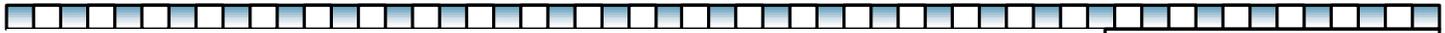


Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org



Central Office Notes

June 1944 Vol. 1 No. 1 (Grapevine)

A. A. GOES ISLAND--HOPPING BY MAIL

Oct. 8, 1943 *Naval Cantonment, Honolulu, Hawaii*

Alcoholics Anonymous Dear Sirs:

I have been an alcoholic for 10 years. Three months ago, on July 8th, I went to the hospital for alcoholism. It was the third time in that same hospital. . .While there a nurse told me of your organization. I went to the Public Library and found your address. . .I have since talked it over with a number of alcoholic patients in this same hospital, and also with the doctors and nurses there, and I have decided that we have the material to form a branch of your organization in Honolulu. . .I am assured of the co-operation of the Mental Health Bureau of the Territory of Hawaii, and I'm sure we can make a success of it. I am enclosing postage. Will you please send me all the information you can on the organization.

Respectfully yours,

E.G.

On October 19th the Central Office received and answered the above letter. The answer covered one sheet of typewriting paper, single-space, on both sides, in order that it might be light-weight enough to go Air Mail with a pamphlet enclosed. That one sheet of paper

constituted as clear, as concise, and as comprehensible a picture of A.A.: what it is, how it works, and what kind of people make it the amazing thing it is, as the Editors have ever seen. Now we know how the Central Office creates groups!

Nov. 16, 1943 *Shop----, Pearl Harbor*

Gentlemen:

Received your Air Mail letter enclosing one pamphlet 4 weeks ago, and your package of literature today. . .We have not yet had a meeting. I have been visiting the prospects armed with only one pamphlet and a handful of bus tokens. There are some problems peculiar to this place. . .in dealing with permanent residents and transient workers. Although I believe that alcoholics are usually more broadminded than others, we are taking precautions to see that the effort we are making is not isolated in either group. There are 6 who have promised to make the effort. Three of them are permanent residents and 3 are workers from the mainland. It is quite a representative group. One lawyer, one radio telegraph operator, one member of a Federal commission, one electrician, one carpenter, and myself--a small-boat builder, aged 32. I am enclosing \$5.00. Please send me a

continued on page 5

Volume 71, Issue 6

June 2009

NEWSPAPER, asserts *Bar-Less*, was running a competition to discover the most high-principled, sober, well-behaved local citizen. Among the entries was one reading:
"I don't smoke, touch intoxicants or gamble. I am faithful to my wife and never look at another woman. I am hard-working, quiet and obedient. I never go to the movies or the theater, and I go to bed early every night and rise with the dawn. I attend chapel regularly without fail. I've been like this for the last three years. But just wait until next spring, when they let me out of here."

Inside this issue:

<i>Central Office Notes</i>	1
<i>Corrections Corner The Time is Now</i>	2
<i>Central Office Intergroup Committee Meeting Minutes</i>	3
<i>Treasurers Report Central Office Statistics</i>	4
<i>Central Office Notes...cont.</i>	5
<i>Announcements, Reminders, Birthdays, etc.</i>	6
<i>Announcements cont.</i>	7
<i>PIO Subscription Form Office Hours and directions</i>	8

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!!!

The Time Is Now Around the Tables

AROUND THE TABLES, I have heard repeatedly about tomorrow's fears and yesterday's guilt, with a number of admonitions about living one day at a time. It has come to me that my brethren who experience difficulties in living one day at a time have missed an extremely important point, namely: that you don't live one day once upon a time.

Invariably interwoven in any discourse on today is this childish fairy tale: "But once upon a time I had a good time drinking. Drinking overcame my shyness. It made a man out of me." Such thoughts are usually contrasted with the horror chamber of the last years of active alcoholism. But relentlessly the speaker goes back to a time when things were pleasant, when alcohol was the supposed servant and not the master.

