

Pass It On...

Albuquerque Intergroup Central Office Newsletter www.albuquerqueaa.org

"I'll never forget the first time I met Bill Wilson. I was a couple months sober and so excited, so thrilled to actually meet the cofounder that I gushed all over him with what my sobriety meant to me and my undying gratitude for his starting A.A. When I ran down, he took my hand in his and said simply, 'Pass it on.'" —FROM A LETTER TO THE A.A. GENERAL SERVICE OFFICE

Step 7: "Humbly asked Him to remove our shortcomings."

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.s have found, too, that unless they develop much more of this precious quality than may be required for just sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency. *-Twelve Steps and Twelve Traditions p70*

Humility has transformed itself for me over the years of sobriety. At first, I thought humility meant that I could never lay claim to anything good about me, or something I might have done. This false humility found me constantly denying all the gifts that God had bestowed me, while I thought low of myself. It was more of a kind of low self esteem than anything. Today, humility means that I accept who and what I am, good and bad. I recognize where God has transformed my life, and "bear witness to those I would help of thy power, thy love, and thy way of life." If there is a talent or something good in me, hiding it is not humility. Instead I try to live in gratitude, sharing it with others in my life.

Tradition 7: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

...we had to recognize the fact that A.A. had to function. Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't, the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves. *-Twelve Steps and Twelve Traditions p161-62*

For the early years in my sobriety, I put a dollar in the basket because I felt that grateful that A.A. had saved my life. Then I started putting in the occasional dollar because I felt obligated, out of habit, or because I thought someone was watching me. Eventually, I felt I had "paid my dues" to A.A. and rarely contributed. Today I am grateful to contribute. This gratitude stems from an understanding that I am no longer "paying" for my sobriety, but that of the new man. Involvement in General Service has shown me how my dollar goes to carry the message to those who have yet to discover this wonderful program. Even a buck in the basket helps carry the message.

Concept 6: "The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness."

The Conference "recommends"—though its recommendations have the force of directives to the board. The board executes these recommendations. The board does have the legal authority to veto a Conference recommendation—but in actual practice, it never has done so. As Bill tactfully puts it, the trustees "simply refrain from using their legal right to say 'no' when it would be much wiser, all things considered, to say 'yes.' "If...the Conference will always bear in mind actual rights, duties, responsibilities and legal status of the General Service Board, and if the trustees...will constantly realize that the Conference is the real seat of ultimate service authority...neither will be seriously tempted to make a 'rubber stamp' out of the other...In this way, grave issues will always be resolved and harmonious cooperation will be the general rule. *-The Twelve Concepts for World Service Illustrated*



NEW MEETINGS AND CHANGES

BROWNBAGGERS GROUP HAS MOVED TO
3939 SAN PEDRO NE
BUILDING F SUITE A

THIS IS AT THE CORNER OF HENDRIX & SAN
PEDRO (JUST SOUTH OF MONTGOMERY), WITH
THE LOCATION ACTUALLY ON HENDRIX.
SEE YOU THERE!

TO THINE OWN SELF, BE TRUE.

On the front side of the 24 hour chip that I always carry it reads “To Thine Own Self Be True”. When I first read this I used to think it meant, “I don’t have to be what I think you want me to be.” Now I realize it means, “I am who I am.” I am someone who has learned that not drinking is not enough. I want more out of life than just being alive. My experience has shown that my Higher Power wants that also.

If I could have gotten by with my drinking I’d still be doing it. If I could get by with just being sober I’d do it. But I can’t. I’ve tried and I’ve been just as miserable as when I found my bottom. Maybe even more so. As it is I am an alcoholic and I need a substitute. I need to be constantly, or at the very least, attempting to be, growing spiritually.

