

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

Intergroup Committee Meeting Minutes

SUBMITTED BY BRIAN H.

CO Intergroup Committee Meeting
Desert Club—August 13, 2006

David C. opened the meeting with the Serenity Prayer. After review of the minutes from the July meeting as published in Pass It On, minutes accepted by acclamation.

Treasurer's Report – Steve H. – Checking account and prudent reserve are in good shape. Income statement: pretty good from group contributions; inventory sales good too. Expense Report: some expenses from the move still to come (i.e. charges for transferring phone lines). Slightly in the red for the month; year still in the black. Compared to previous years, accounts are doing quite well. Treasurer's Report accepted by acclamation.

CO Coordinator – Michael W. – Unpacking and settling in at new Central Office location continues, slow and steady. Received the notarized, updated by-laws back from the state (which no longer maintains files of by-laws). Desk shifts are operating smoothly, with many substitutions due to desk-worker vacations. Several shifts – including a handful of night phone shifts – are available; call Central Office for details. Central Office is now able to order literature from GSO on-line, which expedites processing and delivery of orders enormously. Central Office routinely makes literature donations – on a rotating schedule and as appropriate – to area districts, half-way houses and other facilities. Recently, Central Office donated a good number

of pamphlets to District 3 service meeting. Due to space limitations in new Central Office space, beginning Monday, October 2, 2006, the Central Office Steering Committee will meet every month, at 7pm, on the Monday before the 2nd Sunday, at the Desert Club.

Alternate CO Coordinator – Kathy H. – Not present (working a desk shift).

Activities Coordinator – Melissa C. – We are entering a busy time of year. Many events are scheduled in the Albuquerque area and around the state over the next few months. Copies of flyers and other information available for pick up at Central Office or for download (pdf format) from the Central Office website <albuquerqueaa.org>. Upcoming Intergroup-sponsored events include: Intergroup Speaker Meeting & Potluck, Saturday, 8/26 (6pm dinner; 7:30 Speaker Meeting); Old-Timer's Meeting, Saturday, 9/9, 1:30-5pm; sweets potluck. Service positions available for all events; contact Melissa for details.

Member-At Large – Martha – Al-Anon convention coming up (8/25-27). AA meetings have been scheduled throughout the weekend. Groups sponsoring AA meetings at the Al-Anon convention include High Noon, Live & Let Live, Dawn Patrol, Foothills and Cosmopolitan.

Pass It On – Sally G. – Not present. But copies of Pass It On are.

cont. on page 3
Public Information – Keith – Not

Volume 68, Issue 9

September 2006

Alcoholism is recognized as a major health problem. In the U.S., it is the third great killer, after heart disease and cancer—and it does not damage alcoholics alone. Others are hurt by its effects—in the home, on the job, on the highway. Alcoholism cost the community millions of dollars every year. So, whether or not you ever become an alcoholic yourself, alcoholism still can have an impact on your life.

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Corrections Corner

Central Office Steering Committee E-mail addresses:

What if I needed an A.A. meeting and there was none?

There are over 66,500 A.A.s in confinement and over 2,545 prison groups throughout the United States and Canada. These meetings answer only a fraction of the need for more groups in correctional facilities all across the country. Many there reach for, but don't find, the hand of A.A..

You can help. Here are some ideas:

- Share at a correctional facility.
- Volunteer to be a temporary contact upon their release and take them to their first outside A.A. meeting.
- Provide the correctional facilities, with their permission, with cassettes of A.A. material.
- Donate the Big Book and the Twelve and Twelve to your local correctional facility, as well as back issues of the Grapevine and A.A. conference approved literature.
- Correspond with an inmate through the Corrections Correspondence Service.
- Support your district, area or intergroup/central office correctional facilities committees.
- Participate in correctional facilities workshops.

In carrying the message inside a correctional facility, we are sharing our experience, strength and hope with another alcoholic. We let our stories speak for themselves. Our audience is more interested in learning how to stay sober than in hearing how we got drunk, so we talk about our program of recovery with the Twelve Steps of Alcoholics Anonymous.

Obey the rules of the facility you are visiting. Dress neatly and in keeping with the requirements of the facility. A.A. is a program of attraction. The only thing we take in is our message. Take nothing out—no letters, messages or notes. Don't promise anything but sobriety. By giving this program away we get to keep it.

From the pamphlet "Carrying the Message into Correctional Facilities"

Michael W. - CO Coordinator
Coordinator@albuquerqueaa.org

Al J. - Schdedule@albuquerqueaa.org

Keith - PublicInfo@albuquerqueaa.org

Dave C. - Chair@albuquerqueaa.org

Don S.
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Melissa C.
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Sally - PassItOn@albuquerqueaa.org

Trish -
SpecialNeeds@albuquerqueaa.org

Tom C. - Website and Media
Library -
anonymous@albuquerqueaa.org

Traditions Checklist

from the AA Grapevine

Tradition Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

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

Intergroup Committee Meeting Minutes

cont. from page 1

present.

