



Pass It On

May
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Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.

- Alcoholics Anonymous (The "Bog Book"), How It Works, page 70

Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5 (*Short & Long Form*) Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.

Concept 5 (*Short & Long Form*) Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Spiritual Experiences vs. Awakening! (Part I)

By Elizabeth E., Westside Group

My first day sober was May 3, 1975; I was 33 years old and had had enough. My very first meeting was amazing! I didn't hear a lot of what was being said, but I felt LOVE, a love that I had never experienced before. I knew that my higher power was in that room. I wanted what those people had and was willing to go to any lengths to get it. That was my first spiritual experience in sobriety.

Now at 72 years old looking back over my 39 years of sobriety I see a lot of life experiences mixed in with spiritual experiences too numerous to count. Some sound like fairy tales when I relate them to others, too good to be true. For example:

One August just before leaving on a trip to California to see my daughter, I sat in my car and asked my Higher Power what I needed to do before I left. I received an inspiration to take my past car repair receipts. After collecting them I stowed them in my glove compartment. I asked again and got the inspiration to go to my mechanic and ask what I needed to know before driving through the desert. I did exactly as I was instructed and was told that I needed to turn my heater up full blast to cool the engine down. Sure enough while driving in the desert my car did overheat! It was 105-115 degrees outside; I had windows open and the heater full blast! At least it cooled the motor down. As I drove into Barstow, the first significant town on the other side of the desert, my car rolled to a stop. The problem was a part that was still under warranty, as explained in the receipts that I brought with me. I was able to get the car repaired for no cost and they replaced a few hoses that were cracked for free. Since I had only enough money for gas and food, and one night in Barstow, where I had planned to spend the night, I deemed the whole experience miraculous.

I was to have many such experiences through the years intermixed with deaths of loved ones, divorces, and such. Life happens and my Higher Power has always helped me walk through any situation. I experienced my conception of my Higher Power and my roles in this life evolve over the years.

At 15 years sobriety I dealt with PTSD from flashbacks of childhood abuse that I

(continued on page 3)

FROM THE EDITOR'S DESK

PLEASE submit information to PIO about upcoming AA special events - picnics, anniversary meetings, workshops etc. - I've heard many a person say "I heard about the (fill-in-the-blank), but not until after it happened." I would have liked to have gone." If you don't get the word out, you don't get the people in... Just because you submit it to one place (the Central Office or Area 46 website, Pass It On or El Farolito....or drop off flyers somewhere....doesn't mean it gets to all these venues. It's as easy as making a group on your email with the appropriate email addresses (passiton@albuquerqueaa.org, web@albuquerqueaa.org, elfarolito@newmexicoaa.org and webchair@newmexicoaa.org) and sending one group email...

Thanks to those groups and individuals who submit articles and sobriety birthdays...and shame on you who don't!

A BIG thank-you to **District 18** for the recent Intergroup Speaker Meeting they held (and to Jamie M. for sending this info in). It was very well attended (over 100 people) and between the 7th and the raffle a record amount (\$716) was raised for Central Office.

There are still **3 vacant positions on the Central Office Steering Committee** - the committee that oversees the operations of Central Office and keeps things running (mostly...lol) smoothly and serves as the "group conscience" for Albuquerque Intergroup. Serving on the Steering Committee is an excellent way to take your service up a notch and do service work that reaches all the districts in the Albuquerque area...and it doesn't take as much time as you might think. The open positions are: Community Outreach, Special Needs Coordinator and Intergroup Liaison. For more info on these open positions email Chair@albuquerqueaa.org

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.

MISCELLANEOUS ANNOUNCEMENTS

Area 46(New Mexico) is seeking an Area Archivist.....Some experience with Archival preservation and organizational expertise. More information can be found at NMAA.org/Committees/Archives the proposed Role of an Archivist will give a better understanding of the service position.

At their April business meeting, **El Centro Group** voted to stop signing court papers as of 5/1/14.