Growth for me now means I practice the actions of all the 12 steps in all my interactions of the day. When I wake up and ask my God to guide me, when I get to work and actually do some, when I pick up my children and listen to the stuff I have no idea that they’re talking about, when I talk to my ex-wife about the best interests of our children, when I cook and clean, when I make art, when I watch the sun set, when I help another alcoholic who is still suffering with the struggle of their situation and when I am letting loose with my own fears, anger and doubts. When I go to bed at night and say my prayer, it is a prayer of thanks. Thanks I didn’t make things any more worse than I could have had I been drinking. Thanks that I’ve been given the opportunity to do what I did and that there’s more to do again on the next day. Spiritual growth for me is to help and not to hinder, to give and not steal, to laugh and listen and not depress, to accept and not control, to demonstrate and not judge. All of this is to take action against my alcoholic self.

My reward is I don’t have to live in my head as much. It wasn’t that great a place to begin with. My reward is that I have relief from my alcoholic self. My reward is I now have solutions not just for my alcoholism but also for my reactions to life and relationships with people. I am a person with faults, learning to change. I get to be a constantly new and improved me, “To Thine Own Self Be True.”

When I look at my life today I realize I’m living it and not just dreaming, wishing or avoiding it. I am in the present moment. This is not what I had planned a few years ago. I never imagined I wouldn’t have a beer whenever I wanted. I never imagined being this sober. Especially through the low times.

Whenever I welcome a newcomer at my home group I give them a 24 chip and let them know that’s the block of time we live in and I tell them that I hope they find what they’re looking for. I know for me I found much more than I wanted. I hope the same for you.

—“Solid” John G.
Albuquerque

Central Office Intergroup Steering Committee

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Kathy H. *Alternate CO Coordinator*
AltCoordinator@albuquerqueaa.org

Albuquerque Area Business Meetings

Intergroup Rep. Meeting
2 pm, 2nd Sunday, Desert Club

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 am, 2nd Saturday, Heights Club

District 13
10 am, 2nd Saturday, St Thomas of Canterbury
425 University Blvd NE (1 blk N of MLK Blvd)

District 18
1:30 pm, 2nd Sunday
Rio West Church, 6751 Pasilla Rd, Rio Rancho

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YOUTH ENJOYING SOBRIETY!

This spring I spent an unplanned 18 hours alone in Mexico City en route from Cancun to Albuquerque. Once the van from the airport dropped me off at the hotel and I deposited my bags in my room, I decided to explore my surroundings. I happened upon a familiar site: on a plain white wall was painted a blue circle enclosing a triangle. I knocked on the door and was greeted warmly by a young woman and thick hot coffee.

In response to their shy glances and tentative questions, I offered them some of my story and told them about where I lived and how I stay sober. We exchanged gifts—I gave my 24 hour chip to a young woman of 18 (who passed it around the room for everyone to examine) and she gave me a pin with the name and information of her recovery home. Two men arrived shortly after and shared their experience, strength and hope with us.

Though I didn't understand every word that was spoken that night, I understood what was being said. These men spoke of their insanity and of their exploits; they confessed their shortcomings; they spoke of the process of recovery, of working with others and working the steps. They spoke of connecting with a power greater than themselves. One man said, "As many rays of light radiate from the sun, so are there paths to God." I was among strangers, yet I was among family, speaking my language, and the message of AA was still the same.

When I first got sober, I was told to pay attention. "There's no such thing as a coincidence," one woman told me. "Coincidences are small miracles, evidence of God." In a huge foreign city of more than 8.8 million people and 575 square miles, where I knew no one and had no idea where to find an AA meeting, my Higher Power deposited me at the door of other alcoholics less than half a mile from my hotel. In 3 years of sobriety, I have had countless synchronistic experiences like this one that prove to me that I am never alone, an alcoholic is never far, and God will care for me wherever I am.

—Jocelyn S.

