



Pass It On

May
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albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

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 services 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.

How has AA Changed Since 1975

Elizabeth E., Westside group

When I came in on May 3, 1975 in Shreveport, LA, they told me that I could be admitted to the psych unit if I thought I was bad enough. I thought I might be “bad enough” since I drank over a case of beer a day, but I didn’t want to be on the psych unit and I had three small kids that needed me. The evidence of my physical disease was a tremor that would get worse in the evening for the first 22 days. It was hard to drink a cup of coffee at the meetings and I had trouble driving.

Since there were no treatment centers in the area at that time or places for people to come off alcohol other than the “drunk tank”, at least once a week during the meetings someone would fall on the floor with an alcoholic seizure. Key people in the meetings knew what to do and would immediately spring into action. Those that weren’t caregivers or assigned to call for help (no cell phones back then) kept the meeting going and barely flinched. I remember being proud that I was able to chair a meeting without skipping a beat while a member was being worked on. It was another stark reminder that this disease was also physical.

At seven months sobriety I moved to Middletown, Ohio, my hometown, and also attended meetings in Dayton and Cincinnati. They had a treatment center 90 minutes away where I joined several others to take a meeting monthly. I very gratefully never saw another alcoholic seizure. However, in that industrial area (steel mill, paper mill, railroads, coke plant, etc.) at my young age of 33 years old, I was considered a high bottom drunk. The men didn’t think I could have possibly hit the same bottom they did. That really bothered me, since alcohol almost killed me and I was close to having my kids taken away. Today you don’t hear about high or low bottom drunks very often, but some of us have gotten off the down-elevator sooner than others. I had a lot of “yets”, but the bottom I hit was still devastating.

At 33 years old, I was among the youngest members, but not so today. People are coming in very young. My own son came in at 15 years old. Whatever our age, I assume we have all earned our seat.

A couple years later I moved to Oklahoma City, OK and in 1990 I moved to Albuquerque. The constant was the program of alcoholics anonymous. It was the same in 1975 as it is today. Customs in the meetings changed slightly from area to area. Some areas the people were warmer than others, some didn’t hold hands during the Lord’s Prayer, and others didn’t start the meeting out the same way.

The Big Book editions changed. I came in at the end of the second edition. So I have changed books twice. The only real difference in the editions was some minor wording changes in the first section and more significant changes in the stories.

Oh, by the way, every meeting used to be a smoking meeting. Now I get sick whenever I get around cigarette smoke. I quit smoking at seven years sobriety.

Thank God our founders came along before I did and that there was a program for me when I needed and wanted it. Although the program has stayed the same these 40 years, my understanding of the program has greatly improved. I now understand things that used to baffle me.

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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 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 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
- Carolyn - **Secretary**
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- Tom M. - **Treasurer**
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- VACANT - **Media Librarian**
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- Michael W. - **CO Coordinator**
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- Debra - **Alternate CO Coordinator**
AltCoordinator@albuquerqueaa.org
- Rojo - **Intergroup Liaison**
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

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Meetings with American Sign Language for the Deaf

by Elizabeth E

If you attend the Ladies Room or the Men's Stag meetings on Friday at 7:30 at the Nativity Church on 2nd and Alameda, you will have an unusual experience. Each meeting has an ASL (American Sign Language) interpreter for the one or two deaf people in those rooms that are mixed in with those that can hear.

They have been there for a long while in the Ladies Room (over two years) and Central Office was funding the signers with the small special needs fund of \$210 a month. We had a situation where the ASL interpreters were told that CO would pay for them to go to the Men's Stag meeting without that person asking CO first. When the bills came in, there wasn't enough funds. We wanted the deaf AA member to go to the meeting, but how do we pay for it? The problem was taken to the intergroup meeting. We were all scratching our heads to figure out a solution that would fix the problem that we have had in the Albuquerque area for a very long time.

Something I have learned early on in AA is that when all else fails read the instructions, usually the Big Book. GSO provides a Special Needs Kit for \$18 with all the info they have available. We had to turn to the "GSO guidelines for the deaf" to figure out how meetings like these are set up. Thinking of our inverted triangle, it is not surprising that the groups need to first decide that they want to provide this service and that there is a need for it. Then they need to look at their finances to see what they can afford to pay each month and if they are short, according to the guidelines, they can ask CO/intergroup for assistance. In the guidelines it does say that there might be organizations for the deaf that can also give assistance, but we haven't found anything like this in this area yet.

So that is where the groups started. In their group consciences they decided that they wanted their meetings to be accessible to the deaf and to be listed as such in the local AA schedule. These meetings have an unusual extra expense of providing childcare for its members. So on top of the usual expenses of rent and supplies they each pay for childcare each week. It didn't take a great mathematical mind to figure out that they didn't have enough money, even with the Ladies Room's bake sale, to cover the signers even though the signers were working at pro bono charges of \$35 a meeting.