Reminiscing about the good old days is as fatal to spiritual development as wallowing in self-pity or remorse. Forget yesterday's pleasant memories, as well as yesterday's troubles. *This is today*. Delight in the wonderment of today's good things. Accept today's troubles as merely a means to develop the faith that they are *only* for today and that God can and will, if you seek Him, adjust today's troubles.

The alcoholic part of our mind wants us to live in the past, because that is where fear remains. Fear can't live with love, nor can love live with fear. Dwelling in the past promotes fears which push out the love of today. It weakens our resolve not to take the first drink, which would actually drive us backward into the past. Living one day at a time means thinking of today, not of yesterday. *Think today*, so that yesterday's negatives don't swallow you up.

Now I try to think today so that I can live today in this beautiful AA world of reality.

D. W. R.
Detroit, Michigan

Central Office Steering Committee E-mail addresses:

Michael W. - CO Coordinator
Coordinator@albuquerqueaa.org

Kathy H. - Alt. CO Coordinator
AltCoordinator@albuquerqueaa.org

Dave C. - Chair@albuquerqueaa.org

Michael Q.
Schedule@albuquerqueaa.org

Brian H.
Secretary@albuquerqueaa.org

Activities@albuquerqueaa.org

Peggy A. -
Memberatlarge@albuquerqueaa.org

Sally - PassItOn@albuquerqueaa.org

Ben A. -
Specialneeds@albuquerqueaa.org

Tom C. - Website Chair
anonymous@albuquerqueaa.org

Grace L. - Media Librarian
media@albuquerqueaa.org

John S.
publicinfo@albuquerqueaa.org

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

5.10.09

Submitted By Brian H. – Secretary

Member at Large - Peggy A

Peggy opened the meeting at 2:01 with the Serenity Prayer.

Secretary - Brian H

Review of minutes for April InterGroup Committee Meeting as read aloud by Brian H. Minutes approved by acclamation.

Treasurer - Steve P

In the red for the month; solidly in the black for the year. Group & Individual contributions year-to-date fairly high; thanks to all for your sustaining support. Group/Individual contributions sustains majority of Central Office expenses. Loan from the prudent reserve has been repaid from checking account. Treasurer's Report accepted by acclamation.

Service Coordinator - Michael W

Grateful to be of service. Statistics: Calls and walk-ins somewhat light for the month. Shift Coverage: Weekday shift coverage good; weekend coverage required more substitutes than normal. Night phones covered; weekend day shifts remain challenging. A couple weekend shifts open or opening soon. Supplied literature for several Public Information events; donated roughly \$500 of pamphlets and other materials to such events in 2009 thus far. Installed high-speed internet/digital phone/TV service from Comcast; monthly savings of approximately \$30 as compared to previous service provider. Computer internet connection on deskworker desk live to assist callers.

Alternate Coordinator - Kathy H

Not present. Currently covering desk shift.

7th Tradition Basket Passed.

Activities Coordinator – Pat E

Not present. Peggy reported in Pat E's behalf. Corrales Smoke-Free seeks groups to collaborate in co-sponsoring annual summer Volunteer Appreciation Meeting. Peggy has approached districts with the possibility of sponsoring upcoming Speaker Meeting (District 18 on May 16 at St. Paul's United Church; District 12 for Summer; District 11 for Fall/Winter). Inter-District "Treatment Workshop" in July. Activities calendar will emphasize Alkathon and Winter Bash and willingness

to support group, district, area activities as needed/appropriate. Winter Bash Coordinating Committee planning continues. More will be revealed.

Member at Large - Peggy

See above.

Pass It On Editor - Sally

Not present, due to a family health issue.

Schedule Editor – Michael Q

Everything seems up-to-date.

Public Info/Community Outreach - John S

Not present.

Upcoming Events: participating in curriculum event for Bernalillo Co. program for Multiple DWI Offenders (5/5 & 5/6); participating at both upcoming ABQ-sponsored Celebration of Recovery event (5/16) and Youth Jam event on (5/23).

Special Needs – Ben A

No requests for Special Needs.