NMCYPAA UPDATE

July 4: Sunset Barbeque at Alvarado Park - 6 p.m. potluck with hot dogs - 8:30 p.m. sparkler freedom meeting • **July 17: Roswell** - 5 p.m. Panel on Youth Enjoying Sobriety - 6 p.m. Potluck - 7 p.m. Speaker meeting - 8:30 Dance • **July 18: Las Cruces Kickball in the Park** - 11 a.m. at Espina Park - Kickball - Meeting - \$5 brisket plates • **July 24: Sober Olympics at Alvarado Park** - 1 p.m. - \$5 per person to compete - pie-in-the-face auction - Speaker meeting • **July 30-August 1: The New Mexico Conference of Young People in AA - Holiday Inn and Suites at Jefferson and I-25** • The NMCYPAA Host Committee meets every Sunday at 2 p.m. at the Desert Club and there are still lots of opportunities to help!

VERY SOBER OLD(er) PEOPLE!

When I walked into the rooms of A.A. I was 66 years old!

Actually, I had been in the rooms as a 9-year old little girl at the Isleta Club when my alcoholic father attended meetings there in the 1940s. Someone might question why it took me so long to get back, since I had known about A.A. for so long.

The answer to that is that from age 32 to 66 I was drinking and admitting (to myself only) that I was an alcoholic, but I embraced my alcoholism like it was my best friend.

What I received from the first day in A.A. were smiles, hugs, encouragement, friendship - and hope for a better life.

I came to A.A. straight from near death and a 7-week confinement in first the hospital, then a nursing home, to recuperate from a brush with death when my liver finally said, "I give up!" I actually had the same thing happened two years previously but apparently once was not enough. But after these two experiences, I KNEW I had no more alcohol to go through - IF I wanted to live. And, thank God, I did want to live.

I had always known there was a Higher Power, but until coming to A.A. had never called upon it. I Thought I was handling everything just right all by myself. After all, I had always held a good job, had raised a good son, had a nice home with all bills paid, so I was OK. (I thought).

I remain always amazed at the wonderful really young people who seem to "get" it at an early age. I do not regret my past and will never forget it, but have never known a life like I have now at age 72. Six years of sobriety have afforded me the opportunity to actually participate in my own life.

I have many loving friends, in and out of A.A. and am trying to practice the Principles in All my Affairs. Today I also have the opportunity to work at the best job ever: to manage the Desert Club and receive blessings every single day in that endeavor.

I'm a very happy lady!

—Wally L.

➤ **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 Steering Committee Meeting Minutes

June 13, 2010

Submitted By Peggy A.- Member at Large

I. INTRODUCTIONS & ATTENDEES

Morgan D., Jason K. & Jeremy H.-Straight Pepper Diet • Patrick H.-High Noon • Al J.-Seniors Seeking Serenity • Martha G. & Skitch F.-Cosmopolitan • Bill D.-Seeking Serenity • Deborah J. & Eva C.-Sunrise Sobriety • Kris H. & Michael Q.-Dawn Patrol • Martha M.-Promises • M.L.J. & Jim M.-Queer Ideas of Fun • Lynn H.-SOP • Brenda B.-Foothills • Steve P. & Peggy A.-Free Spirits • Sharon H.-Any Lengths • Michael W.-Mountainside

II. MINUTES

• The minutes of the May 2010 meeting were approved without discussion.

III. TREASURER'S REPORT

- Total Revenues \$10,458.54
- Annual Revenue \$44,352.98
- Gross Income \$8,873.66
- Annual Gross Income \$32,204.11
- Total Expense \$4,704.52
- Total Annual Expense \$27,117.78
- Net Income \$4,169.14
- Annual Net Income \$5,026.33
- Still in the black for the year.

IV. CENTRAL OFFICE COORDINATOR'S & ALT. COORDINATOR'S REPORT

- Over 70 percent of last month's financial support of the Central Office came from group contributions.
- The Serenity Group took the Monday Night Phone duty.
- We placed a \$3,200.00 order of anniversary chips.
- There is currently discussion of a possible new meeting for the V.A. Hospital.
- Media Library software was installed on one of the computers at the office.
- The Central Office made literature contributions to the Gay Pride march and the District 12 Newcomers Workshop.