2015 International Convention of Alcoholics Anonymous

Meet us at the Georgia Dome

When: July 2-5, 2015.

Where: Atlanta, Georgia.

Why: To celebrate the 80th Anniversary of Alcoholics Anonymous.

More info: <http://www.aa.org/lang/en/subpage.cfm?page=466>

Central Office Intergroup Steering Committee

Mike W. - **Chair**
Chair@albuquerqueaa.org

Carolyn - **Secretary**
Secretary@albuquerqueaa.org

Aaron - **Treasurer**
Treasurer@albuquerqueaa.org

Linda - **Schedule Editor**
Schedule@albuquerqueaa.org

Elizabeth E. - **Member-at-Large**
MemberAtLarge@albuquerqueaa.org

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PassItOn@albuquerqueaa.org

VACANT - **Special Needs Coordinator**
SpecialNeeds@albuquerqueaa.org

Alli V. - **Web Site Chair**
Web@albuquerqueaa.org

Christy - **Media Librarian**
Media@albuquerqueaa.org

VACANT - **Community Outreach**
CommunityOutreach@albuquerqueaa.org

Michael W. - **CO Coordinator**
Coordinator@albuquerqueaa.org

Debra - **Alternate CO Coordinator**
AltCoordinator@albuquerqueaa.org

VACANT - **Intergroup Liaison**

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

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Spiritual Experiences vs. Awakening! (Part I)

(continued from page 1)

had suppressed and later dealt with years of depression and anxiety. My Higher Power didn't stop working and I didn't stop believing. I was aware God was with me, but I did most of the leading; God became my co-pilot. There was actually 9 years after my 25th AA anniversary that I attended very few meetings. But finally in 2009 I rededicated myself to serving AA and giving back what I had been so freely given.

At 36 years sobriety I was frustrated with my anxieties always plaguing me and limiting my ability to leave my house to interact with others. I only left my house three times a week for meetings and once a week for groceries. Being retired and single with no family in town, there was no one to see and nothing to do.

One day in that fall of 2011 I came across an AA slogan that said, "If God is your co-pilot, change seats." Opps! That got my attention. I determined that I was missing something in my 11th step. I had worked steps one through nine, took a tenth step inventory occasionally, and glanced and nodded at steps eleven and twelve. I occasionally tried to work step eleven. I found, many years ago, that I could practice mindfulness, a sort of meditating without the sitting and closing my eyes. However, I never really considered the intent and practice of step eleven and what that would look like for me.

I was frustrated with living with my anxieties and strongly desired to be closer to my Source. I finally noticed the words "self-forgetting" in the eleventh step in the 12x12. The only time I experience self-forgetting is in the present when I drop out of thinking. I was determined to spend time not thinking, to really be present for God to have a chance to heal my mind and enter my life. What a concept! Not think?!

(to be continued in next month's PIO)

Thinking our way into Action? Or Acting our way into Thinking?

by Anonymous

When I got to AA this last time, I was adrift on a sea of booze. There was precious little logical thinking and meticulous execution going on at my house!

My experience at that point was that I was in physical and mental pain, 24/7. Since only alcohol had ever really helped, I kept trying it even though it had pretty much quit working. At the end of the drinking, if I could get drunk enough, there would be a brief period when the pain would let up a bit, but no longer than minutes or at most a couple hours.

When I found my original home group, one of the things that kept me coming back was that I felt kind of ok while I was at the meetings. When I wasn't at the meetings, the "blender-brain" would slowly start up again. I found that I needed a lot of meetings.

When my Original Sponsor asked me if I was ready for the Third Step, I honestly did not have a clue. So I said, "I guess so." And he then got on his knees in his kitchen there, and asked me to do the same. Then, he asked me to read the Third Step prayer out loud.

I don't know about you, but by golly that seemed like a LOT like action to me at the time. I really didn't want to do it, but he said that's what we had to do in order to say we had "worked the Third Step."

He immediately began to badger me about the Fourth Step, had I started on it yet, etc. Every damn meeting. So, yeah, that seemed a lot like action to me too.

