

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

A Wife Learns How Best to Really Help December 1947 Vol. 4 No. 7 Grapevine

It was after one--the last one--of our numerous separations. I was waiting, with a combination of the usual fervent hope and skepticism, for my husband's usual repentant promises.

And then, "You've been no help to me!" he said.

The words were a dash of cold water on me. I had been no help? Why, I had not only helped, I had practically carried the whole burden--paid the bills, the rent, the debts, told lies, covered up--every wife of an alcoholic knows the story. And that was the thanks I got!

But my husband was absolutely right. I had been no help to him. The shock brought me up short and I began to take stock, and that point marks the beginning of my regeneration as a person--to which all else is incidental.

Some of the mistakes I had been making may be of interest to others. (All thinking wives will recognize them.) I had rather fancied myself as a good wife. I was even pointed out as an example of a good wife. I was familiar with the book *Alcoholics Anonymous*, had attended meetings and thought I understood the 12 Steps. But I understood them in this way, that I placed all the emphasis on my husband's alcoholism, thinking that he was the problem in my life. My holier-than-thou attitude must indeed have been trying.

Soon, I began to understand that I was my own problem, that I fairly swarmed with faults and deficiencies, prejudices, notions, neuroses, crooked thinking, cockeyed emotions, rampaging interior conflicts, feelings of fear and insecurity and doubt and suspicion. And I learned that application of

the 12 Steps would begin to change my personality so that I would be a better person, a happier person, a more mature person. No fault can stand up against persistent application of the 12 Steps. As our thoughts change, our actions change. Remember, it's no good trying to change our actions without first changing our thoughts. With the change in thoughts and actions there comes a change in personality, and finally in consciousness, so that what was deliberate effort at first becomes a continuous and unchanging attitude of being.

Another mistake:--I had felt responsible for my husband, for his drinking and his sobriety, for his whole life. I practically tried to keep him in diapers. This is a very common form of wifely possessiveness, under which any man will chafe at the bit. I had to learn to understand that I am responsible only for my own thoughts and actions. To arrogate to myself more is sheer conceit. In order to grow out of that mistaken thinking I had to learn to be detached, to be non-attached. I had supposed that detachment meant indifference--a prevalent mistake. It means that I keep my foolish little emotions out of the cog wheels of relationship and circumstance. It means that I gain, step by step, more and more perspective, so that instead of seeing in a distorted fashion a tiny section of the picture I see more of the whole picture with the clear vision of serene and balanced emotions.

Another mistake:--I had felt very noble about being the family mainstay. My attitude of "Look at poor me and look at that heel!" was certainly not conducive to a happy marriage. I learned that the gift without the giver is indeed bare. I learned that the gift *with* the giver is riches and joy to overflowing.

continued on page 5

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October 2008

From the Grapevine

Short Takes

Flattery is commonly known as soft soap, and soft soap is 90% lye.

Ham on Wry

YOU'RE PROBABLY AN ALCOHOLIC if you spell Alcohol with a capital letter out of respect.

Dave S.

Inside this issue:

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New Date!!! One Week Later!

17th Annual Oldtimers Meeting

Sponsored by the
Albuquerque Central Office Intergroup

Saturday, November 1, 2008
12:00 PM - 3:00 PM

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

20 + Years to Share

2:00 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)

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
Activities@albuquerqueaa.org

Martha G.
Memberatlarge@albuquerqueaa.org

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

New Meeting!

Wednesdays at 7:00 pm

Singleness of Purpose Group

Rio Vista Church of the Nazarene

8701 Golf Course Rd. NW

Albuquerque, NM 87114

(just North of Carl's Jr.)

In keeping with AA's singleness of purpose we have closed
topic/discussion meetings based on AA literature.

Alcoholics and anyone with a desire to stop drinking
are welcome.

For more information contact:

Caroline P. @ 890-5132 or

Julie D. @ 489-4263

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

9.14.08

Submitted By Brian H. – Secretary

Dave C - Chair

Dave opened the meeting at 2:05 pm with the Serenity Prayer. Introductions all around. Welcome, everybody!

Secretary - Brian H

Review of minutes for August InterGroup Meeting as published in September *Pass It On*. Minutes approved by acclamation.

Treasurer - Steve P

Slightly in the red for both the month and the year, as we often are at this time in the year. Group/Individual contributions are significantly down in comparison to the previous two years. Minor increases in operating expenses. Sales are fine but proceeds from sales do not contribute much to the operating budget of Central Office. Treasurer's Report accepted by acclamation.

Service Coordinator - Michael W

Not present.

Alternate Coordinator - Kathy H

Standard month. Neither Michael nor Kathy had to take the night phone; up a little on walk-in traffic. Generally strong on desk-worker coverage. Contact Central Office to become involved as a desk volunteer, either to cover an open regular shift or as a substitute. Grateful to be of service.

