



Pass It On

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albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

“Helping others is the foundation stone of your recovery. A kindly act once in a while isn’t enough. You have to act the Good Samaritan every day...”

Alcoholics Anonymous (Big Book), p. 97

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.

Tradition 11 (Short Form) 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.

(Long Form) Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Concept 11 (Short Form) The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

(Long Form) 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.

Gratitude Month - Our Chance to Say ‘Thank You!’

Reprinted from Box 459 (A.A. GSO’s Newsletter), Vol. 46 No. 5, November 2000

“The idea is in the air that A.A. might adopt Thanks-giving week as a time for meetings and meditation on the Traditions,” A.A. co-founder Bill W. wrote in the November 1949 issue of the Grapevine (The Language of the Heart, p. 95) shortly after publication of the Twelve Traditions. In fact, the idea had already taken hold earlier in the decade when, each fall, the General Service Board hosted small Gratitude Dinners - precursors of the larger, more elaborate Gratitude Luncheons that would be held during the ‘60s as an initiative of the trustees’ Public Information Committee.

The first official recognition of an A.A. Gratitude Week, specifically designed to coincide with Thanksgiving week in the U.S. (Canada celebrates in October), occurred in 1956, when the Sixth General Service Conference approved the motion, stipulating that “this action be noted in the annual pre-Thanksgiving appeals to the groups

(continued on page 3)

FROM THE EDITOR'S DESK

First off - my apologies for this month's issue of Pass It On being late. My computer crashed and needed to be repaired...which takes money, and I'm on a very tight budget.

Happy Veterans Day to all of you who served, and Happy Thanksgiving to all. There seem to be a lot of announcements at meetings about Thanksgiving alcathons and meals, but as you can see from the AA Event Calendar (page 6) somebody (or many somebodies) evidently forgot to send notice of their event to passiton@albuquerqueaa.org. PLEASE - if your group or district is having an event, submit it to Pass It On by the 15th of the month preceeding the month in which the event is to take place in order to get it on the events calendar.

Thanks to those of you who have been diligent in submitting Sobriety Birthdays to Pass It On. The Birthday List continues to grow and grow. Last month we revisited the issue of what criteria to use for publishing sobriety birthdays, and Intergroup overwhelmingly supported sticking with the current policy which is not to publish a sobriety birthday until the month following that in which the birthday actually occurred - this is to avoid embarassment to an individual should their birthday be published before it occurs...and then disaster strikes and their sobriety date changes. Please be sure, when submitting sobriety birthdays, to include the following: 1) First name and initial, (2) Homegroup, (3) Actual sobriety date, 4) Time sober and 5) Contact information for person submitting sobriety birthday(s) should there be any question about the information contained in the submission.

SWRAASA (The Southwest Regional Alcoholics Anonymous Service Assembly) has come & gone, and it was a resounding success. Hopefully you had a chance to attend - it won't be in Albuquerque for another 22 years. AAs from 7 different states attended - close to 700 people in all. I was blessed enough to be able to attend and also be of service helping put together the Highlights Newsletter. This newsletter was a new concept for assemblies - a short report on every workshop/session was assembled into a newsletter that was printed and distributed to every attendee before they went home so they were able to find out what went on in the sessions they were unable to attend. Kudos to whoever came up with this idea/concept - I really hope it catches on. It is my understanding that the Highlights Newsletter will soon be available online at the SWRAASA website: swraasa.newmexicoaa.org.

SUBMISSIONS for PIO publication (articles, stories, announcements, flyers, sobriety birthdays, etc.), letters to the editor, questions, comments, suggestions and criticism are always welcomed at PassItOn@albuquerqueaa.org and will receive a prompt reply and appropriate consideration for publication.

Central Office Intergroup
Steering Committee

Jeremy H. - Chair
Chair@albuquerqueaa.org

Morgan D. - Secretary
Secretary@albuquerqueaa.org

Ashley F. - Treasurer
Treasurer@albuquerqueaa.org

Linda - Schedule Editor
Schedule@albuquerqueaa.org

Peggy A. - Member-at-Large
MemberAtLarge@albuquerqueaa.org

Steve R. - Pass It On Editor
PassItOn@albuquerqueaa.org

Jerry R. - Special Needs Coordinator
SpecialNeeds@albuquerqueaa.org

Alli V. - Web Site Chair
Web@albuquerqueaa.org

Al J. - Media Librarian
Media@albuquerqueaa.org

Don S. - Community Outreach
PublicInfo@albuquerqueaa.org

Michael W. - CO Coordinator
Coordinator@albuquerqueaa.org

Pam - Alternate CO Coordinator
AltCoordinator@albuquerqueaa.org

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
9:00 am, 2nd Sunday
St. Paul's United Church, 2701 The American,
Rio Rancho

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Gratitude Month - Our Chance to Say 'Thank You!'

