



Pass It On

November
2015
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albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

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.

Tradition Eleven

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Providence has been looking after the public relations of Alcoholics Anonymous. It can scarcely have been otherwise. Though we are more than a dozen years old, hardly a syllable of criticism or ridicule has ever been spoken of AA. Somehow we have been spared all the pains of medical or religious controversy and we have good friends both wet and dry, right and left. Like most societies, we are sometimes scandalous -- but never yet in public. From all over the world, naught comes but keen sympathy and downright admiration. Our friends of the press and radio have outdone themselves. Anyone can see that we are in a fair way to be spoiled. Our reputation is already so much better than our actual character!

Surely these phenomenal blessings must have a deep purpose. Who doubts that this purpose wishes to let every alcoholic in the world know that AA is truly for him, can he only want his liberation enough. Hence, our messages through public channels have never been seriously discolored, nor has the searing breath of prejudice ever issued from anywhere.

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FROM THE EDITOR'S DESK

My apologies for this issue of Pass It On being published so late. After suffering a hard drive crash, I had to completely rebuild PIO from scratch - which, for anyone familiar with the software and intricacies of formatting and laying out a publication of this type, is no easy task. (Please bear with me, and if you notice anything wrong with this issue, by all means shoot me an email at passition@albuquerqueaa.org.) Then, to top it off, I had serious software issues and ended up having to use a much older version of Adobe InDesign to do PIO. Needless to say, the issues have been resolved, and the December issue of PIO will be back on track.

It is that time of the year again - time for Intergroup to elect new members to the Central Office Steering Committee. Serving as a trusted servant on the Steering Committee is an excellent way to be of service to AA in the greater Albuquerque area, and involves a 2-year commitment involving 2 meetings monthly (Intergroup on the 2nd Sunday at 2pm and Steering Committee on the preceding Tuesday evening) plus a minor amount of time during the month. The positions up for election this year include: Chair, Secretary, Pass It On Editor, Schedule Editor, Community Outreach and Member-At-Large. More details can be found at albuquerqueaa.org/pdf/09152015.pdf or you can call Central office at (505) 266-1900 and ask for Michael or Debra.

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 Financial Snapshot - September 2015

	Sept. 2015	YTD
Total Revenues	\$6411.86	\$72,991.17
Total Cost of Sales	\$2412.91	\$25,126.42
Gross Income	\$3998.95	\$47,864.75
Total Expenses	\$5712.22	\$52,782.03
Net Income/Loss	(\$1713.27)	(\$4917.28)

(full financials available for viewing at Central Office)

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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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
Grace United 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
Calle Alameda, Bernalillo

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Tradition Eleven

(continued from page 1)

Good public relations are AA lifelines reaching out to the alcoholic who still does not know us. For years to come, our growth is sure to depend upon the strength and number of these lifelines. One serious public relations calamity could always turn thousands away from us to perish -- a matter of life and death indeed!

The future poses no greater problem or challenge to AA than how best to preserve a friendly and vital relation to all the world about us. Success will rest heavily upon right principles, a wise vigilance, and the deepest personal responsibility on the part of every one of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So the Eleventh Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual customs, should be based upon the principle of attraction rather than promotion. Shot-in-the-arm methods are not for us -- no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities.

More and more, therefore, are we emphasizing the principle of personal anonymity as it applies to our public relations. We ask of each other the highest degree of personal responsibility in this respect. As a movement we have been, before now, tempted to exploit the names of our well-known public characters. We have rationalized that other societies, ever the best, do the same. As individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma, so lending power and conviction to new stories and magazine articles.

But these are not the allures they once were. Vividly, we are becoming aware that no member sought to describe himself in full view of the general public as an AA, even for the most worthy purpose, lest a perilous precedent be set which tempt others to do likewise for purposes not so worthy.

We see that on breaking anonymity by press, radio, or pictures, any one of us could easily transfer the valuable name of Alcoholics Anonymous over onto any enterprise into the midst of any controver

sy.

So it is becoming our code that there are things that no AA ever does, lest he divert AA from its sole purpose and injure our public relations. And thereby the chances of those sick ones yet to come.

To the million alcoholics who have not yet heard our AA story, we should ever say, "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations we shall, God willing, keep the faith."

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The Second Step - A Measure of Hope

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If the First Step is a measure of our despair, the Second is a measure of our hope. The First Step is the admission and acceptance of our defeat—total, absolute defeat. With all our resources, we can't stay sober; with the best intentions and with the utmost determination, we still find our lives crashing down around our heads. Indeed, we are powerless over alcohol, and our lives are unmanageable.

