

# Pass It On...

Albuquerque Central Office Newsletter

Website: [www.albuquerqueaa.org](http://www.albuquerqueaa.org)

## Terminal Uniqueness

(from the grapevine) August 1983  
Vol. 40 No. 3

Volume 70, Issue 12

December 2008

THE FRESH perspective of new members always cheers me, so I was listening closely as one of them talked at our Wednesday night gathering. I identified with him when he began talking about his problem of "terminal uniqueness." So that's it. It is a disease and has a name. After all these years of suffering, what a relief!

Actually, by the time that newcomer enlightened me by identifying the problem, I was already using the AA program to begin to cope with it. Still, a name has helped me to make a few steps toward identifying the symptoms and to develop some tentative ideas about arresting it.

The basic symptom of terminal uniqueness a compulsive desire to achieve superlatives: to be the best this, the worst that, the most here, the least there. My specialty was being the most right. Just about any issue would do--the world economy, child rearing, brands of beer, anything as long as I got across the point that my view on the matter was the correct one. A corollary of this is not accepting advice. If I'm unique and right, then anyone who is giving me advice must be wrong. (Since coming into is AA, I've figured that if I had a dollar for every piece of good advice I've ignored in my lifetime, I'd be rich. And if I'd actually followed the advice, I'd probably be a serene millionaire. But that's getting ahead of the story.)

Terminal uniqueness is also progressive. In my late teens and early twenties, all

I needed to do to bring out my uniqueness was to focus on something I did a little bit better than most other people--probably not such a bad activity for a young man trying to muster up enough courage to go out and face the world. Soon, however, I had to start discounting what other people did well. Other people's strengths had to be in some way irrelevant or unimportant. It was my actions that counted.

Once the uniqueness syndrome was combined with my alcoholism, I had to change the ground rules again. With heavy drinking, it became harder to find things that I was good at, so I had to be the most something else: most radical, most nonconforming, most bullheaded. (I referred to that last item as "most mentally disciplined.")

Victims of terminal uniqueness, like alcoholics, are the last to know when they are entering advanced stages. Skillful rationalization must be used to parry the telltale signs. People who didn't invite me to their parties were too frivolous for my type; friends who didn't have time to visit when they were in town were too straight for my life-style; contractors who suddenly realized they no longer needed my services were too sloppy for my exacting standards.

But can uniqueness really be terminal? Probably only when combined with alcoholism. With nonalcoholics, it simply seems to be carried into bitter old age. But for me, after years of rationalizations

*continued on page 5*

**Welcome Pat E.** as the new Central Office Activities Chairperson. She will need volunteers for this years Alkathon. Please call Central Office if you would like to participate with the various committees that are now being formed. The phone number is:

266-1900

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# Corrections Corner

The Comienzos program is an educational and therapeutic program serving men who are incarcerated at the Bernalillo County Metropolitan Detention Center. It teaches the skills and cultivates the awareness that is needed to live in freedom.

Comienzos offers classes in:

- Learning and Practice in Nonviolent Communication, as developed by Dr. Marshall Rosenberg;
- Meditative practices, including seated meditation, T'ai Chi Chih, and yoga;
- 12 Step Recovery

I conduct the 12-Step Discovery program. Some of the men are addicts, some alcoholics, some cross-addicted. But as addicts/ alcoholics we share the same condition, we just express the addiction with different substances. We use both Narcotics Anonymous and Alcoholics Anonymous materials in our sessions.

We face some unique challenges in our 12-Step Discovery sessions. Some of the men spend many weeks in the program. Others spend only a short time due to release or transfer. Much of our time is spent in the first three steps and introducing newcomers to the program of recovery from addiction.

Relapse prevention is another important component of our work. Many of the men coming out have few resources and limited support. And are in immediate need of a sponsor. But they do have meetings, their Higher Power, and the support of the brothers and sisters in recovery.

The Comienzos program has plans to expand its offerings and is always looking for volunteers and other assistance. And other opportunities for addiction outreach (i.e., volunteer speaker) are available at the Metropolitan Detention Center.

