

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

One Woman Alcoholic Writes to Another

May 1945 vol. 1, No. 12

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September 2009

Dear Pola,

I felt very unhappy about you when I hung up the other evening. I do so wish I could help you. If I could only make you understand what it is necessary for you to do in order to feel as happy as I do now. We are very much alike, you know --at least we were until I got the A.A. program.

The stumbling block with you, as I see it -- and this was the hardest thing for me to do, too --is your reluctance to give in to anything. You want to be Pola --you have your own ideas --your own personality -- your own will. And because you've had to make your own way in life you trust no one but yourself. I was exactly like that myself. I felt that other people didn't understand; only *I* knew what I had to do; only *I* knew what was good for me. But I was able to see that under my own management I had become a drunk, so that possibly there was something wrong with my way of seeing things. As soon as I admitted that, I opened up my mind and listened to others.

You haven't done that yet. You listen with your ears, but your mind is still listening to Pola. Forgive me, but Pola still wants to drink because the *subconscious* Pola is unhappy about the lies, the evasions, the boastfulness and the stubborn will of the conscious Pola. You can't kid your subconscious--your real self.

All the criticism you have for A.A.

you've built up because you don't want to give up your own individuality. At least that's what you call it; that's what I called it, too. But, Pola, I'm just as much the individual now. I'm just not so stubborn, so self-willed, so positive. I'm listening to others. If we point out where you are thinking wrong, don't take that as criticism. We were *all* thinking wrong and are only anxious to pass on what we have learned in A.A. We were all so wrong that we had to reverse our thinking, and if we point out to you that that is what you must do, it's because we want to help you. Please see that there is nothing personal in it.

Actually, when I talk to you, it is A.A. talking --it is what I have learned in A.A. A.A. has taught me that the most important thing in life *for me* is sobriety. Without it, I am unhappy, confused. Even *one* drink twists my thinking so that it is no longer straight. That is true of you too --it's true of any alcoholic. Without sobriety, you'll eventually lose your job, husband, and friends. Don't insist that you still have them; you know that eventually you will lose them all. You know that alcoholism is a progressive disease-- that you will get worse, not better. You *know* that while you drink, you will not get along with people; you'll be a misfit in this world. Temporarily, you compose better music --so you think -- but eventually you'll compose

continued on page 5

From the Big Book....

"If he is sincerely interested and wants to see you again, ask him to read this book in the interval. After doing that, he must decide for himself whether he wants to go on. He should not be pushed or prodded by you, his wife, or his friends. If he is to find God, the desire must come from within."

Working With Others
Page 95

Inside this issue:

<i>One Woman Writes Another Women</i>	1
<i>Men's Retreat</i>	2
<i>Central Office</i>	3
<i>Treasurers Report</i>	4
<i>Woman writes cont.</i>	5
<i>Announcements, Reminders, Birthdays</i>	6
<i>Announcements</i>	7
<i>PIO Subscription Form</i>	8

Annual Traditions Conference

October 31st

From 9 am to 2 pm
At Guadalupe Church
1680 Griegos Rd. NW
Hosted by District 11

Presenters
Speakers
Lunch
Fellowship

AA Men's Fall Retreat

Sponsored by the
Lone Rangers Men's Group Of Albuquerque
Hummingbird Music Camp in Jemez Springs, NM

September 18, 19, 20, 2009

2 nights lodging, 3 meals on Saturday
and breakfast on Sunday
Cost: \$65.00 per person

Theme: Establishing Conscious Contact

For more information contact Pat B. at 505-967-2597
or jillio@swcp.com

Make checks or money orders for \$65.00 to
Hummingbird Music Camp. Mail to Pat Brennan at
2314 Espanola Street NE, Albuquerque, NM 87110
Reservation forms can be picked up at Central Office.
We will contact you and confirm you reservation by
phone.

Central Office Steering Committee

E-mail addresses:

Michael W. - CO Coordinator
Coordinator@albuquerqueaa.org

Kathy H. - Alt. CO Coordinator
AltCoordinator@albuquerqueaa.org

Dave C. - Chair@albuquerqueaa.org

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John S.
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Steve P.
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
10:00 am, 2nd Saturday
Heights Club

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

8.9.9 Minutes

Submitted by Tom C.

