13 is hosting the December Assembly and can use volunteers. Saturday April 25th was the first planning meeting. June 13th we will be hosting an Archives event focused on AA History. The venue has yet to be finalized. Please stay tuned for final details in next months report. We are still planning to coordinate a treatment workshop with the other Albuquerque Districts for sometime late in the summer.

Matt P. 804-2792

Central Office Steering Committee E-mail addresses:

Michael W. - CO Coordinator
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AltCoordinator@albuquerqueaa.org

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Michael Q.
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Brian H.
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Ben A. -
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Grace L. - Media Librarian
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John S.
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Steve P.
treasurer@albuquerqueaa.org

Albuquerque Area Business Meetings

Intergroup Rep. Meeting
2:00 pm, 2nd Sunday
Desert Club

District 3
2:00 pm, 2nd Saturday
call the DCM for location

District 11
9:00 am, 2nd Saturday
Harwood Methodist Church
420 San Lorenzo NW (at 4th)

District 12
10:00 am, 2nd Saturday
Heights Club

District 13
10:00 am, 2nd Sunday
Desert Club

District 18
9:30 am 4th, Sunday
Rio West Church
6751 Pasilla Rd., RR, NM

Central Office Intergroup Meeting Minutes

4.12.09

Submitted By Brian H. – Secretary

Dave C – Chair

Dave opened the meeting at 2:02 with the Serenity Prayer. Introductions all around. Thanks for attending on a holiday weekend.

Secretary - Brian H

Review of minutes for March InterGroup Meeting as published in April Pass It On. Minutes approved by acclamation.

Treasurer - Steve P

In the red for the month; solidly in the black for the quarter/year. Group & Individual contributions remain at quite high monthly levels; thanks to all for your sustaining support. Treasurer's Report accepted by acclamation.

Service Coordinator - Michael W

Grateful to be of service. Unusually high level of literature sales. Literature/chip orders placed as necessary to maintain inventory. Quiet on the phones recently. Desk coverage a little shaky, especially weekends. Several new deskworkers trained this week. Especially need trained substitutes for desk shifts. Handout regarding upcoming publication cost increases from AA World Services that will be effective as July 1, 2009. (For example, Big Book prices will increase by \$2.) Cost increases by mandate to be self-supporting at the World Service level. Central Office will receive donation of old issues of the Grapevine for circulation among incarcerated members of the fellowship. Will likely be switching phone/internet service in near future.

Alternate Coordinator - Kathy H

Not present; currently covering desk at Central Office.

Activities Coordinator – Pat E

Not present. Peggy reported in Pat E's behalf. GENERAL STATUS REPORT: 2nd Quarter InterGroup Speaker Meeting (District 18) – a May date to be determined (either 1st or 2nd Saturday). Peggy has approached districts with the possibility of sponsoring upcoming Speaker Meeting (District 12 for Summer & District 11 for Fall; details forthcoming). Peggy approached MonteVista Christian Church & has held the date for the 2009-10 Alkathon; details forthcoming. Peggy will be promoting the opportunity of Coordinating Committee for Alkathon.

Question of whether InterGroup should continue to sponsor OldTimer's Meeting given that other groups have been sponsoring similar meetings during the year. More will be revealed.

Member at Large - Peggy

See above.

Pass It On Editor - Sally

Discussion of clarifying the submission deadline for each issue. Also discussion of redundancies between PIO and the website.

Schedule Editor – Michael Q

Everything seems up-to-date.

Public Information/Community Outreach -

John S.—Not present.

March Events: volunteers hosted a booth at recent A Women's Affair event. Central Office will be providing pamphlet support to an upcoming District 18 sponsored PI/CP event.

Special Needs – Ben A

Not present.

Library - Grace L

Media Librarian position will become vacant before the end of the calendar year. Great opportunity to be of service (see job description at albuquerqueaa.com). Continuing to work on some ongoing collection maintenance issues.

Web Guardian – Tom C

Preparing to switch webhosts in the next several days. For the time-being the schedule and bulletin board are static (although up-to-date as of this week). Bulletin board up to date; PIO will be available on-line as it becomes available. Two calls from out-of-state visitors praising our website and schedule accessibility.

Old Business:

None.

