



Pass It On

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albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

Step 10 Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10 (*Short Form*) Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy. (*Long Form*) No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Concept 10 (*Short Form*) Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined. (*Long Form*) Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

On Tradition Ten

Editorial by Bill W., Copyright © A.A. Grapevine, September 1948

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

No A.A. Group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues -- particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous Groups oppose no one. Concerning such matters they can express no views whatever.

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever. If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our A.A. Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our 10th Tradition, for it deals with the subject of controversy -- serious controversy.

On the other side of the world, millions have not long since died in religious dissension. Other millions

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FROM THE EDITOR

C'mon people. If you look at the **Sobriety Birthday list on page 5**, it looks like Isleta Group is the only group in town with significant numbers of people in sobriety - and I KNOW they aren't the only group with significant sobriety, either numbers- or years- wise. While Isleta's list is impressive and their diligence of getting the list together and submitting it for publication is exemplary, what about your group? Think about it - if you were unfamiliar with the Albuquerque area and looked at Pass It On (PIO) and saw this, wouldn't you get the idea that Isleta is a happening place... and other groups may not be? While attraction rather than promotion is the tradition, there's a fine line between the two. You have to know about something to be attracted to it, right? I, for one, am attracted to a meeting that obviously has such a large number of people celebrating sobriety milestones each month...enough said.

The **AA Events Calendar (page 6)** is unusually full for this time of the year. There's a lot going on this month - check it out!

Central Office Steering Committee Elections are coming up, and we have several positions to fill (including Pass It On Editor). If you're interested in being of service to your fellow alcoholics in the Albuquerque area, this is an excellent opportunity to do just that. Come to the next Intergroup Rep meeting for more information at Brownbaggers (Bldg F, Suite A 3939 San Pedro Dr NE...entrance on Hendrix Ave... Albuquerque) on Sunday October 11 at 2pm.

CENTRAL OFFICE FINANCIAL SNAPSHOT

	August 2015	YTD 2015
Total Revenues-----	\$11,524.58	\$66,579.31
Total Cost of Sales-----	\$4,801.08	\$22,713.51
Gross Income-----	\$6,723.50	\$43,865.80
Total Expenses-----	\$5,729.71	\$47,069.81
Net Income/Loss-----	\$993.79	(\$3,204.01)

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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On Tradition Ten

(continued from page 1)

Each group, society and nation is saying to the other, "You must do as we say, or else". Political controversy and reform by compulsion has reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that A.A. must continue to live, or else many of us and many of our brother alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

On Cultivating Tolerance

by Dr. Bob S. Copyright © AA Grapevine, Inc July 1944

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach

our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior - which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another - and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important - is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

In AA's First Five Years

Lois W., wife of AA's co-founder, Bill W., recalls the time in AA when there were few members and no Big Book.

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In the early days of AA things were really different. For five years there was no Big Book. The only way to communicate with other people was to go and tell them, so that's what we did. Of course, all of the meetings were held in people's homes, the homes of those who were lucky enough to have them. Anybody who had one made it wide open to whomever the boys brought in. Our houses, Dr. Bob's in Akron and ours in Brooklyn, were just filled with drunks, either drinking, or stopped temporarily, or well on the way to real sobriety.

Yes, AA was quite different in those days for many reasons. One was that there were no people in AA except those who had gone to the very bottom. Only these would listen to the story that one drunk was telling another. When AA first started, before there was a book, it was more anonymous than it is now, because even the Fellowship was without a name.

(continued on page 4)

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.

A Member Speaks by Elizabeth E.