Schedule Editor – Al J. – New schedule printed. Please be certain to complete the “new meeting/meeting change” form when scheduling a new meeting or noting changes in time/format/location of a current meeting. This “new meeting/meeting change” form is available at Central Office or for download on-line. Completing the form insures that Al has all the relevant information necessary for timely inclusion in the meeting list.

Non-AA Speakers – Don S – Not present. Michael W. (CO Coordinator) noted that no non-AA speaker requests have been received.

Special Needs – Trish – Not present.

Media Librarian/Web Guardian – Tom C. – Email addresses on web are up-to-date for members of the CO Steering Committee. Surplus

and duplicate meeting audio tapes

available for free give away (in handy 6-packs) while they last. The recording equipment for digital transfer of tape-to-cd is now installed in the new office. Pass It On is now available on-line nearly immediately upon publication. Most flyers are also available for view or download via the website.

Old Business – No new business last month, so no old business this month.

New Business – Tom C. is stepping down from “Media Library Chair” position, while retaining the duties of “Web Guardian.” The “Media Library Chair” position is thus available for service, with one year of commitment remaining in the term. An election will take place as soon as possible.

The meeting was closed with the Lord’s Prayer.

List of attendees:

David C. – CO Chair/Dawn Patrol
 Kathleen J. – Corrales Dawn
 Peg H. – Seniors Seeking Serenity
 Martha G. – Member-At-Large/
 Cosmopolitan
 Nance C. – Any Lengths
 Lilla V. – How It Works
 Melissa C. – InterGroup Activities
 Chair/Early Birds/Humble
 Beginnings
 Steve H. – CO Treasurer/Tuesday
 Knights
 Al J. – CO Schedule Editor/
 District 13
 Larry M. – High Noon
 Brian H. – CO Secretary/Dawn
 Patrol
 Blu B. – Goodfellows
 Eric B. – Tuesday Knights

Please send a representative from your home group to the next Intergroup meeting. We meet the second Sunday of every month, at 2:00 pm, at the Desert Club. See you there!



For Little Joe

submitted by Janis B. Seeking Serenity Group

The following is paraphrased from a song in the movie “I’ll Cry Tomorrow” c. 1955. Susan Hayward starred as Lillian Roth, a 1930’s entertainer and alcoholic who bottomed out on the streets then sobered up in Alcoholics Anonymous. I couldn’t help but think of our friend, Little Joe, a devoted member of Albuquerque’s AA community for 21+ years, who passed away in May. Thanks for all you taught us, Joe, for your laughter and affection. May you rest in peace.

“Seemed like happiness was just a thing called Joe.
 He had a smile that made the flowers want’a grow.
 He had a way that made the angels heave a sigh
 When they knew Little Joe was passing by.
 Sometimes the cabin was gloomy and the table bare
 But then he’d hug you and it’d be Christmas everywhere.
 Troubles flew away and life was easy go
 ‘cause he loved us, that’s all we needed to know.
 Seemed like happiness was just a thing called Joe.
 Little Joe.... Little Joe..... Little Joe.”

Excerpts from Alcoholics Anonymous, As Bill Sees It, AA Comes of Age, Came To Believe, Living Sober, the AA Service Manual, A brief guide to Alcoholics Anonymous, and Carrying the Message into Correctional Facilities, are printed with permission of AAWs, Inc. Excerpts from The Grapevine are printed with permission of the AA Grapevine, Inc.

The following contributed to Central Office.....

This data is from July 18 to August 23 and is not inclusive for the entire calendar month!

<p>Groups: Brownbaggers Group Dawn Patrol Happy Hour Group Happy Valley Group High Country Group Keep It Simple Lone Rangers Old 66 Group One Day at a Time Promises Group Queer Ideas of Fun Rio Rancho Beginners Sunrise Catchers Three Legacies Triangle Group Tuesday Knights Westside Group</p> <p>Individuals: Anonymous Emerson Jerry S. Karen C. Lucy</p>	<p>Faithful Fivers: Al J. Catherine A. Cecelia D. Dan O'. Dave N. Emma D. Ilse G. Jim F. John K. Karen R. Merle P. Nance C. Partha B. Phil & Barbara C. Ralph T. Rojo R. Sarah F. Trudy H.</p> <p><i>Thank you all for supporting your Central Office!!!!</i></p>
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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!

