



Pass It On

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Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9 (*Short Form*) A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. (*Long Form*) Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Concept 9 (*Short Form*) Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees. (*Long Form*) Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

STEP 3

by Christina M.

Step 3- Made a decision to turn our will and our lives over to the care of God as we understood him.

While I was deep in my addiction I trusted alcohol to guide me in all my decisions. But good ol' alcohol never ran the show alone. The right hand man, resentment was always there to back up whatever damning decisions we made.

Living a life full of hate and resentment tends to cloud your judgement in all aspects of life. For me, an innocent decision was made twisted and dark... "Could I hold a door open for an elderly woman in poor health? **** her,

(continued on page 3)

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FROM THE EDITOR

Some more **PIO changes**: A monthly Central Office “Financial Snapshot” (below) and a disclaimer (also below).

Half of the **Central Office Steering Committee** positions will be coming up for election in December, so it’s time to start thinking about doing some service work for the groups and districts in the Albuquerque Area. The **Pass It On Editor** position is one that’s open - I’ve put in 2 two year terms, and it’s time for someone else to take the reins. If you’re interested, please email me at passiton@albuquerqueaa.org and I’ll fill you in on the details.

Sobriety Birthday submissions are meager, but **article submissions** are coming along fine.

Submissions for the **AA Event Calendar** (page 6) are another matter. If I relied on events directly submitted to me, there would be *exactly 1 event listed!* When you are making flyers, emailing El Farolito and the Area 46 and Central Office Websites, PLEASE include [passiton@albuquerqueaa](mailto:passiton@albuquerqueaa.org) in the loop. Pass It On has a circulation of over 600 copies (including both print and web), and is a useful tool to get word out about your Group or District event.

CENTRAL OFFICE FINANCIAL SNAPSHOT

	July 2015	YTD 2015
Total Revenues-----	\$8,042.53	\$68,851.61
Total Cost of Sales-----	\$3,100.63	\$23,155.33
Gross Income-----	\$4,941.90	\$45,696.28
Total Expenses-----	\$5,604.51	\$40,652.15
Net Income/Loss-----	(\$662.61)	\$5,044.13

DISCLAIMER: The opinions expressed in Pass It On are solely those of the individual author and do not necessarily represent those of the Editor, Central Office, Area 46, any specific group or AA entity, or of AA itself...and in no way does publication imply endorsement of such opinions.

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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 - 10:15 am, 2nd Saturday,
 Heights Club, 8520 Marble NE in Rm #3

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

District 18 - 10:30am, 2nd Saturday,
 United Methodist Church, 136 West
 Calle Don Andres, Bernalillo

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STEP 3 (continued from page 1)

it's not my day to baby sit this dumb ****. She should be in a **** nursing home." A dear friend needs a hand moving out of her home she just got kicked out of by her abusive husband. "Should I help her move? **** her, that's what she gets for staying with that piece of ****. She should have left him when I told her to. Find someone who cares bitch. I'm tired of picking up the pieces."

These, along with so many memories float through my head. Living one day at a time, I am reminded of the person I once was. I am reminded of who used to run the show. Most importantly, I am reminded of the twisted life I allowed alcohol and resentment to lead. At a very young age I had, without even knowing it, turned "My Will and My Life" over to alcohol and resentment. This damming duo made for one hell of a dark, bitter, and angry soul.

I shudder now as I remember the hate that flowed through my veins. For twenty five years of my life these feelings were all I knew. I was okay with them. I had accepted that I was just this way. With alcohol and resentment as my wingmen I set out to take over the world! How? Well by taking everyone else out, of course.

I had an absolute lack of compassion for people. I had a dark past and a chip on my shoulder to the world. Manipulative, conniving, and vicious, I knew how to play the part. And just when I thought I had gone too far or hurt too much, alcohol and resentment were quick to get me back on track.

Starting out in my addiction, I drank to dull these feelings, to find a happy place. As my will grew weaker, my dark side grew stronger. I found myself to be much meaner and angrier when I drank. I could count on alcohol to help me treat good people as though they were the scum of the earth. Alcohol showed me how right I was and how wrong the rest of the world was. Our way was the ONLY way. Try to tell us different... we will take you out!