As an alcoholic and addict myself, the 12-Step Discovery Program is an integral component of my recovery. The men I work with are a blessing to me.

For more information about the Comienzos program please go to our website <http://comienzos.org/> or call me at 505.604.3094.

Rob F.

I would be happy to print about anything in the s It On... (sources) nittee

- Michael W.** - CO Coordinator  
Coordinator@albuquerqueaa.org
- Kathy H.** - Alt. CO Coordinator  
AltCoordinator@albuquerqueaa.org
- Dave C.** - Chair@albuquerqueaa.org
- Michael Q.**  
Schedule@albuquerqueaa.org
- Brian H.**  
Secretary@albuquerqueaa.org
- Pat E.**  
Activities@albuquerqueaa.org  
Memberatlarge@albuquerqueaa.org
- Sally** - PassItOn@albuquerqueaa.org
- Peggy A.**  
Specialneeds@albuquerqueaa.org
- Tom C.** - Website Chair  
anonymous@albuquerqueaa.org
- Grace L.** - Media Librarian  
media@albuquerqueaa.org
- John S.**  
publicinfo@albuquerqueaa.org
- Steve P.**  
treasurer@albuquerqueaa.org

- Albuquerque Area Business Meetings**
- Intergroup Rep. Meeting**  
2:00 pm, 2nd Sunday  
Desert Club
- District 3**  
2:00 pm, 2nd Saturday  
call the DCM for location
- District 11**  
9:00 am, 2nd Saturday  
Harwood Methodist Church  
420 San Lorenzo NW (at 4th)
- District 12**  
9:30 am, 2nd Saturday  
St. Bernadette's  
11401 Indian School NE
- District 13**  
10:00 am, 2nd Sunday  
Desert Club
- District 18**  
9:30 am 4th, Sunday  
Rio West Church  
6751 Pasilla Rd., RR, NM

# Central Office Intergroup Meeting Minutes

11.09.08

Submitted By Brian H. – Secretary

## Dave C - Chair

Dave opened the meeting at 2:05 pm with the Serenity Prayer. Introductions.

## Secretary - Brian H

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

## Treasurer - Steve P

Brought us up to speed on a \$5,000 withdraw from prudent reserve (currently \$17,000) into checking for operating expenses. Prudent reserve is now at average of three months operating expenses. Income statement was \$200.00+ in black for last month. Month of October had nearly \$3,000 in group contributions. Steve thanks all groups for their generous contributions

## Service Coordinator - Michael W

Standard month. Thanks everyone for generosity and for covering for him during his medical leave. Error noted that the total 1221 in total number of visits. Busy and total activity picking up. Received letter from GSO/ Grapevine price increase. July 2009 is when the increase will take place at GSO. Grapevine will go up in February 2009. Sign up sheet for Alkathon - still openings available. Raffle and child care have open positions. Desk Openings are: Weds 10-1 and every other Saturday open in the afternoon. Contact Central Office to become involved as a desk volunteer, either to cover an open regular shift or as a substitute. Issue of AA

being fully self-supported. See the delegate report about cutting back funding at the GSO, in the El Farolito. Questions were raised regarding our gross vs. net income on treasurer report. Grateful to be of service.

## Alternate Coordinator - Kathy H

Thanks to all who stepped up in Michael's absence. Grateful to be of service.

## Activities Coordinator – Pat E

Position was vacant, see New Business below. Planning for Alkathon continues. Contact Central Office to become involved in volunteering for the Alkathon. More will be revealed. Steve P is taking the coffee position. Please continue to let people know about the opportunity to volunteer at the Alkathon.

## Member at Large - (vacant)

position has been vacated – call for people to fill position

## Pass It On Editor - Sally

New *PIO* available at Central Office and on-line. Having issues with PDF files. Issue to be addressed, please submit word documents if possible. We seem to have a lot of extra *Pass It On* remaining from months past. Thinking of cutting back number of printed copies.

*7th Tradition Basket Passed.*

## Schedule Editor – Michael Q

Not Present – nothing reported. Schedule is up to date.

