

Pass It On...

Albuquerque Intergroup Central Office Newsletter

www.albuquerqueaa.org

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.

TwelveSteps and Twelve Traditions, Step 7, page 70

Step 7 Humbly asked him to remove our shortcomings.

Tradition 7 (Short Form) Every A.A. group ought to be fully self-supporting, declining outside contributions. **(Long Form)** The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Concept 7 The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.

ORIGIN OF A WELL-KNOWN QUOTE

Many of us have heard that our co-founder Bill W. said, "If A.A. ever fails, it will be from within," or words to that effect.

Actually, the quote is from the closing talk of the 1977 General Service Conference by Bob. H., who served as G.S.O.'s general manager from 1968-1974. Excerpted here is an interesting piece of A.A. history:

"...all of us are part of the continuum of A.A. history. To some small degree, then, each of us is responsible for A.A.'s future. Some of us, sometimes, are fearful of that future. We fear lest this development, or that problem, may destroy us all. Fear not, my friends. If this Fellowship ever falters, it won't be because of 'two-hatters,' of professionals in the field. Nor will it be caused by future 'Rand-type' reports, or by members with 'other' problems. No, it won't be because of any of these things about which we seem to worry so much. If we ever fail, it will be simply because of us. It will be because we can't control our own egos, nor get along well enough with each other. It will be because we're just not wise enough or good enough to hold this thing together. It will be because we think too much about our 'rights,' and too little about our obligations and responsibilities.

But I don't think we're going to fall apart. I think we are going to stick together and keep A.A. strong and growing."

FROM THE EDITOR'S DESK

I have an apology to make. Last month, I published an article titled "A Seeking Serenity Home Group Member on Tradition 2..." in an inappropriate way. Since the article could be taken as critical of certain trusted servants and a certain homegroup, and especially since the author requested anonymity, what I should have done was make the homegroup in question anonymous also... or not have published the article at all. I had no intentions of causing any individual fellowship members or a group any strife...which has apparently been the case. This will not happen again. Once again, my sincere apologies to all involved and the fellowship in general.

Sobriety birthday submissions (page 5) are on the rise - thank you and keep it up! Article submissions (see this month's submission on page 7 -thanks Linda!)are coming in at a slow but steady pace and are much appreciated. I'm looking for volunteers to write 2 articles - 1) what a desk worker does and what it means to be a Central Office desk worker, and 2) What Central Office does and what it means to the Albuquerque area AA fellowship. I need these articles soon, please email me if you're willing to write one. There are lots of events on the calendar (page 6), but none for July! I'm sure there are things going on this month. Please check the Albuquerque & Area 46 websites or call Central Office to find out what's going on this month. The deadline for submissions for the PIO Masthead Contest is approaching - please have your submissions in no later than July 31st. Email me for a template, details and guidelines.

SUBMISSIONS for PIO publication (articles, stories, announcements, flyers, sobriety birthdays, etc.), letters to the editor, questions, comments, suggestions and criticism are always welcomed at PassItOn@albuquerqueaa.org and will receive a prompt reply and appropriate consideration for publication.

JOB VACANCY ANNOUNCEMENT CENTRAL OFFICE ALTERNATE COORDINATOR

The Alternate Coordinator is responsible for assisting the Central Office Coordinator in all tasks relating to management of the Central Office/Bookstore. Schedule may vary- Compensation to be determined. **Qualifications for Office:** The Alternate Coordinator must have at least five (5) years of continuous sobriety, be an active member of a listed AA Group, have previous experience with the Central Office, and have a thorough understanding of its overall structure as well as the structure and traditions of AA as they apply in everyday situations. **Duties of Office:** Perform the duties of the Coordinator in the Coordinator's absence. Actively participate in volunteer recruitment, training, and scheduling. Oversee sales, perform necessary administrative duties relating to business operations of the Central Office, and serve as a good example of the Fellowship to members and visitors. **Necessary Skills:** The successful candidate will possess excellent interpersonal skills, good math abilities, and sufficient computer skills to accomplish necessary tasks as directed by the Coordinator and needs of the office. The Alternate Coordinator shall serve as a voting member of the Steering Committee in all matters excepting those pertaining directly to his/her job performance or salary, and attend both Steering Committee and Intergroup meetings monthly. **To apply for this position:** Resumes should be received at Central Office no later than July 30, 2012 directed to the attention of Alternate Coordinator's Position. The position will be filled no later than August 31, 2012.