Being sober in detox for a week, a whole week without my wingmen was a slap in the face. I had no backup amongst strangers. These were people with pasts far darker than I could have ever made up in my own twisted head. Women who had been to the depths of hell and survived. Not only were they surviving, they were LIVING! They had joy, love, hope and most important... They had faith!

These beautiful women waited on me hand and foot while I was trying to make sense of my life. While I sat at my rock bottom, (a mere speck of the "powerful" woman I was just one short

month prior) they aided me back to life. These women I would have, in other situations, just torn down. I would have talked about what pieces of **** they were and hated their existence. How dare they breathe my air! But not then. Then, I wanted, no, I needed exactly what they had.

It was there, in that small brown building in River Side California on March twenty third I was finally shown the meaning of humility. I had my lightning bolt moment and God revealed Himself to me. I was no better than anyone else. In fact, I was much worse. I had lived a life of disgust in myself portrayed onto others. God finally showed me how wrong I was for the way I treated so many others. In that moment, I realized I could never get through this or move past it without my God- a loving God, a forgiving God, and MY God.

I sat that night in my room crying, ashamed of the life I had lead up until that point. Scared for what would happen to me now that I was aware of the bad I had in me. I begged God to take it away. To show me the way. Why am I here?

Nothing in life had given me even a glimmer of hope, but He did. I knew He was there. I knew He was waiting for me to take "My Will and My Life" from alcohol and resentment and turn it over to him, my God.

Jails and Institutions

by anonymous

Two years sober I realized that attending meetings including tradition and big book studies, and working the steps with a sponsor, was not enough. My home group had a few fellows taking meetings to NM Correctional in Los Lunas, NM. I went through the vetting process and became certified. A year later, having been laid off, I was anxious and full of fear. Friends suggested I follow through and I began service work in earnest. I had to forget my mother's brutal murder and my fear of prisoners, thinking they all had something to do with her death. I abandoned myself to God in this instance and entered the world of institutions and jails.

I overcame my bias and became willing to help another alcoholic be it in jail, at a half-way house or at a juvenile detention facility. I see myself in everyone's struggle to be free from alcohol. Alcohol is but a symptom, and through the steps anyone can leave the pain and misery that the bottle led us to. I need to be involved for I do not believe that I have another recovery left in me. Please help carry the message.

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.

AA Members Speak *by Elizabeth E.*

The opinions expressed here are those of the AA member only. We all work our program differently.

September Question of the month: “When is the best time for a newcomer to start working the steps with a sponsor and what is the shortest time you have seen someone WORK the first 9 steps with a sponsor? What has been your experience with this?” You can still respond to this up to 10/15.

David G-“The best time for a newcomer to start working the steps with a sponsor is now.... as for the shortest time to ‘see someone WORK the first 9 steps with the sponsor’ - I have no idea. I doubt that I will ever be ‘finished’ working the steps with my sponsor or the fellas I work with. I have heard lots of people claim things about this and some of them are still going to meetings.”

Steve R-”In my opinion, the best time varies depending on the newcomer, but generally would be as soon as the newcomer has a sponsor and begins meeting regularly with them. The shortest time through the 1st nine is not necessarily good - I feel that when step work is rushed, it is not thorough and what’s built hastily falls apart quickly and doesn’t give adequate warning that one is headed toward relapse. When I work with sponsees, it’s generally 1-2 weeks each for steps one through three, 2-4 weeks each for four and five, 1-2 for six and seven, then 2-4 for eight and nine - so 12-26 weeks, or 3-6 months for the first nine steps.”

Anonymous-“I have taken sponsees through the steps in 3 to 6 months. While others are still working on the first nine after a year. It took me a couple years to work the steps to the best of my ability the first time. What I try to stress is that this is only the first time through the steps.”

