

# Pass It On...

Albuquerque Intergroup Central Office Newsletter [www.albuquerqueaa.org](http://www.albuquerqueaa.org)

*“I’ll never forget the first time I met Bill Wilson. I was a couple months sober and so excited, so thrilled to actually meet the cofounder that I gushed all over him with what my sobriety meant to me and my undying gratitude for his starting A.A. When I ran down, he took my hand in his and said simply, ‘Pass it on.’”* —FROM A LETTER TO THE A.A. GENERAL SERVICE OFFICE

**Step 11:** *“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it...In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.

*-Alcoholics Anonymous p85-87*  
I continually have to find the balance between “getting spiritual” and a rigid, unfulfilling prayer regimen. I went through a period where, taking the words of Step 11 so literally, I could literally pray for nothing other than knowledge of God's will for me and the power to carry that out. This took me about 2 seconds a day, and was very unrewarding. On the other hand, I've had periods where I can't seem to stop reading spiritual books, meditating all day, and living in a heady spiritual cloud, separated from the realities of life. Neither of these extremes made it any easier for me to get through the day. Either I was too uptight, or too removed from life. How refreshing to learn that I can take it easy! How relieving to learn there is no right or wrong way to pray and meditate in A.A., there is only what is right for me, today. Talk about a faith that works!

**Tradition 11:** *“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”*

At one point, about a hundred of our Society were breaking anonymity at the public level. With perfectly good intent, these folks declared that the principle of anonymity was horse-and-buggy stuff, something appropriate to A.A.'s Pioneering days. They were sure that A.A. could go faster and farther if it availed itself of modern publicity methods. *-Twelve Steps and Twelve Traditions p182*

To us, however, it represents far more than a sound public relations policy. It is more than a denial of self-seeking. This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship. *-Twelve Steps and Twelve Traditions p183*

While at a meeting at the 75th anniversary celebration for A.A., I heard a speaker say something quite profound regarding anonymity, particularly that involving online anonymity. To sum up: My anonymity at a personal level, is mine to do with what I will. At the public level, particularly online, it is not about me. I might feel fine about publicizing my A.A. membership online, but that doesn't make it right, nor does it only affect me. It makes me a spokesperson for A.A., even though A.A. doesn't want that from me. It can make a newcomer question whether their secret will be safe with us in A.A. To be a guardian of our Tradition, as stated in the 12x12, is to make certain that the newcomer has the same chance for recovery that I did when I arrived. Can I set aside my personal glory to that end?

**Concept 11:** *“While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.”*

In this, the second longest of the Concepts, Bill explains in great detail the composition, functions and relationships of the standing committees of the General Service Board, its subsidiary operating boards, the General Service Office and the A.A. Grapevine—as they existed in 1962. As A.A. has grown and changed, many of the descriptions would be different today, and some of the issues that are addressed are no longer relevant. Nevertheless, the full text is valuable as an historical document, and many of the principles still apply. *-The Twelve Concepts for World Service Illustrated*

In short, what I understand of this concept is this: The Trustees are the executives we've chosen to lead, so we let them do it. Part of that is choosing the right staff/committees. The workers that help the trustees should be the best available, and paid reasonably. Our paid staff workers rotate jobs, giving them a broader scope of the work the office/boards does. It kind of sums up the preceding Concepts, and asks that we make mindful choices regarding our leadership.



## NEW MEETINGS AND CHANGES

THE STRAIGHT PEPPER DIET GROUP WILL BE MOVING FRIDAY, NOV 5<sup>TH</sup> @ 8<sup>PM</sup> FROM THE DESERT CLUB TO A NEW HOME AT TRINITY UNITED METHODIST CHURCH AT 3715 SILVER AVE SE. THIS IS AT THE CORNER OF SILVER AVE & SOLANO, JUST 1 BLOCK SOUTH OF CENTRAL AND 2 BLOCKS EAST OF CARLISLE IN NOB HILL. SEE YOU THERE!