V. ACTIVITIES

- The Central Office Picnic is scheduled for Sept. 18, 11 am to 4 pm, at Alvarado Park.
- The next Intergroup Speakers Meeting will be the Report From the Area 46 Delegate, Marsha S, on the

2010 General Services Conference. It will be July 17 at Shepherd of the Valley Church; 5:30 Potluck, 6:30 Speaker; there will be a raffle. It is hosted by the Greater Albuquerque Districts (3, 11, 12, 13, 18).

VI. MEMBER AT LARGE REPORT

- No report

VII. PASS IT ON

- New issue was available
- Moving production schedule to better coincide with the calendar month-new submission deadline will be three days prior to the 1st of the month

VIII. SCHEDULES

- The latest edition is out. The next edition will be printed in August/September. Meeting changes can be reported to the Central Office or directly to the Schedule editor.

IX. COMMUNITY OUTREACH

- No activity

X. WEB SITE

- No activity

XI. MEDIA LIBRARIAN

- No activity

XII. OLD BUSINESS

- Liaison between the central office and the Area 46 assembly was discussed.
- Interest in a second annual Winter Bash in January 2011 was discussed. An ad-hoc group convened after the Intergroup meeting to begin planning. A chair person is being recruited, and volunteers are invited.

XIII. NEW BUSINESS

- None.

XIV. GROUP ANNOUNCEMENTS

- District 3 picnic will be held Sept. 18 in Los Lunas.
- The location for the 2010 NMCYPAA conference (July 30- Aug 1) is now at the Holiday Inns and Suites on Jefferson @ I-25.

XV. MEETING CLOSED

- With the 3rd Step prayer.

IT WORKS, IT REALLY DOES!

Seeking Serenity: Lori S-1 year! Tom G-19 years! Seniors Seeking Serenity: Mary R-30 years!!! Dorothy L-31 years!!!
Please submit your sobriety birthdays to passiton@albuquerqueaa.org

NMCY!!! NMCY!!! NMCY!!!

NMCYPAA 2010

New Mexico Conference of Young People in AA
Register online @ www.nmcypaa.org

July 30-August 1, 2010

****The Conference
Location has changed****

**To: The Holiday Inn and Suites
on Jefferson & I-25
Room Rates are \$79.00
Single/Double/Triple /Quad**

**(505) 944-2222 or (877) 863-4780
ask for the NMCYPAA Rate**

PAA!!! PAA!!! PAAAAA!!!



Central Office Urgently Needs Deskworkers

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.

May 2010 Treasurer's Report

Total Revenues	\$10,458.54
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Cost of Sales	\$1,584.88
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Gross Income	\$8,873.66
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Expenses	\$4,704.52
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NET INCOME	\$4,169.14
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For a copy of the full Central Office income/expense report, join us at the next Intergroup Meeting on the second Sunday of the month, 2 pm, at the Brownbaggers.

Our real purpose is to fit ourselves to be of maximum service to God and the people about us. —Alcoholics Anonymous, p77



ATTENTION Women in Sobriety

Women in corrections facilities need you.

Join us for an informal meeting for all women interested in carrying the AA message of recovery to women in corrections facilities. Whether you are currently involved in corrections service work, have been involved in the past, or have considered becoming involved in this kind of service work, please join the conversation.

7:30 – 8:30 PM

Third Wednesday of every month

617 Edith Blvd NE #8, Albuquerque

For more information contact:

Carol M. 505-615-9494

Kris H. 505-250-6704

May 2010

Monthly Service Activities Report

PHONE CALLS	MAY 10	APR 10	MAY 09
Information	840	793	904
12-Step	19	18	26
Al-Anon	19	24	16
Message	29	22	36
Other	113	105	131
TOTAL	1020	962	1113

WALK INS

Information	39	7	17
12-Step	5	3	0
Al-Anon	2	2	2
Get Schedule	12	15	13
Purchase	81	161	155
Tapes	5	2	2
Message	2	4	3
Casual	26	39	29
Other	28	25	39
TOTAL	200	258	261