July Desk Activity

	Jul '06 This month	Jun '06 Last month	Jul'05 Last yr
Phone calls	1161	1186	1171
Information	942	933	891
12 step request	24	23	36
Al-Anon Info	26	24	25
Message	46	58	4
Other	123	148	175
Walk Ins	309	293	324
Information	27	16	27
12 step	5	1	1
Al-Anon	1	3	5
Schedules	18	23	21
Purchases	190	171	183
Tapes	2	0	7
Message	2	4	7
Casual	40	50	48
Other	24	25	25
Desk Workers*	83	81	
Regulars	56	51	
Substitutes	27	30	
Desk Shifts*	176	172	
Weekdays	126	132	
Weekends	50	40	
Weekday Shifts*	126	132	
Regulars	86% 108	83 % 109	
Substitutes	14 % 18	17 % 23	
Weekend Shifts*	50	40	
Regulars	72 % 36	62.5 % 25	
Substitutes	28 % 14	37.5% 15	
Shifts by Michael*	6/25 hrs	8/44 hrs	
Shifts by Kathy*	10/58 hrs	10/58 hrs	

Thanks to all who participated this month.

* includes night phone

Birthdays

El Centro

Donna	1	month
Jonathan	1	month
Susie	6	months
Duane M.	1	year
Mike F.	4	years
Ray S.	5	years
Chad L.	6	years
Tim	6	years
Tom S.	30	years

Seniors Seeking Serenity

Jayne B.	9/2/80	26 years
Peg H.	9/10/74	32 years

High Noon Group

Frank M.	11	years
Mary V.	25	years
Diana O.	30	years

Early Birds

Theresa L.	18	years
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Seeking Serenity Group

Dorothy	2	months
Joseph S.	2	years
Claudia	4	years

I would like to apologize to all the folks at the Isleta Club. I failed to print the following information submitted by Roger L. regarding the 60 year anniversary of the of the Isleta Club in the August issue of the *Pass It On*. Congratulations Isleta Club!!
Sally G. *Pass It On* editor

60th Anniversary of the Isleta Club
September 2, 2006

Speaker: *Lorraine S.*
from Farmington, (member of Isleta Club 40 years ago) 4:30 pm
Barbeque and Potluck at 6:00 pm
Speaker: *Sam E.* from Albuquerque at 7:30 pm
Dance (free) 9:00 pm to midnight
Come join and help us celebrate!

Another Tool in the toolbox

by *notplastered*

The internet has thousands and thousands of recovery sites available round the clock every day of the year. My second sponsor got me interested in on line meetings, bulletin boards and chat. Since he was the historian for AA in Tennessee, I figured what was ok for that ex-Marine would be ok for an old swabbie like me.

I particularly like Sober24.com, voted best darn recovery site on the web for the past three years running. Here there are many bulletin boards covering all aspects of recovery from Spirituality (from Buddhism to Christianity to Zen), Steps and Traditions, Living in Sobriety, a Men Only Board, a Womens' Only Room and Just for Fun to name a few areas. There will be many "threads" in each area where members can either begin a topic or post on a running topic. Topics can last a day or two. Some in the Spirituality section have been running for years.

We have members from around the world and the United States. People

come from Australia, New Zealand, England, Scotland and Canada. There is a fair sampling from around the country, too.

One registers for a trial period where it's a read only thing. Here one can sample what's going on and see if the site is for them. If OK, then one registers a "screen name", like an old fashioned CB handle, an email address if desired, make a nominal contribution of twelve bucks and its time to post or chat. You can be as anonymous as you like, not just keeping personal information confidential but one can even block out members that may irk them. The nominal contribution keeps just about all wackos away. There are moderators who maintain community standards, civility and act as a program chair in one's home group.

There are five or six on line meetings per day at set times in a chat room chaired by a moderator. Each meeting has a topic and one raises their hand with an !. We can add sounds (laugh, wink, yahoo) to a chat and even add

winks, nods and Uh huhs avatars (little pictures). There are sponsorship rooms for online sponsorship, emergency rooms if one needs to talk right now. Pretty nifty.

Last June about fifty of us met in Akron for Founders' Day. This was the sixth time we all got together commandeering a hotel in Cuyahoga Falls, nearby. We met the day before and the day after. Now I've been posting in cyberspace for over 12 years now and I've got to tell you that before I saw these guys, they were as real to me as members as my home group. I saw Mamma Bear, Winds Over Water, Michigan Dragon Fly, Traveler, Quality Guy, Onc (the drunk), Tobe, and many more. It was tearful and cheerful. It was a gas.

Where else can you go to a meeting and share in your underwear?

From: Ted U. aka notplastered
DOS: July 2, 1994
Home Group: Corrales Smoke Free
Sponsor: Peter
Working on Step 2 right Now



Announcements, reminders, etc.....

Newcomer Workshop

District 13 will present a Newcomer Workshop which will be a fundraiser benefiting the 2007 Area 46 State Convention.

