

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

September 1948
Vol. 5 No. 4

Volume 70, Issue 9

Grapevine

September 2008

An Old-timer Says: We Forget to Duck!

THE question of persons, who after two, three, even five or more years of continued sobriety in A.A., "having trouble," came up in a discussion meeting recently. How to avoid the "trouble" is an important question.

It seems to boil down to something like Jack Dempsey's reply to a questioner, after Gene Tunney had flattened him, who asked, "What happened?" The "Mauler" answered, "I forgot to duck!"

We, too, forget to duck. We get out of practice. We learn early in A.A. that we should practice the Program continuously. That slip doesn't occur when we take the first drink--it may have happened a day, a month or a year before we take the first drink. Indeed, I have observed cases where everyone but the chap himself saw it coming. Strangely enough, no one can talk to the "slipper." Usually he has been on the Program longer--dry longer and has all the answers.

However, he has fast grown away from the very simple Program he learned when he

first came in. That is kindergarten stuff to him. Through the habit of not drinking, he feels that he is safe.

In spite of his knowing, "once an alcoholic always an alcoholic," he is forgetting the 10th Step. Envy has slipped into his thinking. Jealousies and resentments lurk within him--The fellows at the office or shop are picking on him again--The wife doesn't understand him anymore--Other A.A.s are running, or trying to run, the group--The speakers are boring--He resented the fact that he couldn't drink with the other fellows at the company outing--People don't appreciate his staying sober.

These and a thousand other little things may be the slip he didn't catch soon enough.

We are never going to reach perfection. The above-mentioned things are insidious, but we can strive to keep them out of our thinking. They are our weeds. Unless we remove them, they will choke out our correct thinking to a point where we

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!

Alcoholics Anonymous page 62

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Corrections Corner

This space is dedicated to the corrections community — and to be used as a message board to anyone interested in this type of service work.

No Messages This Month!

The Media Library - Bigger and Better!

Thanks to the help of alcoholics who decided to do the service work and improve the quality of their sobriety, the Central Office media library is growing.

Bill B. has the technology at home to transfer cassette tapes to his hard drive. He has burned several cds and brought them back to the office. Eric L. learned how to use the equipment at Central Office and is transferring tapes, too.

At the beginning of the process, Karen F. and Rachel T. previewed tapes for completeness and audio quality that have now been converted to cd and added to the library.

Dr. Paul, whose story appears as “Acceptance Was The Answer,” in the fourth edition of Alcoholics Anonymous, has a cd in the library now.

A cd of Grapevine articles about “What We Were Like,” a historical view of AA, is also available, as is a collection of Grapevine stories about spirituality.

The Big Book is available on a “data” cd—compatible with computers but probably not with a standard cd player. It is a GSO recording of somebody reading the book Alcoholics Anonymous.

You could listen to the Big Book...you can hear the “official” pronunciation of “Holier Than Thou”! For more laughs, you might try Bill C., Ray O’K., Sandy B. and the Californian immortals, Chuck C. or Clancy I.

Thank you to the media library volunteers and the people who borrow cds, too. Happy listening!

submitted by the Media Librarian Grace Lorraine

Central Office Steering Committee E-mail addresses:

Michael W. - CO Coordinator
Coordinator@albuquerqueaa.org

Kathy - Alt. CO Coordinator
AltCoordinator@albuquerqueaa.org

Dave C. - Chair@albuquerqueaa.org

Michael Q. -
Schedule@albuquerqueaa.org

Brian H.
Secretary@albuquerqueaa.org
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Martha G.
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Sally - PassItOn@albuquerqueaa.org

Peggy-
Specialneeds@albuquerqueaa.org

Tom C. - Website Chair
anonymous@albuquerqueaa.org

Grace L. - Media Librarian
media@albuquerqueaa.org

John -
publicinfo@albuquerqueaa.org

Steve-
treasurer@albuquerqueaa.org

Albuquerque Area Business Meetings

Intergroup Rep. Meeting
2:00 pm, 2nd Sunday
Desert Club

District 3
2:00 pm, 2nd Saturday
call the DCM for location

District 11
9:00 am, 2nd Saturday
Harwood Methodist Church
420 San Lorenzo NW (at 4th)

District 12
9:30 am, 2nd Saturday
St. Bernadette’s
11401 Indian School NE

District 13
10:00 am, 2nd Sunday
Desert Club

District 18
9:30 am 4th, Sunday
Rio West Church
6751 Pasilla Rd., RR, NM

Central Office Intergroup Meeting Minutes

Submitted By Brian H. – Secretary
8.10.08

Dave C - Chair

Dave opened the meeting at 2:11 with the Serenity Prayer. Introductions all around.