(continued from page 1)

for funds to help support A.A.'s worldwide services." Three years later, Bill urged in a letter, "Gratitude should go forward, rather than backward... if you carry the message to still others, you will be making the best possible repayment for the help given to you." (As Bill Sees It, p. 29).

The motivation behind A.A.'s Gratitude Lunches was threefold: to express personal gratefulness for the gift of sobriety; to carry the message of A.A. to other alcoholics; and to express appreciation to our professional friends for their numerous articles, books and radio and TV interviews relating to A.A. in the year just past. It was hoped, in the words of a General Service Office memo circulated at the time, that the luncheons would "advance A.A.'s public relations by bringing editors, publishers, writers and broadcasters in personal contact with sources of reliable information on the movement."

Held without fail in November at New York City's Roosevelt Hotel, the luncheons were always well-attended. A typical list of invitees to the 1965 luncheon included representatives of The New York Times, McCall's Magazine, Medical World News and The Christian Science Monitor. Bill W. always addressed the gatherings, as did the late "Dr. Jack" Norris, then serving as A.A.'s Class A (nonalcoholic) trustee chairman. A discussion period followed the proceedings, an ample selection of A.A. literature was available for the taking, and in 1965 Bill sent an autographed copy of A.A. Comes of Age to every guest.

The luncheons were discontinued in 1968, but the concept of gratitude persisted and expanded in scope. For decades now, A.A.s in the U.S. have set aside all of November as Gratitude Month - marking the occasion with special contributions to G.S.O. In the spirit of the Seventh Tradition A.A. is self-supporting through its members' contributions, and frequently turns away money from well-meaning outside contributors. This means that the active input of every A.A. is vital to the life of the Fellowship.

Grateful for the sobriety they've been given and eager to pass it on, A.A.s are busier than ever in Twelfth Stepping and service. They are reaching out in greater numbers to Loners, people with special needs, members of minority groups and previously unreached alcoholics. It is clear from their sharing that an overwhelming number of A.A.s - along with many of our professional friends - find their own special ways to say thank you during Gratitude Month and, indeed, all year long. Writes one member: "Enclosed is a check for Gratitude Month, because I want A.A. to be there for all those who need it, just as I did." From another: "The enclosed check is from my own pocket, to help groups in correctional facilities like mine. Some of us are struggling to turn our lives around. We begin the process in here ourselves, and by reaching out." And a nonalcoholic missionary wrote from India, "It is a matter of great encouragement and satisfaction that your A.A. has been a rich resource of guidance, help and light for a number of organizations dealing with problems related to alcohol...."

Besides observing Gratitude Month, many a member uses the A.A. Birthday Plan "to give back what's been given to me," as one wrote. And from another fateful A.A.: "I want to say thanks today for my life and my family's - or all of us alcoholics in recovery," he wrote. "Enclosed is an anniversary check, because I want the hand of A.A. to be there for all who need it". Like him, many members celebrate their A.A. birthdays by sending in a gratitude gift to G.S.O. - usually a dollar or two for each year of sobriety. Some groups follow this Birthday Plan by collecting contributions from members on a voluntary basis throughout the year, or until the number of dollars matches the member's total years of sobriety. On the group's anniversary, the money collected is sent to G.S.O. as a birthday contribution.

Gratitude. It's a weighty, high-dignity word, but in truth its close companions are humor and joy. As Bill W. observed early on in the Big Book (p. 132), "Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others." What greater cause can there be for rejoicing than this?