Activities Coordinator – Martha G (Interim)

Old-Timer's Appreciation Meeting (12-3 pm, 11/1) has been rescheduled so as not to conflict with the Traditions Conference. Districts 11 will sponsor the next InterGroup Speaker meeting on the 12/13 of December. Location TBA – contact Central Office to confirm details. Planning for Alkathon continues. Contact Martha G or Central Office to become involved in volunteering for the Alkathon. More will be revealed. Please continue to let people know about the opportunity to serve as Activities Coordinator, as well as the many opportunities to volunteer at the Alkathon.

Member at Large - Martha G

(See above)

Pass It On Editor - Sally

New *PIO* available at Central Office and on-line. Be sure to submit articles, birthdays and group announcements by the end of the month for inclusion in the subsequent month's *Pass It On*.

7th Tradition Basket Passed.

Schedule Editor – Michael Q

Fall schedules just went to the printer; new schedules will be available by the beginning of the month. Please crosscheck the information for your meetings between the on-line and hardcopy of the schedules; forward any corrections or refinements to Michael Q. Schedule Special Today Only: 6 for \$1.

Community Outreach - John S

Received one request via the website from a government agency for some literature. Will fulfill the request (with schedules and selected pamphlets). If you are interested in being available for Community Outreach events, contact John S. or Central Office to get listed in John's "Black Book" as a volunteer for Community Outreach events.

Special Needs – Peggy

Received a request from counselor at UNMH; turned the request over to an existing group for them to explore the possibility of taking a meeting into the facility; things are moving along as group works to resolve logistics with UNMH.

Library - Grace L

Not present. Please remember to utilize the resources of the InterGroup Media Library!

Web Guardian - Tom

PIO is online; website is basically up-to-date; working to resolve several email issues. Website continues to get positive feedback from visitors from outside the area. Thanks for the opportunity to serve.

Old Business

Opportunities remain to head Sub-Committees in preparation for Alkathon. Contact Central Office or Martha G to sign up to head up, or volunteer on, any Alkathon Sub-Committees. Donations to hospitality suite – bottled water, coffee, etc – always welcome.

New Business

No New Business.

Group Announcements

"AA Newcomer Workshop" sponsored by Seeking Serenity on the morning of 12/6. Look to the website and future issues of *Pass It On* for additional details. Thanks for your attendance at the InterGroup Meeting sponsored by District 18; your donations were generous and very much appreciated. "Sponsorship Workshop" sponsored by District 18 will be held on 10/18 from 9 am-2 pm at Jemez Springs. Look to the website and listings in *Pass It On* for additional details.

Dave C closed the meeting at 2:36 pm with the Third Step prayer.

ATTENDEES:

Dave C (Dawn Patrol/Chair)
 Dondo (Happy Hour/Alt. Dist 12)
 Rudy B (Queer Ideas of Fun)
 Dave R (Queer Ideas of Fun)
 Lynn H (Ladies' Room)
 Nicole W (Ladies' Room)
 Kate M (Corrales Smoke Free)
 Michael C (Singleness of Purpose)
 Henry L (Seeking Serenity)
 Greg D (Dist 18/12x12)
 John S (Brownbaggers/CO Community Outreach)
 Terri R (Cosmopolitan)
 Steve P (Free Spirits/CO Treasurer)
 Kathy H (Metropolitan/Alternate Coordinator)
 Sally (PIO Editor/How It Works)
 Michael Q (Dawn Patrol/CO Schedule Editor)
 Tom C (Basement Steps/CO Web Guardian)
 Tom N (High Noon)
 John C (Dist 11)
 Susan B (El Centro)
 Martha G (Cosmopolitan/Member At Large)
 Peggy A (Women On Wednesday/Special Needs)
 Joseph F (Dawn Patrol)
 Brian H. (Dawn Patrol/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. See you there!!!

Excerpts from Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It, 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 1 to July 31, 2008 and is inclusive for the entire calendar month!

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

Individuals:

- Anonymous (x2)
- Anthony
- Clara
- Emma D.
- John F.
- Michelle

- Nancy
- Robert U.
- 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.

Thank you all for supporting your Central Office!!!!

**Central Office of Albuquerque
Treasurers Report: August 2008**

Total Contributions/Sales	\$ 7,555.85
Total Cost of Sales	\$ 5,882.78
Gross Income	\$ 1,673.07
Total Expenses	\$ 4,968.77
Net Income	- \$ 3,295.70

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.

August '08 Desk Activity

	Aug '08	July '08	Aug '07
	This month	Last month	Last yr.
Phone calls	1215	1144	1286
Information	1022	949	1036
12 step request	17	21	24
AI-Anon Info	15	25	28
Message	36	27	37
Other	125	128	161
Walk Ins	309	246	264
Information	20	10	25
12 step	1	1	3
AI-Anon	1	1	1
Schedules	19	20	21
Purchases	178	147	153
Tapes	3	1	2
Message	6	1	2
Casual	44	47	32
Other	37	18	25
Desk Workers*	90	92	
Regulars	50	40	
Substitutes	42	42	
Desk Shifts*	176	178	
Weekdays	126	138	
Weekends	50	40	
Weekday Shifts*	126	114	
Regulars	86 %108	86.5% 101	
Substitutes	18% 14	11 % 13	
Weekend Shifts*	50	35	
Regulars	76% 38	76% 38	
Substitutes	24% 12	6 % 2	
Shifts by Michael*	5/15 hrs	4/11 hrs	
Shifts by Kathy*	3/12 hrs	3/16 hrs	

Thanks to all who participated this month.

