



Pass It On

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Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

Step 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition 12 (Short Form) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. **(Long Form)** And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

Concept 12 (Short Form) The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action. **(Long Form)** General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

If only I'd...

by Anonymous

As I was driving to my next call, I had just changed lanes, that's when I saw it. First just a speck, and then it arched over and headed for my car, my windshield, I was mesmerized watching it come at me with incredible speed and accuracy, and BAM, CRACK! It hit my windshield and put a big chip in it. "Why?" I asked myself, "why didn't I stay in the lane I was in. If only I'd stayed where I was, I wouldn't have this big crack in my windshield. I didn't have to change lanes, I didn't have to speed up. If only I'd, if only I'd, if...."

(continued on page 3)

FROM THE EDITOR'S DESK

Well, here's my 2nd to last issue of PIO as Editor. January will be my last issue, as I've come to the end of my 2nd 2-year term as Editor, and according to the by-laws (and the spirit of rotation) it's time to pass the torch on to someone else. Who it will be is a good question. Elections were held this month for half the steering committee positions, and I have yet to hear the results.

It's a difficult time of the year for many in recovery, especially early recovery. The time period from mid-November through early January is tough for many of us. Thanksgiving, Christmas and New Years bring pain, loneliness, temptation and for some relapse. This period precipitates more relapses than any other period during the year. Keeping this in mind, we need to be vigilant in our recovery. I personally go to more meetings and fellowship events than I usually do, and touch bases with my sponsor more often - even after years of recovery. Why take a chance? I've found that these feelings have lessened the longer I'm in sobriety, and that the holidays are gradually beginning to be enjoyable again. Thankfully, there are a lot of special AA events over the holidays to attend (see AA Events Calendar on page 6) to help me and others deal with the mixed bag of emotions the holidays always seem to bring.

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 - October 2015

Not Available at press time...

(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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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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If only I'd...

(continued from page 1)

Second guessing, re-thinking, and re-playing the past, we've all done it. Usually it's after something has happened that was a "mistake", misspoken word or taken a different way to something, pick someone up on the way to the ball game, or even to an AA meeting and the thing happens- a flat tire, a near missed accident, or even a fender bender. It happens and then I start playing the "what if" game. Then the blame game starts. Blame is a good way of getting out from under my responsibility. Blame the other guy, the road, the rain, or whatever happens to be available and reasonable enough that makes a good story and gets me out of the spot light and on to someone or something else. Whew! I'm not the fall guy this time.

But is it that easy? Is that real life? No, it's not. But what is it? Its called ego, pride, self-righteousness, justification, anything but real life. Like I said, everyone does it, so what makes it so wrong for me, an Alcoholic?

To find the answer, I went to the 11 step prayer. In this prayer, I found 8 pairing of negative to positive attitudes, feelings, ways of life. Look at how the writer of the prayer uses each pairing to give examples of what my attitude should be: Hatred/love, wrong/ the spirit of forgiveness, discord/harmony, error/truth, doubt/faith, despair/hope, shadows/light, sadness/joy. These are emotions that I will experience almost every day of my life. When I take a good look at them, what is it that I find comforting, or in most cases, what is it the makes me uncomfortable?

Let's be honest with each other. I'm human and I know all of these attitudes, as a matter of fact, most, if not all of these negative attitudes can be considered "Character Defects." and I have them on my own character defect list. What about the positive attitudes? Shouldn't they be on my list too? Yes but, I've lived on the negative side of the bottle for so long, that the positive side isn't as easy as it should be. If I ever listed the driving forces that drove me to the bottle, I could stop here and point out all those negatives and say "See, these would drive you to drink too." But I'm not made up of all negatives. I was 65 when I'd walked into the fellowship of AA, and that means I had a pretty long drinking career.

My old habits were worn long and deep into my soul.

After I joined A.A. and stopped drinking, I found myself kind of floating, not drinking, but not growing either. I wasn't floundering yet, but at the same time I was starting to get off that wonderful pink cloud. I had a sponsor, I was going to meetings, and I was doing all the A.A. stuff. What was I missing? It wasn't something I was missing, it is something I really didn't want to do.

When I first came through the doors of AA, I met my "real" family and friends and learned how to laugh, to cry and to pray with them. I had found a place that made me feel comfortable, a feeling of belonging, where I was centered and it was good. For the first time in my life I had a place where I belonged. I was home. After some time at home, I began to see "things" that were, to me, stupid. Someone's share sounded silly, or not on the subject, or they used language that wasn't pleasing to the soul. So, because AA has many different rooms, I tried changing rooms. I found out that geographic changes doesn't necessarily mean moving to a different town, county or state. It can be as simple as moving to different meetings. The problem stays, because the problem is me. Where I go, that's where I am.