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

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 10/15. 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 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 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 real purpose is to fit ___ to be of maximum ___ to God and the people about us. 77:0:4
2. Most good ideas are ___, and this concept was the ___ of the new and triumphant ___ through which we passed to ___. 62:3:7
3. For if an alcoholic failed to perfect and enlarge his ___ through work and self-sacrifice for ___, he could not survive the certain trials and low spots ahead. 14:6: 5
4. When we saw others solve their problems by a simple ___ upon the ___ of the Universe, we had to stop doubting the ___ of God. 52:3:1
5. Simply we tell him that we will never get over ___ until we have done our utmost to straighten out the ___. 77:2:2
6. Never talk ___ to an alcoholic from any ___ or ___ hilltop; simply lay out the kit of ___ tools for his inspection. 95:1:9
7. A few are fortunate enough to be so ___ that they can give nearly ___ their time to the ___. 19:1:5
8. It is easy to let up on the ___ program of action and rest on our ___. 85:1:1

9. The rewards of sobriety are bountiful and as ___ as the disease they counteract. 451:2:1

10. I now understand that the ___ malady should be my main concern and that the more ___ I have, the fewer ___ I will have. 499:2:1

*4th edition

In AA's First Five Years

(continued from page 3)

AA didn't have a name until the book was written. Before that it was just a bunch of drunks trying to help each other, a bunch of nameless drunks. They had to be worked with over and over; families and everybody did what they could to help.

There were many, many sad things that happened, many very humorous things, and inspirational things, too.

Several are coming to mind right now. Bill, as you know, came from Vermont and someone sent him some maple syrup from there. It came in a whiskey bottle. One of the boys saw this attractive container in the kitchen and he was so drunk at the time that he gulped the whole bottle of syrup, thinking it was whiskey.

We had a rule that no one could come into the house when he was drinking. One night one of the boys came home drunk. We wouldn't let him in so he pried open the coal chute and slid into the cellar. Since he was very fat it was surprising that he could slide down it, yet somehow he made it. But this same fat man did get stuck one night in the wash-tubs. He lived in the basement apartment. Old city houses used to have stationary tubs in the kitchen. He thought he'd try to take a bath in one. But after getting in he couldn't get out so one of us (and I think it was I) had to pull him out.

There were many other things...a man committed suicide in our house after having pawned our dress clothes, left over from more prosperous days. These included Bill's dress suit and my precious evening cape. We have never owned such articles again.

AA was always thrilling. The families were included in all of the meetings; wives and parents (there weren't many alcoholic women then), and the children came too. The children were vitally interested in everything that went on. They would inquire about all the members and want to know how they were. They'd learn the Twelve Steps and really try to live by them. I don't think youngsters can be too young

SOBRIETY BIRTHDAYS

ISLETA August: Delores 30 days; Ken, Paula 60 days; Fermin 90 days; Romey 9 months; Nathan, Rebecca 1 year; Todd 18 months; Mary 5 years; Billy 6 years; Steven 15 years; Ernest 16 years; Sally 31 years

PROMISES September: Lila M. 40 years

REBELLION DOGS June: Arthur M. 2 years. July: Dustin B. 6 months; Kevin C. 1 year.

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.

to be thrilled by the AA program and be helped by it.

One of the first women who came in was the ex-wife of a friend of Bill's. She had been in Bellevue and had come from there to our house. At that time there was a wonderful man - I think he was the fourth or fifth AA - who was trying to start a group in Washington, D.C. This woman went down to help him and she stayed sober for quite a long time. Then she married a man they were trying to bring onto the program. He really didn't go along with the idea himself and used to say to her every once in a while, "Florence, you look so thirsty." And so she did something about that, Florence disappeared. Everybody looked for her everywhere and couldn't find her. After a couple of weeks they found her in the morgue.

At that time each group used to visit every other group. New York members would go to New Jersey or Greenwich, Philadelphia or Washington or even Cleveland or Akron. Those were the groups I recall were in existence in the first five years.

If anybody had a car a bunch of us would pile in and we'd go wherever we knew there was a meeting. Families were just as much a part of AA as the alcoholics and we did feel we belonged.

But after a while the AA's thought that they should have an occasional meeting - at least one every week - of just alcoholics so that they could really get down to business. When this occurred the wives thought they'd meet together, too, at the same time. At first these little gatherings of wives didn't have any particular purpose. Sometimes we'd play bridge and sometimes we'd gossip about our husbands.