October Question of the Month “How much sobriety did you have when you started standing for service positions? What service positions did you enjoy the most? What service positions does your homegroup have for those fairly new in sobriety?” Keep it under 75 words for the feature and under 200 words for an article on this topic. Deadline for submission is 9/15 for the Oct PIO and 10/15 for

Nov. Please email response to Elizabeth E at memberatlarge@albuquerqueaa.org

If you want to be thinking ahead, the Nov Q will be “What suggestions do you have for staying sober through the holidays that has worked for you?” due 10/15 or 11/15. The Dec Q will be, “When did you start sponsoring and when did you get your first sponsor? When do you think someone should consider sponsoring? What have you liked most about sponsoring? Least?” due 11/15 or 12/15. You can send your responses in any time before the deadlines.

Are you a Big Book* Whiz?

Try this! *by Elizabeth E.*

1. Our book is meant to be ___ only. 164:2:1
2. This thought brings us to Step Ten, which ___ we continue to take ___ inventory and continue to set right any new ___ as we go along. 84:2:1
3. When a discussion does arise, you might ___ he read this book or at least the chapter on ___. 111-112
4. This is our Twelfth ___: carry this ___ to other alcoholics! 89:1:3
5. My intellectual heroes, the chemists, the astronomers, even the evolutionists, ___ vast laws and forces at work. 10:3:4
6. When, however, the perfectly logical assumption is ___ that underneath the material world and life as we see it, there is an All Powerful, Guiding Creative ___, right there our perverse streak comes to the surface and we laboriously set out to convince ourselves it isn’t so. 49:0:4
7. Our women folk have ___ certain attitudes a wife may take with the husband who is recovering. 122:1:1
8. Certainly among these rewards for me are release from the prison of ___ and the realization that participation in the A. A. way of life is a ___ and a ___ beyond estimate- 451:2:2
9. I tried every gimmick that there was to get some peace of mind, but it was not until I was brought to my alcoholic knees, when I was brought to a group in my own community with

SOBRIETY BIRTHDAYS

ISLETA GROUP July: Paula 30 days; Fermin 60 days; Christine, Mike 1 year; Richard 2 years; Tino 4 years; Dennis 11 years; David 13 years; Stacy 20 years; Bellina 29 years

PROMISES GROUP June: Doug J. 30 days; July: Bill G. 5 years; Karen B. 6 years; Michael H. 30 years

Please submit your sobriety birthday(s), in order by length of continuous sobriety (including homegroup, the month the birthday was celebrated in, name, sobriety date & length of continuous sobriety) to PassItOn@albuquerqueaa.org. Failure to properly submit s-b days may result in non-publication.

the ____, the baker, the carpenter, and the mechanic, who were able to give me the Twelve Steps, that I was finally given some semblance of an answer to the last half of the ____ Step. 305:3:1

10. Bill looked across at my wife and said to her, "Henrietta, the Lord has been so wonderful to me, curing me of this terrible disease that I just want to keep __ __ it and __ people." 191:1:8

*4th edition

Uncle Stan *by Roger L*

I was raised in a community that could be called "redneck" or in the middle of the Bible belt. Morality is shouted from the rooftops.

My great uncle, I'll call him Stan, was the town drunk in this small town. My siblings and I were never told in so many words that he was no good, but, the message came through.

On holiday occasions, someone would go to town and bring Uncle Stan to the family dinner. When he would go out behind the granary to relieve himself (he would have had a few beers already) there would be subtle chuckles from self-righteous relatives.

Uncle Stan died when I was in the Armed Forces overseas.

One of my aunts, who had never been a fan of Uncle Stan, wrote a letter to all the relatives telling them the things we had never known about him.

He had been the number one fan of the high school basketball team. He was even allowed to ride the bus taking the players, boys and girls, and the cheerleaders to the out of town games.

Oh, my God. Are you telling me that a moral degenerate was allowed to ride the public school bus with young boys and girls?

As angry as this letter made me (I was by then a genuine alcoholic) because I never knew that this narrow minded community could find something good in the heart of my so-called degenerate of an uncle.