New Business:

Skitch F (Cosmopolitan) suggested that folks celebrating their birthday to donate \$1 for each year of sobriety to both World Service and to Central Office. General discussion of methods of encouraging donations, including passing the basket a 2nd time to benefit AA service structure. Paula G (Any Lengths) provided reminder of today's meeting regarding Winter Bash. Gathering input about both the structure and purpose of the event. Ernest V (Corrales Smoke-Free) exploring possibility of co-sponsoring summer picnic. If your group is interested in co-sponsoring such an event, contact Central

Office for details.

Basket passed in observance of the 7th Tradition.

Group Announcements

Lone Rangers will be sponsoring a men's retreat sometime this late summer/early fall. ABQ City Event – Celebration in Recovery – May 16, 2009, 4-8 pm, Balloon Fiesta Museum. Open to all.

Dave C closed the meeting at 3:01 pm with the Third Step prayer.

ATTENDEES:

Dave C (Dawn Patrol/InterGroup Chair)

Michael W (Mountainside/Central Office Coordinator)

Todd W (How It Works)

Steve P (Free Spirits/InterGroup Treasurer)

Henry L (Seeking Serenity)

Doug P (Lone Rangers)

Tom N (High Noon)

Michael Q (Dawn Patrol/InterGroup Schedule Editor)

Tom C (Basement Steps/InterGroup Web Guardian)

Linda P (Free Spirits)

Jeremy H (Straight Pepper Diet)

Paula G (Any Lengths)

Sharon H (Any Lengths)

Peggy A (Free Spirits/InterGroup Member-at-Large)

Ernest V (Corrales Smoke-Free)

Alan S (In the Book)

Jim M (Queer Ideas of Fun)

Sally G (Free Spirits/InterGroup

Pass It On editor)

Grace L (InterGroup Media

Librarian)

Sketch F (Cosmopolitan)

Brian H (Dawn Patrol/InterGroup Secretary)

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. See you there!!!

YESTERDAY...TODAY AND TOMORROW

THERE are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY. We cannot undo a single act we performed; we cannot erase a single word we said. YESTERDAY is gone.

The other day we should not worry about is TOMORROW with its possible adversaries, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control.

TOMORROW'S sun will rise, either in splendor or behind a mask of clouds--but it will rise. Until it does, we have no stake in TOMORROW for it is as yet unborn.

This leaves only one day--TODAY--. Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities--YESTERDAY and TOMORROW that we break down.

It is not the Experience of TODAY that drives men mad--it is remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW may bring.

LET US, THEREFORE, LIVE BUT ONE DAY AT A TIME.
From the Grapevine

**Central Office of Albuquerque
Treasurers Report: March 2009**

Total Contributions/Sales	\$ 7,928.90
Total Cost of Sales	\$ 3,853.09
Gross Income	\$ 4,075.81
Total Expenses	\$ 4,364.01
Net Income	\$ -288.20

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.

March '09 Desk Activity

	Mar. '09	Feb. '09	Mar. '08
	This month	Last month	Last yr.
Phone calls	1110	930	1294
Information	924	796	1059
12 step request	23	11	17
AI-Anon Info	23	16	24
Message	23	25	52
Other	117	82	142
Walk Ins	278	278	276
Information	12	13	19
12 step	2	2	1
AI-Anon	0	3	0
Schedules	15	10	20
Purchases	177	158	159
Tapes	3	4	2
Message	2	2	4
Casual	36	36	42
Other	31	20	29
Desk Workers*	66	89	
Regulars	50	47	
Substitutes	16	42	
Desk Shifts*	177	160	
Weekdays	132	120	
Weekends	45	40	
Weekday Shifts*	132	160	
Regulars	95% 125	92% 110	
Substitutes	5% 7	10 % 10	
Weekend Shifts*	45	40	
Regulars	80% 36	80% 32	
Substitutes	20% 9	20 % 8	
Shifts by Michael*	8/3 24 hrs	10/3 29 hrs	
Shifts by Kathy*	5/5 46 hrs	4/4 20 hrs	

Thanks to all who participated this month.

* includes night phone

Using the Serenity Prayer

from the book *Living Sober* pages 18 and 19

On the walls of thousands of A.A. meeting rooms, in any of at least five languages, this invocation can be seen:

God grant us the serenity to accept
the things we cannot change,
The courage to change the things we can,
and the Wisdom to know the difference.