Secretary - Brian H

Review of minutes for previous InterGroup Meeting Minutes as read aloud by Brian H (Secretary) to be published in August *Pass It On*. Minutes approved by acclamation.

Treasurer - Steve P

Developed a year-by-year comparison to contextualize monthly report. In comparison to previous year, things are slightly “down” in all columns, but consistently so. Slightly in the red for the month; slightly in the red for the year. Thanks to all groups for your support of Central Office. Treasurer’s Report accepted by acclamation.

Service Coordinator - Michael W

Monthly data report for shift coverage for month of July: quite slow on all fronts throughout the month. Quiet on the desk. Currently running a little lean on Substitute Desk Workers; contact Central Office for details. Thanks to all Night Phone workers. Pamphlets were donated to Area 46 Public Information Committee. Grateful to be of service.

Alternate Coordinator - Kathy H

Not present.

7th Tradition Basket Passed.

Activities Coordinator -

Martha G (Member at Large) is helping to coordinate the Old-Timer’s Appreciation Meeting (12-3pm, 10/25). Thanks to volunteers for stepping forward to help with planning. Planning will commence on Alcothon soon. Will be soon seeking help with volunteer subcommittees and will begin circulating meeting sign-up for

Alcothon. Please continue to let people know about the opportunity to serve as Activities Coordinator.

Member at Large - Martha G
(see Activities Coordinator report above)

Pass It On Editor - Sally

Publication of hardcopies of *Pass It On* will be slightly delayed this month, although copies are available online. Contact Sally if you need help in arranging delivery of *Pass It On* this month.

Schedule Editor – Michael Q

Nothing to report.

Community Outreach - John S

Not present. Nothing to report.

Special Needs – Peggy

Nothing to report.

Library - Grace L

We received some CDs from Area 46 convention available for check-out. Really looking forward to hearing from folks willing to help transfer tapes.

Web Guardian - Tom

Website is basically up-to-date. Thanks for the opportunity to serve.

Old Business

Service opportunity to serve as Activities Coordinator as well as help in coordinating the upcoming Old-Timer’s Appreciation Meeting and end of year Alcothon. Continuing to communicate with selected meetings (ie. meetings held in private residence; meetings listed by reference phone) to clarify the details of their schedule listings.

New Business

In the process of developing subcommittees for Alcothon to assist with planning for the event. Martha G will help to facilitate this; volunteers are pouring in.

Group Announcements

Straight Pepper Diet will

celebrating 1-year anniversary with a Speaker Meeting/Potluck on Friday, September 12. Look for flyers on the website. Meetings normally held at the Nativity Church will be held in an alternate location the week of 9/2-9/7 only. Contact Central Office or refer to the website for details.

Dave closed the meeting at pm with the Third Step prayer.

ATTENDEES

Dave C (Dawn Patrol/CO Chair)
Michael W (Mountainside/CO Coordinator)
Steve P (Free Spirits/CO Treasurer)
Jim O (Live & Let Live)
Terri R (Cosmopolitan)
Paula G (Any Lengths)
Joseph F (Dawn Patrol)
Michael S (Happy Valley)
Jim O (Live & Let Live)
Kate M (Corrales Smoke Free)
Henry L (Serenity Seeking)
Jeremy H (Straight Pepper Diet)
Rudy B (Queer Ideas of Fun)
Tom N (High Noon)
Tom C (Basement Steps/CO Web Guardian)
Martha G (Cosmo/ CO Member at Large)
Dale (Seniors Seeking Serenity/ District 13)
Michael Q (Dawn Patrol/CO Schedule Editor)
Greg D (Tuesday 12&12/District 18)
Lynn H (Ladies Room)
Dondo (Happy Hour/District 12)
Peggy A (Women on Wednesday/CO Special Needs Coordinator)
Sally G (How It Works/ *Pass It On* Editor)
Grace L (Media Library)
Gilbert C (Sunrise Sobriety)
Brian H (Dawn Patrol/CO Secretary)

The Steering Committee at Central Office encourage all groups to elect a Intergroup representative. We welcome you to come join us at the next Intergroup meeting. We meet the second Sunday of every month, at 2:00 pm, at the Desert Club.