I finally got it through my mind that alcoholism is not a disease that automatically makes me a moral degenerate. Of course, it can contribute to that end.

I remember a Father Martin movie I saw in the treatment center. It was about attitudes. If I judge a new member, someone coming back, or even a homeless person on the street, I am destroying my own serenity.

I don't know what my relatives hoped to gain by giving us young ones the impression that Uncle Stan was no good. I do know that the program of Alcoholics Anonymous can help me to rise above the finger pointing and blaming game.

Traditions Violations *by Elizabeth E.*

In the August PIO on page 5 in the lower right corner several of our Traditions were broken. An A.A. member informed me of the mistakes and said it best "he was saddened," and then outlined what was wrong with it-from the title to the last sentence of the article. Linking outside websites to A.A. speakers can be endorsement actual or implied. Then the last sentence was the icing on the cake, as I publically published the last name of an A.A. member.

Hopefully, I will have learned from my mistakes and not repeat this error. To help me, I have asked an A.A. member knowledgeable in the Traditions to proof read each article I submit to be published.

AA EVENTS CALENDAR

THIS MONTH

Friday September 11 - Rio Amigos Group Dessert Potluck & Speaker Meeting 7:30pm Speaker Meeting (Speaker: The New Southwest Regional Trustee), 8:30 Dessert Potluck. Eagle Center, 304 Eagle Ln., Belen. Flyer: <http://albuquerqueaa.org/pdf/09112015.pdf>

September 12-13 - Area 46 Assembly Voting assembly. Belen. Hosted by District 3. More info: <http://www.newmexicoaa.org/events/sept-12-13-2015-area-assembly-belen-d-3/>

September 18-20 - Taos Mountain Fiesta 32nd Annual Taos Mountain Fiesta. Sagebrush Inn Conference Center, 1508 Paseo Del Pueblo Sur, Taos. More info: www.taosmountainfiesta.org

September 18-20 - 35th Annual Tumbleweed Conference Starts at 4pm. Lea County Events Center 5101 Lovington Hwy. Hobbs, NM. More info: <http://www.nm-aa.org/wp-content/uploads/2015/07/35th-tw-flyer.pdf>

Saturday September 26 - 28th Annual Women's Sobriety Fest Nativity Church 9502 4th St. NW Albuquerque. No further info available.

UPCOMING EVENTS

Saturday, October 31 - Traditions Conference: A Design For Living Starting at 8:30am. Nativity Church 9502 4th St. NW, Albuquerque

Saturday December 5-6 - Area 46 Assembly Farmington, hosted by District 8. More info: <http://www.newmexicoaa.org/events/dec-5-6-2015-assembly-farmington-d-8/>

Saturday March 5-6 - Area 46 Assembly Taos, hosted by District 14, no further info available

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.

July 2015

Monthly Service Activities Report

PHONE CALLS	JULY15	JUNE15	JULY14
Information	443	396	500
12-Step	30	13	24
Al-Anon	3	9	5
Message	59	60	53
Other	116	97	72
TOTAL	651	575	654

WALK INS	JULY15	JUNE15	JULY14
Information	29	14	12
12-Step	0	0	4
Al-Anon	2	3	1
Schedule	11	13	14
Purchase	156	158	184
Media	10	4	2
Message	3	1	5
Casual	28	53	26
Other	60	56	41
TOTAL	299	302	289

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	4327	4135	4166
Number of Visits	7434	6882	7921
Pages	26868	23753	32342

DESK WORKERS*

Regulars	47	49	41
Substitutes	35	36	34
TOTAL	82	85	75

DESK SHIFTS*

Weekdays	138	132	138
Weekends	40	40	40
TOTAL	178	172	178

WEEKDAY SHIFTS*

Worked by Regulars	120(86.9%)	113(85.6%)	119.5(86.6%)
Worked by Substitutes	17(12.3%)	15(11.4%)	18(13.4%)
TOTAL	137(99.2%)	128(97%)	138

