



Pass It On

June
2015
Vol. 40 Issue 6

albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

Step 6 We were entirely ready to have God remove all these defects of character.

Tradition 6 (*Short Form*) An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. (*Long Form*) Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A.- and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

Concept 6 (*Short Form*) The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the conference acting as the General service Board. (*Long Form*) On behalf of A.A. as a whole, our General Service Conference has the principle responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

What is an Area 46 (NM)

Registrar and how has serving as one enhanced my sobriety?

Rosie F from Serenity group

What is a Registrar anyway? How does this service position help us carry the message and like a true alcoholic “what’s in it for me?”

According to the “Secret” Service Manual (which is actually interesting and good reading) and the Area Information Pamphlet (aka AIP) the primary function of the Registrar is to “maintain a current Area Directory listing the full names, addresses, email addresses, telephone numbers

(continued on page 3)

TABLE OF CONTENTS

(Regular Features are in **Bold**)

STEP, TRADITION & CONCEPT OF THE MONTH.....1
 ARTICLE: WHAT IS AN AREA 46 (NM) REGISTRAR AND HOW HAS SERVING AS ONE ENHANCED MY SOBRIETY?.....1
 ARTICLE: THE BURRITO TEAM: A LESSON ON LIVING LIFE ON LIFE'S TERMS.....3
AA MEMBER SPEAKS.....4
BIG BOOK WHIZ (QUIZ).....4
SOBRIETY BIRTHDAYS.....5
AA EVENTS CALENDAR.....6
CENTRAL OFFICE MONTHLY SERVICE ACTIVITIES REPORT.....6
 ARTICLE: 6 YEARS SOBER AND STARTING AA AGAIN.....7

FROM THE EDITOR

Faithful Fivers are people who pledge \$5/month to support Central Office and the wonderful services it provides. With Central Office celebrating 40 years of continuous service this month to the AA community here in Albuquerque and surrounding areas (and financially struggling), what better way to show your support? In return, you get the good feeling of supporting the “front lines” of carrying the message to the still suffering alcoholic as well as helping provide much needed service to the groups and districts in the Albuquerque area. Call Central office at (505) 266-1900 or stop by today!

The 7th Tradition is what that basket passed around at meetings for voluntary donations is for. The 7th tradition states that we should be fully self-supporting, declining outside contributions. 25 years ago, it was commonplace to see meeting attendees toss a dollar in the basket. 25 years ago, rent, coffee, chips, big books, etc. were half the cost they are today. 25 years ago, a cheap beer at the bar cost a dollar...and how many of us drank just one? I think you see what I’m getting at. Most people today only toss a dollar in the basket at a meeting. Is it any wonder there are so many struggling meetings and meeting venues today (not to mention Central Office and other AA entities considered part of the “Circle of Love” which groups contribute to)? C’mon, people, in your last days of drinking how often did you spend just a dollar each time you drank? I’m not saying contribute all the money you used to spend on booze, just put a bit more in the basket if you can afford it (you could afford the booze...)...or stop complaining about dingy meeting places and how AA just isn’t what it used to be.

PASS IT ON goes to 2-column format this month. Keep in mind that this is a new thing for us, and that it’ll probably need some refinement over the next few months until it is working smoothly. Comments, suggestions and criticism of this (and other) changes and suggestions for improving PIO are always welcomed and actively solicited. Email the editor at : passiton@albuquerqueaa.org.

Central Office Intergroup Steering Committee

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

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

Tom M. - **Treasurer**
Treasurer@albuquerqueaa.org

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

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

Steve R. - **Pass It On Editor**
PassItOn@albuquerqueaa.org

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

Leanna S. - **Web Site Chair**
Web@albuquerqueaa.org

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

David G. - **Community Outreach**
CommunityOutreach@albuquerqueaa.org

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

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

Royo - **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

Excerpts from Alcoholics Anonymous, Twelve Steps and Twelve Traditions, and Living Sober, are printed with permission of A.A.W.S., Inc. Excerpts from The Grapevine, are printed with permission of the AA Grapevine Inc.