But if we are powerless over alcohol, then who or what will keep us sober? And if we cannot manage our own lives, then who or what will guide us, help us return to some sort of rational existence?

In answer to both questions, the Second Step says: a power greater than ourselves can restore us to sanity.

With that single, simple statement, the Second Step lays the spiritual cornerstone of AA: If we are to recover from the physical, mental, and spiritual disease called alcoholism, we must come to believe in and rely on a force outside ourselves.

This is not easy for most of us to do, and for many it takes time. Fortunately, the Step is very careful to use the wording "Came to believe." Some of us come to believe almost instantly; others take weeks or months; still others take years. There is no set timetable, and there is no reason to feel guilt over inability to accept the Second Step immediately, with all its ramifications. On the other hand, though, if we do not work toward an acceptance of the Step, if we ignore it or kick it under the rug and hope it goes away, we cut the spiritual heart out of the program.

So, by hook or by crook, we come to believe. But believe in what?

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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?”

Anonymous: In my tenth year, I was hurting enough to surrender to service work and began opening the meeting for my home group. District Committee Member (DCM) was my favorite because a district is small enough to get to know the people who attend district meetings as well as the people who attend the groups. At my home group we have coffee makers, greeters, and setup and clean up people. Any home group member can serve.

Deborah: I started serving at a few months sober by going to meetings, setting up, making coffee, and cleaning up. These are what newcomers can do in my homegroup. At six months continuous sobriety my homegroup offers positions as treasurer, GSR, alt GSR, and secretary. My favorite service is sponsorship and helping at conferences and my favorite service position is alternate GSR.

Kathleen: At almost three years sobriety, I started volunteering at Central Office a few months ago. I like helping at Central Office, I feel like I am giving back to AA what I was given. My homegroup offers chairing the meeting, setting up/taking down chairs, getting books, and setting up materials for the meeting to anyone attending the meeting.

Beth: I started taking service positions at almost 2 years sobriety. I enjoyed my service as Treasurer and taking night phones the most. All positions are offered by my homegroup to anyone with at least six months of continuous sobriety.

Pat: I started standing for positions at 6 mos.

sobriety, but I feel it was too early for me when newly sober.

November question of the month, ““What suggestions do you have for staying sober through the holidays that has worked for you?” Keep it under 75 words for the feature and under 200 words for an article on this topic. Deadline for submission is 11/15. Please email response to Elizabeth E at memberatlarge@albuquerqueaa.org

If you want to be thinking ahead, the Dec question 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. As we felt new ___ 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 ___ of today, tomorrow or the hereafter. 63:1:6
2. We have begun to learn ___, patience and good will toward all men, even our ___, for we look on them as ___ people. 70:3:5
3. We may have certain spiritual ___, but now we begin to have a spiritual ___. 75:2:7
4. I was to sit ___ when in doubt asking only for ___ and ___ to meet my problems as He would have me. 13:4:3
5. For us material well-being always followed ___ progress; it never preceded. 127:1:5
6. You will be ___ to them with new and wonderful ties, for you will ___ disaster together and you will commence shoulder to shoulder your common ___. 152:4:6

SOBRIETY BIRTHDAYS

ISLETA September: Kem 90 days; Dina 3 years; Joe Q. 10 years; David 18 years; Higinio N. 19 years; Gayle W. 32 years.

PROMISES September: Bill C. 8 years; Katherine R. 39 years; Lila M. 40 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.

7. If God can solve the age-old riddle of ____,
He can solve your ____ too. 116:2:2

8. Therefore, the main problem of the
alcoholic centers in his ____, rather than his ____.
23:1:2

9. Before A.A. I judged myself by my ____,
while the world was judging me by my ____.
418:0:5

10. I'm living out the life I used to ____ about,
and I have a whole lot of ____ still in front of me.
288:2:6

*4th edition

The Second Step - A Measure of Hope

(continued from page 3)

In three things: the existence of a force outside—
and greater than—ourselves; the fact of our own in-
sanity; the ability of the greater power to take care
of that insanity.

For reasons which someday someone may ex-
plain far better than I can, many or even most alco-
holics seem to have trouble with the word “insanity,”
though the track record of any practicing alcoholic
—even the part we remember—should be proof
enough that we are at this stage somewhat differ-
ent from the normal. To many, the word conjures
up visions of men in white coats, or patients chas-
ing butterflies across Happydale, or any one of a
dozen forms of psychotic behavior. But a word is
only a word, and “insanity” can refer to any kind of
behavior that is at variance with what is generally
accepted as normal.

Our obsessive, compulsive behavior in relation
to alcohol can hardly be termed normal. Nor can
the things we do while drinking. Nor can many of
the habit patterns, mental processes, or just plain

hangups we have after we stop drinking.