Library - Grace L

Continuing work on ongoing collection maintenance.

Web Guardian - Tom

Not present. Switched webhosts with brief outage. Database up-to-date and working; emails functional; bulletin board up to date; PIO will be available on-line as it becomes available. Upcoming "facelift" on look for the website, in preparation for Steering Committee transition at the end of the calendar year.

Old Business:

Outreach to District Meetings remains an open question. Important to continue lines of communication with districts and importance of developing the point of cooperation (intergroup rep? email?) between the district and intergroup service structure. Winter Bash Report: sub-committees in formation; currently seeking additional volunteers from the general AA community and the InterGroup. Winter Bash planning meetings will take place immediately following the monthly InterGroup meeting. Looking at dates in late January or early February 2010.

New Business:

Need to announce service elections at the end of the calendar year; seek a full roster of

candidates at October meeting. Service

Position job descriptions are available on the website. MOTION: Central Office should be authorized to provide seed money for Winter Bash. Seconded.

Discussion. Winter Bash committee feels more discussion necessary prior to taking such action on the motion.

Motion did not pass; will be revisited. Peggy closed the meeting at 2:59 pm with the Third Step prayer.

ATTENDEES:

Peggy A (Free Spirits/InterGroup)
 Michael W (Mountainside/
 Central Office Coordinator)
 Joseph F (Dawn Patrol)
 Todd W (How It Works)
 Steve P (Free Spirits/
 InterGroup Treasurer)
 San L (Foothills)
 Ben A (How It Works)
 Mya N (Live & Let Live)
 MaryAnn (Promises)
 Paula G (Any Lengths)
 Sharon H (Any Lengths)
 Marian G (Triangle)
 Jesse S (Happy Hour)
 Dondo (SNYP/Happy Hour/District 12)
 Jim M (Queer Ideas of Fun)
 Terri R (Ladies Room)
 Bob J (Serenity Group)
 Gilbert C (Sunrise Sobriety)
 Alan S (In the Book)
 Henry L (Seeking Serenity)
 Bill B (GoodFellows)
 Michael Q (Dawn Patrol)
 Rose P (El Centro)
 Tom N (High Noon)
 Sean F (Serendipity)
 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!!!

Words from the Big Book

..But just as material losses are not necessary to indicate alcoholism, material gains are the true indication of sobriety. The real rewards aren't material.

...Following this spiritual path made a major difference in my life. It seemed to fill that lonely hole that I used to fill with alcohol. My self-esteem improved dramatically, and I knew happiness and serenity as I had never know it before. I started to see the beauty and usefulness in my own existence, and tried to express my gratitude through helping others in whatever ways I could. A confidence and faith entered my life and unraveled a plan for me that was bigger and better than I could have ever imagined.

...For weeks I sat in the back of the rooms, silent when others shared their experience, strength and hope. I listened to their stories and found so many areas where we overlapped—not all of the deeds, but the feelings of remorse and hopelessness. I learned that alcoholism isn't a sin, it's a disease. That lifted the guilt I had felt. I learned that I didn't have to stop drinking forever, but just not pick up that first drink one day, one hour at a time. I could manage that. There was laughter in those rooms and sometimes tears, but always love, and when I was able to let it in, that love helped me heal.

Central Office of Albuquerque Treasurers Report: April 2009

Total Contributions/Sales	\$ 7,424.12
Total Cost of Sales	\$ 2,508.85
Gross Income	\$ 4,915.27
Total Expenses	\$ 5,726.38
Net Income	\$ -811.11

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.

April '09 Desk Activity

	Apr. '09	Mar. '09	Apr. '08
	This month	Last month	Last yr.
Phone calls	1110	930	1294
Information	924	796	1059
12 step request	23	11	17
Al-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
Al-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

Central Office Notes *cont.*

copy of the book Alcoholics Anonymous and some more pamphlets. If there is any left it is my donation to the Foundation.

Sincerely yours,

E.G.

