



# The Communicator

JUNE | 2016

Green Bay Area 74 District 01  
newsletter@greenbayaa.org  
www.greenbayaa.org  
HOTLINE - 920-432-2600

*"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."*

30th Anniversary Alcoholics Anonymous International Convention-Toronto, Canada (July 1965)

## **"DEFECTS, WHAT DEFECTS?"**

*Step Six doesn't make us into robots. It helps us get the willingness to change*

I remember walking into an AA meeting at the Tri-County center almost two years ago. I told myself, I'm not like these people. I don't have a problem. I was scared and mentally and physically drained after having just been released from a detox. I quietly made my way into the meeting room.

What I now know to be the Twelve Steps were hanging near the chair where I sat. I read them and thought to myself that I had at least worked eight of the Steps already. I assumed that the others would not be that hard. I knew I could easily knock them out in a few days, if I tried hard. I thought there would be a few Steps I could avoid or disregard. I read Step Six: "Were entirely ready to have God remove all these defects of character."

What defects? I thought. I am perfect and could not possibly have any defects. Even if I did have flaws, to remove them all would make me boring and no fun to be around. I didn't realize that no one wanted to be around me anyway because my drinking had caused so much pain for others. My behavior caused my phone calls to go unanswered. Doors were never opened when I knocked. Life had become unbearable, not just for me, but for those I considered my friends. My defects had become my assets. Manipulation, lying and deception were just the top three picks on my long list of defects.

After completing my Fifth Step with my sponsor, I was instructed to make a list of my defects. I was told to arrange them in order from most used to those less frequently used. Until then, I hadn't realized that I had been using these defects against myself as well. I manipulated my thoughts to fit any circumstance in order to deceive my own brain. I lied to myself about what I thought was right.

**STEP SIX: *Were entirely ready to have God remove all these defects of character.***

I came to many realizations through working the Steps. For example, Step Six is not about making me into a robot. I don't have to do everything right. I just have to change my thinking and allow myself to ask my Higher Power to guide me through the day. I want this Higher Power to allow me to make the right decisions.

The smallest of tasks, I now found, those which used to puzzle me, could be done with ease if I just asked. Step Six is not about making a blood sacrifice or announcing my defects over the mall intercom, but quietly and in a most sincere way, asking for help. I must be submissive in asking for change, rather than being a dominant, overbearing narcissist trying to control every thought and action.

When faced with obstacles that seem to baffle me, I ask for help, and those defects of character will soon be diminished—if I'm willing. Here's a prayer that helps me: "God, thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your grace, Lord, and make me willing to have these objectionable characteristics, defects and shortcomings removed." —Anonymous

Stories reprinted with permission from AA Grapevine: The International Journal of Alcoholics Anonymous [www.aagrapevine.org](http://www.aagrapevine.org)

***"HEY YOU! YES, YOU... and YOU TOO."***

**GREEN BAY AREA CENTRAL OFFICE VOLUNTEERS NEEDED**

**CONTACT FOR DETAILS**  
Eric S. 920-785-4096 (call/txt)

**Typical Shifts:**  
Mon-Fri: 10:00 am - 1:30 pm or 1:30 pm - 5:00 pm  
Saturday: 10:00 am - 2:00 pm

1270 Main St. #102  
Green Bay, WI 54302

## CENTRAL OFFICE CELEBRATION PICNIC

JUNE 5, 2016

11:30-3:30 PM

Joannes Park

205 South Baird St

Green Bay, WI 54301

Families and children are welcome

Hot dogs, chips, cookies, and beverages provided

Please bring a dish to pass

Music, water balloon toss, and other games.

Josiah P. 920-264-2107 / Tracy R. 920-562-5383

## 218 CLUB OPEN SPEAKER EVENT - DEREK T.\*

FRIDAY, JUNE 10, 2016

7:30 PM Fellowship & Snacks

8:00 PM Derek T. of Paradise, MI

Stick around for delicious desserts following the speaker!