Central Office Intergroup
Steering Committee

Jeremy H. - Chair
Chair@albuquerqueaa.org

Morgan D. - Secretary
Secretary@albuquerqueaa.org

Ashley F. - Treasurer
Treasurer@albuquerqueaa.org

Linda - Schedule Editor
Schedule@albuquerqueaa.org

Peggy A. - Member-at-Large
MemberAtLarge@albuquerqueaa.org

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

Jerry R. - Special Needs Coordinator
SpecialNeeds@albuquerqueaa.org

Alli V. - Web Site Chair
Web@albuquerqueaa.org

Al J. - Media Librarian
Media@albuquerqueaa.org

Don S. - Community Outreach
CommunityOutreach@albuquerqueaa.org

Michael W. - CO Coordinator
Coordinator@albuquerqueaa.org

Position to be filled -
Alternate CO Coordinator
AltCoordinator@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 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

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.

ALCATHON UPDATE

by Skitch F.

The 2012 Alcathon hosted by Central Office is moving forward and AAs are needed on the Alcathon Committee. The next meeting is July 8, 2012 at 3:30 PM after the Intergroup meeting at Brown Baggers' meeting place. The interactions of about ten or so AA members via telephone and email has moved us forward: • We have a location, the Shepherd of the Valley Presbyterian Church on Montano. • We have a draft budget. • We have a draft schedule.

The participation of groups from all the Districts in Bernalillo, Valencia and Sandoval Counties will insure the success of the Alcathon. The Districts are: 3, 11, 12, 13, and 18.

Would you be willing to represent your group and district at Alcathon meetings. The meetings will be monthly from now to December. They will follow the Intergroup Reps meeting which is the second Sunday. The Alcathon meetings will start at 3:30 following the Intergroup Reps meetings.

The Central Office hosts the Alcathon as an AA community event for fellowship and to provide a safe harbor for alcoholics. The intent is two fold: 1) to be responsible and reach out and provide the hand of AA to who ever may wish to come, and 2) not to lose money and maybe even have some excess after the event.

There are questions that arise with the two intentions. They are similar in that in order to reach out our hand to the most people. First, we believe we should provide child care so single parents can come. And, we wonder if having Spanish translation will make it possible for alcoholics who don't speak English to participate.

We would like your input, your group's input, your district's input. Please come to the next Alcathon meeting July 8, 2012 at 3:30 PM after the Intergroup meeting at Brown Baggers' meeting place.

ALCATHON 2012 IS CHILDCARE IMPORTANT?

The Alcathon committee needs to create an estimate of the number of children and ages to move forward with plans to provide childcare at the 2012 Alcathon.

Please email us and let us know if this will allow you to attend and the number and ages of the children.

The Central Office Alcathon wants all who care to be able to join us starting the New Year with a celebration of our sobriety.

Email us: alcathon@albuquerqueaa.org

PASS IT FORWARD

Two Albuquerque AA members who are a couple recently went out to eat at a local Mexican restaurant. Here's what happened:

"We like the food and it's usually very reasonable in price. While eating, we decided to pick out a table and ask the waiter to bring us the other table's bill also. Hoping that the other table would some day "pay it forward" for someone else.

So it was done - we kind of were taken aback when the other bill came and was almost \$35 for 2 people, but no matter - we paid that bill and ours and said nothing to the couple whose bill we paid.

THEN we went to Walgreen's to pick up a prescription for medicine I have to take. There has never been a generic for that medicine and even with my insurance it costs me \$40 each month.

And guess what? When I picked up the prescription I was told there is now for the first time a generic form of it - so it cost me \$5 instead of \$40. Which was \$35 less than usual.....Hmmm -think about it....."