Any discussion of the Second Step will show that
the word “insanity” means, to different people, that
we were insane while we drank, or before we started
drinking, or at all three stages. These differences
of opinion become unimportant in the light of this
statement: If we were insane while we drank, the
craving to return to that life must be equally insane,
and if there was or is some problem that adds fuel
to the craving, then the problem must be eliminated.

But the solution offered by that statement is not
as easy as it looks. To put it crudely: A truly sick
mind cannot repair itself; in fact, many times it can't
even see what's wrong.

The human mind has a marvelous ability to pro-
tect itself from outside influences. Although the
conscious portion of the mind may have a sincere
desire to find out what's wrong and to fix it, the sub-
conscious part will block any such effort by putting
up a bewildering variety of misleading motivations,
misinformation, and misdirections. The more im-
portant—the deeper—the particular hang-up is, the
higher and thicker this wall will be. If the problem
is big enough, the conscious, thinking mind will not
even be aware of its existence, and the mind that
does become aware will still be powerless to do
much about it.

The knowledge of that helplessness in trying to
cope with our own problems by ourselves is an in-
tegral part of the First and Second Steps. The Second
Step states very clearly that our insanity can be tak-
en care of, our sanity restored, by a power greater
than ourselves. Once we have become aware of our
own irrationality and our inability to cope with it sin-
glehanded, it then becomes a question of searching
out a solution that is outside—and greater than—
ourselves.

It would be hard to overemphasize the importance

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AA EVENTS CALENDAR

THIS MONTH

Sunday, November 15 - Intergroup Speaker Meeting

1:30pm potluck, 2:30pm speaker meeting (speaker Alan S.), 3:30pm raffle. Sponsored by District 11. Benefits Central Office. Our Savior Lutheran Church, 4301 Atrisco Dr. NW, Albuquerque

Tuesday, November 24 - Metropolitan Group 66th Anniversary

6pm Potluck, 7pm Speaker Meeting. St John's Episcopal Church, 318 Silver Ave. SW, Albuquerque

Thursday, November 26 - Thanksgiving Feast 11am-2pm.

Sponsored by District 12. Heights Club, 8520 Marble Ave. NE, Albuquerque

Friday November 27th - Spark of Light Group Movie Night

7:30 pm. Movie: "Chappie". On a 12' screen. Heights Club, 8520 Marble NE. Albuquerque

FUTURE EVENTS

Saturday & Sunday, December 5 & 6 - Area 46 Assembly

Farmington, NM. Details: <http://www.nm-aa.org/wp-content/uploads/2015/11/Area-Assembly-2015-Flyer-102915.pdf>

Friday - Sunday June 3-5, 2016 - Area 46 2016 Convention

Ghost Ranch, Abiquiu, NM. Details: http://www.nm-aa.org/wp-content/uploads/2015/11/New-registration_20162.pdf

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.

October 2015

Monthly Service Activities Report

PHONE CALLS	OCT15	SEP15	OCT14
Information	339	399	400
12-Step	16	23	18
Al-Anon	11	2	13
Message	47	62	34
Other	66	87	86
TOTAL	479	573	551

WALK INS

Information	22	13	16
12-Step	0	3	4
Al-Anon	1	1	1
Get Schedule	13	11	16
Purchase	156	146	162
Media	14	2	4
Message	1	4	6
Casual	34	44	26
Other	73	40	25
TOTAL	314	264	260

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	4263	3978	4387
Number of Visits	7425	6433	7973
Pages	31591	22295	29166

DESK WORKERS*

Regulars	43	42	45
Substitutes	26	35	35
TOTAL	69	77	80

DESK SHIFTS*

Weekdays	132	132	138
Weekends	45	40	40
TOTAL	178	176	177

WEEKDAY SHIFTS*

Worked by Regulars	103(78%)	109(82.6%)	107(77.5%)
Worked by Substitutes	26(20%)	21(15.9%)	29(21%)
TOTAL	129(98%)	130(98.5%)	136(98.5%)

WEEKEND SHIFTS*

Worked by Regulars	35(78%)	29(72.5%)	32(80%)
Worked by Substitutes	9(20%)	11(21.5%)	8(20%)
TOTAL	44(98%)	40(100%)	40(100%)

NIGHT SHIFTS NOT COVERED

Weekday	3	2	2
Weekend	1	0	0

SHIFTS NOT WORKED BY A VOLUNTEER

	12	14	10
	3 (2hr)		
TOTAL	42 hours	42 hours	30 hours

Central Office 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.