CORRALES GROUP IS MOVING FROM THE SYC TO THE CORRALES COMMUNITY CENTER.

THE SOBER VALLEY GROUP IN PERALTA IS NO MORE.

SEEKING SERENITY IS HELD ON TUESDAY NIGHTS, NOT WEDNESDAY, AT THE NATIVITY CHURCH AT 4<sup>TH</sup> & ALAMEDA.

### GRATEFUL? TELL YOUR FEET

When I attended my first A.A. meeting in September of 1987 I heard a gentleman introduce himself as a “grateful alcoholic.” I had a hard time believing that he was telling the truth. For me there was damn little to be grateful about. After all, I had just lost my best friend, alcohol. I was sure that my life as I’d known it was over.

Thankfully, that statement proved to be true. With God’s help, and my sponsor’s guidance to work the 12 Steps, I learned a new way to live. This new life meant that I had to find new people to hang out with and new things to do. For me this involved attending A.A. meetings, joining a home group and making new friends.

One of the first things I heard over and over is, “you have to give it away to keep it.” This was a hard concept for me to accept. I was a taker; I wasn’t interested in giving anything away. But I kept coming back and learned to accept the A.A. way. This A.A. way was explicitly taught to me by my sponsors and those men and women who came before me. Because of their example I have an enormous sense of appreciation to them for showing me this new way to live.

One of the most often picked topics at A.A. meetings is gratitude and it’s easy for me to understand why. A.A. has saved me from a “seemingly hopeless state of mind and body.” I discovered a way to live a happy and purposeful life, if I was willing to follow a few simple directions. One of those directions was to attend meetings. Meetings are where new people come to find out about us. I was told to reach out my hand and offer the recovery program to the new man, as it had been offered to me. I was also taught to always try to say yes to an A.A. request. Usually A.A. requests give me a chance to be useful and be of service to another alcoholic.

Our third legacy of service can come in many different forms. It begins when one alcoholic shares his experience, strength and hope with another. It also includes participating in a group conscience and helping to do the chores that make meetings possible. Working on district and area committees can also contribute to our primary purpose of carrying the message to the alcoholic who still suffers.

My experience is that when I’m performing any type of A.A. service work I’m participating in the program of Alcoholic Anonymous. That experience reminds me that I am an alcoholic and that I need you to help me stay sober. Giving freely of myself, the way that you taught me, enables me to live a happy and useful life. So if you’re feeling grateful, tell your feet. Go to a meeting and reach out to someone who needs what only you can give.

-“Rocket” Ray R.

### Central Office Intergroup Steering Committee

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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 am, 2nd Saturday, Heights Club

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

District 18  
1:30 pm, 2nd Sunday  
Rio West Church, 6751 Pasilla Rd, Rio Rancho

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

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## WORDS FROM AN OLD TIMER: “THE FEAR OF FEELING REJECTED”

In my first A.A. inventory, taken almost six years ago, I listed as my primary shortcoming an inability to cope with feelings of rejection and defeat. In pre-A.A. years, whenever I had been willing to make a sincere effort to achieve anything, I often experienced gratifying success. But ordinary setbacks, which my normal friends seemed to shrug off, would throw me into a seething anger and resentment. I would withdraw from the contest and, wallowing in depression, would lock my door against the entire world, comforting myself with the bliss of alcoholic oblivion.

Then came A.A. For the first time in years, I became willing to be possessed by an honest desire to achieve something—in this case, sobriety. The willingness came easily, because my life depended on it. As my obsession was being lifted, I got down to the causes and conditions mentioned in chapter five of *Alcoholics Anonymous*. This first inventory revealed that my old fear was still thriving, that I was still a moral coward, albeit a sober one.