Then a few of us began to see that we really needed the AA program just as much as the alco-

holics. The famous case of my throwing a shoe at Bill started me wondering about myself and realizing that I needed to live by the Twelve Steps just as much as he did. He was getting way ahead of me. I always thought of myself as being the moral mentor in the house, but Bill, who never was a mentor, was certainly growing spiritually while I was standing still. Or perhaps there is no standing still - if I wasn't going ahead, I must be going backwards.

I decided I'd better live by the Twelve Steps. Annie S. and a number of other people had come to the same conclusion. So, whenever we visited another group, we would tell the wives and families how we found that we, too, needed to live by the Twelve Steps of AA. Little groups of wives and families all over the country began to feel the same need for something to help overcome their frustrations and help them become integrated human beings again.

That's the way Al-Anon started. We followed the AA program in every principle. I want to thank AA's so very much for showing us the way. Without your leading us we would still be the unhappy folks we were.

In our meetings we tell our own experiences just as AA's do. We tell how we came to find that we needed Al-Anon and what Al-Anon has done for us. And we seek to help other families that were, or are, having the same sort of experience.

In 1950 Bill traveled all over Canada and the United States to see how AA's would react to the idea of a general conference for Alcoholics Anonymous, and in doing so he discovered quite a few types of groups of the family of alcoholics. He thought that they should have a Central Office here in New York, just as AA did, so that they could be

(continued on page 7)

AA EVENTS CALENDAR

THIS MONTH

Saturday, October 10 - Intergroup Speaker Meeting & Spaghetti Dinner Hosted by District 13. Dinner 6pm, \$5 suggested donation. Speakers 7pm: Stacy N. & Boleslo (Buzz) R. 50/50 raffle 8pm. Please bring a dessert. St. Mark's Episcopal Church, 431 Richmond Pl NE, Albuquerque

Saturday, October 24 - 18th Annual Full Moon Madness Sponsored by Districts 4 & 5. 6-10pm. Meat and drinks provided. Please bring a covered dish or dessert. \$3.00 National Park Fee Per Person. \$6.00 Overnight Camping Fee Per Person. GROUP AREA. Once inside the park, drive north until you see the A.A. sign and friendly faces. White Sands National Monument (between Las Cruces and Alamogordo off U.S. 70

Saturday, October 31 - Traditions Conference: A Design For Living Starting at 8:30am, sponsored by District 11. Traditions presentations 9-12. Potluck lunch at noon. Speaker 1pm, door prize drawing 2pm. Nativity Church 9502 4th St. NW, Albuquerque

Saturday, October 31 - Grim Reaper Gratitude Bash Sponsored by the Lunchbox Group. Potluck 5:30pm. Speaker 7pm. Live Band & dancing 8pm. St. Francis Episcopal Church 2903 Cabezon Rd., Rio Rancho

UPCOMING EVENTS

Saturday, November 7 - 8th Annual Newcomers Workshop Sponsored by the Seeking Serenity Group. Breakfast potluck. 8:30-11 am. Pastoral Center, Nativity Church 9502 4th Street 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.

August 2015

Monthly Service Activities Report

PHONE CALLS	AUG15	JULY15	AUG14
Information	406	443	436
12-Step	18	30	16
Al-Anon	7	3	5
Message	49	59	33
Other	89	116	66
TOTAL	569	651	556

WALK INS	AUG15	JULY15	AUG14
Information	29	29	14
12-Step	2	0	2
Al-Anon	2	2	3
Schedule	14	11	11
Purchase	149	156	156
Media	4	10	6
Message	0	3	1
Casual	22	28	27
Other	51	60	26
TOTAL	273	299	246

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	4327	4332
Number of Visits	7434	
Pages	26868	

DESK WORKERS*

Regulars	44	47	44
Substitutes	24	35	35
TOTAL	68	82	79

DESK SHIFTS*

Weekdays	126	138	126
Weekends	50	40	50
TOTAL	176	178	176

WEEKDAY SHIFTS*

Worked by Regulars	108(85.7%)	120(86.9%)	106(84.1%)
Worked by Substitutes	16(12.7%)	17(12.3%)	20(15.9%)
TOTAL	98.4%	137(99.2%)	126