DESKWORKERS*

Regulars	52
Substitutes	36
TOTAL	88

DESK SHIFTS*

Weekdays	126
Weekends	50
TOTAL	176

WEEKDAY SHIFTS*

Worked by Regulars	150/(85%)
Worked by Substitutes	26/(15%)
TOTAL	176

WEEKEND SHIFTS*

Worked by Regulars	39/(78%)
Worked by Substitutes	11/(22%)
TOTAL	50

SHIFTS WORKED BY MICHAEL

3 hour shifts (8)	24 hours
2 hour shifts (0)	0 hours
Night phone (0)	0 hours

SHIFTS WORKED BY KATHY

3 hour shifts (5)	15 hours
2 hour shifts (1)	2 hours
Night phone (0)	0 hours
TOTAL	41 hours

*INCLUDES NIGHT PHONE

IT BRINGS ME CLOSE TO MY HP WHEN ANOTHER ALCOHOLIC WILL ALLOW ME TO BE OF SERVICE. IT STARTS WITH A PHONE CALL... THAT IS WHY I LIKE TO WORK AT THE CENTRAL OFFICE. —Jim M.



Did you ever wonder what goes on at the General Service Conference in NY?

2010 Delegates Report

Our Delegate Marsha S
will be providing her report on the
2010 General Service Conference
at the

Intergroup Speaker's Meeting

5:30 PM

POTLUCK DINNER

6:30 PM

Area 46 Delegate
Marsha S

Raffle to follow speaker
All Proceeds to support Central Office

JULY 17th, 2010

Shepherd of the Valley Church
1801 Montano Road Northwest
Albuquerque, NM 87107

Hosted by
Greater Albuquerque Area Service Districts
(3, 11, 12, 13, and 18)

Special Needs Committee: Grapevine Drive- July, August, September

There are no special alcoholics only people with Special Needs.....

We will use the "meeting in print" to distribute to:

- o People that are homebound



- o People that have limited access of transportation
- o Our Deaf/ Hard of Hearing members

Please bring the Grapevine magazine to the Central Office

- 1921 Alvarado NE
Albuquerque, NM 87110
(505) 266-1900
- If your group will collect them; we will come and pick them up.

You can contact us at: SpecialNeeds@albuquerqueaa.org

We look forward to serving you.

HERE'S WHAT'S HAPPENING AROUND TOWN!

IN THE BOOK GROUP 3ND ANNIVERSARY OPEN SPEAKER MEETING

Thursday

August 5, 2010

Pot Luck begins @ 6:00 PM

Please bring something to share and we will bring the cake

Special Guest AA Speaker
Lee R.

A member of
The Ladies Room Group
7:00 PM

In The Book is located at the Destiny Center Church
4401 Northern Blvd NE, Rio Rancho

A WORKSHOP SPONSORED BY DISTRICT 3

On participating in meetings, study groups,
literature and service.

A long-time Area 46 Trusted Servant will
be our Guest Speaker!

There will also be a Raffle, with proceeds going to GSO.

SATURDAY, AUGUST 21st, 2010

2:00 pm – 4:00 pm

The Isleta Club – 1829 Isleta Blvd. SW
Albuquerque, NM 87105

*Light refreshments will be provided by
the Sunrise Catchers Group.*

Albuquerque Central Office

1921 Alvarado NE

Albuquerque, NM 87110

{505} 266-1900

www.AlbuquerqueAA.org

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Mail your check or come by the office and drop it off.

1921 Alvarado NE, Albuquerque, NM 87110



**Albuquerque
Intergroup
Central Office**

Hours:

Monday through Friday

8 am to 10 pm

Saturday and Sunday

9 am to 9 pm



The Office is at
1921 Alvarado NE,
two blocks north
of Constitution and
four blocks east
of San Mateo.

www.AlbuquerqueAA.org