Once they came to their decision they informed me, the pro tem special needs chair for intergroup, that they didn't think they could pay for any of the signing. I informed the intergroup reps of their request for assistance. They have come through with donations to help with the shortfall and to encourage other groups to make their meetings open to the deaf. I am suggesting they put out a can for a special needs collection and whatever makes it into the can, subtract that amount from the monthly signing bill.

We have made it through the first month at Ladies Room and everything is going well. They have enough signers that are willing to do pro bono work and the two deaf women are pleased that the services in their homegroup will continue with the support of our groups' donations. The Men's Stag are in their first month. They only have one signer who needs a backup. The Men's Stag will have to make some calls to find someone else willing to fill in when the regular signer isn't able to show.

We are meeting the bills thus far with the contributions we are receiving from the groups. If you want your group to contribute, send a check to Central Office with the notation that it is for special needs. My group passes a can around for ASL in the basket and sends a check to CO each month. Brownbaggers is preparing to provide an ASL interpreter in one of their meetings in the near future. They are able to cover the expenses. Hopefully other groups will see a need to provide similar services.

Are you a Big Book Whiz? Try this! by Elizabeth E., Westside Group

1. Joy at our _____ from a lifetime of frustration knew no bounds. 128-129
2. There you will find _____ from care, _____ and worry. 152:2:3
3. As we go through the day we _____, when _____ or doubtful, and ask for the right thought or action. 87:3:1
4. _____ the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances! 100:1:4
5. I _____ that you remove from me every single _____ of _____ which stands in the way of my usefulness to you and my fellows. 76:2:2
6. We usually conclude the period of meditation with a _____ that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such _____. 87:1:1
7. It's (this book's) main object is to enable you to find a Power greater than yourself which will _____ your _____. 45:2:2
8. And there often seems no way of entirely getting rid of _____ without His aid. 62:2:6
9. For the only problems I have now are those I create when I break out in a rash of _____. 550-551 4th edition
10. So I'm better off if I don't give _____, don't figure I know what's best, and just _____ life on life's terms, as it is today-especially my own life, as it actually is. 417-418 4th edition

My Favorite Step- Number One by Eddie

My favorite step is numero uno. It leads into the rest of the steps. It keeps me grounded. It also reminds me that I'm not like other people, especially when it comes to alcohol. This is where I have faltered in the past. I would conveniently forget that I am an alcoholic and my life is unmanageable. I would become willing to believe that I was normal or that maybe I could use alcohol. I've proven time and again that when I use alcohol, the sensation of craving sets in and I am off to the races. So today I have no doubt I am alcoholic. The idea that I can use alcohol has been smashed and I have conceded to my inner most self that I am not like other people. So I exercise step one daily remembering who I am. This allows me to move into the day and exercise the other steps.

Spiritual advice from my 4 year old Elizabeth E.

In the early months of recovery I would take my kids to some of the meetings. After 6 months of recovery it became clear I would have to leave the kids' father so that I could stay sober. I was sharing with my 8 year old daughter that we might have to leave her Daddy. We were both sad and a tear was rolling down my cheek. My 4 year old walked up matter-of-factly and announced, "If you turn it over to God, everything will be okay!" After I thanked him for his sage advice, he went back to his room to play. I guess he WAS listening to the AA message.

PS by Elizabeth E.

Michael at Central office says there are currently about 400 meetings in the area. He added that in 1975 there were only 32 meetings.

SOBRIETY BIRTHDAYS

COSMOPOLITAN March: Melissa 5 months; Kate 6 months; Jim 9 years; Laura 10 years

ISLETA March: Vanessa 90 days; Steve 1 year; Sam 2 years; Anthony 10 years; Susan 25 years

PROMISES March: Jennifer R. 1 year; Margaret R. 6 years; Rick W. 23 years

REBELLION DOGS March: Courtney U. 1 year; George 3 years; Adam B. 13 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.

AA Member Speaks by Elizabeth E.

Question of the month:

“You’ve worked the steps, you know what peace of mind is, but you have slipped back into old habits at work/home. 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?”

Elizabeth E, Westside, “I have used my time in the restroom at work to ground myself, get into the moment, and ask God for direction. I go to the restroom frequently enough that I get lots of opportunities to remember to get into the moment and to remember who is really running this show. I have noticed that when I don’t take time to decompress during a busy day, that I revert to old behavior due to the built up stress. Otherwise- I inventory my spiritual maintenance.”

Ann B, Zia Group, “I go to more meetings.”

Michael W, a member of Too Much for Us, “Pause and ask for direction.”

Angela A, Westside Group, “Lots of prayer, talking about my problems, attend more meetings, and meet with my sponsor.”

