

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

The A.A. group—the final voice of the Fellowship

from The AA Group (P-16) pages 11 & 12

Alcoholics Anonymous has been called an upside-down organization because “the ultimate responsibility and final authority for World Services resides with the groups—rather than with the trustees, the General Service Board or the General Service Office in New York.” (“Twelve Concepts For World Service Illustrated”).

The entire structure of A.A. depends upon the participation and conscience of the individual groups, and how each of these groups conducts its affairs has a ripple effect on A.A. everywhere. Thus, we are ever individually conscious of our responsibility for our own sobriety and, as a group, for carrying the A.A. message to the suffering alcoholic who reaches out to us for help.

A.A. has no central authority, minimal organization, and a handful of Traditions instead of laws. As co-founder Bill W. noted in 1960, “we obey (the Twelve Traditions) willingly because we ought to and because we want to. Perhaps the secret of their power lies in the fact that these life-giving communications spring out of living experience and are rooted in love.”

A.A. is shaped by the collective voice of its local groups and their representatives to the General Service Conference, which works toward unanimity on matters vital to the Fellowship. Each group functions independently, except in matters affecting other groups or A.A. as a whole.

A.A.’s essential group work is done by alcoholics who are themselves recovering in the Fellowship, and each of us is entitled to do our A.A. job in the way we think best within the spirit of the Traditions. This means that we function as a democracy,

with all plans for group action approved by the majority voice. No single individual is appointed to act for the group or for Alcoholics Anonymous as a whole.

Each group is as unique as a thumbprint, and approaches to carrying the message of sobriety vary not just from group to group but from region to region. Acting autonomously, each group charts its own course. The better informed the members, the stronger and more cohesive the group—and the greater the assurance that when a newcomer reaches out for help, the hand of A.A. always will be there.

Most of us cannot recover unless there is a group. As Bill said, “Realization dawns on each member that he is but a small part of a great whole....He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It

Why Alcoholics Anonymous is Anonymous

Anonymity is the spiritual foundation of A.A. It disciplines the Fellowship to govern itself by principles rather than personalities. We are a society of peers. We strive to make known our program of recovery, not individuals who participate in the program. Anonymity *in the public media* is assurance to all A.A.s, especially to newcomers, that their A.A. membership not be disclosed. *(from A.A. at a glance)*

Volume 68, Issue 6

June 2006

A Declaration Of Unity

This we owe to
A.A.’s future:

To place our common
welfare first; To keep
our Fellowship united.

For on A.A. unity
depend our lives, And
the lives of those
to come.

Inside this issue:

<i>The A.A. Group</i>	1
<i>Attention! District 3 groups Traditions Checklist</i>	2
<i>Intergroup Committee Meeting Minutes</i>	3
<i>As Bill Sees It Desk Activity</i>	4
<i>Birthdays Announcements, Reminders</i>	5
<i>CO Contributions Being good to yourself</i>	6
<i>Being good to yourself cont.</i>	7
<i>PIO Subscription Form Office Hours and directions</i>	8

Attention All Groups in District 3

District 3 is planning a workshop. This is a district wide function not a group in District 3 function. If you are from District 3, we could use your services.

The tentative theme is “ Service Work in and around the group level”.

We are hoping the location for the Workshop will be where the Ray Mac Group meets on Saturday evenings at 7:00 pm on Ray Mac Road.

Target Date: July 29, 2006—12-3 pm.
This Event will be a fundraiser for the 2007 NM State convention hosted by all the Albuquerque districts.

For more information call:

Manuel P. 831-0938
Robert S. 550-8995

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Traditions Checklist

from the AA Grapevine

Tradition Six: An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AA’s familiar with “Guidelines on Clubs” (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

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Intergroup Committee Meeting Minutes

Minutes of Intergroup Meeting
2:00 PM Sunday,
May 7, 2006

In the absence of the Chair and the Secretary, the Treasurer opened the meeting with the Serenity Prayer.

Beverly D. read the minutes from the previous meeting, and they were accepted.