The Burrito Team: A lesson on living Life on Life's terms

by Heather of Westside group

In the spring of 2014 it became necessary for me to get a job and after fifteen years of staying home raising kids it wasn't a happy prospect. I prayed to God to give me a job that I didn't loathe, something that I could enjoy, a job that didn't make me want to rip my face off all day; with that in mind, I began my hunt. Sure enough about a month later I found a job. But not just any job, it's the perfect job for me. It's at a place where the people work well as a team, the bosses are generous and kind and best of all I can be myself. Time passed and I became a part of "the team" as it were, they liked me and I liked them. It was exactly what I had asked for. I counted myself luckier than most Americans who dread their 8 hours at work. That is, until one day, when the bottom fell out!

I realized that they were ordering breakfast burritos in the morning without including me. My feelings were hurt, I felt ostracized and very much NOT a part of the "team" anymore. I found myself acting out with old behaviors... trying my best to manipulate myself so that they would like me better and invite me. When that wasn't working (as it never does) I started to feel disgruntled and before long noticed tension between me and my coworkers. Through the grace of this program I was able, for the first time, to truly see that they weren't doing anything different; it was me. I had to get honest about the fact that the tension was coming from me and because of me.

As I ruminated on the situation, I realized that I did not want this. I did not like what I was manifesting. I didn't want my perfect job to become a place of tension, a place that I didn't look forward to going every day...and that was more important than any burrito.

Suddenly it was like I woke up. I realized that God, or Life, did not want me on this "burrito team", that I wasn't "one of the guys". I knew that this was the case because I am, in fact, NOT a guy and since I wasn't being invited to have burritos, I wasn't actually ON "the burrito team".

I did something different, I accepted. I accepted it for what it was. And not the fake kind of acceptance but real gut level Acceptance. I let go of the need to be included, to be one of

"the team". I let go of the need to know why I wasn't. I let go of the need to make it personal. The moment I did this everything changed. As if by magic the tension dissipated and the relationships were restored. I discovered that when I aligned myself with the terms of life as they presented themselves, when I became happy with the way that things were instead of trying to force things to be how I wanted them to look, everything went much more smoothly. I also noticed that if I didn't like how any particular situation looked all I had to do was change one small thing I was doing, take one small step in a different direction and the entire outer landscape of my life changed. The key, for me, is that I have to make that step first. I move, then Life moves.

Not even one week later, wouldn't you know it, when they ordered burritos, they asked if I wanted one. The moment I stopped wanting to be on the Burrito Team was the moment I was invited. A paradox. Happily I said yes and as I took my first bite I was reminded of another lesson; to be careful what you wish for because that burrito was awful! I ate the whole thing, though, and many more with a smile on my face.

What is an Area 46 (NM) Registrar and how has serving as one enhanced my sobriety?

(continued from page 1)

and Service Positions of all members of the Area Assembly." That's the 40 Trusted Servants, Standing Area Committee Chairs and the GSRs of the 353 Active registered groups in the NM Area. Another part of the job is to send out notice of the Area Assemblies to all voting members which is the same group as above. The job description in the Service Manual says "an organized approach as well as computer literacy can be helpful". Boy was that an understatement.

Now why do we even have a registrar? Isn't just having a schedule editor enough? Our preamble states that there are no dues or fees and that the only requirement for membership is a desire to stop drinking. So why do we need all this information (which the Area shares directly with GSO). Here are some of my thoughts on that subject. Tradition 5 states that "Each group has but one primary purpose- to carry its message to the alcoholic who still suffers".

(continued on page 5)

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.

AA Member Speaks by Elizabeth E

June and July'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.

I am keeping this question for another month since I got positive feedback and interest in responding to the question. Some are writing short articles with this topic. Awesome! Keep working on them and getting them to me ASAP. The new deadline is now 6/12/15.

If there are a lot of responses, I may have to edit them and I might not be able to include everyone in July's feature. Remember if you decide to write a short article, you are not alone. I will be glad to help. If you have suggestions for future questions, please send them my way.

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

Are you a Big Book Whiz?