For example, fear of being turned down because of my unstable employment record kept me from trying to land the kind of job for which I was qualified. When I finally did work up the nerve to apply (to just one employer) and was refused the position, my resentment/depression hung on for weeks. Caught in this dilemma, I reverted to form, refused to try again, and as a result, worked below my capacity for many months.

This fear of feeling rejected shortchanged me in the people department, too. I was afraid to choose. Surrounded by these well-meaning but self-assertive friends, I found little opportunity to cultivate any social courage. The men and women I wanted and needed most seemed to move in a sphere of their own, just beyond my grasp.

This insidious feeling even crept into my periods of prayer and meditation. What if God said no? I hesitated to ask, even though I knew such a request should have a qualification: that it be granted only if it was his will and if others would be helped. Thus, God rarely refused me—because I rarely asked him. Hung up in the limbo between fear and anger, what was I to do?

I would like to say that I turned promptly to A.A. for the answer, that I immediately applied spiritual principles to solve my problems. But I am an alcoholic, with the alcoholic's hard head, and it was necessary for me to waste much effort exercising my right to be wrong, before I finally yelled for help at my home group's meeting.

The first thing I discovered was that I was not alone. Almost without exception, my A.A. friends admitted that they had struggled with these same feelings. Some claimed that their fear of rejection stemmed from a lack of self-worth; some of the men laid the difficulty of feelings of inadequate masculinity stimulated by years of drinking. It was also asserted that we couldn't stand the responsibility of being loved and so sought rejection in subtle ways. About the only thing that everybody agreed on completely was that this problem, like our drinking problem, had a spiritual solution.

That night, restless with a new energy, I paced the silent city streets, thanking God over and over again for having given me the strength to reveal my shortcoming and to receive a wealth of shared experience. My friends had bridged the chasm of human limitations and had put something in my soul that hadn't been there before. Who could reject me if God accepted me? Who could defeat me unless I defeated myself?

I began to reach out. Through the amazing capacity of A.A. members to love, I received acceptance and the strength to go forward in spite of my qualms. I continued to pray for removal of my defects. Although the big step of willingness had been taken, my personality didn't reverse itself overnight. I can still feel a little bad at the moment I'm refused a position for which I'm qualified; I may suffer a slow burn for a few minutes after my date has pulled away just as I am courageously about to kiss her good night; even God turns me down more often now. But (and here is the miracle) I continue to try; I persist in the face of defeat. I can risk being rejected now, because I no longer have to feel resentful and depressed when it happens.

Soon, I expect to celebrate my sixth A.A. birthday. Some of the people I will be with on that day will be those I found the courage to reach toward. I will be doing work that is interesting and fulfilling and came only after many setbacks. Most important, if my Higher Power points out that my desires do not happen to coincide with his will, I can accept gratefully and continue to great search a day at a time.

—Vance C., from the October 1973 grapevine.

➤ **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.** ◀

## Intergroup Rep Meeting Minutes

October 10, 2010

Submitted By Sean F.- Secretary

### I. INTRODUCTIONS & ATTENDEES

Not provided

### II. MINUTES

- Postponed until next month.

### III. TREASURER'S REPORT

- Total Revenues: \$7,199.32
- Annual Revenues (year to date): \$75,021.02
- Gross Income: 4,063.50
- Annual Gross Income (year to date): \$49,753.61
- Total Expenses: \$5,204.67
- Total Annual Expenses (year to date): \$48,878.20
- Net Income: -\$1,141.17
- Annual Net Income (year to date): \$875.41
- Central Office is still in the black for the year. Looking at over \$100,00 in revenues for the year. Group contributions slightly down for the month. Report accepted.

### IV. CENTRAL OFFICE COORDINATOR'S & ALT. COORDINATOR'S REPORT

- The Coordinator and Alt. Coordinator were not present. Their reports from the Steering Committee meeting were read into the record
- Open shifts are: every other Sunday 3:00-6:00 and Tuesdays 10:00-1:00.
- Because of internal changes at meetings, night phone coverage has been sort of shaky.
- Doing well as far as supplies go.
- All machines (Printers, phones computers etc.) are working in an acceptable manner.
- The number of desk workers in the pool is up.
- Activity is slightly down from last year but only slightly.