Treasurer: Report available. Steve moved savings account into a money market account for better interest rate. Renter's insurance premium paid for the year. Generous contributions from individuals and groups have kept office in the black so far this year. Thanks to all for support. Report accepted.

Coordinator: Copies of April desk activity available. Front office open thanks to generous contributions from desk workers/members in the form of fresh paint, baseboards and window blinds. Office reconfigured due to building remodel. Hot water repaired. No news on building status. Back-ordered large print big books arrived. Full inventory available. Open shifts on desk-alternate Sundays 12-3 pm, every Monday overnight phone, alternate Saturday overnight phone.

Alternate Coordinator: On the desk covering a shift.

Schedule Editor: Will be going on vacation end of May. All changes for new printing should be in the office by May 19 at 3:00 pm or e-mailed to Al by Saturday morning May 20. Production has increased to

3500 every two months from 2000 every three months in 2003.

Pass It On: Please have birthdays into the office by the 15th or e-mailed by the 20th for publication in the subsequent issue. Sally welcomes suggestions, comments, and contribution of articles for inclusion. Hoping to get an article on the history of the Intergroup.

Activities: Absent, no report.

Special Needs: Have received volunteers for special needs, but no requests for services in the last month. Will be producing a flyer specifying what special needs does.

Media Library/Website: Conversion of cassette tapes to CDs ongoing. Tapes which are donated to the office not selected for conversion are available at no charge. Will be finalizing guidelines for website, which is seeing increasing traffic. Looking at developing searchable database for on-line schedule information.

Member-at-Large: Coordinating with Al-Anon on their August convention. They will have slots available for groups to conduct AA meetings during the convention. Kathy will attend a planning meeting Thursday May 18 and will get more information. Thanks to Melissa for helping with the By-law amendments/rewrites.

Public Information: Absent, no report.

Non-AA Speaker Request: Present, no report.

Old Business: Changes to By-laws complete, will be obtaining necessary signatures, notary seals and filing with the State.

New Business: Jakki S., Area 46 2007 Convention Chair gave a progress report on convention planning and fundraising activities. Motion made and carried to donate all proceeds from Central Office hosted Intergroup Speaker Meeting to Convention effort. Next convention planning meeting Saturday, May 20 1:30 PM at St. Timothy's Church.

Meeting adjourned at 2:58 PM.

In attendance:

Al J.	IG Schedule Editor
Larry M.	High Noon
Beverly D.	Cosmopolitan
Jakki S.	2007 Convention Chair/ RR Beginners Meeting
Steve H.	IG Treasurer/Group 164
Michael W.	IG CO Coordinator/ Mountainside Group
Don S.	IG Non-AA Speaker
Sally G.	PIO Editor/How It Works
Janis B.	Seeking Serenity
Eric B.	Tuesday Knights
Martha G.	IG Member At Large
Tom C.	IG Media Librarian/ Website Chair
Trish R.	IG Special Needs Chair
Nance C.	Any Lengths
Melissa C.	Early Birds/Humble Beginnings

Please send a representative from your home group to the next Intergroup Meeting, Sunday June 11, 2006, at 2:00 pm, at the Desert Club.

As Bill Sees It

page 179

Coping with Anger

Few people have more victimized by resentments than have we alcoholics. A burst of temper could spoil a day, and a well-nursed grudge could make us miserably ineffective. Nor were we ever skillful in separating justified from unjustified anger. As we saw it, our wrath was always justified. Anger, the occasional luxury of more balanced people, could keep us on an emotional jag indefinitely. These "dry benders" often led straight to the bottle.



Nothing pays off like restraint of tongue and pen. We must avoid quick-tempered criticism, furious power-driven argument sulking, and silent scorn. These are emotional booby traps baited with pride and vengefulness. When we are tempted by the bait, we should train ourselves to step back and think. We can neither think not act to good purpose until the habit of self-restraint has become automatic.

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 support!