David C. - Chair

Opened the meeting at 2 pm with the Serenity Prayer.

Secretary - Brian H

Review of minutes - approved by acclamation.

Treasurer - Steve P

Ending July 31 - Year over 60,000 revenue. \$850.00 in red for the month/\$151 in black for the year. Group contributions are up. This includes the prudent reserve which has been replaced (\$5000). Report accepted by acclamation.

Service Coordinator - Michael W

Shift coverage: Needs coverage. Big books and other literature went up average of \$.50. All literature prices were adjusted equally with the price increase from GSO. Seems the picnic application in Corrales (October) has been submitted. We are waiting for response from city of Corrales to secure the park.

Alternate Coordinator - Kathy H

Statistics: Calls and walk-ins somewhat light for the month. Deskworkers were missing this month (down from last year) Need volunteer subs, please contact Central Office.

7th Tradition Basket Passed.

Activities Coordinator - Interem Peggy

August 22nd is the next Intergroup at St. Thomas of Canterbury. Looking for District input on Fall Intergroup Speaker Meeting. Winter Bash Coordinating Committee plans - there will be a short meeting after today's

Intergroup meeting—discussing raffle and agenda.

Member At Large - Peggy

Nothing additional to report.

Pass It On Editor - Sally

Printed and online. Listed a few events printed in the newsletter. Discussed desk shift announcement listed in the PIO.

Schedule Editor - Michael Q

Not present - everything is up to date and most recent digital (pdf) is available online.

Public Information/Community Outreach - John S

Not present.

Events: I represented AA at a booth at Wildfest 2009 in Tijeras on Saturday, July 25th from 10 am to 4 pm. This was a very large, well organized and well attended event. I coordinated and participated in a 2 day AA panel for the Bernalillo County Community Custody program for multiple DWI offenders as follows: (The AA panels are a regular part of week 13 of their program). Session one - Tuesday had 4 panel speakers. Session two - Wednesday, had 4 panel speakers: Each panel session had about 30 clients of the program. They also have started two AA newcomer meetings per week at this location.

Future events:

Thursday, August 27th - Noon to 5 pm - Conference on Aging Health Fair at Sandia Casino. Skitch is coordinating this event. I have offered to cover a shift. Skitch can be reached at 453-3018 or 831-9260. Friday, August 28 - 8 am to 3 pm - Health Fair at Albuquerque Convention Center for 700-1000 Bernalillo County and City of

Albuquerque

employees and we will have a literature table.

Saturday, September 19th District 3 Picnic from 8 am - 2 pm at Daniel Fernandez Park, Hwy 47, Los Lunas. I will have a AA Central Office table from 10 am to 12 noon as per District 3 request. Contact Dave F. at 328-0080 for more information.

Special Needs - Ben A

Bob J and Michael have assisted in providing information and literature for those in need. New help for a deaf person coming—still “researching” ideas of how to be of assistance. One call from a woman who returned a wrong number so this is still open ended. Michael listed the AA Albuquerque Website as a special needs resource.

Library - Grace L.

Not present. We have a large bag of CD's for your listening pleasure.

Web Guardian - Tom C

Facelift of Website continues. E-mail and bulletin boards

continued on page 5

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 at
266-1900

Points of View

Dear Mother of "J.": I cannot tell how poignantly I am stirred by the letter you wrote *The Grapevine* about your alcoholic son. Just ten years ago my own mother, after years of frantic bewilderment, lost hope. Long a chronic problem drinker, I had come to the jumping-off place. A very good doctor had pronounced the grim sentence: "Obsessive drinker, deteriorating rapidly--hopeless."

The doctor used to talk about my case somewhat like this: "Yes, Bill has underlying personality defects. . . great emotional sensitivity, childishness and inferiority.

