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Pass It On

Albuquerque AA Intergroup Central Office Newsletter

<https://www.albuquerqueaa.org/>

505.266.1900

AA News

- ◆ **The 2022 Intergroup Steering Committee Elections are in December. There are seven (7) positions open:** Chair, Treasurer, Intergroup Liaison, Community Outreach Chair, Accessibilities Chair, Newsletter Editor, and Media Librarian. If you or someone you know are interested in one of the open positions, please contact Central Office or let the Nominating Committee know at abqaacentraloffice@gmail.com
- ◆ Please welcome **Debra Kraus** as our new Intergroup Central Office **Alternate Coordinator**. Debra comes to us with much experience and will be a great asset to our team!
- ◆ Here is the email address for submissions, feedback, etc. for the Pass It On. abqpassiton@gmail.com
- ◆ **Central Office Intergroup meetings** are always on the second Sunday of every month on Zoom at 2 p.m.
- ◆ **October 15: District 18 Fall Workshop on Sponsorship.** This workshop is cohosted by the Winners Circle and the Beginners Group. See Albuquerqueaa.org for link to flyer.
- ◆ **October 22: Red Road Convention Spaghetti Fundraiser Speaker Meeting.** See flyer for details.
- ◆ **October 29: 32nd Annual District 11 Traditions Conference.** This is a hybrid event. See flyer for details.

What my Sobriety Means to Me

Getting sober was like waking up and realizing that our planet was the same, but I was in a different world. My senses steadily improved in the weeks and months after I quit drinking - I felt better, I could hear better, and my awareness of nature and people was heightened. And that was just the beginning. I soon found myself on that pink cloud that you hear about in AA and I, with help from several AAs, used that newcomer energy to start working the program. I wanted what these other people had; I wanted serenity, peace of mind, and better control over my fears and emotions.

Most of all I was glad I didn't have to drink anymore. For the first time in my life, I hung out with people that did not drink and it was *okay* not to drink. I had wanted to stop drinking for a long time but didn't know how to do it. For starters, how was I going to continue all my relations when everyone I knew drank and did drugs? That kept me drinking for a long time when if I had been honest with myself, knew many of my relationships were not exactly what you would call true friendship. But what did that matter - I was just interested in partying whenever possible and getting by. Long term goals and any kind of spirituality was absent in my life. I remember at one point, I thought I would probably drink until I died - which is more or less what happened to my father at age 62.

I was fortunate in that a man of several years' sobriety talked to me at a meeting when I was just a few months sober. He asked me if I had a sponsor and I told him no. He said he would be my sponsor and I said sure. We started working the steps soon after and I completed them in about a year. I must say, the attraction to Alcoholics Anonymous for me was not the Big Book, not the readings, and not the Twelve Steps; it was that I wanted what my sponsor had. I wanted long term sobriety; I wanted to be able to help others get sober and stay sober; and I wanted to finally be a member of the human race.

Alcoholics Anonymous has been nothing short of a godsend. The program and its inhabitants have shown me a "design for living" that provides direction for one who was rudderless for so many years. And it has led to an understanding of how the worst part of my life led to, understandably, the best part of my life.
Steven G.

"The purpose of this newsletter is to offer information that may further readers' understanding of the medical, legal and social aspects of alcoholism; the severity and international scope of the illness; and the worldwide efforts being made to combat it. Publication here does not imply endorsement or affiliation. AA does not conduct or participate in research, nor does it hold any opinion on research conducted by others."



From the Editor...

Greetings! Next year I plan to run personal stories as they relate to the step of the month. For example, in January (Step One), stories that show how our lives were changed by admitting we were powerless over alcohol and our lives had become unmanageable. This step is crucial not only as a show of willingness to work the steps, but also an acceptance that possibly, just maybe, there is a power greater than ourselves. Please think about how Step One has changed your life and write a short piece (two paragraphs) about it. Email it to abqpassiton@gmail.com. I think this should be a worthwhile project.

Steven G.