218 Club

218 South Oneida St

Green Bay, WI 54303

## DISTRICT 20 WORKSHOP\*

SATURDAY, JUNE 18, 2016

AA Workshop by Members and for Members on Giving Back Through Sponsorship

Join us for an afternoon of food, fun, and sharing

11:00-5:30 PM

St. Therese Catholic Church

8137 M-77

Germfask, MI 49836

Dean: 630-824-7516

## SEYMOUR INTERGROUP\*

SATURDAY, JUNE 25, 2016

Doors open 4:30 PM & Dinner 6:00 PM

Meeting -7:15 PM

AA Speaker & Al-Anon Speakers

Emmanuel Lutheran Church

349 North Main St

Seymour, WI 54165

Hot sandwiches provided

Please bring a side dish to share

## 20TH ANNUAL "KEEP IT SIMPLE"

### AA & AL-ANON RETREAT\*

JULY 21-24, 2016

Washington Island Campground

745 East Side Rd

Washington, WI 54246

Registration forms online and at The Bridge or 218 Club

## 218 CLUB STEERING COMMITTEE MEETING

THURSDAY, JUNE 16, 2016

7:00 PM

Committee meetings are held monthly to review what is happening with meetings held at the 218 Club

AA members who attend meetings at the 218 are welcome

218 Club

218 South Oneida St

Green Bay, WI 54301

## 218 SUMMER PICNIC\*

SATURDAY AUGUST 20, 2016

Hamburgers and Brats will be served - Bring a dish to pass

Activities and games for all ages !!!

Murphy Park Pavillion

11:00 - 4:00 PM

1627 Dousman Street

Green Bay, WI 54303

## SOBRIETY GATHERING\*

SATURDAY, SEPTEMBER 17, 2016

from 9:00 am - until...

Parish Hall

2936 Freedom Road (Co. Rd. E)

Oneida, WI 54155

Open Event - No Cost

(Donations Appreciated)

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9:00 am – BREAKFAST

Panels, Talking Circle

12:00 pm - LUNCH

Panels

Meetings: AA, Al-Anon & Alateen

EVENING FEAST

Dance Band/DJ/Open Mic

Speaker: AA, Al-Anon, Alateen

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NO FEE OR REGISTRATION REQUIRED

Confirm for planning purposes by phone or email

Wes M: 920-869-9014 ([westmartin@new.rr.com](mailto:westmartin@new.rr.com))

Gary: 920-362-0206; Paul N: 920-370-3317

Janet M: 920-869-2278

## AREA 75 2016 FALL CONFERENCE\*

OCTOBER 21 - 23, 2016

Hosted by District 3

*The first 100 registrants will be entered into a drawing for one free set of Conference CD's*

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AA, Al-Anon, Alateen Speakers, Panels and more

Holiday Inn

4601 Calumet Ave

Manitowoc, WI 54220

"discount lodging rates - "AAI"

Registration: [WWW.EVENTBRITE.COM](http://WWW.EVENTBRITE.COM)

Conference Registration: \$18

Saturday Buffet: \$23 (optional)

Sunday Breakfast Buffet: \$12 (optional)

-Speakers Include-

**Cookie S.** Minnetonka, MN - **Bud S.** Manchester, NH

**Vern H.** Kerrville, TX - **Bill F.** Marietta, OH

For information:

Marv S.: [MARVSCHULER@MSN.COM](mailto:MARVSCHULER@MSN.COM) - 920-901-9509

Dan P.: [DAN.PETERS55@GMAIL.COM](mailto:DAN.PETERS55@GMAIL.COM) - 608-692-6096

Tom R.: [NANESTOM@GMAIL.COM](mailto:NANESTOM@GMAIL.COM) - 920-901-4159

# GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

May 12, 2016

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: [www.greenbayaa.org](http://www.greenbayaa.org))

**Secretary**, The March 10, 2016 minutes were reviewed by those present. A motion was made and seconded to accept the minutes. ~Theresa D.

**Bridging the Gap**, I had a wonderful time at the Corrections Conference down in Madison, Wisconsin on April 30th. They had different panels which included: professionals, ex-convicts, and jail volunteers. I feel that it would be a wonderful idea for Green Bay to have a possible Corrections workshop. I've come into an issue that a lot of people do not know what Bridging the Gap means when I have asked for them to help out with service work. I am in need of volunteers to help me out in letter writing for Bridging the Gap. I am constantly asking the same people to write letters for me. I can be contacted via e-mail or telephone. My information is listed in the newsletter. ~Christina M.

**Cooperation with the Professional Community**, At the May 12th meeting, members in attendance discussed how to get the AA message out to medical professionals and the patients they serve. It was suggested that copies of The Communicator and/or The Grapevine be distributed to hospitals, doctor's offices and the Aging & Disability Resource Center (ADRC). ~Amy G.