After telling my sponsor I was going to pray/work through the 11th step prayer, and after putting it off, a year later I started my journey. I prayed that I would see how I could put these character traits into me. I am finding that after 50 years of drinking, white knuckling, doing it on my own, I've made a fine education of looking out for myself. Using the negative character defects to their most efficient behavior in protecting my ego. To undo them would take a lot of effort and help from my Higher Power.

As I am working through these behaviors, I find that as one is in-place that the next doesn't seem so hard, but the old bent still is alive and well inside of me. As in the big book, my past is something that I can look back on and learn from, not be ashamed of. I still shutter, when my old enemy, my memory, will pull up a time when my drinking was still in control, to show me just how bad it was. So, now I don't have to say "If I'd only..." I can say, "I hope I can make an amends." I am amazed because I'm only half way there.

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.

AA Member Speaks

by Elizabeth E.

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

December question of the month, "What suggestions do you have for staying sober through the holidays that has worked for you?"

Anonymous: Staying close to A.A. members who have gone through the holidays sober was helpful. When I went to a party, work or family related, I made sure I parked where I wouldn't be block in if (when) I became uncomfortable. When asked if I would like a drink, I said, "Sure I'll have a soda." Extra meetings and frequent talks with my sponsor was extremely helpful.

Deborah: Since my sobriety is my number one priority, I keep it simple around the holidays. I remember that nothing needs to be perfect, I try new Christmas Traditions, and I stop stressing myself out. If going to a holiday dinner or party, I order club soda with a lime if alcohol is present. I always have an exit plan. I have also not gone to holiday functions if I felt my sobriety would be at risk. I also HALT-I try not to get too Hungry, Angry, Lonely, or Tired.

Olivia: I focus on getting out of myself during the Holidays so that I don't get paralyzed by past unpleasant memories and fears of not being on point and forgetting those that I need to at this time of year. I make lots of meetings, look at the members in attendance and make certain that I talk to any that are new or appear shaky. I'm not the only one that has had troubles this time of year. I have found that if I really let my Higher Power guide me and get out of my head, the holidays are a delightful time of year.

January question of the month, "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?" Keep it under 75 words for the feature and under 200 words for

an article on this topic. Deadline for submission is 1/15. Please email response to Elizabeth E at memberatlarge@albuquerqueaa.org

Are you a Big Book* Whiz?

Try this!

by Elizabeth E.

1. We avoid hysterical ___ or ___. 70:0:2
2. Before we begin, we ask God to direct our ___, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. 86:2:3
3. Our ___-life will be placed on a much higher plane when our ___ is cleared of wrong motives. 86:2:5
4. Can it be appreciated that he has been a victim of crooked ___, directly caused by the action of alcohol on his brain? 140:1:6
5. His ways of ___ and ___ are habits of years. 118:2:4
6. Nevertheless, we find that our ___ will, as time passes, be more and more on the plane of ___. 87:0:4
7. I was to test my ___ by the new God-consciousness within. 13:4:1
8. Being convinced that ___, manifested in various ways, was what had defeated us, we considered its common manifestations. 64:2:4
9. We cast off the ___ of the past and the ___ of the future, as we begin to live in the present, one day at a time. 559:2:2
10. I now have an extended family that is international in scope, all the members of which are joined by bonds of shared ___ and ___. 368:1:11

SOBRIETY BIRTHDAYS

COSMOPOLITAN November: Joseph 30 days; Alicia 60 days; Melissa 90 days

ISLETA October: Jessica 6 months; Robert 18 months; Ralph 7 years; Fidel 14 years

PROMISES.November: Carol H. 30 days; Jerry D. 22 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.

THIS PRECIOUS GIFT

by Rick R.

They say four billion years ago life showed its face
on earth.

They knew not then, that man would be, the prod-
uct of that birth

Then grapes appeared upon the vine, eight thou-
sand years just past.

Their juice, when crushed, seemed harmless, when
enjoyed with repast.

But like most things that seem so fine, and too good
to be true,

a darker side revealed the lure that many came to
rue.

When smitten by this patient foe the bearers have
no shield,
and when the choice is yea or nay, the stricken al-
ways yield.

So shameful was this malady, a moral thing they
said.

Their families kept their secret safe, long after they
were dead.

Centuries have come and gone, since first it got its
grip,
and one in ten would pay the price, when venturing
one sip.

Then God saw fit to intervene and offer up a choice,
and Bill and Bob were listening, and heard his loving
voice.

How fortunate we are today, to be among the first,
to have been chosen, at this time, to quell that dead-
ly thirst.

The wisdom of eight thousand years is laid there at
our feet.

How blessed to have it waiting, when I stumbled in
defeat.

When pondering the suffering crossed, that vast ex-
panse of time,

I would not waste one moment of, His precious gift
sublime.