WEEKEND SHIFTS*

Worked by Regulars	30(75%)	26(65%)	35(87.5%)
Worked by Substitutes	9(22.5%)	13(32.5%)	5(12.5%)
TOTAL	39(97.5%)	39(97.5%)	40

NIGHT SHIFTS NOT COVERED	2	5	0
SHIFTS NOT WORKED			
BY A VOLUNTEER	9	10	4.5
HOURS	26	30	13.5

*INCLUDES NIGHT PHONE



Brownbaggers ASL Interpreted

Brownbaggers have ASL interpreters for their 6pm Saturday evening meeting. Four interpreters have taken on this task and Brownbaggers is supporting the ASL interpreters' \$35 charge through the groups 7th Tradition. If you know of anyone needing these services, please let them know. Support of this meeting by all A.A. members is greatly appreciated.

Central Office has received calls from the deaf or hard of hearing persons seeking ASL meetings and we now have three meetings a week in Albuquerque. A deaf woman sent an email a couple weeks ago asking about meetings she could attend. She was thrilled that she will have two meetings a week she can attend.

Through Circle of Love Contributions to Inter-group, the Ladies Room at the Nativity Church near 4th and Alameda has ASL interpreters at 7:30pm on Fridays. It's in the church building on the East side of the Nativity property. If you are interested in helping groups who want to have ASL meetings that can't afford to hire ASL Interpreters please send your contributions notated "for special needs" to Central office and come visit the meetings.

These meetings are now listed in our meeting directory at albuquerqueaa.org as ASL interpreted. Brownbaggers will join Ladies Room on the paper copy of the schedule when it is updated at the end of this month or next. For a group to qualify as an ASL Meeting there must be an interpreter at every meeting. Interpreters charge for their services and are paid \$35.00 per hour or meeting which is far below the going rate. The groups who are having ASL interpreters are very appreciative to be able to help suffering alcoholics.

A Visit with Metro Court *by David G.*

On 5/27/15 the following were present: David G. and Ralph T. for Community Outreach for Albuquerque AA, the chief probation officer, and thirteen probation and parole officers (two are on the drug court staff).

At 9:10am, after brief Introductions, Ralph presented the inverted triangle diagram as to how AA functions; that the groups are in charge, and that

each group is autonomous. He explained that there is no authority in A.A. that can compel groups or members to do anything. Hence, one group may be willing to sign court papers and another may not. He told a story on how he had been asked to sponsor a resident in a local treatment center. The center had requirements for the sponsor which would have compromised the trust relationship between sponsor and sponsee. For this reason and also to avoid any appearance of affiliation, Ralph declined to participate with the treatment center. The Drug Court Staff seemed to understand these issues; however, their job is to ensure compliance with the judges' orders. There was discussion on ways other than attendance sheets and sponsor reports to tell if the probationer is understanding and participating in the A.A. program. It was also emphasized that A.A. groups and sponsors are not in the "results business;" they basically carry the message and plant the seed of recovery. It was stated that while there is nothing that will guarantee sobriety; sustained sobriety has been achieved by thousands and thousands of alcoholics by going to A.A. meetings, getting a sponsor, and working the Twelve Steps. In both cases (treatment program and Drug Court) they seem to have a need to "keep a handle on the efforts and results." The Drug Court officer was informed by both AA participants that we are not in charge of the results and that we leave that to a higher authority.

At 9:25am David continued with some of his own personal experiences as a probationer and as a member of AA. David also made the suggestion that all probation officers read the Steps and Traditions of AA. It would probably only take a few minutes and might give the PO some way to ask meaningful questions of their clients. It was also emphasized that any forms or questions of AA sponsors that affect the confidentiality of the relationship between the sponsor and the sponsee are likely to be vigorously resisted on principle by AA members. David also said that we go to AA for many reasons but we only stay if we decide we want to be part of AA.

At 9:45 am we had a question and answer period. Vigorous discussions ensued that was positive in nature.

At 10:20 am the chief probation officer asked us back to a Fall Session and was assured we will be available.

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Hours:
Monday through Friday
8 am to 10 pm
Saturday and Sunday
9 am to 9 pm