"These men had found something brand new in life. Though they knew they must help other alcoholics if they would remain sober, that motive became secondary. It was transcended by the happiness they found in giving themselves for others." Alcoholics Anonymous (Big Book), p. 159

➤ 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 14, 2012

Open @ 14:00

Open/ Attendees Tod D.- Straight Pepper Diet, Michael W.- Coordinator, Pam B.- Alternate Coordinator, Steve R.- Saturday Night Alive, George B.- Singleness of Purpose, Randy B.- Queer Ideas Of Fun- Mark E.- New Frontier, Janet B.- ODAAT, Erika C.- High Noon Group, Art L.- El Centro, Peggy A.- Free Spirits/ Member at Large, Aaron C.- Too Much For Us, Al J.- Still Seeking Serenity, Von- Back to Basics, Alli V.- Web Chair, Mike W.- Westside AA, Coco E.- Foothills, Henry L.- Seeking Serenity, Ashley F.- Ashley F. Group, Tom R.- Seeking Serenity, Cindy B.- Dawn/ Dusk Patrol, Skitch F.- Alcathon Chair, Mary Jo M.- New Frontier, Kristen E.- Grateful Girls, Morgan D.- Straight Pepper Diet.

Minutes from last month addendum: Intergroup members on election committee- should say 3-5 members instead of 5. Minutes accepted with addendum.

Treasurer's Report Last month was not so great financially. Total Sales Revenue: \$2,871.63. Cost of Sales: \$(1,791.39). Gross profit from Sales: \$1,080.22. Other Revenue: \$1,384.08. Profit from Other Revenue: \$2,464.32. Operating Expenses: \$(5,521.94). Net Income: \$(3,057.62). About \$4,000 over expense was last year. \$7,000 loss last year which we now think was a \$3,000 loss. Our estimated expenses for the year are \$105,000 which makes sense. We need about \$9,000 in revenue each month to keep up, which we didn't do this month, sales and group contributions were both lower. But contributions for the year are up. At a \$7,000 loss for the year currently. Extra revenue from special events really help a lot.

Central Office Coordinator Got special events proceeds: Live and Let Live ice cream social and New Mexico roundup and High Noon anniversary potluck and dinner all brought in extra funds. Held off on ordering 12x12's due to sales being down. We are now a licensed business for the bank move. Woman's Sobriety Fest play grossed in about \$400. Desk is going through some changes. Have been going to some district meetings.

Alternate Central Office Coordinator Still learning and pleased to be of service. Sketchy month- saw a lot of health and family issues.

Member at Large No report.

Pass it On Did extra printing run. Any leftover copies from SWRAASA will go to other dark groups. Sobriety birthday groups have increased a bit. In need of article submissions! Around 300-500 words. Got an 1800 word submission which I sent back to have them edit it. Going to be at SWRAASA and will monitor the Pass it On's going out. Are desk workers always urgently needed, like it states every month in the Pass it On? Yes. How about saying they are "always needed".

Media Librarian Had problems updating computer so was not able to make as many disks. Friday I found out that we have had more returns. There are a lot more check outs this month, which is great! Will be out of this job at the end of the year, and want it all to be set up for the next chair.

Schedule Editor, Community Outreach & Special Needs Coordinator Absent

Web Guardian Nothing to report. ?-Steve: How are we doing on electronic PIO's? I think we had about 50 this month.

OLD BUSINESS Alcathon Chair: December 31st at Sheppard of the Valley church.

SOBRIETY BIRTHDAYS

BROWNBAGGERS October: Joe J. 12 years

EL CENTRO October: Donna T. Martha B. & Dave R. 30 days, Debbie E. 6 years, Cherokee R. 6 years, Rosie F. 10 years, Don S. 17 years

HEIGHTS September: Wanda & Gabriel H. 1 year, Paine S. 8 years, Kris D. 9 years, Kevin M. 12 years, Karl F. 28 years, Keith B. & Uncle Steve E. 29 years, Mary V. 31 years, Joe B. 33 years

ISLETA September: Mike 9 months, Dennis 2 years, Joe Q. 7 years, Higinio 16 years, Gayle 29 years

SATURDAY NIGHT ALIVE November: Steve R. 6 years

SINGLENESS OF PURPOSE September: Bill A. 3 years, Wendy B. 4 years, Elden S. 29 years

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

Brought some forms which will go up on the web site. Going to start getting raffle items which will hopefully go on the web site. Went to district 18 meeting. Need someone to head up security efforts for parking lot. Need someone to help watch over the breakfast- probably someone from Dawn Patrol. Need a district to take on each meeting. This can be a group within each district, not the DCM. But it will be supported by the district they are in. There will be a dance and the meetings will end at 1am- than come back for the morning meeting and breakfast. Nominating Committee: (3-5 members). Staggering rotation now which involves 5 open positions at the end of each year. Duty is to solicit nominees to bring to elections to stand for open positions. A list of potential candidates will be presented at the November meeting. Any one can be on this committee. Sobriety Requirements: Officers are 5 years for paid workers and 2 years for everything else. Open Positions: Treasurer, Web Guardian, Community Outreach, and Member at Large. Jeremy reads position descriptions. Peggy: Intergroup Liaison makes 11 members instead of 10. We don't have to worry about it now, but just want to put that out there. So are there any volunteers to stand for the Nominating Committee? Jeremy will be the go to guy for questions from this committee. Volunteers: Tom, Peggy, and Cindy! Thank you! Steve: Do you want me to publish recruitment in the Pass It On? Yes, and web site. We will not be voting until December for the elections. Tom: Are the nomination closed when announced in November? No- the day of.