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 Rep. Meeting Minutes June 10th, 2012

Open/ Attendees Morgan D.- Straight Pepper Diet, Michael W.- Too Much For Us, Steve R.- Saturday Night Alive, John R.- Serendipity, Jerry R.- Serendipity, George B.- Singleness of Purpose, Frank P.- Candlelight, Christina P.- Candlelight, Mark E.- New Frontiers, Martha M.- Promises, Janie B.- Women in Progress, Heather G.- Queer Ideas of Fun, Al J.- Still Seeking Serenity, Alli V.- Singleness of Purpose, Sharon H.- Any Lengths, Linda E.- Any Lengths, Kris O.- Serenity Group, Peggy A.- Free Spirits, Art L.- El Centro, Janet B.- ODAAT, Alan M.- Happy Hour, Tom R.- Seeking Serenity, Ashley F.- Alamedas Men's Stag, Michael Q.- Dawn Patrol, Skitch F.- Isleta, Cindy B.- Dawn Patrol, Jennifer B.- How it Works, Ally T.- Straight Pepper Diet, Kristen E.- Free Spirits

Minutes from last month accepted.

Treasurer's Report Revenues: \$9,524.92, Cost of Sales: \$3,104.18, Gross Income: \$6,420.74, Total Expenses: \$5,588.07, Net Income: \$832.67

Central Office Coordinator Thank you for everyone who pitched in to help run central office when Kathy passed. Thank you for not contacting me, it was hard to hear the news that I lost my friend upon my return. The memorial service for her was well attended. I will be looking for a new alt. coordinator to fill the position soon. Desk has been well covered, have had some nights not covered by a night phone due to person not picking up the phone, but had no messages the next morning. Had 17 12-step calls last month, which is higher than usual. Web Hits: 2994. Weekday shifts covered by regulars 88% of the time, weekend shifts covered by regulars 85% of the time. Spoke with someone from MDC that wants to have a meeting taken into their facility. Took information to the appropriate district chair. ?- Is there any kind of announcement to tell the groups about the new position? Yes there will be an announcement in the pass it on and I am accepting resumes.? Is their discussion about wanting to fill the position? Yes the groups will ultimately decide what we do.

Alternate Central Office Coordinator No report. Position open.

Member at Large Will do bylaws in new business.

Pass it On Editor Thank you for article submissions. Looking for an author to write an article about their experience being an Intergroup Rep. Also looking for a desk workers experience article as well. Will present motion next month for 2 extra printing runs. Each run costs about \$100. The first run is to take to groups not involved in Central Office. The other run will be for SWARSA. Events calendar is filling up. This is good! Have not received any submissions for the Masthead contest. It closes on July 21st. Voting for winner will come after that date. June issue was ready and at Central office June 1st, which is my goal date. We are also accepting email PIO subscriptions. We have about 20 so far. Have article in PIO that I should have handled differently. It could be taken as negativity towards a home group. Looking back I wanted the person to have a voice, but see it caused some tension. I apologize for that and will handle it differently in the future.?. The font is getting small. Old people can't read it. I had to get a magnified glass. - In future can I split articles between 2 months and increase font? ?- How many PIO do we print? Currently we have 330 copies printed. The 2 extra runs would be double.

Media Librarian Catching up on CD's. Don't know if people have been returning CD's, will look into it next time I'm at Central Office.

Web Guardian Sent out the e-Pass It On. You can sign up on the webs home page for a subscription which is free! You can subscribe and view from your phones as well.

Schedule Editor Schedule is up to date. Sent new one to printer last week. This is my last IG rep meeting, moving at end of July. July 7th me and my partner will have our going away party at Tech Love. All are invited.

Community Outreach No report.

Special Needs Coordinator We have two sign language interpreted meetings. A Friday night women's meeting and the Hands On group. If your group wants a survey to find out if you can help provide special needs services email me.

SOBRIETY BIRTHDAYS

EL CENTRO May: Rudy V. 1 month, Maria 2 months, Lynn M. 1 year, Mark 4 years, Wallace T. 8 years, Doreen 9 years, Paul N. 10 years, Eloy M. 17 years, Brian V. 22 years, Don 29 years, Julian H. 32 years. June: Joshua B. 3 months, Maria M. 3 months, Tim G. 3 months, Jason C. 6 months, Mike M. 9 years, Michelle E. 9 years, Matt P. 10 years, Andy C. 16 years, Tony A. 28 years, Cecil R. 31 years.
FELLOWSHIP June: Tom T. 1 year.
ISLETA May: Philip 2 months, Sammy 3 months, Jennifer 3 months, Jane 1 year, Nicholas 5 years, Raymond 7 years, Doreen 9 years.
SERENDIPITY May: Trevor 4 years. June: Kat G. 8 years.
SINGLENESS OF PURPOSE May: Alli V. 15 years