Even Six and Seven, though they seem like nothing in the Big Book, the way we were taught them, they were daily, moment by moment steps. I was told to keep in mind the behavioral problems that had emerged in my Fifth Step. I was to assess myself when they began to emerge in my behavior and see if I was ready to give them up. (In other words I in Step Six?) If I was ready, then I was to ask for them to be removed before they manifested (Step Seven).

I was told that I was as powerless to "fix" myself as I was powerless against booze - I had to ask something outside me to help (Steps Two and Seven). Again, it seemed like a lot of work (action) at the time.

Just because something seems mostly mental, at least for me, doesn't mean it doesn't require significant effort! A program of action. Yup. That's what it feels like to me.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

- *Alcoholics Anonymous* (The "Bog Book"), A Vision for You, page 164

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 April 13, 2014

Open @ 14:12

nie J Candle Light, Mark K Estancia Valley, Alli V Intergroup Web Chair, Debra K Alternate Coordinator, Linda E Schedule Editor, Tim T. Friday Night Smokeless, Rick W Promises, Becky S. Women in Progress, Kris H. Dawn Patrol, Elizabeth E, Member at Large, Henry L. Seeking Serenity, Stacy R. Rebellion Dogs, Nonie B. How it Works, Gayle W. Isleta Group, Johnny Chavez West Side AA, Lisa M. Sunrise Catchers, Katie C. Grateful Girls, Michael W. Intergroup Chairman

Minutes Minutes in the Pass It On were checked and one amendment was made. "Article submissions of 800 words max bumped up from 300" 300 should have been 500. Michael W. moved to accept the minutes as amended, Linda E 2nd. The motion passed without dissent.

Treasurer's Report We had low month on group contributions. We received \$716.82 from the District 18 Fund Raiser. 115 people attended the fund raiser. An individual contribution was received from a former Pass it On editor. We are \$1988.00 in the red for this month. Credit Card sales are strong. We will evaluate the use and cost of credit cards soon and possibly propose a 5% increase in prices across the board to cover the cost of credit card sales. Debra moved to accept Treasurer's report, Mike (strange Mental Blank Spots) 2nd. Motion passed without dissent.

Central Office Coordinator Desk traffic is really slow. We have a good supply of literature. We will possibly re-order more 75th anniversary Big Books. We can re-order until the End of June. There will also likely be enough books printed to have an ample supply for the 2015 International Convention. The desk is covered except for Wednesdays from 7-10pm. We always need substitutes. We are out of the Grapevine book titled "emotional Sobriety". We will be re-ordering more copies. We do have "emotional Sobriety 2". We have a Lemon Tree.

Alternate Central Office Coordinator 12 Step calls are down for the month. Web site visits are up. We only have 33 substitutes. We would like to have at least 40. All night shifts were covered. Michael worked 3 shifts and Debra worked 2 shifts. Police were not called at any time during the month. There is an upcoming shift opening in May; every other Sunday from 9am to 12pm. Central Office has WIFI. We have schedules for sale today. A pack of 5 for \$1.00. They are normally 4 for \$1.00.

Member at Large I have nothing to report other than I am here. Here is the 75th anniversary of the Big Book (held it up for all to see). The first 164 pages are actually 197 pages due to the large print.

Pass it On Editor Sobriety birthday submissions are up. Article submissions are down to zero again. I would like articles on upcoming events and celebrations. I would love to have submissions on local events instead of reprints.

Media Librarian (given by Michael W. Intergroup Chair): We have 276 titles. We are working toward 300 titles.

Web Guardian Doing my best to keep the site updated.

Schedule Editor New Schedules are out. The schedules are green with tulips on them.

SOBRIETY BIRTHDAYS

COSMOPOLITAN April: Alma 60 days, Laura 4 years

ISLETA March: Louisa 30 days; Ray 60 days; Sam 1 year; Mark 2 years; Anthony 9 years; Susan 24 years; Dan 53 years

PROMISES April: Joan M. 22 years

SEEKING SERENITY March: Megan 30 days; Keli 60 days; Timmy 1 year; Gail T. 19 years; Greg 30+ 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.