NEW BUSINESS Something for consideration: Aaron is standing for treasurer. We are changing banks. Perhaps Ashley would like to step down early or continue his rotation. It would be easier when we move to the new bank and we can transition the position a bit early due to the move. Aaron- Sober since 1981. Have volunteered at desk since 1985. Kathy was my sponsor. Michael has already trained me to enter receipts. Ran a small business in past. Love sobriety, AA, and central office. Eager to help. It makes since to do the transition early. We have the leeway to do this through bylaws. The process would entail me dropping out- Aaron will be appointed by Jeremy and then stand in December. Ashley resigns as treasurer. Jeremy appoints Aaron as treasurer. Motion by Peggy: We approve your appointment of Aaron to fill vacant treasurer position until elections in December. Mike 2nd. Vote: all in favor none opposed.

GROUP ANNOUNCEMENTS Seeking Serenity Nativity church December 8th New Comer workshop from 9-11am. Dawn Patrol is moving to Harwood Methodist Church on October 30th. October 26th Candlelight is having a Halloween dance.

Close @ 1511.

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Central Office Always 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.

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AA EVENTS CALENDAR

Thursday November 22 1st Annual Thanksgiving Alcahthon and Potluck 8am - 9pm, 8pm speaker. Sponsored by The Penny Lane Group, paper products & meat provided. 4 Penny Lane, Cedar Crest - North 14 (Exit 175 off I-40), 3/4 mile North at Mountainside Methodist Church

Saturday December 1-2 Area 46 Assembly Hosted by District 10. NMSU - Carlsbad, 1500 University Dr., Carlsbad, NM. For more info: http://newmexicoaa.org/images/pdf/December_Assembly_2012.pdf

Saturday December 8 5th Annual AA Newcomer Workshop 9-11 am, Hosted by Seeking Serenity Group, coffee & donuts at 8:30. Nativity Church, 9502 4th Street NW, Albuquerque

Monday December 31, 2012 - Tuesday January 1, 2013 Albuquerque Central Office/Intergroup 2012 New Year's Eve Alcahthon Speaker & discussion meetings, pot luck dinner, dance, New Year's Day breakfast. Shepherd of the Valley Presbyterian Church, 1801 Montano Rd. NW, Albuquerque. For more info, to join the Alcahthon committee or to volunteer for service work contact Skitch at alcahthon@albuquerqueaa.org

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.
SUBMIT YOUR AA EVENT TODAY to: PassItOn@albuquerqueaa.org

“The trouble with us alcoholics was this: We demanded that the world give us happiness and peace of mind in just the particular order we wanted to get it-- by the alcohol route. And we weren't successful. But when we take the time to find out some of the spiritual laws, and familiarize ourselves with them, and put them into practice, then do we get happiness and peace of mind..... There seem to be some rules that we have to follow, but happiness and peace of mind are always here, open and free to anyone”

Dr. Bob and the Good Old-timers, p. 308

“With few exceptions our members find that they have tapped on an unsuspected inner resource which they presently identify with their own conception of a power greater than themselves.”

Alcoholics Anonymous (Big Book) p. 569-70

“As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.”

Alcoholics Anonymous (Big Book) p. 63

September 2012

Monthly Service Activities Report

PHONE CALLS	SEP12	AUG12	SEP11
Information	623	655	617
12-Step	27	25	24
Al-Anon	8	20	7
Message	44	55	20
Other	90	88	116
TOTAL	792	843	784

WALK INS	SEP12	AUG12	SEP11
Information	18	13	12
12-Step	0	1	6
Al-Anon	1	1	0
Get Schedule	23	16	13
Purchase	153	167	168
Media	6	8	1
Message	6	6	2
Casual	27	33	33
Other	36	53	46
TOTAL	270	298	281

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	3215	2988	2725
Number of Visits	5551	5253	
Pages	22571	22861	