### V. ACTIVITIES/MEMBER AT LARGE

- Alcathon Update: Heights Club is willing to provide a location but will not be able to displace existing meetings and a parking lot attendant would be required. Looking into a second location at Trinity UMC (1 block south of Central) Chairperson is still trying to get more information. Next month we must commit to a location. Will be passing a sign up sheet for groups to sign up next month. Shifts will be in two-hour blocks. Groups that sign up for a shift are responsibility for hospitality. Dinner will be New Mexican food. If interested in helping contact Peggy. Looking for items to raffle. Groups are encouraged to donate.
- The last Intergroup Speaker's meeting for this year will be

on October 23, 2010.

### VI. PASS IT ON

- New issue available at Central Office.

### VII. SCHEDULES

- No report.

### VIII. COMMUNITY OUTREACH

- No requests for speakers this month. If interested in serving in this capacity call John. There is a standing request to speak at Bernalillo County repeat DWI program every 13 weeks (two shifts each time).

### IX. WEB SITE

- A beta of the new web site is available at [www.albuquerqueaa.org/new](http://www.albuquerqueaa.org/new). The beta has a new services work tab at the top and other features. Web chair would like to change the web chair's email address from [anonymous@albuquerqueaa.org](mailto:anonymous@albuquerqueaa.org) to [web@albuquerqueaa.org](mailto:web@albuquerqueaa.org).

### X. MEDIA LIBRARIAN

- No report, not present.

### XI. SPECIAL NEEDS

- Position is open.

### XII. OLD BUSINESS

- Activities Chair and Special Needs positions are open.

### XIII. NEW BUSINESS

- The new website will go live next month Intergroup Reps. are encouraged to have groups comment on new site design.
- MOTION: To vacate Media Librarian position. APPROVED. Job description needs to be updated. Position includes media other than cassette tapes.

### XIV. GROUP ANNOUNCEMENTS

- Brown Baggers needs support for the Wednesday 4:30 Beginner's Meeting (Steps 1,2 &3).
- Isleta Club is having a Halloween Party with a potluck dinner and a costume contest with prizes.
- Straight Pepper Diet is moving to Trinity United Methodist Church starting on November 5, 2010. They meet Friday at 8:00 pm and just celebrated 3 years.
- The Blackouts Get the Blues, a musical review is returning to Albuquerque. This is a fund-raiser for Central Office. It is a 3 Act Musical. Volunteers are needed for building sets

## IT WORKS, IT REALLY DOES!

**Seniors Seeking Serenity:** Marshall F.-30 years! Jerry S.-29 years!

**Notice of correction!** It has been brought to my attention that my birthday monkey had inadvertently bestowed upon Joe J, of the Brownbaggers group, a bonus 26 years of sobriety. With this notice, be it known that these bonus years have been reclaimed, and that Joe J. is celebrating 10 (not 36) years of sobriety.

Please submit your sobriety birthdays to [passiton@albuquerqueaa.org](mailto:passiton@albuquerqueaa.org)

and other related stuff. Shows will be on 12/3/10 and 12/4/10 at the 4th Street Art Space. There is a limited number of seats. Tickets go on sale soon. Tickets will cost \$10.