A.A. did not originate it. Versions of it seem to have been used for centuries in various faiths, and it is now widely current outside A.A., as well as within the Fellowship. Whether we belong to this church or that, whether we are humanists, agnostics, or atheists, most of us have found these words a wonderful guide in getting sober, staying sober, and enjoying our sobriety. Whether we see the Serenity Prayer as an actual prayer or just as a fervent wish, it offers a simple prescription for a healthy emotional life.

We've put one thing right at the head of the list among "the things we cannot change": our alcoholism. No matter what we do, we know that tomorrow we won't suddenly be nonalcoholic—any more than we'll be ten years younger or six inches taller.

We couldn't change our alcoholism. But we didn't say meekly, "All right, I'm alcoholic. Guess I'll just have to drink myself to death." There was something we *could* change. We didn't have to be drunk alcoholics. We could become sober alcoholics. Yes, that did take *courage*. And we needed a flash of *wisdom* to see that it was possible, that we could change ourselves.

For us, that was only the first, most obvious use for the Serenity Prayer. The further away we get from the last drink, the more beautiful and more packed with meaning these few lines become. We can apply them to everyday situations, the kind we used to run away from, into the bottle.

By way of example: "I hate this job. Do I have to stick with it, or can I quit?" A little wisdom comes into play: "Well, if I do quit, the next few weeks or months may be rough, but if I have the guts to take it—"the courage to change"—I think I'll wind up in a better spot."

Or the answer may be: "Let's face it—this is no time for me to go job-hunting, not with a family to support. Besides, here I am six weeks sober, and my A.A. friends say I'd better not start making any drastic changes in my life just yet—better concentrate on not taking that first drink, and wait till I get my head straightened out. Okay, I can't change the job right now. But maybe I can change my own attitude. Let's see. How can I learn to accept the job serenely?"

That word "serenity" looked like an impossible goal when we first saw the prayer. In fact, if serenity meant apathy, bitter resignation, or stolid endurance, then we didn't even want to aim at it. But we found that serenity meant no such thing. When it comes to us now, it is more as plain recognition—a clear-eyed, realistic way of seeing the world, accompanied by inner peace and strength. Serenity is like a gyroscope that lets us keep our balance no matter what turbulence swirls around us. And that *is* a state of mind worth aiming for.

Excerpts from Alcoholics Anonymous, Twelve Steps and Twelve Traditions, and *Living Sober*, 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 Intergrupul Hispana (505) 266-3688

Announcements, Reminders, Birthdays, etc.

Seniors Seeking Serenity

Richard C. 5/1/97 12 years
 Fred J. 5/25/89 20 years

Seeking Serenity

Scott W. 2 years
 Richard M. 3 years
 Pam P. 16 years

As of April 1st,
The Next Step Club
 will no longer have
 meetings held at that
 location.

9th Step Experience

Hosted by the High Noon Group

Sunday May 24, 2009

1:30 p.m. - 3:15 p.m.

Desert Club

4305 Mesa Grande Pl. SE

Panel: Eric W., Dave L., Theresa L.

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!)

Foothills Young Peoples Meeting
 open discussion

Saturday nights

9:30-11pm

contact:

Jason 505.203.3421

Jason 918.829.1778

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 sup-
 port!

Planning meetings for the first
“Winter Bash” scheduled for the
 first part of next year will follow the
 Intergroup meetings held on the
 second Sunday of every month.
 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 continuing event, please call
 Paula at (505) 341-1009.

District 18 Intergroup Speaker Meeting And Central Office Fundraiser

May 16, 2009

St Paul's United Church
2701 The American Rd. SE
Rio Rancho

Potluck starts at 6:30 pm
Speaker meeting at 7:30 pm
Fundraising Raffle at 9:00 pm

**All proceeds will be donated to
Central Office**

Speakers are: Julie G and Aaron H.

To donate items for the raffle please contact:

Mindy D. at 892-6605
Erin D. at 319-9352 or
Greg D. at 577-1084

Albuquerque Central Office Newsletter

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

Address Correction Requested

Pass It On Subscription Only \$7.00 Annually			<p>The Central Office of Albuquerque is open:</p> <p><i>Monday through Friday</i></p> <p>8:00 am to 10:00 pm</p> <p><i>Saturday and Sunday</i></p> <p>9:00 am to 9:00 pm</p> <p>• • • • •</p> <p>The Central Office is located two blocks north of Constitution and four blocks east of San Mateo.</p>
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This is a gift, Please sign my name on the card			
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