The following contributed to Central Office.....

This data is from July 1 to July 31, 2008 and is inclusive for the entire calendar month!

<p>Groups: A New Freedom Area 46 CPC Beginners Group Corrales Smokefree (x2) Dawn Patrol (x2) Dawning Promises El Centro Foothills Group Freedom From Bondage In the Book Isleta Group Live and Let Live Lone Rangers New Frontier One Day at a Time Promises Group Queer Ideas of Fun Serendipity Group Sunday Night Step Study Sunrise Sobriety Triangle Group Women on Wednesday</p> <p>Individuals: Anonymous (x2) Anthony Clara Emma D. John F. Michelle</p>	<p>Nancy Robert U.</p> <p>Faithful Fivers: Al. J. Andrew S. Andi & Pam B. Catherine A. Cecelia D. Dan O'. Dave N. Emma D. Ilse G. Jeanne Mac. Jim F. John K. Karen R. Mary Ann Mc. Merle P. Mike D. Nance C. Partha B. Phil & Barbara C. Ralph & Gwen T. Rojo R.</p> <p>Thank you all for supporting your Central Office!!!!</p>
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**Central Office of Albuquerque
Treasurers Report: July 2008**

Total Contributions/Sales	\$ 7,714.42
Total Cost of Sales	-3,031.37
Gross Income	\$ 4,683.05
Total Expenses	\$ 4,917.13
Net Income	-234.08

For a copy of the full Central Office income/expense report, please join us at the next Intergroup Committee Meeting. It's the second Sunday of the month , 2 pm, at the Desert Club.

July '08 Desk Activity

	July '08	June '08	July '07
	This month	Last month	Last yr.
Phone calls	1144	1242	1287
Information	949	1015	1044
12 step request	15	18	21
AI-Anon Info	25	19	31
Message	27	40	56
Other	128	150	135
Walk Ins	246	352	279
Information	10	13	17
12 step	1	1	4
AI-Anon	1	6	0
Schedules	20	58	29
Purchases	147	141	165
Tapes	1	2	3
Message	1	6	0
Casual	47	50	29
Other	18	77	28
Desk Workers*	92	92	
Regulars	50	50	
Substitutes	42	42	
Desk Shifts*	178	171	
Weekdays	138	126	
Weekends	40	45	
Weekday Shifts*	#114	126	
Regulars	#82.5% 101	82.5% 104	
Substitutes	#11% 13	11.5 % 19	
Weekend Shifts*	#35	45	
Regulars	#94% 33	75.5% 34	
Substitutes	#6% 2	24.5 % 11	
Shifts by Michael*	#4/11 hrs	11/42 hrs	
Shifts by Kathy*	#3/16 hrs	5/21 hrs	

Thanks to all who participated this month.

* includes night phone # reflects 5 days of missing data

The Hand of AA.....

18th Annual **District 11** Traditions Conference

Saturday, October 25th
9:00 am to 3:00 pm

Our Lady of Guadalupe Church
Keynote Speaker :
George from Las Cruces

Free registration
Potluck lunch & Free Raffle
Fun and Fellowship

If you would like to donate for the raffle please call
Barbara H. at 286-2682 or Molly C. at 792-3388

Sponsorship

Sponsoring through the Steps
One Step at a time

Please join District 18 for the First
Annual Sponsorship Workshop

Saturday, October 18th
9:00 AM - 2:00 PM

Jemez Springs Presbyterian Church
17540 Highway 4, Jemez Springs, NM
East side of Hwy 4 between the Laughing Lizard
and Los Ojos Bar and Grill

9:00 am - 12:00 pm	Steps 1 - 9
12:00 pm - 1:00 pm	Potluck Lunch
1:00 pm - 2:00 pm	Steps 10 - 12
Everyone Welcome!	

We Forget to Duck! *cont.*

will get into trouble.

Years ago I was taught by those who preceded me that I must ever be on guard--that I'd always be an alcoholic--Thank God I've always remembered it.

When we find envy, jealousy, resentments, creeping into our thinking, let's weed them out. The simple way, it seems to me, is to review our actions each day. Check where we could have been a little more understanding, or tolerant to someone else--whether the time we blew up was really as important as we tried to make it. Let us try to recapture the wonderful feeling we had when we first came into A.A.

