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Pass It On

Albuquerque AA Intergroup Central Office Newsletter
Albuquerqueaa.org
505.266.1900

Upcoming Events

- ◆ East Mountain Fourth of July Picnic and **Central Office Fundraiser**, Monday, July 4th, noon until ? (See Albuquerqueaa.org for flyer)
- ◆ **Fourth of July Picnic: Alvarado Park**, 11:00 to 2:00 pm. Sponsored by the Dry Nooners and Weekday Warriors (See Albuquerqueaa.org for more info)
- ◆ **August 6-7: Area 46 Assembly**. Hybrid assembly (both Zoom and in-person) at the Raymond S. Sarracino Middle School, Socorro. (See Albuquerqueaa.org for more info)
- ◆ **District 11 Traditions Conference**, Sat, Oct 29, 2022, at St. Michael and All Angels Church. (See Albuquerqueaa.org for more info)

What My Sobriety Means to Me

My recovery means everything to me. It is the core of my social network and the source of my inspiration. It keeps my feet moving one step at a time and it gives me a place to connect with others on this amazing journey called life. I am inspired by my fellows and held by them in my darkest hours. I have found a way to love and be loved by people I hardly know and I have been shown how to take this out into all of my affairs. Recovery has taught me I don't always need to be right, that it is ok to be wrong, and how to clean it up when I am wrong. People have taken time out of their busy lives to walk me through the steps and share what the journey has been like for them and how they have gotten over the humps and through the fog when things were uncertain and obstacles seemed unsurmountable. I have been shown how to have a relationship with something greater than myself that loves and cares for me as well as everyone else. My fellows have shown me how to not play God in the lives of others and to honor each journey as unique, worthwhile, and hopeful including my own.

I came into the rooms to get my feet under me and then planned to go back out and drink and use with a better understanding of myself but since going through the steps I have not wanted to leave. Working the steps has shown me the powerlessness of my situation and the powerfulness of a Higher Power and the Fellowship. I have learned to say yes to life and to be grateful, how to want what I have rather than to focus on having what I want. I have become content and gentler with myself and others. Recovery is so much more than I ever dreamed it could be when I walked into the rooms. I have finally found my tribe and it is my hope today that I will be part of this tribe until my very last breath as I have seen others do before me. May I never forget how blessed I am to be a part of the AA fellowship!

Gari B.

Ed - I thought we would start with a series called "What My Sobriety Means to Me." Email your submissions (300 words) to passiton@albuquerqueaa.org. Pass It On reserves the right to edit submissions for clarity, civility and accuracy.



From the Editor...

I am delighted to be part of the Pass It On newsletter for the Albuquerque AA Intergroup Central Office. This is something I have long wanted to be part of and now it's a reality. I will endeavor to include published stories from alcoholics, birthdays, local submissions and in general, tidbits from various sources. I welcome your input which can be submitted to passiton@albuquerqueaa.org. By input I mean, suggestions, feedback, stories (no more than 300 words) and of course, your criticism. I feel I should provide a short background of myself; I grew up on Air Force bases, have a degree in Professional Writing (B.A. English), spent ten years working as a technical writer and I have been sober almost 22 years. Please remember this is only a newsletter for one part of the AA community, not a criticism of the Magna Carta. In other words, to the critics out there, Easy Does It. I no doubt will make mistakes and I hope to learn from those mistakes.

Steven G.

What Does "Drop the Rock" Mean & How Does It Keep You Sober?

Drop the Rock is a story about a group of Twelve Step members who set sail on a ship named Recovery, sailing across the Sea of Life toward the Island of Serenity. As the story is told, soon after the boat pulls away from the dock, its passengers realize some of their friends from AA are missing.

Sure enough, their friend Mary comes running down the street and onto the dock, racing toward the boat. The people on board cheer her on. "You can do it!" they shout. Mary dives into the water and swims for the boat as fast as she can. But as she nears the boat, she slows and struggles to stay afloat. Everyone on board can see why: a heavy rock is hanging from a snarl of strings around Mary's neck. "Drop the rock!" they all shout. "Let go! Drop the rock!"

Treading water, Mary looks down at the rock. It contains all her fears, resentments, self-pity, anger and other character defects, and they're weighing her down. She also realizes that if she doesn't let go, she will likely drown. She tears off the strings, pulls the rock away from her body, and lets it sink into the ocean. Freed of the dead weight, Mary swims the rest of the way toward the boat. And she climbs aboard, exhausted but safe in the good company of friends who are on the same journey as her.

How Can You Let Go of Resentment, Fear and Other Character Defects?

Character defects like resentment, fear, anger and self-pity will weigh us down in recovery. Much like the rock that Mary carried, we have to let go of these shortcomings to stay happy, healthy and focused on our program.

Sometimes we might experience these emotions in small doses and as ordinary reactions to life challenges. And that's okay. But when we carry these emotions around with us for longer than necessary, or when they become habit, we gamble with our sobriety.

A big part of AA and Twelve Step recovery is learning to recognize and let go of the character defects, shortcomings and attitudes that would otherwise sink us. And when we learn to finally drop those "rocks," we can become who we want to be, and our acts of humility, willingness and courage will have a healing ripple effect on one another. And that's where the Steps come in: Step 6, Step 7 and Step 10 are designed to help you manage your shortcomings with grace and humility.