**Corrections**, I now have a full list of Women who are active in the Tuesday Night Huber and Wednesday Night Curry Lane Women's AA meetings. I will be forwarding this information on to Brian Laurent @ Curry Lane so that he can update the contact list. Anyone who has not been certified in the past year will have a new background check done as a part of Brown County's Processes & Procedures. Any woman with a year's sobriety is invited to join either group. Contact LaurieAnn74@aol.com for an application. Once the application is submitted, a background check will be done, and then the applicant will be scheduled into a training class. Upon completion of the training a volunteer will be authorized to attend the meetings. It is possible to sit in, one time, without the training class after the background check has been completed. Please feel free to contact me at 336-7698 with any other questions or suggestions. ~Sean S./Laurie M.

**District Events Co-Chair**, Sober Bowling: Estimated 15 people bowling and we had 29 people that bowled! Afterward we went to the Bridge for dessert, coffee and games. A fun time was had by all! Total cost: \$44.95 Expense: \$15.00 Bridge rental, \$29.95 for supplies Donations: \$42.00 Leaving a balance due of \$3, and Kimberly requested the District not reimburse her.

**Sponsorship Panel**: Canceled due to the loss of speakers and being unable to refill their positions. This event will be rescheduled at a later date.

**Speaker Event**: Derek K. is speaking in Friday, June 10. Please encourage your group members to attend as Derek is the Area Delegate and he has a great story! I booked the hotel room for Derek at the Radisson Hotel on Friday, June 10. District GSR's and Chairs are invited to a BYO brunch at the Radisson, Pine Tree Grill at 9am on Saturday, June 11, 2016. I have reserved the private dining room for a more intimate setting an open discussion. We will need to have list of those interested in attending so the restaurant knows how many to expect. The restaurant has a brunch for \$16 or you may just order off the menu. You don't have to order food to attend this brunch. Requesting the Treasurer pay for Derek's room in advance. [This had been pre-approved.] Input on District Events passed around in April:

Before the meeting this evening I received 5 sheets returned. So far, a Bonfire is #1, followed by Mindfulness Guided Meditation Session, Movie Night, Group Hike and Camping. These numbers could change once all the sheets have been returned. I will email everyone the final results. Kristen and I are looking at dates for a District Bonfire and the District picnic. ~Kristen C./Kimberly S.

**Newsletter**, Nothing to report. ~Ronald M.

**Webmaster**, Nothing new to report. ~Debbie P./Sam J.

**Treasurer's Report**, Dean H. A motion was made and seconded to accept the 05/12/16 Treasurer's Report. Motion passed. Starting Balance as of 04/14/2016 \$5,843.76

Deposits	
Letting Go	20.00
Sisters in Sobriety	28.13
Pulaksi Monday Night	60.00
218 Club	140.25
TOTAL DEPOSITS	248.38
SUBTOTAL	6,092.14

Expenses	
ColorMaster	169.00
(Newsletter printing Apr. 2016)	
Total Expenses:	169.00
Ending Balance 5/12/16	5,923.14

Prudent Reserve	\$1,300.00
Total Funds Available	\$4,623.14

*Green Bay Area 74 - District 01  
General Service Representatives  
(GSRs)*

*It is critical to the vitality of our members  
that you, an alternate, or group member  
periodically attend monthly district meetings.*

*"How about one District GSR meeting a year?"*

**Old Business:** The topic of our District making the bid for the 2018 Spring Conference was discussed.

**New Business:** A discussion was had as to what should be posted on the AA website regarding upcoming events. Dean H. made the suggestion that this topic would be a good one to direct to Derek T. when he is speaking at the 218 Club on June 10th. The topic was tabled for now, pending this option and the return of DCM, Nate K.

The option of individual groups or the District purchasing subscriptions to the Grapevine to be provided to certain areas of business such as a clinic, doctor's office, EAP office, etc., was discussed.

Paul K., the previous chair for the Public Information Chair, brought in a box of materials to be passed on to the new Chair. As of now, there is no Chairperson as Beverly K. is no longer in that position. Those meetings, however, are covered through the month of July.

The summer District picnic was discussed. No exact date has been set but it will be sometime in September.