We'll usually find, as always, that the fault is within us. So let's talk the

misunderstandings out. Let's give the other fellow the word of encouragement that he needs. It is good to get away by ourselves and think things through, honestly, humbly, as we'd advise a newcomer to do.

I'd like to see the ideas of others regarding this subject published in *The A.A. Grapevine*. It will help you to write it. It may help someone who needs it and certainly it will help the newcomer to realize that this is a continuous Program. To get full benefit out of it we must *live* it continuously--not just give lip service.

Dick S.
New York, New York

Other Numbers: Al-Anon (505) 262-2177 Oficina Intergruppal Hispana (505) 266-3688

Announcements, Reminders, Birthdays, etc.

Experience, Strength and Hope

Eddie P. (Aug.) 1 year
Sally F. (Aug.) 24 years

Seniors Seeking Serenity

Peg H. 34 years
Jesse L. 29 years

Brownbaggers Group

Deena P. (Aug.) 12 years

The Ladies Room

Alisha B. 9 months
Angela H. 1 year
Victoria T. 3 years
Terri R. 4 years
Gwen C. 23 years

Cosmopolitan Group

Ed B. 22 years

Congratulations everyone!



Women's Noon Gratitude

Meets every Wednesday at noon

4301 Atrisco Dr. NW
(corner of Milne & Atrisco)

Join us for an hour of AA fellowship, sobriety and gratitude! Questions? Call:
Irine @ 505-831-1538 or
Bev W. @ 915-478-7268

New Mexico Men's Retreat

For Recovering Alcoholics

November

7th, 8th, & 9th, 2008

In Tohatchi, New Mexico

For more info. call: Walt L. (505) 892-6696
or Mark T. (505) 898-7271

18th Annual National /International Native American Indian Alcoholics Anonymous Convention

September 25-26-27-28, 2008

Radisson Hotel in Albuquerque

more information:

www.nai.com

Meeting Times for The Roundup Group in Los Lunas

Monday - 7:00 pm

Friday - 7:00 pm

Saturday- 8:30 pm

At the Community Bible Church 1467
N. Hwy 314 West side of Hwy 314, 1 1/4 miles n.
of Main Street Call 565-2716 or 864-3323

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!

Old Timers Emotional Sobriety Meeting

Friday 6:30 pm to 8:30 pm

at St. Michael and All-Angels Church

601 Montano NW - Albuquerque NM 87107

Starting August 15, 2008

For information call: 342-1440

17th Annual Oldtimers Meeting

Sponsored by the Albuquerque
Central Office Intergroup

Saturday October 25th, 2008
12:00 PM - 3:00 PM

Monte Vista Christian Church
3501 Campus Blvd. NE - Bethany Hall

20 + Years to Share

12:00 pm - 1:00 pm lunch (free)

1:00 pm - 3:00 pm sharing

Come hear long-timers share their
experience, Strength & Hope

(Dessert items requested)

Taos Mountain Fiesta!!!

Sagebrush Inn

September 19, 20, 21, 2008

Begins Friday at 3:30

Guest Speakers include:

Kris P. - Taos, NM

Herb L. - Santa Fe, NM

Jesus P. - ABQ. Spanish Speaker

Aaron J. - Charles, NC -

Al-Anon Speaker

Sharon C. - Los Angeles, CA

KC C. - Los Angeles, CA

For more information Contact:

Jennifer 575-770-2596 or

Jeanelle 575-751-3913

New Mexico AA Women's Sobriety Fest 2008

Saturday
September 27,
2008

8:00 am to 10:00 pm

NM Continuing Ed. Building
1634 University Blvd. NE

The High Noon Group

is hosting a panel discussion on the

First Step Experience

Sunday, September 21, 2008

1:30 - 3:15 pm

Desert Club - 4305 Mesa Grande SE
munchies potluck

Panel:

Gilbert A., Gene L., Mandie B.

(To be followed later by other workshops
on subsequent steps)

For more info. call Patrick @ 315-1652

Albuquerque Central Office Newsletter

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

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The Central Office of
Albuquerque is open:

Monday through Friday

8:00 am to 10:00 pm

Saturday and Sunday

9:00 am to 9:00 pm

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The Central Office is
located two blocks
north of
Constitution and four
blocks east of San
Mateo.