"This very real feeling of inferiority is magnified by his childish sensitivity and it is this state of affairs which generates in him that insatiable, abnormal craving for self approval and success in the eyes of the world. Still a child, he cries for the moon. And the moon, it seems, won't have him! "Discovering alcohol, he found much more in it than do normal folks. To him alcohol is no mere relaxation; it means release--release from inner conflict. It seems to set his troubled spirit free."

The doctor would then go on, "Seen this way, we normal people can picture how such a compulsive habit can become a real obsession; as indeed it has, in Bill's case. Once he arrived at the obsession point, alcohol overshadows all else. Hence he now appears utterly selfish. And immoral. He will lie, cheat, steal or what have you, to serve his drinking ends. Of course those about him are shocked and dismayed because they think his actions are willful. But that's far from being so. The real picture of Bill is that of a bankrupt idealist; one who has gone broke on vain, childish dreams of perfection and power. Victimized now by his obsession, he is a little boy crying alone in a dark strange room; waiting agonized for mother--or God--to come and light a candle." I must confess, Mother of "J.," that I may have put some of these words into the doctor's mouth. But that's the alcoholic's life as I have lived it.

Did I, an alcoholic, have a defective character? Of course I did. Was I, an alcoholic, also a sick man? Yes, very. To what extent I was personally responsible for my drinking, I don't know. Yet I'm not one to take complete refuge in the idea that I was a sick man only. In earlier years I certainly had some degree of free will. That free will I used badly, to the great misery of my mother and countless others. I am deeply ashamed. As one who knows me a little, you may have heard how, ten years ago, a friend, himself a liberated alcoholic, came to me bearing *the light* which finally led me out of the toils. There will come a day like that for you and yours--I'm so confident!

As ever, Bill W.

**Central Office of Albuquerque
Treasurers Report: July 2009**

Total Contributions/Sales	\$ 8,347.62
Total Cost of Sales	\$ 3,250.29
Gross Income	\$ 5,097.33
Total Expenses	\$ 5,948.04
Net Income	-\$ 850.71

For a copy of the full Central Office income/expense report, please join us at the next Intergroup Meeting. It's the second Sunday of every month, at 2:00 pm, at the Desert Club.

July '09 Desk Activity

	July '09	June '09	July '08
	This month	Last month	Last yr.
Phone calls	1193	1144	1156
Information	976	895	949
12 step request	35	29	15
AI-Anon Info	29	29	25
Message	29	35	27
Other	124	156	140
Walk Ins	236	258	246
Information	3	17	10
12 step	3	0	1
AI-Anon	1	1	1
Schedules	17	11	20
Purchases	161	161	147
Tapes	0	6	1
Message	0	1	1
Casual	20	41	47
Other	31	20	18
Desk Workers*	62	95	
Regulars	45	54	
Substitutes	17	41	
Desk Shifts*	178	172	
Weekdays	138	132	
Weekends	40	40	
Weekday Shifts*	138	132	
Regulars	82% 113	77% 101	
Substitutes	23% 25	23 % 31	
Weekend Shifts*	40	40	
Regulars	75% 30	75% 30	
Substitutes	25% 10	25 % 10	
Shifts by Michael*	5/3 15 hrs	11/3 33 hrs	
Shifts by Kathy*	6/3 18 hrs	5/3 10 hrs	

Thanks to all who participated this month.