April Desk Activity

	Apr '06	Mar '06	Apr '05
	This month	Last month	Last yr
Phone calls	1176	1187	1174
Information	919	964	903
12 step request	25	22	47
AI-Anon Info	37	34	28
Message	43	54	38
Other	152	113	158
Walk Ins	211	265	255
Information	16	20	13
12 step	2	3	1
AI-Anon	3	3	4
Schedules	16	20	23
Purchases	120	177	163
Tapes	6	7	4
Message	3	4	0
Casual	19	28	17
Other	26	23	30
Desk Workers*	84	91	
Regulars	56	54	
Substitutes	28	37	
Desk Shifts*	170	178	
Weekdays	120	138	
Weekends	50	40	
Weekday Shifts*	120	138	
Regulars	86% 103	85% 117	
Substitutes	14% 17	15% 15	
Weekend Shifts*	50	40	
Regulars	86% 43	70% 28	
Substitutes	14% 7	30% 12	
Shifts by Michael*	10/36 hrs	7/26 hrs	
Shifts by Kathy*	5/39 hrs	12/66 hrs	

Thanks to all who participated this month.

* includes night phone

Birthdays

Isleta Group

Heather 9 months
 Steve 9 months
 Frank 18 months
 Donna (Canada) 18 months
 Rose 4 years
 Valerie 5 years
 Carol 11 years
 Al 19 years
 Brian G. 21 years
 Rey (Refugio) V. 21 years
 Patty 24 years
 Bruce 26 years

El Centro

Taboy 2 months
 Duane 9 months
 Mike M. 2 years

Mike J. 2 years
 Aileen Y. 3 years
 Marcus 5 years
 Michael C. 14 years

Seeking Serenity Group

May

Chad C. 1 month
 Richard M. 1 month
 Johnny G. 2 months
 Jaime 9 months
 Leona 9 months
 Don L. 23 years

June

Chad C. 2 months
 Richard M. 2 months
 Johnny G. 3 months
 Nancy 6 months
 Janis B. 1 year
 JR 1 year
 Tom G. 15 years

Cosmopolitan Group

March

John G. 4 years
 Martha G. 4 years
 Mary N. 10 years

April

Terri R. 1 year
 Mary R. 16 years
 Beverly D. 28 years

May

Janet Z. 16 years
 Ruth 20 years

June

Gary B. 7 years

Announcements, reminders, etc.....

District 13

will host an Intergroup Speaker meeting on August 26, 2006.

Catherine A., the Area 46 Chair, will be the speaker. Stayed tuned for more details.

If you would...

like to make a donation to the Area 46 2007 Convention please make your checks payable to:

2007 Area 46 Convention
and mail to:
216 Richmond SE
Albuquerque, NM 87106

Desk Workers Needed:

A great opportunity to be of service when someone is reaching out for help. A great way to learn more about Central Office! Call 266-1900 today!

DEADLINE:

The deadline for the submission of articles, birthdays, and events to the *Pass It On* is now the 15th of the month.

Thank You!

New Meeting For Men

Saturdays
 Breakfast from 9:00—10:00 and meeting follows.
 Come join the fellowship!
 Asbury United Methodist
 10000 Candelaria NE

Experience, Strength and Hope

needs your support!

Wednesdays 8:00 pm
 First Presbyterian Church
 215 Locust NE
 (west of I-25)

The following contributed to Central Office.....

This data is from April 17 to May 15
and is not inclusive for the entire
calendar month!

Groups:

Brownbaggers Group
Corrales Men's Stag
Dawn Patrol
Fellowship Group
Freedom From Bondage
Happy Hour
Happy Valley
High Noon
Live and Let Live
Promises Group
Sunday Night Serenity
Westside Group
Women's Group

Individuals:

Anonymous
Dennis C.
Jim F.

Faithful Fivers:

Beverly D.	Karen R.
Catherine A.	Mike D.
Cecelia D.	Partha B.
Dave N.	Ralph T.
Edwina B.	Rojo R.
Ilse G.	Sarah F.
Jim F.	Trudy H.
John K.	

Thank you all for supporting your Central Office !!!

Being good to yourself

from Living Sober pages 41-43

When a loved one or a dear friend of ours is recuperating from a serious illness, we generally try to give what good nurses call T.L.C. (Tender Loving Care). We pamper a sick child, providing favorite foods and some fun to help in recovery.