Eddie, “Whenever I catch myself slipping into old habits, I up the meeting regimen. I have also noticed that there is lots to do in and around A.A. So I work at keeping busy with service. I am my home group’s inter-group rep, I chair a meeting once a week, and I clean and make coffee at the Desert Club. I find by staying busy with service, meetings, and participation in the fellowship of AA, I am less likely to “forget” who I am and what I need to do in order to maintain my growth in recovery.”

Well, I can learn from my mistakes. I am sure I could squeeze some responses from more folks, but it just isn’t necessary. The question was too involved and too long. Next month’s question is shorter and to the point. I hope you like it.

June’s question of the Month: “Which step has meant the most to you and your growth?” Explain. Keep it brief, up to 75 words if possible. If there are a lot of responses, I may have to edit responses and I might not be able to include everyone in June. If this question really resonates with you and you want to write a separate article about it, please do. Remember, I’ll help you with your article. You are not alone. If you have suggestions for future questions, please send them my way.

Send your response and future questions to me at memberatlarge@albuquerqueaa.org.

AA EVENTS CALENDAR

THIS MONTH

Friday May 1-3 - NM American Indian Red Road Convention

Crowne Plaza Hotel, 1901 University Blvd, NE, Albuquerque (more details: www.nm-redroad.org)

Friday May 8 - Westside Group 29th Anniversary Potluck & Meeting

6:15pm Potluck, 7pm Meeting. Our Savior Lutheran Church, 4301 Atrisco NW, Albuquerque

Saturday May 9 - Second Chance to Dance Dinner, Speaker, DJ

Dance Potluck with low-priced burgers & dogs 7pm; 8pm Speaker Meeting, speaker Ray G. 9pm-1am DJ Dance, DJ Steve R., \$3 singles, \$5 couples. Sponsored by the Last Call and Saturday Night Alive Groups. Desert Club, 4305 Mesa Grande Pl. SE, Albuquerque

Saturday May 9 - Soul Food Dinner, Meeting & 70's Dance

6-7:30pm Potluck; 7:30-8:30pm Speaker Meeting, Speaker Dave E.; 9pm-midnight Dance. Dinner \$7 single, \$12 couple. Dinner/Dance \$10 single, \$12 couple. Sponsored by the Synergy Group. Heights Club, 8520 Marble NE, Albuquerque

Saturday May 9 - 30th Anniversary of Live & Let Live Group Spaghetti Dinner & Central Office Fundraiser 6pm Dinner (\$5 suggested donation); 7pm meeting. Raffle. Metropolitan Church, 1103 Texas NE, Albuquerque

Friday May 15 - Saturday May 16 - 3rd Annual New Mexico Round-up "Tools of Sobriety" Starts Friday at 5pm. Sponsored by the groups at Nativity Church, 9502 4th NW, Albuquerque. More info: <http://albuquerqueaa.org/pdf/05152015.pdf>

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

Saturday May 23 - CPC/PI Workshop 9am-noon. Monte Vista Christian Church, 3501 Campus NE, Albuquerque. Sponsored by Area 46. Flyer: <http://newmexicoaa.org/images/pdf/2014-15/CPC-may2015.pdf>

Saturday May 30 - BBQ/Fundraiser 1pm. Hamburgers & Hot Dogs provided. Sponsored by the Sunday Night Young Persons group. Montgomery Park. South of Montgomery NE between San Mateo & San Pedro

UPCOMING EVENTS

Friday June 5-7 - Area 46 Convention 5101 N. Lovington Highway, Hobbs, NM. More Info: <http://newmexicoaa.org/images/pdf/2014-15/convREGFORMFINAL.pdf>

Saturday June 13 - State Correctional Volunteer Training 8am-noon. Legacy Church, 7201 Central NW, Albuquerque

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

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.

March 2015

Monthly Service Activities Report

PHONE CALLS	MAR15	FEB15	MAR14
Information	463	379	507
12-Step	14	12	12
Al-Anon	4	7	13
Message	61	47	32
Other	116	84	87
TOTAL	658	529	651

WALK INS

Information	12	10	13
12-Step	3	0	0
Al-Anon	0	0	2
Get Schedule	3	10	12
Purchase	172	145	200
Media	2	4	4
Message	3	3	3
Casual	38	29	19
Other	29	26	39
TOTAL	262	227	292

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	4309	3874	4237
Number of Visits	7649	?	?
Pages	30874	?	?
Hits	84965	?	?