(from the Hazelden Betty Ford Foundation) I included this piece because lately I have heard people discuss this book before meetings and thought maybe there were others who were curious about this book - Editor.

On His Way

(From Experience, Strength and Hope—Stories from the first three editions of Alcoholics Anonymous)

In early youth I believe I had some of the tendencies which lead to alcoholism. I refer to attempted escapes from reality.

At fifteen and sixteen, although free at to drink small amounts of beer and wine, I drank considerable quantities of stronger liquors at school and other places. Not enough to cause serious worry, but enough apparently to give me occasionally what I thought I wanted. Escape? A feeling of superiority? I do not know.

I then decided I'd had enough of school, which decision was probably shared by the schools. The next few years were spent in civil engineering work travel, sports, and a little idleness, and I seem to have avoided alcoholic difficulties of the more pronounced kind.

Immediately before marriage and in the short time before sailing for France, alcohol began to take a real part in my life. A year and a half in war time France postponed the inevitable and the post war period of hope and plans brought me nearer and nearer to the point where I eventually found myself to be an alcoholic. Not that I would have admitted it then, having the alcoholic's usual facility for deception, both to self and others.

Divorced, sometimes suspecting that drinking the basis for most of my troubles but never admitting it, I had enough left in health, interests of various kinds, and luck to carry on with considerable success.

About this time I stopped all social drinking. I became a periodic drunkard, the sprees lasting from three days to three weeks and dry intervals lasting from three weeks to four months.

During one of the best years, I made a happy marriage and the age of thirty-five found me with the following: a beautiful little home presided over by a kind, understanding, and lovely wife; a partnership in a firm I had helped to found years before; more than a comfortable income; many luxuries and many friends; opportunity to follow my interests and hobbies; a love of my work; pride in my success; great health; optimism; and hope on the credit side. On the other hand, I had a growing, gnawing fear of my recurring trouble.

I slipped by far too easy stages to the bottom in less than eight years. Not a pleasant place, the bottom. Sometimes I slept in a cheap hotel or rooming house, police station and once in a doorway; many time in the alcoholic ward

at a hospital, and once in a subway toilet. Sometimes decently fed, clothed, and housed, I worked at my business on commission with a large firm; sometime I dared not appear there cold, hungry with torn clothes, shaking body and muddled brain advertising what I had become. Helpless, hopeless, bitter.

Sometimes I was apparently on the way back, and sometimes writhing in bed for days at a time, terrorized by the fear of insanity and by the specters of people without faces, people with horrible faces, people grimacing and laughing at me and my misery. Tortured by dreams from which I would awake with a scream of agony and bathed in cold sweat. Tortured by daydreams of what might have been, dreams of the kindness, faith and love that had been heaped upon me.

Due to this last however, and to what little remained of my former self and perhaps to some lingering power of spiritual faith, I became somewhat better. Not well, but better.

This helped me to talk stock and to try to do some clear thinking. I found my inventory somewhat mixed, but as my thoughts became clearer, I grew much better and at last arrived at the point where for the first time in several years I could see some light and hope ahead of me. Through a haze of doubt and skepticism I began to realize, partly at least, many things in myself which had greased the path I had pursued, and some vague thoughts and ideas came to me that are now crystallizing with the help of the men I have been happy to join.

What thoughts and ideas? The answer is short, although the road to it is long and tedious.

My intelligence, instead of drawing me further away from spiritual faith, is bringing me closer to it. I no longer react in quite the same way when my will and desires are apparently frustrated.

The simple words "Thy Will Be Done" and the simple ideas of honesty and of helping others are taking on a new meaning for me. I should not be surprised to find myself coming to the astounding conclusion that God, whoever or whatever He may be, is eminently more capable of running this universe than I am. At last I believe I am on my way.

Recommended Movies About Alcoholics:

Bill W. (2012) - (not to be confused with the TV Movie, My Name is Bill W., 1989) - Interviews, re-creations and rare archival material reveal how Bill Wilson, a hopeless drunk near death from his alcoholism, found a way out of his own addiction and then forged a path for countless others to follow... (Available on Prime Video)

Days of Wine and Roses (1962) - starring Jack Lemon and Lee Remick. An alcoholic marries a young woman and systematically addicts her to booze so that they can share his "passion" together.

The Lost Weekend (1945) - starring Ray Mil-land and Jane Wyman. The desperate life of a chronic alcoholic is followed through a four-day drinking bout.

Dr. Bob

On the desk of Dr. Bob in Akron, he kept a plaque that defined humility: HUMILITY "Perpetual Quietness of Heart"

"Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

Financial Snapshot of Central Office

	May 2022	(YTD) (Jan-May)
Revenue		
Contributions	5,553.31	23,577.57
Other Income from AA sources		900.00
Interest - Nusenda Savings Acct	1.92	20.09
Sales of Inventory	3,018.93	14,669.46
Total Revenue	\$8,574.16	\$39,167.12
Cost of Goods Sold	\$2,110.40	\$10,005.60
GROSS PROFIT	\$6,463.76	\$29,161.52
Expenditures		
Business Expenses	323.93	1,045.95
Office Expenses	1,010.40	6,083.55
Special Events Expense	586.91	586.91
Payroll Expenses	4,582.66	22,215.73
Purchases		1,382.15
Total Expenditures	\$6,503.90	\$31,314.29
NET OPERATING REVENUE	\$ -40.14	\$ -2,152.77
NET REVENUE	\$ -40.14	\$ -2,152.77