#### **GSR Reports:**

- **Serenity Now**, Everything is going good. A business meeting would be in order, especially to determine the group's interest in making a bid for the 2108 Spring Conference. **Jennifer A.**
- **Sisters in Sobriety**, Going well. **Sue C.**
- **It's in the Book**, Going well. **Gary M.**
- **Women in the Present**, Going well. There is great attendance, 20-25 women. Jill brought up the idea of their group donating towards a subscription of the Grapevine to be placed in the office of say a doctor, clinic, etc. They to have a business meeting to further discuss this. **Jill V./Rena S.**
- **Road to Recovery**, Going well. Their group is trying to do more service work. In particular, with regard to the 8:00 p.m. Wed. night speaker meeting at the 218 Club, members of their group are now going to fill the slot for the last Wednesday of each month. **Griffin W.**

### DEAR GRAPEVINE: BECAUSE OF TRADITION 3

I sobered up in southern Saskatchewan in the spring of 1969, at the age of 24 years. I was the youngest AA member in the area by about 25 years. The average age of members at that time, I think must have been in or about 50 plus years old. They kept asking me if I was sure that I was an alcoholic. I kept on telling them that I was one of them, that age is not a factor, and that I did have a desire to stop drinking.

Well, 42 years later I am still sober and very grateful for the Fellowship of AA. I am still married to the same lady, we have two grown kids who are both married, they have never seen their father drink, and I pray they never do.

This Fellowship has done for me so much more than I will ever be able to do for it. I was told early in the program that I had to give it away or I would not stay sober, so I got involved with a prison group and become an outside sponsor for it for three years, then on to the General Service Rep for my group.

One of many great things that happened was I was elected to serve as the Area 78 Archives Chair and was so impressed at the history of AA, I was asked to share at the International Convention in San Diego in 1995. What a highlight for an alcoholic.

I still love going to meetings, roundups, conventions and doing 12 Step calls all because of Tradition Three: I am a member if I say so. —Len B.

Stories reprinted with permission from AA Grapevine: The International Journal of Alcoholics Anonymous [www.aagrapevine.org](http://www.aagrapevine.org)

### Resources Online

“Keep Recovery in Your Head”

- Alcoholics Anonymous World Org: [www.aa.org](http://www.aa.org)
- Recovery Short Stories (print/audio): [www.aagrapevine.org](http://www.aagrapevine.org)
- AA Speakers Online/Download: [www.aaspeakers.org](http://www.aaspeakers.org)
- Adult and Teenage Family & Friends of Alcoholic: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)
- Historical Resources of Alcoholics Anonymous: [www.silkworth.net](http://www.silkworth.net)

### District 01 Committee Contact Information

District 01 Chairperson Nate K. 608-217-7315	<a href="mailto:dcmdistrict01@greenbayaa.org">dcmdistrict01@greenbayaa.org</a>	Archives Bruce K. 920-495-7250	<a href="mailto:archives@greenbayaa.org">archives@greenbayaa.org</a>
Alternate District Chairperson Jennifer A. 920-265-9053	<a href="mailto:altDCM@greenbayaa.org">altDCM@greenbayaa.org</a>	Bridging the Gap Christina M. 920-445-3887	<a href="mailto:Bridging@greenbayaa.org">Bridging@greenbayaa.org</a>
Newsletter Ronald M. 920-593-2915	<a href="mailto:Newsletter@greenbayaa.org">Newsletter@greenbayaa.org</a>	Public Info	<a href="mailto:PI@greenbayaa.org">PI@greenbayaa.org</a>
Corrections Chairperson Sean S. 920-468-9283 (Men) Laurie M. 920-336-7698 (Women)	<a href="mailto:Corrections@greenbayaa.org">Corrections@greenbayaa.org</a>	Grapevine John P. 740-274-6358	<a href="mailto:grapevine@greenbayaa.org">grapevine@greenbayaa.org</a>
Meeting List Changes Ronald M. 920-593-2915	<a href="mailto:MeetingList@greenbayaa.org">MeetingList@greenbayaa.org</a>	Coop with Prof. Comm. Amy G.	<a href="mailto:cpc@greenbayaa.org">cpc@greenbayaa.org</a>
Treasurer Dean H. 920-592-9337	<a href="mailto:Treasurer@greenbayaa.org">Treasurer@greenbayaa.org</a>	Events Kimberly S. 920-370-3581 Kristen C. 920-309-0390	<a href="mailto:events@greenbayaa.org">events@greenbayaa.org</a>
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