XV. MEETING CLOSED  
• With the 3rd Step prayer.



**STRAIGHT PEPPER DIET**  
**IS MOVING!**

F R I D A Y  
**N O V 5<sup>TH</sup>**

8 PM

**NEW** **HOME**

**TRINITY UNITED**  
METHODIST CHURCH

**SILVER 3715 AVE SE**

WOW -- **SAME FUN!** -- WOW  
**SAME FELLOWSHIP!**  
**NEW PLACE!**

**EVERYONE IS WELCOME**  
**YOUNG & OLD**  
IT'S AN OPEN MEETING OF ALCOHOLICS ANONYMOUS

WE'LL

**SEE YOU THERE!**

ON THE NORTHWEST CORNER OF SILVER AND SOLANO IN NOB HILL



## Central Office Urgently Needs Desk Workers

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 today  
at 266-1900.**

## September 2010 Treasurer's Report

|                   |                    |
|-------------------|--------------------|
| Total Revenues    | \$7,199.32         |
| Cost of Sales     | \$NA               |
| Gross Income      | \$4,063.50         |
| Expenses          | \$5,204.67         |
| <b>NET INCOME</b> | <b>\$-1,141.17</b> |

*For a copy of the full Central Office income/expense report, join us at the next Intergroup Meeting on the second Sunday of the month, 2 pm, at the Brownbaggers.*

## Corrections Corner July 2010

There is another training for clearance to state correctional facilities coming up in Albuquerque on June 19th at Heights Christian Church located at 6935 Comanche Rd NE at Louisiana. Time is from 9am to 11:30am. Training is open to men and women. The pool for the Women's Facility in Grants has grown by 3 more women being cleared. And, join Carol M, Kris H and other sober women sharing fellowship on the 3rd Wednesday of each month. We meet at Kris' home on Edith NE near Lomas at 7:00 pm to share experience and information about carrying the message into correction facilities. We are building a pool of women interested in this service work. And, we would like to hear stories from women who used to carry the message to the correction facilities or still are carrying the message to the facilities. Call Kris H 505-250-6704 or Carol M 505-615-9494 for exact address and directions. Snacks provided.

Thank you  
Carol M

## Bridging the Gap

Bridging the Gap helps alcoholics in an alcoholism treatment facility make a transition into A.A. by using Temporary Contacts. If you would like to help in this very important 12th Step work in Albuquerque and have at least one year of continuous sobriety in A.A., please contact me at d13bridgethegap@gmail.com for more information or to volunteer. The calls are coming in, alcoholics are reaching out, and it's a great way to get your 12th step on!

Thank you.  
Jason K.

## September 2010 Monthly Service Activities Report

| PHONE CALLS  | SEPT 10   | AUG 10      | SEPT 09   |
|--------------|-----------|-------------|-----------|
| Information  | NA        | 808         | NA        |
| 12-Step      | NA        | 21          | NA        |
| Al-Anon      | NA        | 26          | NA        |
| Message      | NA        | 45          | NA        |
| Other        | NA        | 127         | NA        |
| <b>TOTAL</b> | <b>NA</b> | <b>1027</b> | <b>NA</b> |

| WALK INS     | SEPT 10   | AUG 10     | SEPT 09   |
|--------------|-----------|------------|-----------|
| Information  | NA        | 24         | NA        |
| 12-Step      | NA        | 1          | NA        |
| Al-Anon      | NA        | 6          | NA        |
| Get Schedule | NA        | 13         | NA        |
| Purchase     | NA        | 159        | NA        |
| Tapes        | NA        | 2          | NA        |
| Message      | NA        | 1          | NA        |
| Casual       | NA        | 27         | NA        |
| Other        | NA        | 33         | NA        |
| <b>TOTAL</b> | <b>NA</b> | <b>264</b> | <b>NA</b> |

| DESK WORKERS* | SEPT 10   |
|---------------|-----------|
| Regulars      | NA        |
| Substitutes   | NA        |
| <b>TOTAL</b>  | <b>NA</b> |

| DESK SHIFTS* | SEPT 10   |
|--------------|-----------|
| Weekdays     | NA        |
| Weekends     | NA        |
| <b>TOTAL</b> | <b>NA</b> |