Try this! Elizabeth E Westside Group

1. If you have decided you want what we have and are _____ to go to any _____ to get it- then you are ready to take certain _____. 58:2:2
2. The best reason first: If we skip this _____, we may not overcome _____. 72:2:7
3. Taking this book down from our shelf we turn to the page which contains the ____ _____. 75:3:3
4. Cessation of drinking is but the _____ away from a highly strained, abnormal condition. 122:3:1
5. Will he take every necessary _____, submit to _____ to get well, to stop drinking _____? 142:1:7
6. Once we have taken this _____ withholding nothing, we are _____. 75:2:2
7. If that is so, this _____ may be postponed, only, however, if we hold ourselves in _____ to go through with it at the first opportunity. 74:2:2
8. Next we launched out on a course of vigorous action, the first _____ of which is a _____, which many of us had never attempted. 63-64
9. _____ over to the nearest barroom and try

some _____. 31:3:2

10. I trust in my God, stay involved in AA service, go to lots of meetings, work with others, and practice the principles of the _____ to the best of my _____ each day. (Crossing the River of Denial, last paragraph) 4th edition p. 337 near end

Bonus: Can you guess which steps are referred to in numbers 2, 6, 7, and 8? Answers are in the book.

Strengthening our Community and Team

On Saturday, April 18, 2015 the public information/cooperation with professional community committees (PI/CPCC) of District 13 presented a workshop. There were approximately 29 attendees. The panel for the forum included: a minister, a judge, area 46 public information chairman, area 46 cooperation with the professional community chairman and area 46 young people's chairperson. Each provided 10-15 minutes of information to educate the people about their role in helping alcoholics.

In addition, there were articles and meeting lists for the Al-Anon family group. There were questionnaires to assist people with determining if Al-Anon was the place for them. Among these were "How do you know if you are affected by someone's drinking?"; "Did you grow up with a problem drinker?"; "Has your life been affected by someone else's drinking?" and "Dealing with my parents' alcoholism-one teen's story".

During the question and answer period, everyone received responses to their inquiries.

In addition, there was free pamphlets from both committees. Central Office provided some books for purchase. These included Big Book of AA, 12 Steps and 12 Traditions, Daily Reflections Meditations; and meeting schedules for AA.

The fellowship was great and so was the food that included lasagna, pineapple upside down muffins and brownies. With all these facts available to the

(continued on next page)

SOBRIETY BIRTHDAYS

COSMOPOLITAN April: Frank 2 years; Lora 5 years; Kris 17 years; Rich J. 28 years

ISLETA April: Jessica 30 days; Cecelia 9 years; Carol M. 20 years; Al F. 28 years; Bryan G. 30 years; Steve H. 32 years

PROMISES April: Joan M. 23 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.

general public, there is definitely more informed people in our society. New relationships have begun and the community will become strengthened since it has received more knowledge of the resources available in the Albuquerque area.

What is an Area 46 (NM) Registrar and how has serving as one enhanced my sobriety?

(continued from page 3)

How can we carry the message if no one can find us? The information that the registrar gathers is shared with GSO and goes into Regional directories. So let's say someone is getting out of treatment or prison in a neighboring state. Well, the directory can put them in touch with the local Bridge the Gap person or a GSR for a local meeting. Or let's think about the family on vacation and Mom and/or Dad really needs to get to a meeting. There's a real sinking feeling when you think you've found a meeting only to find that the person listed as the group contact has died, moved to another state, gone out or just doesn't go to meetings anymore. And what if the General Service conference decides to propose a change to one of the warranties of the Conference? Concept 12 states that the amendment or a cancellation of any of it's vital Warranties would require the written consent of $\frac{3}{4}$ of all the directory listed AA groups who would actually vote on any such proposal and the considerable time of 6 months is allowed for careful deliberation. This is the procedure that would have been followed had the conference proposed a change to the short form of Tradition 11. Do we want any group anywhere to be deprived of the right to have their voice heard?

So before I stood for the position in September of 2013 for the position I read the Service Manual

and the AIP, I shared a room at the Assembly with a prior Registrar, talked to the outgoing registrar and talked to my sponsor, I prayed, I did some writing and I thought about my character defects. Using the 3rd Legacy voting procedure it went to "the hat" and my name was pulled.