DESK WORKERS*

Regulars	52	49	48
Substitutes	32	33	40
TOTAL	84	82	88

DESK SHIFTS*

Weekdays	120	138	132
Weekends	50	40	40
TOTAL	170	178	172

WEEKDAY SHIFTS*

Worked by Regulars	93(76%)	117(85%)	115(87%)
Worked by Substitutes	27(24%)	21(15%)	17(13%)
TOTAL	120	38	132

WEEKEND SHIFTS*

Worked by Regulars	33(66%)	30(75%)	29(72%)
Worked by Substitutes	17(34%)	10(25%)	11(28%)
TOTAL	50	40	40

NIGHT SHIFTS NOT COVERED 0 1

SHIFTS WORKED BY MICHAEL

2 - 3 hr (6)	9 hrs
1 - 2hr (2)	0
Night - 0	0

SHIFTS WORKED BY PAM

2 - 3 hr (6)	0
2 - 2hr (4)	0
Night - 2 - 23 hr	0

TOTAL 41 hours 14 hours

*INCLUDES NIGHT PHONE

The road to sobriety is a simple journey for confused people with a complicated disease...



TRADITIONS CHECKLIST: TRADITION ELEVEN

Tradition Eleven: 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.

- Do I sometimes promote AA so fanatically that I make it seem unattractive?
- Am I always careful to keep the confidences reposed in me as an AA member?
- Am I careful about throwing AA names around – even within the Fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- Is my sobriety attractive enough that a sick drunk would want such a quality for himself?

CONCEPTS CHECKLIST: CONCEPT XI

From the General Service Office (GSO) Concepts Checklist

Concept XI: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

- Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional “Right of Participation?”
- Do we practice rotation in all our service positions?

WHAT’S YOUR SCORE?

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KEEP THIS AND CHECK YOUR GRADE EACH MONTH

GIVE YOURSELF FROM ONE TO FIVE POINTS ON EACH QUESTION

1. Has my past been a mess and am I EARNESTLY DETERMINED TO ESTABLISH A BETTER WAY OF LIFE, and am I willing to make the effort? _____
2. Do I admit BEYOND ANY DOUBT that I am powerless over alcohol - that if I use it, it will destroy me? _____
3. Do I sincerely believe that there is a power greater than myself in which I WILL PUT MY TRUST regardless of what happens? _____
4. Do I realize the importance of talking A.A. and attending all A.A. MEETINGS POSSIBLE, or do I hedge and make excuses? _____
5. Am I really willing to MAKE RETRIBUTION where possible to those I have harmed, or am I just kidding? _____
6. Do I SINCERELY OBSERVE daily moments of constructive meditation, thinking of my humility and desire to understand? _____
7. Am I TRULY HONEST with others, or will I chisel if I get a chance? _____
8. Am I PATIENT in waiting for the rewards of my efforts? _____
9. Am I FRIENDLY and do I TRY TO OVERLOOK the shortcomings of others, regardless of who they are? _____
10. Am I tolerant - do I show consideration for those whose beliefs, practices or habits differ from my own? _____
11. Am I a gossip - do I repeat rumors or chatter about people’s affairs? _____
12. Am I GRATEFUL for ALL HELPFUL THINGS and DO I SAY SO? _____
13. Do I have REAL COURAGE and am I FREE FROM FEAR OF ALL KINDS? _____
14. Do I really have CONFIDENCE IN MYSELF and others, or am I filled with doubt and suspicion? _____
15. Do I cooperate with others and HELP PROMOTE constructive ideas? _____
16. Do I practice SELF-CONTROL, and really forget and forgive differences? _____
17. Am I neat in my appearance, and do I keep as clean as I can under the circumstances, both in body and mind? _____
18. Am I extending any effort to help others with their problems? _____
19. Do I realize that my problem is NOT MONEY, but mental and physical? _____
20. Am I making any reasonable effort to OVERCOME any other undesirable habits or CHARACTERISTICS I may possess? _____

Total _____

A total score of less than 50 is regarded as poor; 50 to 60 fair; 60 to 65 low average; 65 to 70 high average; 70 to 80 excellent; over 80 “impossible in this world.”

Albuquerque Central Office
1921 Alvarado NE
Albuquerque, NM 87110
(505) 266-1900
www.AlbuquerqueAA.org
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2 blocks north of Constitution and
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(505) 266-1900
www.AlbuquerqueAA.org

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9 am to 9 pm