* includes night phone

<p>One Woman Alcoholic <i>cont.</i></p>	<p>Central Office Intergroup Meeting Minutes <i>cont.</i></p>	
<p>nothing. I know that you know all this because you protest too much. Sobriety comes <i>first!</i> In this you must be unselfishly selfish. By that I mean that by concentrating on yourself now--concentrating on a philosophy of life that will keep you happy and sober --you will be unselfish in the long run. Your sobriety comes before your work, before Johnny even. You must remember that Johnny is not an alcoholic and cannot possibly understand that side of you. If you want to learn how to make ceramics you go to Johnny; when you want to learn to live happily though sober, come to A.A. Some people don't learn in A.A. Some are too sick. You are an intelligent girl, Pola; with just a little application, you'd be a shining light in A.A. I wish you'd try it. We all like you --you'd like us, too --why not give us a real chance. Let me hear from you soon. With love,</p> <p>Astrid L. New York</p>	<p>updated - PIO is available on-line. Corrected a few errors on meeting data base, erroneous meeting locations on map.</p> <p>Old Business: Peggy announced that New Years alkathon needs (committed) organizational assistance. You can call Central Office and place your name on the list of volunteers. Michael distributed some literature on the process of nomination, and the descriptions of the chair positions open for election (all positions are open). Sally raised the fact that Grace was possibly considering resigning her position, but she has not yet done so.</p> <p>New Business: None.</p> <p>Group Announcements: Announced Lone Rangers sponsored Retreat in September, at Hummingbird in Jemez. More information on that event is on the website and in the <i>Pass It On</i>. 60th anniversary of the Metropolitan Group on the last Monday in November. More details to come. August 29th - Potluck at Seeking Serenity.</p>	<p>Closed the meeting at 2:59 pm with the Third Step Prayer. Attendees: David C (Dawn Patrol/Chair) Peggy A (Free Spirits/Member at Large) Michael W (Mountainside/ CO Coordinator) Steve P (Free Spirits/Treasurer) Kathy H (Metro/Alt Coordinor) Tom C (Basement Steps/Website) Ben A (How It Works/Special Needs) Deborah (Sunrise Sobriety) Evie (One Day at a Time) Skitch (Cosmopolitan) Paula (Any Lengths) Mary Ann (Promises) Sally (Free Spirits/Pass It On) Sharon H (Any Lengths) Marian G (Triangle) Terri R. (Ladies Room) Henry L. (Seeking Serenity) Doug (Lone Rangers) Ordell (Lone Rangers) Eugenia Tom N (High Noon) Jeremy (Straight Pepper Diet)</p> <p><i>The Steering Committee at Central Office encourage all groups to elect a Intergroup representative. We warmly welcome you to join us at the next Intergroup meeting. We meet the second Sunday of every month, at 2:00 pm, at the Desert Club.</i></p>

What does **Self - Supporting** mean to you? Your money or your time.....???

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

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

Announcements, Reminders, Birthdays, etc.

Seniors Seeking Serenity

Peg H.	9/10/74	35 years
Paula S.	9/26/83	26 years
Jimmy M.	09/10/07	2 years

Seeking Serenity

Kevin	1 month
Mellisa	3 months
Lynn H.	1 year
Anthony S.	1 year
Paul S.	1 year
Brett H.	4 years
Ray P.	20 years

1st Step Experience

Hosted by the High Noon Group
 Sunday September 20, 2009
 1:30 p.m. - 3:15 p.m.

Desert Club
 4305 Mesa Grande Pl. SE

Panel: Ron R., Sandra G., and Eric L.
 Discussion for 45 minutes, 15 minute break,
 Q & A etc.. for 45 minutes

(Munchies potluck - bring your favorite drinks or snacks)

For more info. call Patrick @ 315-1652 or Wally @ 410-4868
 (This is a smoke-free event!)

(Finished Step 12 in August, and it's starting over again with the 1st)

Sponsorship

Sponsoring through the Steps
 One Step at a Time

Please join District 18 for the Second Annual Sponsorship Workshop

Bring a Potluck Lunch Dish, and listen
 to 12 Speakers share on taking someone
 through the Steps.

Saturday, October 3rd
 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
2:00 PM - 1:00 PM	Potluck Lunch
1:00 PM - 2:00 PM	Steps 10-12

Everyone Welcome!

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!*

Taos Mountain Fiesta 2009

Taos, New Mexico—Sagebrush Inn

September 18, 19, 20, 2009

Begins Friday 3:30 PM

For more information contact:

Roger 575-779-4242 or Toni 575-758-4000

Website: taosmountainfiesta.com

New Mexico AA Women's Sobriety Fest 2009

“A Sense of Belonging”

Saturday September 26, 2009

8:00 am to 10:00 pm

New Location:

Albuquerque Center for Spiritual Living

2801 Louisiana Blvd. NE Albuquerque, NM 87110

Website: NMAAWSF.com

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.