If you have changes for the schedule they can be submitted on the web site via a submission form. You can also send an email to me at schedule@albuquerqueaa.org , or you can stop by or call Central Office.

Community Outreach *POSITION VACANT*

Special Needs Coordinator *POSITION VACANT*

Group Liaison *POSITION VACANT*

OLD BUSINESS None

NEW BUSINESS None

GROUP ANNOUNCEMENTS The **Ladies Room** will be having a **pot-luck** on April 25th. **Blackouts** will be having a **summer revue** August 2, 2014. Show times 3pm to 5pm and 7pm to 9pm. Tickets go on sale June 1, 2014. Ticket prices are \$5.00 per ticket at 4904 4th Street. For more information call Alan M. or Roger C. at (call Central Office - (505) 266-1900) for phone numbers). **Blackouts** are also looking for anyone who wishes to express their sobriety in a stage performance. Deadline for submissions is May 2, 2014. **Spark of Light** will have a **dinner, speaker and dance** on Saturday May 10th. Dinner is at 6pm, speaker at 7:30pm (tiffany will be the speaker). Tickets are \$3 individual/\$5 couple. The Dance will last until midnight at the heights club. Saturday May 24th 7:30pm **movie night** at the heights club. The movie will be Idiocracy. There is no charge and there will be free popcorn. **Isleta Club** will be celebrating the **67th anniversary** on April 26th. There will be a **potluck and speaker**. The celebration begins at 6:60 and is sponsored by the Isleta Group.

Close @ ????

“Serenity is not the absence of conflict, but the ability to cope with it.”



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

THIS MONTH

Friday May 2 - Sunday May 4 - 21st Annual NM Red Road AA

Convention All AAs, Alanon and Alateen welcome. Hotel Cascada, 2500 Carlisle Blvd NE, Albuquerque. More info: <http://www.nm-redroad.org/>

Saturday May 10 - Singleness of Purpose Group's 6th Anniversary

Potluck & Meeting Bring your favorite dish to share and drinks for your and yours. 6:00 pm - Potluck. 7:00 pm - Open Meeting. Rio Vista Church 8701 Golf Course Road NW, Albuquerque

Saturday May 10 - Dinner/Speaker Meeting/Dance Dinner 6:30pm, Indian Tacos, Cost \$6. Speaker Meeting 7:30pm, speaker: Tiffany. Dance starts right after speaker & goes until midnight - cost \$3 singles, \$5 couples, 50/50 raffle, DJ Steve R. Sponsored by A Spark of Light Group. Heights Club, 8520 Marble Ave NE, Albuquerque, (505) 266-8952

Friday May 16 - Westside Group's 28th Anniversary Potluck & Meeting

Bring your favorite dish. Arrive 6-ish Westside will provide cake and a chicken dish. 6:30 pm - Potluck, 7:00 pm - Meeting. Our Savior Lutheran Church, 4301 Atrisco Drive NW, Albuquerque

Friday May 16 - Saturday May 17 - 2nd Annual NM LBGT Roundup

St. Thomas of Canterbury Church, 425 University NE, Albuquerque. For more info go to: www.nmroundup.com

Saturday May 24 - Public Information / Cooperation W/ the

Professional Community Workshop Speaker Panel Group Discussion. 9am to Noon.

Monte Vista Christian Church, 3501 Campus Dr. NE, Albuquerque.

Saturday May 24 - Movie Night 8pm. Movie: *Idiocracy* 12 foot movie screen. No admission, low priced popcorn. Sponsored by A Spark of Light Group. Heights Club, 8520 Marble Ave NE, Albuquerque, (505) 266-8952

UPCOMING EVENTS

Friday June 6- Sunday June 8 - Area 46 New Mexico State Con-

vention 2014 Area 46 Convention. June 6 - 8, 2014 at the Marriot Hotel, 560 Scott Avenue, Farmington, NM.