## Community Outreach - John S

NM School of Med – students in classes addressed – October 21; Nine AA members helped out. Each class had nine or so medical students. Stories and the solution was shared. Successful and rewarding experience. Question: Area 46 put out pamphlet that Eye Witness News is having a health fair, will we be participating. Has anyone heard about this? No one has approached AA, and we could possibly participate, but booth rental expense is quite expensive.

## Special Needs – Peggy

Nothing to report

## Library - Grace L

Not present. We have more tape donations!

## Web Guardian - Tom

*PIO* is online; website is up-to-date. We'll be posting the Alkathon Marathon Meeting Schedule on the web and those open spots can be filled by e-mailing me, [anonymous@albuquerqueaa.org](mailto:anonymous@albuquerqueaa.org).

Thanks for the opportunity to serve.

## Old Business

None

## New Business

Discussion about how to help Central Office be fully self-supporting via group contributions. Suggestions were to ask that members put in \$2.00, vs. \$1.00 in basket, change the wording in a groups format, to pass the basket a second time for CO, have members of A.A. (Delegate and CO Steering members) address how to make it known in AA groups that CO can really use our contributions. Two groups also discussed having benefits to help CO with contributions. Taos and Hobbs fund their CO via events only. Should we consider having an event specifically to fund CO (budget). An alcoholic suggested we look at the February fund raising approach she witnessed in another Eastern city. She also recommended we remind and communicate the message that CO needs money on a greater scale. Several suggestions of how to get the message out to groups were addressed. Question to Treasurer; Which events helped fund this month's surplus of funds. Women's sobriety Fest, Old Timers, Polly P workshop and Brick Road Blues. We have a willing nominee and accepted activities coordinator, voted in Pat E. in as new Activities Coordinator. YEAH! NMPCYPAA question: How can they participate in a joint activity with Central Office. Michael says CO support activities but CO does not play an active part in the events.

## Group Announcements

BrownBaggers Holiday Party for the benefit of CO. Dec. 12 at 6pm at the MVCC – Potluck Dinner, Dance with Band. Proceeds go to benefit central Office. Suggested donation of \$10. District 12 Annual Free Thanksgiving Dinner needs volunteers. Everyone is invited. Time: 11 AM to 5 PM, cook a Turkey, we expect 300 people. New Diversity Awareness Committee – Dec 20, at 5PM – See Flyer

I would be happy to print

ss It On...

**Corrections Corner** *cont.*

“Hello Albuquerque AA, I wanted to write just a little bit about my past two years serving a commitment to bring meetings into the Bernalillo County Metropolitan Detention Center. At first I was a bit intimidated - I had not been to jail before, and did not know if I had anything to offer these women. Then, the grace of God stepped in: I went to my first meeting and it was just like any other AA meeting! There was no difference between the women in jail and myself, save for the fact that, thanks to a program for living and the fellowship of Alcoholics Anonymous, I was allowed to leave the jail when the meeting was over that night. There were nights when I went, tired and unwilling, and during the meeting heard exactly what I needed to hear to re-inspire me for another day of sobriety. I have cried in gratitude on my way home - not for the blessing of being allowed to leave, which was a blessing indeed, but for the grace and hope of these women who, though incarcerated, were becoming free from the bondage of self. For the better, this service commitment changed my sobriety and it changed me.

As my commitment comes to a close this month, I invite you to contact Brian V. (District 11 and Area Alternate Corrections) to get involved (or re-involved) in corrections service work and pass it on to some people who really need the hope of AA. Here is Brian’s information:  
 Brian V. @ 505-417-8817 or brian@utla.net.  
 In loving service,  
 Barbara C.

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

Total Contributions/Sales	\$ 8,699.56
Total Cost of Sales	\$ 2,713.65
Gross Income	\$ 5,985.91
Total Expenses	\$ 5,736.20
Net Income	\$ 249.71

For a copy of the full Central Office income/expense report, please join us at the next Intergroup Committee Meeting. It’s the second Sunday of the month , 2 pm, at the Desert Club.