As with every service position I have stepped up to in this program I have had an opportunity to practice all the principles of the program in performing my duties, I have had an opportunity to uncover some character defects that I thought had diminished and I have had a blast!! My sober family has gotten so much larger as I stay in touch with the DCMs around the state gathering information. I have had to learn new job skills. When I was out there and owned a business I just paid people to do some of the things I'm learning now. But it has allowed me to use skills I learned in the "normal" world for the good of the fellowship allowing me to be useful which is, apparently, all I ever really wanted. I also had to learn to swallow my pride and ask for help when I needed it. Our Traditions state that while we shall never be organized that we are directly responsible to those we serve. I took that to mean that I needed to get the job done no matter the cost to my pride and ego.

Carrying the Message Elizabeth E

Overheard at a recent meeting: Debra announced that the Central Office needed help carrying the books, literature, and etc. out of the office so that it could be cleaned and painted. Then once they were done, they would need help returning same. Marsha asked, "Is that called 'carrying the message'?"

AA EVENTS CALENDAR

THIS MONTH

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

Saturday June 6 - Central Office 40th Anniversary Picnic 11am-5pm, Alvarado Park, 2000 Alvarado Dr. Albuquerque. CO provides burgers, dogs, fixings, drinks, music, historians and meeting

Saturday June 13 - Founder's Day Picnic 11am picnic, 2pm speaker meeting. Rio Vista Park, between Northern & Rio West Church off Riverside Drive, Rio Rancho

Saturday June 13 - Correctional Volunteer Training Cancelled. No further details available.

Saturday June 13 - Second Chance to Dance 7pm low cost BBQ/potluck, 8pm Speaker Meeting, 9pm-1am DJ Dance (\$3/single, \$5 couple), Steve R. DJ, 50/50 raffle, Silent Auction (Contact info. for item donation available from Central Office at 266-1900). Desert Club, 4305 Mesa Grande SE, Albuquerque

Friday June 19 - Ladies Room Potluck 6pm, Nativity Church, 9502 4th St. NW, Albuquerque

UPCOMING EVENTS

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 July 18 - Block Party Noon-4pm. All kinds of fun (water slide, dunk tank, other fun & games for the kids). Food (\$6/adult plate), Baby Back Rib dinner raffle. Sponsored by the Synergy Group. Heights Club, 8520 Marble NE, Albuquerque

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.

April 2015

Monthly Service Activities Report

PHONE CALLS	APR15	MAR15	APR14
Information	374	463	469
12-Step	18	14	20
Al-Anon	5	4	10
Message	49	61	26
Other	132	116	86
TOTAL	578	658	611

WALK INS	APR15	MAR15	APR14
Information	20	12	10
12-Step	1	3	0
Al-Anon	1	0	0
Schedule	14	3	12
Purchase	126	172	219
Media	5	2	7
Message	9	3	5
Casual	43	38	30
Other	42	29	72
TOTAL	261	262	355

ALBUQUERQUEAA.ORG WEB STATS

	APR15	MAR15	APR14
Unique Visitors	4173	4309	4021
Number of Visits	7493	7649	7763
Pages	29971	30874	29134

DESK WORKERS*

	APR15	MAR15	APR14
Regulars	42	47	46
Substitutes	35	33	33
TOTAL	77	80	79

DESK SHIFTS*

	APR15	MAR15	APR14
Weekdays	132	132	132
Weekends	40	45	40
TOTAL	172	177	172

WEEKDAY SHIFTS*

	APR15	MAR15	APR14
Worked by Regulars	110(83.3%)	109(82.5%)	107(81.1%)
Worked by Substitutes	20(15.2%)	21(15.9%)	25(18.9%)
TOTAL	130(98.5%)	130(98.4%)	132

WEEKEND SHIFTS*

	APR15	MAR15	APR14
Worked by Regulars	29	33(73.3%)	31(79.5%)
Worked by Substitutes	11	12(26.7%)	8(20.5%)
TOTAL	40(100%)	45(100%)	39

NIGHT SHIFTS NOT COVERED 2 2 1

SHIFTS NOT WORKED

	APR15	MAR15	APR14
BY A VOLUNTEER	15	14	11
(2)2HOUR		(4)2HOUR	(1)2HOUR
HOURS	43	38	32

*INCLUDES NIGHT PHONE

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.