| WEEKDAY SHIFTS*       | SEPT 10   |
|-----------------------|-----------|
| Worked by Regulars    | NA/(NA%)  |
| Worked by Substitutes | NA/(NA%)  |
| <b>TOTAL</b>          | <b>NA</b> |

| WEEKEND SHIFTS*       | SEPT 10   |
|-----------------------|-----------|
| Worked by Regulars    | NA/(NA%)  |
| Worked by Substitutes | NA/(NA%)  |
| <b>TOTAL</b>          | <b>NA</b> |

| SHIFTS WORKED BY MICHAEL |          |
|--------------------------|----------|
| 3 hour shifts (NA)       | NA hours |
| 2 hour shifts (0)        | NA hours |
| Night phone (0)          | NA hours |

| SHIFTS WORKED BY KATHY |                 |
|------------------------|-----------------|
| 3 hour shifts (NA)     | NA hours        |
| 2 hour shifts (NA)     | NA hours        |
| Night phone (0)        | 0 hours         |
| <b>TOTAL</b>           | <b>NA hours</b> |

\*INCLUDES NIGHT PHONE

**OVERHEARD AT A MEETING: "WHAT'S THE DIFFERENCE BETWEEN AN ALCOHOLIC AND A DRUNK? AN ALCOHOLIC GOES TO MEETINGS!"**



## INTERGROUP/ CENTRAL OFFICE MEETING

The Albuquerque Intergroup holds its monthly Intergroup representative meeting on the 2nd Sunday of each month at 2pm at the Brownbaggers group, now located at 3939 San Pedro NE (at Hendrix) Building F, Suite A. Please join us and give your homegroup a voice in your Central Office/Intergroup.

## FOOD FOR THOUGHT:

Did you know that the shortest paragraph in the book *Alcoholics Anonymous* is, "It works-it really does." This is in reference to the Eleventh Step. Meanwhile, on the other side of town, the shortest paragraph in the *12 Steps & 12 Traditions* is, "'Shucks!' says somebody. 'This is nonsense. It isn't practical.'" This is also in reference to the Eleventh Step. I've always found this a humorous comparison that I thought I'd share with you since I needed to fill up a little section of space here.

## HERE'S WHAT'S HAPPENING AROUND TOWN!

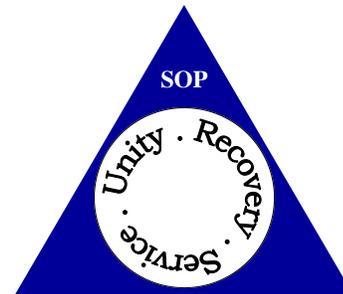
### DOG ON THE ROOF GROUP

NEW MEETING STARTING  
SEPTEMBER 1, 2010

Hope in the Desert  
Episcopal Church  
8700 Alameda Blvd NE  
between Barstow and Ventura

A Wednesday Night 12 & 12  
Step Study meeting  
7:30 to 8:30 PM

### NEW SATURDAY MEETING!



### SINGLENESSE OF PURPOSE GROUP

#### When?

August 7<sup>th</sup> at 7:00 pm.

#### Where?

Rio Vista Church of the Nazarene  
8701 Golf Course Rd. NW  
Albuquerque, NM 87114  
(just north of Paseo Del Norte & Carl's Junior)

Closed topic/discussion

Based on AA conference approved literature

*Anyone with a desire to stop drinking is welcome.*

**Albuquerque Central Office**

1921 Alvarado NE

Albuquerque, NM 87110

{505} 266-1900

www.AlbuquerqueAA.org

ADDRESS CORRECTION REQUESTED

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1921 Alvarado NE, Albuquerque, NM 87110



**Albuquerque  
Intergroup  
Central Office**

Hours:

Monday through Friday

8 am to 10 pm

Saturday and Sunday

9 am to 9 pm



The Office is at  
1921 Alvarado NE,  
two blocks north  
of Constitution and  
four blocks east  
of San Mateo.

www.AlbuquerqueAA.org