**October ‘08 Desk Activity**

	Oct. ‘08	Sept. ‘08	Oct. ‘07
	This month	Last month	Last yr.
<b>Phone calls</b>	<b>1207</b>	<b>1221</b>	<b>1011</b>
Information	1031	1069	817
12 step request	11	16	7
Al-Anon Info	16	15	13
Message	21	27	34
Other	128	94	150
<b>Walk Ins</b>	<b>236</b>	<b>248</b>	<b>234</b>
Information	10	15	17
12 step	1	1	4
Al-Anon	0	5	0
Schedules	15	9	10
Purchases	143	169	141
Tapes	1	2	0
Message	2	2	0
Casual	35	25	28
Other	29	22	34
<b>Desk Workers*</b>	<b>93</b>	<b>92</b>	
Regulars	50	50	
Substitutes	43	42	
<b>Desk Shifts*</b>	<b>178</b>	<b>172</b>	
Weekdays	138	132	
Weekends	40	40	
<b>Weekday Shifts*</b>	<b>138</b>	<b>132</b>	
Regulars	79 % 110	77% 107	
Substitutes	21 % 28	23 % 25	
<b>Weekend Shifts*</b>	<b>40</b>	<b>40</b>	
Regulars	65% 26	75% 32	
Substitutes	35% 14	25 % 8	
<b>Shifts by Michael*</b>	<b>0/0 hrs</b>	<b>0/0 hrs</b>	
<b>Shifts by Kathy*</b>	<b>3/9 hrs</b>	<b>4/12 hrs</b>	

**Thanks to all who participated this month.**

\* includes night phone

## Terminal Uniqueness *cont.*

that enabled me to be the most this or that, it was only a small step to becoming the only human being whose liver wasn't affected by alcohol or the one alcoholic who could drink just three beers a day.

It was after one of those short-lived "three beers a day" periods that I tried AA for the first time. Years of training enabled me to go to my first meeting and come away with my uniqueness intact. I was the non-smoker who didn't need group meetings; but most important, I could easily do without those meetings because of my unique intelligence. After all, if I would be glad to engage in a conversation (or argument) about the fundamental paradox of man's existential condition. Who needs to sit around and listen to people who think problems are solved by putting the plug in the jug and living one day at a time?

It worked, too. For eleven months, I didn't go to another meeting and didn't have a drop to drink. Then, my unique intelligence worked out this brilliant scheme: I could start drinking again; but this time, I would drink only three beers a day. (You will notice that I haven't discussed my unique memory.)

My last "three beers a day" stage lasted for a few weeks. In the one and a half years of drinking that followed, the glamour of establishing and maintaining uniqueness began to fade. Why was the greatest landscaper in the business going months at a time without work? How come such a congenial guy was spending so many hours alone in taverns that smelled like naphthalene and stale urine? For years, I could bound out of bed and get several hours of work done while the rest of the household slept. So why was I lying in bed with a body that seemed to be filled with lead shot and a head that must have been harboring cannons?

By the time I hit AA again, I wasn't as interested in being unique as I was in finding out about those bright-eyed, cheerful people who talked about putting the plug in the jug and living one day at a time.

Listening to those people, I came to see that I wasn't even a unique drunk. I drank more than some and less than others; a few were crazier and many more were saner than I; my bottom was neither the lowest nor the highest. After I became comfortable about being just another drunk in the accepting atmosphere of AA, I came to see that out in the workaday world, I am just another guy; and that this is not only okay, it is beautiful. A great burden was lifted when I became one of the fellowship of human beings.

As in several other things that have happened to me in AA, there is a paradox involved in this story. I now know with every fiber of my being that I *am* a unique individual. Except for a vague knowledge that I developed this awareness after getting into the program, I have no idea where it came from. (Well, there are rumors about a higher power.) The understanding of my individuality provides solace for me these days, but it is not the foundation for my growth.

For growth, I must look for those things I have in common with other people. Common faults give direction to change, and common strengths allow me to find out who I am.