DESK WORKERS*

Regulars	47	46	46
Substitutes	33	34	33
TOTAL	80	80	79

DESK SHIFTS*

Weekdays	132	120	126
Weekends	45	40	50
TOTAL	177	160	176

WEEKDAY SHIFTS*

Worked by Regulars	109(82.5%)	108(90%)	114(90.5%)
Worked by Substitutes	21(15.9%)	12(10%)	12(9.5%)
TOTAL	130(98.4%)	120	126

WEEKEND SHIFTS*

Worked by Regulars	33(73.3%)	28(78%)	48(96%)
Worked by Substitutes	12(26.7%)	12(30%)	2(4%)
TOTAL	45(100%)	40	50

NIGHT SHIFTS NOT COVERED 2 0 0

SHIFTS NOT WORKED

BY A VOLUNTEER 14 15 15

4 - 2 HR SHIFTS 5 - 2 HR SHIFTS

HOURS 38 40 45

*INCLUDES NIGHT PHONE



1st Quarter Group Contributions (to Central Office)

GROUP	JAN	FEB	MAR	1st Quarter Total
AA @ THE VA	\$1.65	\$60.00	\$1.30	\$62.95
ANY LENGTHS			\$360.00	\$360.00
BACK TO BASICS		\$150.00		\$150.00
BASEMENT STEPS	\$60.00			\$60.00
BLACKOUTS			\$100.00	\$100.00
BROWNBAGGERS			\$168.36	\$321.89
CANDLELIGHT		\$102.14	\$88.00	\$190.14
CHILDREN OF CHAOS		\$10.00		\$10.00
CORRALES MEN'S	\$50.00		\$75.00	\$125.00
DAWN PATROL		\$259.36	\$174.90	\$706.57
DOWN UNDER	\$25.00		\$40.00	\$65.00
DRY NOONERS	\$94.06	\$44.50		\$138.56
FEW SIMPLE RULES		\$80.00		\$80.00
FOOTHILLS		\$221.76		\$433.80
FREE SPIRITS		\$90.00		\$90.00
FREEDOM FROM BONDAGE			\$223.00	\$223.00
GOODFELLAHS		\$130.00	\$51.75	\$181.75
HIGH NOON	\$90.00			\$90.00
HOW IT WORKS		\$130.40		\$130.40
IN THE BOOK	\$65.00			\$65.00
ISLETA GROUP			\$46.75	\$46.75
JEMEZ SPRINGS			\$25.00	\$25.00
JEMEZ VALLEY				\$100.00
KEEP IT SIMPLE			\$50.00	\$50.00
LADIES' ROOM	\$69.00			\$69.00
LIVE AND LET LIVE	\$20.00			\$20.00
LONE RANGERS				\$210.00
LOS LUNAS LADIES'	\$20.00			\$20.00
LUNCH BOX			\$33.00	\$33.00
METROPOLITAN	\$15.00			\$15.00
PENNY LANE				\$200.00
PROMISES			\$63.13	\$63.13
QUEER IDEAS OF FUN		\$300.00		\$300.00
RIO RANCHO BEGINNERS	\$79.93			\$79.93
SERENDIPITY GROUP			\$257.93	\$257.93
SERENITY GROUP	\$72.38			\$72.38
SINGLENESS OF PURPOSE		\$80.00		\$80.00
SOS MONDAY NIGHT				\$100.00
STAG		\$25.00	\$25.00	\$50.00
STILL SEEKING SERENITY		\$20.00		\$20.00
STRANGE MENTAL BLANK SPOTS	\$81.50	\$71.75		\$153.25
SUNDAY NIGHT SERENITY	\$50.00		\$50.00	\$100.00
SUNDAY NIGHT STEP STUDY				\$174.65
THERE IS A SOLUTION	\$40.00			\$40.00
THREE LEGACIES	\$50.00			\$50.00
TOO MUCH FOR US	\$63.00			\$63.00
WAKE UP CALL	\$20.00	\$157.38	\$124.88	\$302.26
WESTSIDE GROUP	\$25.97			\$25.97
WESTSIDE NOON		\$80.00		\$80.00
WOMEN'S NOON GRATITUDE		\$20.00		\$20.00
YOUNG PEOPLE'S SUNDAY NIGHT	\$18.75			\$18.75

TOTAL GROUPS	JAN. TOTAL	FEB. TOTAL	MAR. TOTAL	QTR. TOTAL
51	\$2433.77	\$2032.29	\$1958.00	\$6424.06

Kool aide! By Elizabeth E.

In early sobriety my husband and I would bring our young children to the meetings so that they could see where we were going. One evening on the way to the meeting my 4 year old exclaimed, "I sure am glad I am going to a meeting!" I asked, "Why's that?" "Well, you know that Kool aide. Well, when you leave I start drinking it and I just can't stop! I know they can help me at the meeting." No one laughed out loud, but inside I was rolling on the ground with hysterical laughter. I still chuckle whenever I think of it. Guess which child was in AA at the age of 15.

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Albuquerque Intergroup Central Office

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4 blocks east of San Mateo

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