Dec. 14, 1943 Shop----, Pearl Harbor

Dear ----:

You may definitely stick a pin in Honolulu on your map. Tonight we had a meeting of the entire group for the first time. There were supposed to be 7--but only 5 came. All have been sober with the help of the A.A. program for a time varying from over a month to 1 week before their first meeting. The meeting was so interesting to everyone we had trouble leaving in time to get home before curfew. And not bragging (much) I don't think there are any more intelligent 5 people in Honolulu who meet as a group than we had there tonight. . . One reason that I am so optimistic about our little group is that every one of them sought the help. There has been no evangelism, no compulsion. All of us really want to quit. . . Please don't think you're presuming to give me advice. We have not been able to contact any old members here. *If ever there was a place where the blind are leading the blind, that place is Honolulu right now.* We not only will accept any advice you care to give, we're begging for it. . . I have had several bitter disappointments. . . I have discovered that a desire to stop and mere knowledge of the program of A.A. are not enough. It is those of us who are really trying

to put into practise the 12 steps who are succeeding. Now that we are holding meetings I feel sure that more of us will be able to put them into practise.

About my own case. I have for years considered myself an agnostic. After reading the A.A. literature, especially the part about an alcoholic who wanted to get well not being able to afford the luxury of a closed mind, I began asking myself what I really believed. The more I thought and worked with others the nearer to faith I came. . . The psychiatric social worker at--Hospital, who has been trying to help me since July to quit drinking has remarked at the great change in me since I became acquainted with A.A. When I told her of my new source of strength she suggested that maybe that strength had been lying latent in me all along. I told her I didn't really know what the source of strength was, but that I did know the formula I had used to tap it, and that was humble, sincere, unselfish prayer. . .

Yours in A.A. ,

E.G.

Does your home group have a secretary, a treasurer, an Intergroup representative and Group Service Representative (GSR)? Does your home group hold regular business meetings and participate in and contribute to the local, district and Area service structure? Is your group registered with and contribute to GSO? For more information please call Central Office at 266-1900.



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 Intergupal Hispana (505) 266-3688

Announcements, Reminders, Birthdays, etc.

Sober Valley Group (Peralta)	
Gilbert	1 month
Michael	4 months
Daniel	4 months
Anna	4 months
Krystina	4 months
Paul	4 months
Genevieve	10 months
Bryan	10 months
Matt	11 months
Shonie	18 months
Shirley	18 months
Mona	10 years

Seeking Serenity
Ken 18 years



10th Step Experience
Hosted by the High Noon Group
Sunday June 21, 2009
1:30 p.m. - 3:15 p.m.
Desert Club
4305 Mesa Grande Pl. SE
Panel: Manuel P., Patty B., Dondo
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!)

May Archives Workshop
District 13
St. Thomas of Canterbury
425 University Boulevard NE
*(Between Central and Los Lomas on University,
on the west side of the street)*
June 13 from 1:30 - 3:30 PM
The topic will be Dr. Bob
For more information call Barb C. @ (505) 804-0962

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!*

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 and how you can help, please
call Paula at (505) 341-1009.

District 11 ? Annual Picnic

Saturday, August 8, 2009

Jemez Falls, NM

8:00 AM – 4:00 PM

Breakfast 8:00 AM

District Meeting 9:00AM - 11:00 AM

Election of Trusted Servants

Food and Fellowship 12:00 - 4:00 PM

Hot dogs and hamburgers provided. Please bring a favorite side dish or desert or a beverage to share.

Open AA Meeting 1:30 PM

Hiking, Horseshoes, & Volleyball All Day

•• Directions ••

NM 550 north to NM 4 north in San Ysidro Follow NM 4 towards Los Alamos Turn Right into Jemez Falls campground between mile marks 31-32 Go to the end of the road to the pavilion parking area

.....

Contact Kris H. 247-3570 for more information or to Volunteer

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>
Name			
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This is a gift, Please sign my name on the card			
Name			
Please make checks payable to Central Office of Albuquerque <i>Mail or drop by!</i>			
1921 Alvarado NE, Albuquerque, NM 87110			