The workshop will be held on Saturday, October 7th 2:00 - 5:00 PM at St. Timothy's Lutheran Church, on the corner of Copper & Jefferson. Desserts will be served.

Five speakers will talk about how to bring the message to newcomers such as men, women, old people, young people, low and high bottom drunks and streets drunks.

A raffle will be held which will include two tickets for the banquet at the 2007 Area 46 Convention.

16th Annual District 11 Traditions Conference

Saturday October 28, 2006

On the anvils of experience, the structure of our society was hammered out.....

Registration	8:00 - 9:00 AM (free)
Conference	9:00 - 3:00 PM
Potluck	12:00 - 1:00 PM

Main Dishes Provided
Please bring a side dish to share

Panel of 12 Speakers
Special Guest Speaker—TBA

Our Lady of Guadalupe Church
1860 Griegos Rd. NW

For Information:

Ray S.	573-6989
Alan S.	892-0144

Don't Forget:

***The 19th Annual NMAAWSF
Women's Sobriety Fest 2006
Saturday September 30th, 2006
8:00 am to 10:00 pm
UNM Continuing Ed Building
1634 University Blvd. NE***

Old-timers Meeting!

When: September 9th, 2006 **Where:** Heights Club
What: Speakers with 20+ years of sobriety, potluck, 50/50 raffle **Time:** 1:30 to 5:00 pm
Call Melissa C. 553-3039, Central Office 266-1900, or Heights Club Mgr., Chris 266-8952 for more information!

JOIN US NOW!!!

The Area 46 2007 Convention Planning Committee needs VOLUNTEERS for assorted tasks before & during the convention. Please call to offer your support.

Chris A. 306-5343

2007 Area 46 Planning Committee meets the 3rd Saturday of the month at St. Timothy's at 1:30 pm

2007 Area 46 State Convention

contributions can be mailed to:

2007 Area 46 State Convention
c/o Dave Tod
216 Richmond SE
Albuquerque, NM 87106

The First Step

submitted by **Anonymous**

Doesn't our 1st step say conceded to our innermost selves we're **Alcoholic**? With the message I've been hearing lately I'd think we're just there for our childhood and counseling about how we feel. What ever happened to FEELING, restless, irritable and discontent until we experience the ease and comfort of the first drink? What ever happened to the obsession, the allergy, the phenomenon of craving? I guess I need to open my ears a little more. It must be being said. Oh yea. I forgot. *I'm the problem*. Where does **Alcoholism** fit in there? I would think that's my problem. The 12 steps, and our "Entire Program" is the solution. The open meeting statement says; Confine your discussion to your problems with **Alcohol-ism**.

(From *"The Doctor's Opinion"* pages xxvi - xxiv from the Third Edition Big Book of Alcoholics Anonymous)

....."The physician who, at our request, gave us this letter, has been kind enough to enlarge upon his views in another statement which follows. In this statement he confirms what we who have suffered alcoholic torture must believe—that the body of the alcoholic is quite as abnormal as his mind. **It did not satisfy us to be told that we could not control our drinking just because we were maladjusted to life, that we were in full flight from reality, or were outright mental defectives.** These things were true to some extent, in fact, to a considerable extent with some of us. But we

are sure that our bodies were sickened as well. In our belief, any picture of the alcoholic which leaves out this physical factor is incomplete.....

....Frothy emotional appeal seldom suffices. The message which can interest and hold these alcoholic people must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to re-create their lives....

....**Men and women drink essentially because they like the effect produced by alcohol.** The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery....

.....Faced with this problem, if a doctor is honest with himself, he must sometimes feel his own inadequacy. Although he gives all that is in him, it often is not enough. One feels that something more than human

power

is needed to produce the essential psychic change. **Though the aggregate of recoveries resulting from psychiatric effort is considerable, we physicians must admit we have made little impression upon the problem as a whole. Many types do not respond to the ordinary psychological approach.....**

....I do not hold with those who believe that alcoholism is entirely a problem of mental control. I have had many men who had, for example, worked a period of months on some problem or business deal which was to be settled on a certain date, favorably to them. They took a drink a day or so prior to the date, and then the phenomenon of craving at once became paramount to all other interests so that the important appointment was not met.

These men were not drinking to escape; they were drinking to overcome a craving beyond their mental control.....

.....This immediately precipitates us into a seething caldron of debate. Much has been written pro and con, but among physicians, the general opinion seems to be that most

Step One

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

Who care to admit complete defeat? Admission of powerlessness is the first step in liberation. Relation of humility to sobriety. Mental obsession plus physical allergy. Why must every AA hit bottom?

from the 12 x 12 contents page 5

Albuquerque Central Office Newsletter

1921 Alvarado NE
Albuquerque, NM 87110
(505) 266-1900

Address Correction Requested

Please make a note:
We've moved!

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			
Address			
City	State	Zip	
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>			
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