The Serenity Prayer

(full original version)

GOD, grant me the serenity
to accept the things
I cannot change,

Courage to change the
things I can, and the
wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardship as the
pathway to peace.

Taking, as He did, this
sinful world as it is,
not as I would have it.

Trusting that He will make
all things right if I
surrender to His Will;

That I may be reasonably happy
in this life, and supremely
happy with Him forever in
the next.

Amen

- The full text of the original "Serenity Prayer" written by Reinhold
Niebuhr (1892-1971)

AA EVENTS CALENDAR THIS MONTH

Sunday December 14 - Annual Holiday Potluck Dinner and Candle Light Gratitude Meeting Dinner 6pm, Speaker 7pm. Sponsored by the Serenity Group. St. Michael & All Angels Church, 601 Montano NW, Albuquerque

Friday December 18 - Holiday Potluck Potluck 6:30pm, Meeting 7pm. Sponsored by the Westside Group. Our Savior Lutheran Church, 4301 Atrisco NW, Albuquerque

Thursday December 31 - Friday January 1 - Central Office Alcothon Noon-noon. Meetings every 90 minutes around the clock. Heights Club, 8520 Marble NE, Albuquerque

Thursday December 31 - Friday January 1 - Isleta's Annual 24-hour Alkathon Potluck 6pm, Speaker 7:30pm, Dance 9pm-12:0am

Thursday December 31 - Friday January 1 - New Year's Eve Potluck, Speaker & Dance Potluck 7pm, Speaker 8pm, Dance 9pm-1am. DJ Steve R, No Cover, Donations Appreciated. 50/50 raffle. Sponsored by the Last Call Group. Desert Club, 4305 Mesa Grande SE, Albuquerque

FUTURE EVENTS

Saturday January 9 - The AA Waltz 1:30-3:30pm. Central Office fundraiser: Bake Sale and Speaker Meeting. Monte Vista Christian Church 3501 Campus NE, Albuquerque

Saturday January 16 - 2nd Annual Area 46 YPAA Three Legacies Workshop 8am-noon. Potluck Breakfast, workshop on Service, Unity and Recovery. Nativity Church, 9502 4th NW, Albuquerque

Saturday January 23 - DCM & Trusted Servant Orientation and Area Planning Meeting 9am-noon. Hosted by Area 46. Area planning meeting will follow orientation. Shepherd of the Vally Presbyterian, 1801 Montano NW, Albuquerque

Saturday January 30 - The Heartbeat of AA The Home Group Sharing Session 9-10:30am. Topic Prsentations and Q & A. Sponsored by the In The Book Group. Rio Rancho United Methodist Church 1652 Abrazo NE, Rio Rancho

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.



What Is An A.A. Home Group?

The following excerpt is from the A.A. Pamphlet, *The A.A. Group...Where It all Begins*, under the title *The A.A. Home Group* beginning on page 15. A copy of this pamphlet can be purchased at our Central Office or downloaded on line through the A.A. website, aa.org.

Traditionally, most A.A. members through the years have found it important to belong to one group which they call their "Home Group." This is the group where they accept service responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the "Home Group" has still remained the strongest bond between the A.A. member and the Fellowship.

With membership comes the right to vote upon issues that might affect the group and might also affect A.A. as a whole—a process that forms the very cornerstone of A.A.'s service structure. As with all group-conscience matters, each A.A. member has one vote; and this, ideally, is voiced through the home group.

Over the years, the very essence of A.A. strength has remained with our home group, which, for many members, becomes our extended family. Once isolated by our drinking, we find in the home group a solid, continuing support system, friends and, very often, a sponsor. We also learn firsthand, through the group's workings, how to place "principles before personalities" in the interest of carrying the A.A. message.

Talking about her own group, a member says: "Part of my commitment is to show up at my home group meetings, greet newcomers at the door, and be available to them— not only for them but for me. My fellow group members are the people who know me, listen to me, and steer me straight when I am off in left field. They give me their experience, strength and A.A. love, enabling me to 'pass it on' to the alcoholic who still suffers." From the Pamphlet, "Pages 15 and 16.

My sobriety has been enhanced by joining a group and becoming a committed servant of the group. It is important that I show up at every meeting and participate by helping with the chores of the group and attending the group conscience meeting. Alcoholism was an inconvenience that robbed me of life, but my home group is a safe haven, a place where I can give back in gratitude for the life I have today.

-Anonymous-

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But any of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1. Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2. Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3. Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.

5. Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6. If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy. Don't think you have to stay late. Plan in advance an "important date"

you have to keep.

7. Worship in your own way.

8. Don't sit around brooding.

9. Catch up on those books, museums, walks, and letters.

10. Don't start now getting worked up about all those holiday temptations. Remember— "one day at a time."

11. Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12. "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

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