OLD BUSINESS

Skitch- We have location (Sheppard of the Valley) and would love to have group reps be involved in the committee. We will have a brief meeting today after rep meeting. **New Schedule Editor:** (Jeremy reads positions description) Linda is only person standing. She has 4 years of sobriety and has worked desk shifts at central office for past 3 years. AI: Move we accept Linda by acclimation. All in favor. None opposed. **Bylaws:** Proposed changes have been posted online, and discussed for a while. 1.) stagger elections, 2.) Change sobriety requirements for coordinator, 3.) Specify treasurers duties, 4.) Changed Public info. To Community outreach., 5.) Change activities chair to IG liaison. Who will not be in charge of events but will be a liaison for the central office and groups. This could involve activities. Motion to approve the new Bylaws. George: Is there any chance that requiring sobriety for a paid worker will get us into trouble with labor laws? The other thing was the graphs that Ashley presented last month about 5% raises. Do we need to do something about that? There is a committee forming to look at the business aspect of central office. That raise came from a motion from a steering committee, but it is not in the Bylaws. Did we ever look into health insurance for the workers? That did not go through due to both workers already having insurance. This can always be brought up again later on down the road. **Skitch:** A lot of jobs have educational/experience requirements, which could be our requirements. I have a concern for staggering the elections. Boards can get disrupted when there are new people coming in all the time. Nancy: I think the elections can be disrupted, but since we are here to help alcoholics new personalities don't bring in new goals. Kristen: Why did we want to stagger it? More of an interest in continuity. People in process can assist new people new to the process. There is an asset to keeping our experience alive and put to use. Steve: I have seen both ways followed. By far I think staggered is the way to go. Motion to accept Bylaws as amended. All in favor: Michael opposed. Minority Opinion: Opposed to putting proposal in legal document. This should be what we do- not what we propose to do (page 4). Peggy- it's not proposed in the final document. Michael- yeah it does say proposed. Peggy- okay that's an editorial issue. I will take out the word proposed. That was not the objective. Jeremy- Does anyone want to change their vote? Yes. Motion: to re-vote. Motion to re-vote- All in favor. Steve: Motion to accept the amended bylaws striking the word proposed. All in favor. None opposed.

NEW BUSINESS

Alli: Received an e-mail asking about Founders Day events. There was one yesterday, but that was all. Should the Intergroup in the future celebrate this day? Kristen: Didn't there used to be something that Central office did? Not that central office put on - but other groups have put events on. Nance: Maybe the new Intergroup Lesion could find out. Have the Black Outs had to postpone? Yes it's going to be the last week in September.

GROUP ANNOUNCEMENTS

4th annual potluck for Singleness of Purpose on June 23rd @ 6pm.; District 11 will have delegates report at Nativity Church at 2pm and Potluck at 1pm on June 23rd.; Allen- The Black outs is having a dance "The Prom you never had sober" with dj, photos, king and queen. June 23rd at Heights.; Kristen- District 13 will have a speaker meeting on August 18th. More to come.; John- Serendipity this Tuesday June 12th will have a potluck at 6pm before the regular meeting.

CLOSE @ 15:21



Central Office Urgently Needs 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.

AA EVENTS CALENDAR

Saturday August 4, 2012 District 11 Picnic

Please bring a favorite side dish, dessert, chips, and/or beverage for the lunch potluck. Meat will be provided by District 11. Campsites may be reserved via recreation.gov. 8am - Breakfast, 12pm - Potluck Lunch, 2pm - Open Meeting; Jemez Falls Group Area - Directions: From the Jemez Ranger Station, go 7.5 miles north to the junction of State Roads 4 and 126 at La Cueva Lodge. Follow State Road 4 approximately 6 miles east to the campground turnoff on your right (between mile markers 31 and 32). From the turnoff, continue 1.25 miles to Jemez Falls Group Area which is south of the family campground.