Tuesday June 10 - FOUNDERS DAY Movie Night 8pm. Movie: *Bill W. - The Documentary* 12 foot movie screen. No admission, low priced popcorn. Sponsored by A Spark of Light Group. Heights Club, 8520 Marble Ave NE, Albuquerque, (505) 266-8952

Friday July 4 - Sunday July 6 - X Convencion, Hispana del Estado de New Mexico No further information available at this time.

Friday July 11 - Sunday July 13 - New Mexico Conference of Young

People in AA (NMCYPAA) 2014 Convention Hotel Cascada, 2500 Carlisle Blvd NE, Albuquerque. For more info: www.nmcpaa.com

Saturday July 12 - 17th Annual Full Moon Madness - White Sands National Monument. Meeting and Potluck. 6:00 - 10:00 pm

Saturday July 19 - Area Planning Meeting Area Assembly Planning Meeting for September 2014 Assembly. All are welcome to attend. 10:30am-12:30pm Trusted Servants Meeting. 12:30-1:00pm Potluck. 1:00-2:00pm Area Assembly Planning meeting. St Thomas of Canterbury Church, 425 University Blvd NE, Albuquerque 87106

Sept 12-14 - Taos Mountain Fiesta Sagebrush Conference Center, Taos, NM. No further information available at this time.

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.

March 2014

Monthly Service Activities Report

PHONE CALLS	MAR14	FEB14	MAR13
Information	507	492	585
12-Step	12	23	22
Al-Anon	13	9	15
Message	32	40	46
Other	87	76	120
TOTAL	651	640	778

WALK INS

Information	13	11	18
12-Step	0	1	1
Al-Anon	2	1	0
Get Schedule	12	10	19
Purchase	200	170	164
Media	4	3	3
Message	3	2	3
Casual	19	21	33
Other	39	28	19
TOTAL	292	247	260

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	4237	3568	3481
Number of Visits	8113	6741	?
Pages	32167	27709	?

DESK WORKERS*

Regulars	46	48	45
Substitutes	33	33	37
TOTAL	79	81	82

DESK SHIFTS*

Weekdays	126	120	126
Weekends	50	40	50
TOTAL	176	160	176

WEEKDAY SHIFTS*

Worked by Regulars	114(90.5%)	104(86.7%)	112(88%)
Worked by Substitutes	12(9.5%)	15(12.5%)	14(12%)
TOTAL	126	119 (99.2%)	126

WEEKEND SHIFTS*

Worked by Regulars	48(96%)	35(87.5%)	42(80%)
Worked by Substitutes	2(4%)	5(12.5%)	8(20%)
TOTAL	50	40	50