Til Death Do Us Part

In a candlelit room, peering into a crystal ball, a fortune teller delivered devastating news to a woman who had come seeking answers about her alcoholic husband. "There's no easy way to tell you this, so I'll just be blunt," said the fortune teller.

"Prepare yourself to be a widow.

Within a year your husband will die a sudden, unfortunate death." Visibly shaken, the woman stared at the fortune teller's face, then at the crystal ball, then at the flickering candle, and finally down at her own hands. She took a few deep breaths to compose herself and to stop her mind from racing. She simply had to know. She looked up at the fortune teller's eyes, steadied her voice, and asked, "Will I be acquitted?"

Paul C. Oceanside, Calif

Letter from the Chair

What is the Albuquerque Central Office and Intergroup?

Part Three

The Central Office is overseen by a Steering Committee composed of 12 individuals elected by the AA Group Intergroup Representatives. The Albuquerque Central Office is a registered non-profit organization with bylaws that govern its functions.

Central Office of Albuquerque, Inc. By-Laws The primary governing body and final authority of and for the Central Office shall be the Intergroup, a meeting of Representatives (sometimes referred to as the "Intergroup Reps") from member Alcoholics Anonymous groups listed with the Central Office.

When a Group in District 3, 11, 12, 13 or 18 appoints an Intergroup Rep and that Rep attends Intergroup meetings, they are helping us all by ensuring the Central Office runs efficiently and passes on the message of AA to as many as possible. We are doing together what no one group could do alone.

If your group does not have a designated Intergroup Representative, please elect one at your next group conscience meeting. Be aware that an individual can wear more than one hat, for instance, your GSR could also be your Intergroup Rep, just okay it within your group conscience.

The Intergroup Committee meeting is held the 2nd Sunday of every month usually at 2PM. Your Rep should notify the Intergroup Secretary at secretary@albuquerqueaa.org to get on the mailing list and be recorded as a voting member.

As I have mentioned, **the Central Office has a website, albuquerqueaa.org**. Not only is this useful for those first contacting AA, it is used by local members to find meetings on our meeting guide. Any group within our area can contact the Central Office and get their meeting listed. There are currently (June, 2022) 185 groups and 475 meetings listed. It has several sorting abilities and is an invaluable tool for all of us. We also have a printed meeting list which is usually updated every three months and sells for 25 cents. The website is also where members can find out about events that are being sponsored by groups in our area.

The Central Office sells all literature approved by the General Service Board of Alcoholics Anonymous, including publications produced by The Grapevine. We also sell sobriety chips, meeting materials (e.g., wall charts of the Twelve Steps and the Twelve Traditions), and much more. We accept checks, credit cards, and cash. There are two things to remember about what we sell. One, you probably cannot find them cheaper anywhere. And two, when you buy from the Central Office, it is helping to maintain the existence of the office.

Running the Central Office takes revenue and we receive that from contributions (about 65%) and sales (35% minus the cost of sales). The contributions come primarily from our local groups, from individual members and sponsored events.

AA is self-supporting through its own contributions.

Martin W. Intergroup Steering Committee Chair, Keep On Keepin' On

Teacher of the Year (From October 2021 Grapevine)

I am a first generation college graduate. My mother did not complete high school and when she worked, she cleaned houses and watched other people's children. When I was growing up, I dreamed of becoming a college graduate with a career in education. But after I finished college and became a young teacher, I just felt like a fraud. I had a habit of comparing how I felt inside with how my colleagues looked on the outside. My fear told me that I didn't have the intelligence or sophistication to be a professional woman.

My anxiety was fueled by alcoholism. I would arrive to work trembling with fear and by the start of the school day, I'd usually have sweat through my blouse. I would buy a soda from a vending machine, pour the soda out in a water fountain and then fill the empty bottle with the alcohol I kept stashed in my car.

I looked at my female colleagues and wondered how they all did it. How did other women do it all, both family and career, without drinking? I did not understand. But I never reached out to other women for support. Instead I kept my distance, feeling less-than and terrified of being found out.