Convalescence from the illness of active alcoholism takes some time, and anyone going through it deserves consideration and a measure of T.L.C.

In times past, people often believed that those recovering from certain ailments just deserved to suffer, since it was thought they had deliberately, selfishly inflicted the sickness on themselves.

Because of the guilt and stigma still laid on alcoholism by people who are ignorant of the nature of the disease (including ourselves before we learned better), many of us were not very kind

to ourselves in the throes of a hangover. We just suffered and thought of ourselves as "paying the piper" in necessary penance for our misdeeds.

Now that we know alcoholism is not immoral behavior, we have found it essential to readjust our attitudes. We have learned that one of the persons *least* likely to treat the alcoholic like a sick person is, somewhat surprisingly, the alcoholic herself (or himself).

Once again, our old thinking habits are cropping up.

It's often said that problem drinkers are perfectionists, impatient about any shortcomings, especially our own.

Setting impossible goals for ourselves, we nevertheless struggle fiercely to reach these unattainable ideals.

Then, since no human being could possibly maintain the extremely high standards we often demand, we find ourselves falling short, as all people must whose aims are unrealistic. And discouragement and depression set in. We angrily punish ourselves for being less than

Being good to yourself

super-perfect.

That is precisely where we can start being good—at least fair—to ourselves. We would not demand of a child or of any handicapped person more than is reasonable. It seems to us we have no right to expect such miracles of ourselves as recovering alcoholics, either.

Impatient to get completely well by Tuesday, we find ourselves still convalescing on Wednesday, and start blaming ourselves. That's a good time to back off, mentally, and look at ourselves in as detached, objective a way as we can. What would we do if a sick loved one or a friend got discouraged about how slow recuperation progress, and began to refuse medicine?

It helps to remember that heavy drinking is highly damaging to the body, producing conditions which can take months or years to get over. No one becomes an alcoholic in just a few weeks (well, *almost* no one). We cannot expect to recover in a magic instant, either.

When feelings of discouragement come, we then need to

encourage ourselves. More than one of us has found it good medicine to give ourselves a pat on

Now is the time, the only time there is. And if we are not kind to ourselves right now, we certainly cannot rightfully expect respect or consideration from others.

the back, to salute the progress already made—without being smug or dangerously egotistical about it, of course.

Take stock. Have we refrained from taking a drink this 24 hours? That deserves honest self-commendation. Have we made our

elves eat properly today? Have we tried to fulfill our obligations today? Have we, in short, done about the best we could, and all we could, today? If so, that's all it is fair to expect.

Maybe we can't answer yes to all those questions. Maybe we have fallen short somehow, backslid a bit in our thinking or actions, despite knowing better. So what? We are not perfect creatures. We should settle for small progress, rather than bemoan any lack of perfection.

What can we do right now to cheer ourselves up? We can do something *other* than take a

drink. Every section of this booklet makes suggestions of that sort.

But there is more, perhaps. Have we been enjoying life lately? Or have we been so concerned about getting better, kept our nose so earnestly near the grindstone of self-improvement, that we have failed to enjoy a sunset? A new moon? A good meal? A needed holiday from care? A good joke? Some affection?

Since the body seeks to normalize itself, maybe yours will welcome opportunities for needed rest. Enjoy deliciously drowsy naps, or good, long nights of peaceful slumber. Or perhaps you have left-over energy you can use in pure fun and enjoyment. As much as other aspects of life, these seem necessary for fulfilling our entire human potential.

Now is the time, the only time there is. And if we are not kind to ourselves right now, we certainly cannot rightfully expect respect or consideration from others.

We have found we can enjoy, sober, every good thing we enjoyed while drinking—and many, many more. It takes a little practice, but the rewards



more than make up for the effort.

Other Numbers: Al-Anon 262-2177 Oficina Intergrupala Hispana 266-3688

Albuquerque Central Office Newsletter

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The Central Office of
Albuquerque is open:

Monday through Friday

8:00 am to 10:00 pm

Saturday and Sunday

9:00 am to 9:00 pm

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The Central Office is
located two blocks
north of
Constitution and four
blocks east of San
Mateo.