6 Years Sober and Starting AA Again

by Bill of Westside Group

I drank alcohol for the first time when I was 14 and knew immediately that booze was for me. My parents didn't drink and never had alcohol in the house. I drank very rarely until I was in my 20s. I lived with my parents and went to school. When they were gone overnight, I would drink and make up for lost time. I was a binge drinker.

I finally moved out of my parent's house and had a place by myself. I lost my job shortly after that and that's when I really came into my own as an alcoholic. I am very introverted and socially awkward. Like lots of other people, alcohol made me much more social. Another alcoholic once told me that one drink was too much and all the drinks weren't enough. When I drank, I drank with a mission. I began blacking out in my early 30s. I was drinking every day. People told me things I did while drunk and I couldn't believe them. I was sure they were just exaggerating to get me to drink less.

I met my wife at work and we had a short 6 month relationship before we got married. Her daughter was 5 when we married. My wife was excited to have a partner in life and our daughter was excited to have a father. Of course I was still an alcoholic. My wife and I both thought we could control my drinking. Neither of us understood the true nature of alcoholism. I would drink moderately for a while but was soon back to my old habits, drinking with the sole purpose of getting plastered. My wife would explode and lay down the law and the cycle would begin again. We both thought I could learn to drink "normally." Just like when I lived with my parents, I would wait until she was away overnight and go on a binge. It didn't matter that my daughter was often in my care. She witnessed my unexplainably bizarre and erratic behavior. When she was a teenager she told my wife of my crazy and even inappropriate behavior one day in March of 2009 after my wife had been out of town for several days. She was shocked and furious.

I moved to a motel for a week while we worked out what would happen. When I returned home, I lived in the guest bedroom for a couple of months. My wife gave me the ultimatum to stop drinking completely or find somewhere else to live perma-

nently. The atmosphere in my home was tense and even hostile at times. I began going to AA meetings. That's when I finally realized that I was an alcoholic and I have no control over alcohol. The things that came to light that occurred while I was blacked out made me sick. Knowing that I am capable of almost anything while drunk, even things I would never consider when sober, has kept me sober for 6 years.

I quit going to meetings because my wife said to me, "You get to commiserate with these other drunks and feel better about yourself but what do I get? How do I feel better?" That really hit me hard. I couldn't answer her question and decided to stop going to meetings so I wouldn't have that support and in a way to punish myself.

My daughter has since graduated from high school and moved to another state where she works and attends college. If she has not forgiven me she has at least come to terms with who I am and what I did and our relationship is much better these days. My wife has also gotten past the hurt and resentment of my behavior and our relationship is also really good.

I have been going to meetings again. I am so appreciative of the things people share at the meetings. They make me feel I'm not alone in this messed up thing called alcoholism. I have yet to share at a meeting. Talking in front of people is really hard for me. I hope someday to overcome the fear I have about sharing with the group. Regardless, I am grateful to be sober today.

Became Entirely Ready...

Bob P. Dry Nooners

It's the 6th Step that probably had the most impact on my development. I think of the 6th as the "fake it 'til you make it" step. My sponsor told me, "The understanding comes in the doing." He told me to act as if I wanted to have my defects removed -- by not indulging my defects. He said with daily attention to the commitment I make in the 3rd Step Prayer, I'd get the help to avoid actually practicing my defects.

I try to check myself every day: Am I acting like I'm ready to have God remove my defects?

Albuquerque Central Office
1921 Alvarado NE
Albuquerque, NM 87110
(505) 266-1900
www.AlbuquerqueAA.org
ADDRESS CORRECTION REQUESTED

Subscribe Today!

Pass It On Subscription \$7.00 Annually


Name _____

Address _____

City _____ State _____ Zip _____

This is a gift, please sign my name on the card:

Name _____



Become a Faithful Fiver !!
Pledge \$5 a month to Central Office and
you'll get Pass It On delivered to your door.

Please make checks payable to Central Office of Albuquerque.
Mail your check or come by the office and drop it off.
1921 Alvarado NE, Albuquerque, NM 87110



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