I wanted to be a good teacher, but my drinking left me disorganized and unreliable. I missed days and lost papers. Instead of using my planning periods to plan lessons, I would pass time on my cell phone. My students were undisciplined because I had no self-discipline.

Word of my erratic behavior spread and soon administrators were sitting in my classroom observing and documenting my ineptitude. Deep inside I knew I was failing, but I couldn't handle any criticism and was defensive when others tried to help me. I was truly an ego-maniac with an inferiority complex.

Eventually, I landed in rehab. I wanted to keep my alcoholism a secret, but when a person misses 28 days of work, people know what's up. I was humiliated by my time in rehab, but also relieved. I was finally doing something about my disease, and the "four horseman" ceased their nightly visits to me. A psychologist there told me that due to my struggles with anxiety and addiction, I probably wouldn't be able to work *and* be a good mother; the stress would likely be too much for me. However my family needed my salary. How would I manage? I didn't realize at the time that I could manage just fine, but I couldn't do it alone.

After rehab I started attending AA meetings, where I met my sponsor. She was a local businesswoman and a mother. In the years that we have worked together, she has taught me so much about how to be a sober woman

with dignity, balancing the demands of family, work and recovery. She advised me to say the Third Step Prayer every morning, meditating specifically on the line, "Relieve me of the bondage of self." That made sense to me. As it says in our Big Book, "Selfishness—self-centeredness! That, we think, is the root of our troubles."

My sponsor taught me to use the principles of this program at work. Slogans like, "Easy does it but do it," and "First things first," and "Do the next right thing," have helped me prioritize and focus my efforts. Yet I was so worried about the judgements of others that I couldn't focus on being a good teacher. I'll never forget hearing a speaker in my AA meeting say something that really helped me: "It's real simple folks. Go to work, stay at work, work at work."

Sometimes I would leave a faculty meeting so fraught with anxiety that I would have to call my sponsor. She'd listen patiently and give me suggestions for appropriate responses to my dilemmas. She also taught me how to speak up for myself at my job. That was something I had to work on to change. In my 14 years of sobriety, I've learned to regard work with the same service mentality that I bring to AA. I'm so grateful for sobriety and the many gifts it has made possible for my life, including a meaningful career.

When I disappeared that day to go into rehab, I was on the verge of losing my job. Now eight years into sobriety, I became "Teacher of the Year" for my state. Just like in AA, when I teach I suit up, show up and give the results to God. And I experience miracles.

Best of all, I now get to sponsor young women who are navigating their own careers in sobriety. Together, one day at a time, we are becoming the women God intends us to be.

Rhonda B.

North East, Md.

A Matter of Perspective?

An organization once offered a bounty of five thousand dollars apiece for wolves that were captured alive. Enticed by the idea of such money, Sam and Jed eagerly set out through the forests and into the mountains in search of the animals that could secure their fortune. They fell asleep under the stars one night, exhausted after days of enthusiastic hunting. Sam awoke in the middle of the night and saw about fifty wolves surrounding him and Jed—hungry wolves, baring their teeth, with their eyes glistening at the thought of easy human prey. Realizing what was going on, Sam nudged his friend and said eagerly, "Jed, wake up! We're rich!"