I have learned this in AA, and for this I am grateful. I am also grateful that one newcomer gave my false search for individuality a little class by providing it with a name.

H. H.  
Lebanon, Oregon

Excerpts from Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It, are printed with permission of AAWS, Inc. Excerpts from The Grapevine, are printed with permission of the AA Grapevine Inc.

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

# Announcements, Reminders, Birthdays, etc.

## Seniors Seeking Serenity

Jeanne B.	12/17/77	31 years
Julia C.	12/4/80	28 years
Hal M.	12/19/04	4 years
Dale M.	12/9/06	2 years

## The Ladies Room

Sara B.	6 months
Alisha B.	1 year
Mary S.	3 years
Marie O.	3 years

## Seeking Serenity

Maria 90 days

## Cosmopolitan Group

Christine L. 12/4/94 14 years



## 4th Step Experience

Hosted by the High Noon Group

Sunday December 21, 2008  
1:30 - 3:15 p.m.

Desert Club  
4305 Mesa Grande Pl. SE

**Panel: Dave B., Robyn W., Don S.**

Discussion for 45 minutes, 15 minute break,  
Q & A etc.. for 45 minutes

(Munchies potluck - bring your favorite drinks or snacks)

For more info. call Patrick @ 315-1652 or Wally @ 410-4868

Committees are now being formed to make this year's Alkathon the best ever.

Please Central Office at 266-1900 and leave a message for Pat E. if you would like to lend a hand!

## District 11

is hosting the *Central Office Intergroup* Speaker Meeting

**Saturday December 13th**  
Potluck 6:00 - Speaker 7:30 pm  
Speaker: Skitch F.

at St. Timothy's  
(Copper and Jefferson)

Raffle to follow

raffle items needed: to donate call Central Office 266-1900

## Become a Faithful Fiver !!

Just pledge \$ 5.00 a month to the support of helping alcoholics who still suffer.

It's tax deductible and you'll get the *Pass It On* newsletter delivered to your door.



**Checks payable to: Albuquerque Central Office.** *Thanks for your support!*

The New Mexico Conference of Young People in A.A. Presents:  
A Nightmare Before Christmas Dance, Speaker Meeting,  
and Alcathon

Wednesday, December 24th

(Yes, that's Christmas Eve)

Beginning at 7:00 PM at the Desert Club

4305 Mesa Grande PL SE

5 Bones for the Dance (starts at 9, costumes are good)

50/50 Raffle Coffee Bar, Frightfully Delicious Goodies.

Marathon Meetings and Fellowship All Night Long! (til 5 a.m.)

For more information call Shawntel 505-203-6499 or Jason 773-610-7777

# 2009 Celebrate Sobriety

Albuquerque Intergroup

## New Year's Eve Alcathon

Dinner, Dance, Live Entertainment and Open Mic

Marathon Meetings

Wednesday December 31, 12 pm

until Thursday January 1, 12 pm

Monte Vista Christian Church 3501 Campus Blvd. NE

**Sign your group up now to sponsor a marathon meeting.**

Raffle tickets available for purchase. Volunteer opportunities available.

Call Central Office 266-1900

## Albuquerque Central Office Newsletter

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

Address Correction Requested

I would be happy to print just about anything in the *Pass It On*....(sources need to be verified.) The deadline for submissions is the 15th of the month. Remember, the *Pass It On* is distributed to groups on the second Sunday of every month at the intergroup meeting. So, if you want your information published, submit early!

Thanks! Sally G.,  
*Pass It On* editor

<h3>Pass It On Subscription Only \$7.00 Annually</h3>			<p>The Central Office of Albuquerque is open:</p> <p><i>Monday through Friday</i></p> <p style="text-align: center;"><b>8:00 am to 10:00 pm</b></p> <p><i>Saturday and Sunday</i></p> <p style="text-align: center;"><b>9:00 am to 9:00 pm</b></p> <p style="text-align: center;">• • • • •</p> <p>The Central Office is located two blocks north of Constitution and four blocks east of San Mateo.</p>
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This is a gift, Please sign my name on the card			
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