SHIFTS WORKED BY MICHAEL

3 - 3 hr (9)	15hrs	16.5hrs
0 - 2hr (0)	2	0
Night - 0	0	0

SHIFTS WORKED BY DEBRA

2 - 3 hr (6)	3	7.5
2hr (0)	0	0
1 - Night - 0	0	0

TOTAL 15 hours 20 hours 24 hours

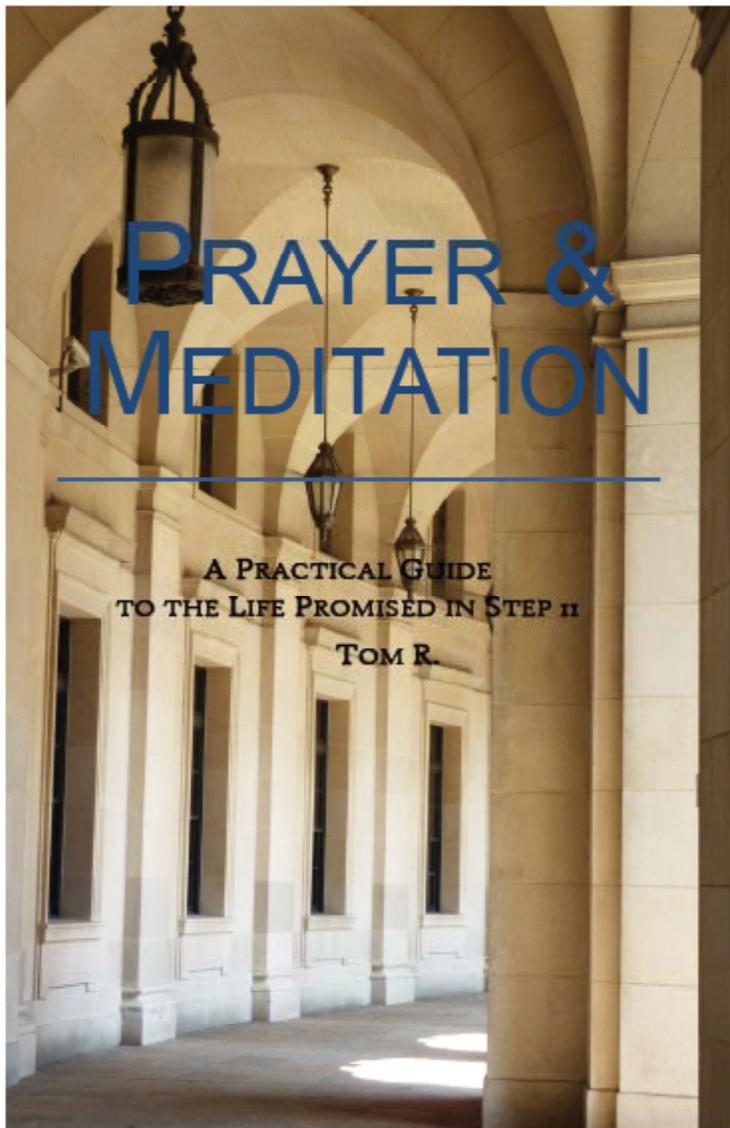
NIGHT SHIFTS NOT COVERED 0 1 WEEKDAY 0

*INCLUDES NIGHT PHONE

Habit is habit, and not to be flung out of the window by any man, but coaxed down-stairs one step at a time.

- Mark Twain





STEP 11 PRAYER & MEDITATION

A Practical "How-To" Workshop

SPONSORED BY A SPARK OF LIGHT GROUP

WHERE: HEIGHTS CLUB, 8520 MARBLE AVENUE NE,
ALBUQUERQUE, NM 87110 (MAIN ROOM - NON
SMOKING)

WHEN: SATURDAY JUNE 28, 2014

TIME: 10:00 A.M. TO 3:00 P.M.

PREREGISTER: CONTACT THE HEIGHTS CLUB AT
(505) 266-8952 OR STOP BY THE CLUB
TO PREREGISTER

WHAT: BRING A JOURNAL, A PEN, AND AN OPEN MIND

\$7 FOR MATERIALS FEE
PLEASE PREREGISTER TO ENSURE SPACE

TOM R., OF DENVER, COLORADO - AUTHOR OF "PRAYER &
MEDITATION" - WILL BE LEADING THE WORKSHOP

EXTRA SIGNED COPIES OF HIS BOOK WILL BE AVAILABLE, FOR \$11.95

WHAT OTHERS ARE SAYING:

"This volume is perhaps the most comprehensive work on prayer and meditation to date written exclusively for 12-step people who want more from their recovery than simply not drinking." *Review*

"The methods Tom R. teaches are tried and true. Learning how to have a relationship with God is the greatest gift I have received in my life.... Doing the daily exercises in this book is how I got it."

From the forward by Jessi R.

"Step 11, as revealed in the subject matter of this book, was a life transforming experience... I would highly recommend this book and the experience you will hopefully receive will be transformational."
Glenn T.

NMCYPAA 2014

Albuquerque



At a WaterPark!

July 11-13, 2014 • Hotel Cascada
<http://host.nmcypaa.com>

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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