Albuquerque Central Office Treasurer's Report - Narrative

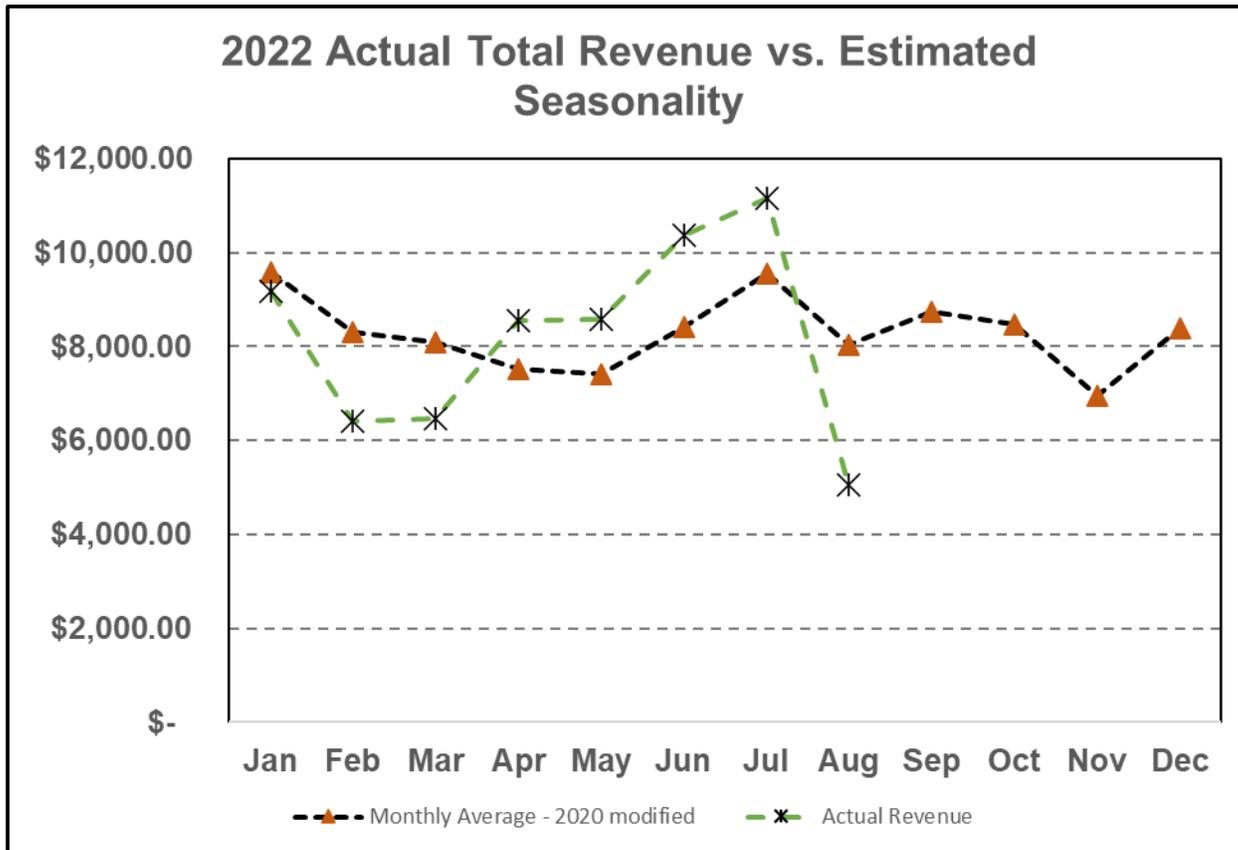
August 2022

Financials

Total income = \$5656.93. Expenses were \$7,639.46, resulting in a negative margin of <\$1,982.53>. Our year-to-date margin is now a positive \$1,142.85.

Expenses this month were unremarkable, perhaps a bit on the low side.

The graph below shows how dramatic the month-to-month variability in income can be! So far this year, we have done well – note the four months above seasonality that we experienced in April-July. July was our best month so far this year. August will, with good luck, be our worst month. Yet we still show a positive margin Year-to-date.



Some other figures from the Year-to-date financials:

- \$27,009.69 (41%) of our income was from Group contributions
- \$22,553.38 (34%) from Inventory sales
- \$9,376.18 (14%) from individual members
- \$6,486.27 (10%) from special events and fund-raising initiatives
- \$926.90 (1%) from miscellaneous sources.

Heard at an AA meeting: There are no victims, only volunteers!!

Think again

Before I stopped drinking with the help of AA, I used to tell myself I should quit. But I wasn't about to listen to a drunk who talks to himself.

Andy M., Buffalo, Minn.