The Second Step - A Measure of Hope

(continued from page 5)

of this search for an acceptance of a power, a force, an influence that is outside ourselves. The Step refers to a power greater than ourselves. Obviously, if we are unable to solve our problems alone, the power must be greater than we are in order to bring about anything much worthwhile. However, babies have to creep before they can walk, and walk before they can run. It is tough merely to begin to look outside ourselves for any kind of force or power, let alone a greater power. In fact, it is hard for some of us to accept the idea that there is anything outside ourselves.

That last statement deserves some explanation. A rational, thinking, conscious mind has no trouble with the idea that each person, thing and force has a separate and distinct existence. We can say (and believe), "I am. You are. He is."

However, the subconscious or unconscious mind often rejects this idea. It says, "I am, but you exist only as I think about you." Extreme? Hardly. One of the most powerful tools in AA is the process by which one alcoholic identifies with another. First, this identification consists merely of recognizing that there are people who exist independently of our own minds. Then the process goes further: It identifies another alcoholic as a similar human being. But the basic identification is with another human being as a separate entity.

Once that log jam has been broken up, the rest of the process is relatively easy. Once we become aware that there are other people and things—and forces—outside ourselves, it becomes a matter of searching until a power that does some good is found. Eventually, through any one of a wide variety of spiritual experiences, the power is recognized as the basic driving force of the universe.

Disposing of the whole concept of acquiring a greater power in one or two sentences may seem abrupt, but is anything else worth saying? Those who have had a spiritual experience already know all about it, while for those who have not yet had one, an outpouring of words would have no real meaning.

The search for a higher power and the nature of that power, when found, are very personal matters. Many of us have no trouble in accepting God as our Higher Power; many others shy away from the word "God," but have no trouble accepting the presence of some sort of universal force; still others look upon our AA group or all of AA as a power greater than ourselves.

In all these cases, though, we have acquired a belief in some force that is external, more powerful than we are, and capable of helping us return to sanity. This implies that the external, more powerful force is a force for good, an orderly force capable of making sense out of the chaos of reality, and bringing order to our own chaotic lives.

The final stage of a full acceptance of the Second Step is to come to believe that this greater power—a good and orderly greater power—will indeed actually help us. We have already accepted the idea that this force can do the job.

Now we must become convinced, completely convinced, that the power will do it.

Once again, words are hardly an adequate method of trying to express belief. Those who have thrown themselves on the mercy of the court, so to speak, know that the higher power will do exactly as the Step says. But that statement is no help at all to those who haven't.

What may help is a very brief description of one member's struggles with the Second Step.

I came into AA as an agnostic—or, rather, I didn't believe in anything much, but I wanted to. Although I couldn't begin to accept the concept of God, I certainly liked the serenity and obvious peace of mind I saw in those who did believe. As my time in the program grew, this desire grew. Also increasing day by day was my pain—pure, unrelieved pain—not physical pain, but a longing inside my brain and my heart for something above and, most important, beyond me.

My group and the whole AA program helped, and as time went by I began to perceive some sort of order where there had been only confusion, some sense of guidance where there had been only a labyrinth of blind alleys.

Then one day (on the Garden State Parkway, as unlikely as that sounds) all the pieces fell into place. Whatever barrier had blinded my vision, preventing me from seeing the true nature of things, was gone. For the first time in my life, I became aware of the allpervading presence of an incomprehensibly vast power.

Then, too, I became aware that I was only one infinitely small—but vitally important—part of the universe. Infinitely small because I was one tiny soul on one planet going around one sun in one galaxy of countless billions, but vitally important because the entire, immense universe would be very, very, very slightly different without me, as it would be different without any of us.

The vision, if I may call it that, was momentarily staggering, but only momentarily. The essential rightness of my vision sustained me, and still sustains me. If I am a part of the whole—even a tiny part—I belong here.

And if I belong here, all I have to do is find out exactly what I am supposed to be and do. For me as an alcoholic, part of this answer is obvious. The universe has the ability—in fact, it makes it a rule—to eliminate the bad and the sick, and since the alcoholic is indeed a sick person, the universe—or society—will eliminate him. Therefore, to drink is for me to deny my higher power.

But that is only part of the problem, although perhaps the most important part. I personally conceive of the universe as a very orderly place; to achieve a serene and happy existence, all that is required of me is to be aware of this order and fit myself into it. This is a lot easier said than done, of course. So, in AA, after the Second Step there are ten more designed to help accomplish this.

But once we have accepted, as ineluctable fact, our powerlessness over alcohol, and once we have come to believe that a greater power will give us all the help we need, we have made two giant steps along the road to recovery.

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Albuquerque Intergroup Central Office

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