Thursday August 9, 2012 In The Book Group 5th Anniversary Meeting/Potluck

6pm-8pm, Potluck 6pm, Speaker Ralph 7pm, Destiny Center Church, 4401 Northern Blvd NE, Rio Rancho, 87124

Saturday August 11, 2012 NM State Corrections Orientation

NM State Corrections Orientation (for taking AA meetings inside correctional facilities); 8am - noon, Hoffmantown Church 8888 Harper Dr NE Albuquerque, NM, 87111

Saturday August 11, 2012 Intergroup Speaker Meeting/Potluck

6-9pm, Hosted by District 13, Potluck 6-7pm, Speaker 7-8pm: Dan R., Raffle after the meeting. Monte Vista Christian Church, 3501 Campus Blvd NE, Albuquerque, 87106

Friday August 17-19, 2012 Camp-O-Rama 21012

3pm Friday - 3pm Sunday, camping, dorm housing, cabins, meetings, potlucks, etc. Aspendale Mountain Retreat Center, Cloudcroft, NM, 88317. For more info: http://www.santafeaa.org/Flyer_camp-o-rama.pdf

Saturday September 8-9, 2012 Area 46 Assembly

Grants, NM. No details available at this time.

Friday September 14-16, 2012 2012 Taos Mountain Fiesta

3:30pm Friday - Noon Sunday, meetings, alcathon, relationship workshop, dance, raffle, etc. Sagebrush Inn, 1508 Paseo del Pueblo Sur, Taos, NM 87571. More info: <http://www.taosmountainfiesta.org/>

Friday September 28-29, 2012 New Mexico Alcoholics Anonymous

Women's Sobriety Fest 2012 25th Annual Celebration All AA and AI-Anon members welcome! Friday: 5:30 pm - 9pm, Saturday: 8am - 7pm - Shepherd of the Valley Presbyterian Church, 1801 Montano Road NW, Albuquerque, 87107 - for more info go to <http://www.nmaawfs.com/>

Friday October 19-21, 2012 Southwest Regional AA Service Assembly (SWRAASA)

New Mexico is hosting the Southwest Regional AA Service Assembly in Albuquerque this year. SWRAARA is a 3-day meeting of Alcoholics Anonymous that meets every two years to share with each other how they carry the AA message of recovery. Albuquerque Marriott, 2101 Louisiana Boulevard NE, Albuquerque, 87110 - Go to <http://swraasa.newmexicoaa.org/> for more details and registration info.

Saturday October 27, 2012 2012 Traditions Conference

8:30am - 2pm, Hosted by District 11, 8:30am: Registration, light breakfast; 9am - noon: Traditions presentations; 12pm: Potluck lunch (bring a dish to share); 1pm: Speaker; 2pm: Door prize drawing and close; Nativity Church Parish Hall, 9502 4th Street NW, Albuquerque, 87114

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.

SUBMIT YOUR AA EVENT TODAY to: PassItOn@albuquerqueaa.org

MAY 2012

Monthly Service Activities Report

PHONE CALLS	MAY12	APR12	MAY11
Information	673	615	785
12-Step	17	31	27
AI-Anon	8	10	0
Message	42	39	1
Other	96	90	98
TOTAL	836	785	911

WALK INS

Information	24	14	13
12-Step	1	4	0
AI-Anon	1	0	0
Get Schedule	8	8	22
Purchase	137	151	132
Media	6	5	0
Message	1	0	1
Casual	37	23	57
Other	63	22	33
TOTAL	278	218	258

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	2994	2885	2464
Number of Visits			
Pages			

DESK WORKERS*

Regulars	50	50
Substitutes	33	33
TOTAL	83	83

DESK SHIFTS*

Weekdays	138	126
Weekends	40	45
TOTAL	178	171

WEEKDAY SHIFTS*

Worked by Regulars	122(88%)	118(94%)
Worked by Substitutes	16(12%)	8 (6%)
TOTAL	138	126

WEEKEND SHIFTS*

Worked by Regulars	34(85%)	38 (84%)
Worked by Substitutes	6(15%)	7 (16%)
TOTAL	40	45

SHIFTS WORKED BY MICHAEL

4 - 3 hr (12hrs)	(9 hrs)
0 - 2hr	0
Night - 0	0

SHIFTS WORKED BY KATHY

0 - 3 hr	3
0 - 2hr	2
Night - 0	0

TOTAL 12 hours 12 hours

*INCLUDES NIGHT PHONE

If God is your co-pilot, SWITCH SEATS!!!