* includes night phone

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!	

A Wife Learns How Best to Really Help *cont.*

Another mistake:--I thought that happiness meant financial security and total lack of troubles. In other words, I wanted my life to drift along effortlessly on a rosy cloud, with God in fairly constant attendance, and I was raising particular hell because it didn't. I learned, instead, that happiness comes with the peace of mind that follows acceptance of growing and maturing as the greatest adventure of life; I learned that happiness comes with serenity that can rise above any situation or circumstance. I learned that happiness lies entirely within myself, in my own integrity and peace of mind, and in my own expansion of awareness. And I learned that only with detachment from selfish and possessive emotions can love, so-called, become real love. To be able to love, unselfishly, understandingly, undemanding and expecting no return, increasing in depth and scope as our horizons widen, no matter what the circumstance, is a mark of maturity.

Love holds infinitely more for me than it did before, when it was bounded by my limited concepts and confined within the narrow horizons of my selfish little being. Love carries on, joyously. Love understands. Love is peace of

mind. Love is compassion. Love loves! Love transcends the merely human husband-wife relationship and becomes an expression of divine love, divine strength.

As wives, some of us have a continuing alcoholic problem. Some alcoholics are unable yet to accept or practice the 12 Steps, unable to let the miracle of regeneration come forth under the guidance and care of God. But the wife who grows as she no longer tries to "help" by her old blundering methods, learns to stand by during this time and help in the only way possible, by understanding and loving. She learns that the only help one human being can give another is of divine origin, flowing through her increasingly as she grows in love and peace of mind.

I have caught a glimpse of this vision, like a frog squinting up at a star from the bottom of a well. And I shall spend the rest of my life climbing up toward that vision.

Ruth G.
San Francisco, California

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

Announcements, Reminders, Birthdays, etc.

Seniors Seeking Serenity

Beto C. 9 years
Vance C. 45 years

The Ladies Room

Lynn H. 2 months
Renee M. 18 months
Greta S. 3 years
Teresa J. 8 years
Michelle E. 23 years
Lee R. 30 years

Brownbaggers Group

Joe J. 10/31/00 8 years

Sober Valley Group

Jeff 1 month
Genevieve 3 months
Janel 3 months
Chris 6 months
Carol 9 months
Colleen 11 months
Shirley 11 months
Jason 1 year
Rob 13 months
Mark 4 years
Joe MC. 8 years

Seeking Serenity

Anthony 60 days
Angela 1 year
Racheal 1 year
David 2 years
Brett 3 years
Claudia 6 years
Karen 11 years
Barry 11 years
Ray 19 years

Cosmopolitan Group

Steve R. 2 years



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

The 2nd Step Experience

Hosted by the High Noon Group will be held on Sunday,

October 19, 2008

1:30 to 3:15 pm

at **The Desert Club.**

4305 Mesa Grande Pl. SE.

Douglas W., Becka G. and Kevin D.

Panel discussion for 45 minutes, then 15 min., break,
then Q and A for and discussion for 45 minutes.

Munchies Potluck

For more information: Wally 410-4868

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!

Coming Soon:

Newcomer Workshop

Saturday December 6th

Hosted by Seeking Serenity

to be held at the Nativity Church Pastoral Center
from 9:00 am to 11:00 am

"Come with questions, leave with answers"

A fundraiser for AA Central Office

Brickroad Blues

Saturday

October 18th

7:00 - 10:00 p.m.

Free

cookie donations are appreciated

Program

7:00 "The Narrow Brick Road"

(a play in 3 acts from the Women's Sobriety Fest)

8:00 Intermission

8:30 Washboard Road Blues
Band

UNM Continuing Education Center
1634 University Blvd. NE

Relationship Workshop

*A workshop geared towards couples,
but can be applied to any relationship.*

presented by

Polly P.

Saturday

October 11, 2008

(9:00 am - 3:00 pm)

Monte Vista Christian Church

3501 Campus NE

Registration Free - Donations
appreciated.

All proceeds to benefit Albuquerque Central Office

The Second Annual New Mexico Women's Retreat

For Recovering Alcoholics

October 24-26, 2008

Holy Cross Retreat Center

Mesilla Park, New Mexico

www.holycrossretreat.org

For more information call:

*Maddy L. 505-867-2195 or
Sheila C. 505-867-4659*

New Mexico Men's Retreat

For Recovering Alcoholics

November

7th, 8th, & 9th, 2008

Tohatchi, New Mexico

Limited Space

For more info. call:

Walt L. (505) 892-6696
Mark T. (505) 898-7271

Albuquerque Central Office Newsletter

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

Address Correction Requested

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>
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This is a gift, Please sign my name on the card			
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