WEEKEND SHIFTS*

Worked by Regulars	41	30(75%)	38(76%)
Worked by Substitutes	9	9(22.5%)	12(24%)
TOTAL	50(100%)	39(97.5%)	50(100%)

NIGHT SHIFTS NOT COVERED	2	2	3
SHIFTS NOT WORKED BY A VOLUNTEER	10	9	7.5
HOURS	30	26	22.5

*INCLUDES NIGHT PHONE



In AA's First Five Years

(continued from page 5)

unified in their use of the Twelve Steps and Twelve Traditions - a place where inquiries could be received, literature prepared and the public informed so that those in need would know where to turn.

A good friend and I started a small office in Bedford Hills. By then AA had had eighty-seven inquiries from wives or groups who wished to register. As AA was not equipped to handle the families of alcoholics it handed over this list to us and we wrote to them. Fifty groups responded and were registered with us. That was in '51. Today (1967) there are over 3,000 Al-Anon groups.

The numerical potential of Al-Anon is greater than AA's because it is composed not only of mates of alcoholics, but children, parents and other relatives and friends. It is estimated that five people are seriously affected by one alcoholic.

Though we have barely scratched the surface, the future is bright, thanks to you AA's for your wonderful example and inspiration.

- Lois W.

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After Twenty-Nine Years

The author's story "Women Suffer Too" was the first woman's story in the Big Book.

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Today, as in April 1939 when I attended my first meeting, the Twelve Steps are to me the heart of the AA program. By the time I gathered up courage to attend a meeting, I had read the Big Book three times. And I had studied several hundred times the pages containing the Twelve Steps and the suggestions on how to use them. They didn't seem easy to me—they didn't even seem simple, in spite of the clarity of language. But I was eager to go to work on all of them, for they seemed to me the key to that which I so desperately needed: assurance that I would be able to stay away from drinking.

In 1968 I feel no different about the Twelve Steps. They did give me what I needed to stay away from drinking. Within a few years I came to realize they had given me far more than that: a

glimpse at something I had never known—peace of mind, a sense of being comfortable with myself and with the world in which I lived, and a host of other things which could be summed up as a sense of growth, both emotional and spiritual.

Always, to me, meetings have been important. They renew the inspiration I felt at my first one. They remind me of whence I came, and how near I will always be to that twilight world of drinking. Most of all, they bring me in contact with my friends and introduce me to new ones—in my case, because I travel a lot, all over this country and outside of it. The feeling of warmth, of understanding, of acceptance and belonging that I get at a meeting is to me one of the great rewards of being in AA. It is a rare thing we have, which the nonalcoholic world rarely experiences. It makes me know how lucky we are.

In my working life, my personal life, and my spiritual life (which I last owe to AA, for I did not have it before), I find the Twelve Steps a nearly constant guide. I carry them in my wallet. I refer to them—to particular Steps that meet a particular need—with regularity.

The Serenity Prayer runs through my life like a litany; I find myself using it on a vast variety of occasions to meet a vast variety of problems.

Perhaps the greatest thing I have received (and still constantly receive) from AA is the knowledge of where and how to draw the strength and flexibility to meet problems. My life seems made up of problems, but I have learned that I am not unique, that life in general is just that. Problems and strain and stress are the stuff of life in our times, and my AA-given philosophy helps me to accept this and to live with it. Each day is a new one, and I try to meet it that way, as if each day I, too, were fresh and new. The 24-hour plan gave me this outlook, and each day it confirms me in my effort to make it real for myself.

Twenty-nine years later I feel as deeply immersed in AA thinking and the AA way of life as I did at the outset. For me it is increasingly necessary as I grow older. And it is always there for me, just as it has always been since I first found it. For this I daily thank God.

- Marty M., Manhattan, New York

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Albuquerque Intergroup Central Office

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4 blocks east of San Mateo

(505) 266-1900

www.AlbuquerqueAA.org

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