A Message of Hope

by Linda G.

I am amazed each and every time I read "Bill's Story", because I am always reminded of how very blessed I am that this courageous, but broken human being was able to create such a committed relationship with God. What a miracle it was, for Bill to embrace such a total surrender to his higher calling and become willing to serve the greater good of mankind. I stand in awe of Bill's ability to face life on life's terms, and still be willing to courageously go to great lengths in his faithful compassionate service to his fellows. It is my belief that the precious gift of sobriety blossomed within Bill, when he was able to accept God's plan for his life with a loving, compassionate heart of surrender. What a truly awesome miracle it is that Bill was given the ability to reach out and affect the lives of Millions of people like me, through the creation of Alcoholics Anonymous.

I can share with you a million experiences in my life that I believe could have led me to live the life of an alcoholic, but in reality it doesn't matter to me why I became a drunk. My experiences while drinking have left me with no doubt in my mind that I have an allergy to alcohol and I am completely, forever defenseless against that first drink.

My personal story is no different than millions of others like myself. I can rightfully argue that I was in many ways pre-disposed to the life of an alcoholic. My childhood was a living example of insanity. I was born into a family that was incapable of caring for me, or genuinely loving me. My very existence was dependant on parents who were completely incapable of remaining in touch with reality. The trauma, emotional/physical/sexual/spiritual abuse, and abandonment I suffered by the actions of my parents, make it easy for me to justify why I picked up my first drink at the age of 6. I drank simply to escape the reality of the horrible nightmare I was living.

I made my first serious suicide attempt at the age of 14 because my boyfriend threatened to leave me. I couldn't emotionally cope with the reality that it might just be true that I was broken beyond the ability, to be loveable. My issues with parental abandonment have always been, the driving force behind almost all, of my negative, self defeating, co-dependant behaviors.

I believe it was the hand of God that led me to my final bottom and the realization that I was on a one way path to hell, or total self destruction, if I did not stop living my life based on the injustices I suffered as a child. Pain has always been my number one motivating factor, for my desire to seek comfort in addictive behavior. In a sick way I guess you could say that I actually have somewhat of a love hate relationship with pain. It's simple really, because for the majority of my life pain was the only thing that I could allow myself to feel. The insanity of my childhood falsely taught me many very damaging beliefs about myself. By far the most damaging, is the belief that I am unworthy of love, and the only love I deserve is filled with drama, crisis, and pain.

My recovery started the day I hit a very dark, lonely, and extremely emotional bottom, in which I was forced, to choose life over death. I honestly reached the jumping off point it talks about in the Big Book of Alcoholics Anonymous where I was faced with the decision, of either believing in God's power to restore me to sanity, or giving into the pain and allowing it to destroy me.

I believe with all of my heart that God led me into Recovery. I am so very grateful today that I have a loving relationship with a God of my understanding. I am in no way ashamed to say that God is constant in every breath I take today, for without God I accept and understand that I have no real chance of healing, or reaching my higher purpose in this life.

Today I can fully acknowledge that God, Bill W., and the fellowship of Alcoholics Anonymous have blessed my life beyond my ability to express with mere words. In many ways my recovery process has become a journey towards enlightenment. I have learned so many things about myself, my abilities, and my worth to others. It is very true that I was once extremely emotionally, and spiritually broken, but through working the program of Alcoholics Anonymous I have come to understand that even I have worth, and by the Grace of God even I have a chance at redemption.

Because of the program of Alcoholics Anonymous I can live life today, on life's terms, safe and secure in the knowledge that God will provide all that I need. I am so grateful that I have the ability to face life responsibly today. I feel so blessed that I have the ability to choose an active role of participation in my own recovery outcome, and fully accept how the choices I make today will affect the quality of my life.

In Alcoholics Anonymous I have found all that I need to build a healthy and productive life of service and devotion to God. I am so very aware of how blessed I am to have found this wonderful family of faith. I no longer feel a need to be ashamed of who I am, or where I came from. The intimate, loving, compassionate friendships I have made in Alcoholics Anonymous have taught me that I am worthy of being accepted for exactly who I am.

Life is good.

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