



The Communicator

FEBRUARY | 2018

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)

Peace on the Inside

As the hospital helps him with his mental illness, the AA meetings give him hope until one day he can get out

I found peace in an unlikely place when I was committed to a mental hospital at the age of 28. While I was there, I was told by one of the staff that I should go to an AA meeting they held there, due to the fact that all I talked about was how badly I needed a drink. So I went.

Growing up, I drank in excess right from the start. It became normal for me to get falling-down drunk and make a fool of myself. I would go out one night and get into trouble and then I'd drink for the next few days to cover up my feelings of guilt and shame.

As my drinking progressed, so did my run-ins with the law. In just a couple of years, I got a half-dozen underage drinking fines and just as many disorderly conduct charges, along with one DWI, even though I drove drunk all the time.

In my early 20s, I started to experience paranoia, anxiety and panic attacks, all while going through extreme high and low moods. I assumed everyone felt the way I did. These feelings pushed me to drink even harder. I was either drinking to cover up negative emotions, or I was manic and drinking because I felt like I was on top of the world.

I would tell myself that I would have just a few mixers or a beer, then stop. But then it always got out of control. The craving for more would have me blacked out in a few hours. Every time I awoke from a blackout, I would start drinking all over again to cover up the embarrassment I felt.

These negative emotions were so strong. At times, I wanted to die because of the self-loathing. I hated myself so much. I began to have thoughts of suicide.

One day, I finally hit a breaking point and I decided to get some help. I went to a psychiatrist and he decided that I needed a psychologist. They agreed that I had a mental illness. I was actually relieved that I finally knew what was wrong with me. I started medication right away, and I felt good. I even quit drinking for a few days. That's when the panic attacks got worse and the hallucinating started. So I did what I thought would make things better: I stopped the medication and I hit the bottle harder than ever. The more anxiety I felt, the more I went for the alcohol. I wasn't aware that the drinking increased my anxiety and panic attacks.

At this point, I was putting a few shots in my coffee to kill the shakes on my way to work. I became unemployable. I had to leave two jobs in a matter of a few weeks because I was convinced everyone was talking about me. I had learned to adapt to my illness instead of treat it. People would tell me my drinking was out of hand, and I would respond by saying that my problem was not drinking, it was mental illness. My delusion was that alcohol was somehow helping me.

As my drinking progressed, so did my mental illness. As I drank harder, my symptoms got even worse. This all ended with me having to go into a mental hospital. My first year in I was a dry drunk, still mentally obsessed with alcohol, still angry, irritable and discontent. Then I finally got to my first AA meeting. At that first meeting, I saw guys who volunteered their time to show us that we could have a better life and that living the Steps could change the way I lived and rebuild the relationships I had lost.

These guys were like me, except they were happy, joyous and free. I wanted to have what they had, so I did the work. I got a sponsor and I read the Big Book. I found out that the Twelve Steps aren't just a way out of drinking but a way of living.

Now, thanks to AA, I've found peace on the inside. I've gained a sense of control over my life that I never had before. Medication has helped me with my mental illness, but I'm still an alcoholic.

I used to find reasons why I should die; now I find reasons why I should live. This new way of life for me has given me hope for the future. If I can find peace and hope in a mental hospital, I can only imagine what it can do for me when I get out.

~Travis K. Madison, Wisconsin

Stories reprinted with permission AA Grapevine: The Int'l. Journal Alcoholics Anonymous
www.aagrapevine.org

Unity

* Indicates an online detailed flyer or registration form at www.greenbayaa.org

GREEN BAY AREA CENTRAL OFFICE VOLUNTEERS NEEDED

To learn more about the Central Office come to a board meeting!!

Central Office Board Meetings
6:30 p.m. Last Tuesday of the Month
Central Office
1270 Main St. #102
Green Bay, WI 54301
For details: 920-432-2600

6TH ANNUAL WOMAN'S RECOVERY WORKSHOP

"The Ins and Outs of Sponsorship"

SATURDAY, FEBRUARY 10, 2018

12:00 p.m. to 4:00 p.m.

Refreshments Provided

Panel Discussions, Speakers, Handouts, and Comradery

The Bridge

2514 Jenny Lane

Green Bay, WI 54303

Tamera R 920-222-1415

Laurie M 920-336-7698

CHILI WHEN ITS CHILLY

SATURDAY, FEBRUARY 24, 2018

Doors open @ 4:00 p.m. Speakers: 7:00 p.m.

Cheryl H. and Laird S.

Bring a dish to pass!

St. Jude the Apostle Parish-Leannah Hall

1025 West 5th Avenue

Oshkosh, WI 54902

2018 EATIN' MEETIN

SATURDAY, MARCH 17, 2018

Doors Open @ 5:00 p.m. Dinner @ 6:00 p.m.

Speakers @ 7:00 p.m.

Hot Sandwiches will be provided.

** Please bring a dish to pass **

Saint Mark's Lutheran Church

140 South Green Bay Road

Neenah, WI 54956

SPRING BBO DINNER*

APRIL 7, 2018

Featuring Southern Style Pulled Pork

Fellowship 5:00 p.m. Dinner 6:00 p.m.

Open Speakers to Follow

The Bridge

2514 Jenny Lane

Green Bay, WI 54302

ANNUAL MOOSE AND GOOSE

APRIL 14, 2018

Fellowship 5:00 p.m. Pot Luck 6:00 p.m.

Speakers 7:00 p.m.

AA Material and Meat Donations needed

Corrections Literature Fund Raiser

Emmanuel Lutheran Church

349 North Main Street

Seymour, WI 54165

Contact Rolland G. 920-722-5417

13TH ANNUAL SPRING FLING

SATURDAY APRIL 28, 2018

Emmanuel Lutheran Church

2901 13th Street

Menominee, MI 49858

Downstairs Fellowship Hall

Parking Front and Back - Elev in back

5:00 Fellowship

6:00 Pot luck (Main Entrée provided)

7:00 AA & AI-Anon Speakers

Prizes and Food and Fun and Friends

4TH AND 5TH STEP RETREAT*

MAY 11-13, 2018

Friday night to Sunday noon

Cost \$150 - includes 2 nights lodging and 5 meals

Snacks and beverages provided throughout retreat

St Norbert Center for Spirituality

1016 North Broadway

De Pere, WI 54115

AREA 74 SPRING CONFERENCE*

MAY 18-20, 2018

Friday Night - Skit/Speaker

Saturday - Panels/Banquet/Speaker

Sunday - Area 74 Meeting/Speaker

Radisson Hotel & Conference Center

2040 Airport Drive

Green Bay, WI 54313

To register for this event online:

Area 74 2018 Spring Conference Online Registration

www.greenbayaa.org/events.html

AREA 74 FALL CONFERENCE*

SEPTEMBER 14-16, 2018

Plaza Hotel & Suites

201 North 17th Ave

Wausau, WI 54401

For more information: District 08 Website

www.aawausauwi.org

From Cathy R. and Laurie M. (Co-chairs 2018 Intergroup): We would like to extend our heartfelt thanks and gratitude to the many volunteers who worked so hard to make the January 20th District 1 Intergroup such a success.

Special acknowledgement must go to our two speakers, Pamela from Alanon and Linda S. from AA. Pamela displayed unparalleled courage and heart breaking honesty in speaking of her journey from a feelings of worthlessness to finding value in herself. Linda gave us all strength and hope as she shared some of her learnings she found along the way. Her grace and dignity, along with her visible serenity, gave us all hope for ourselves.

Many thanks to the door prize donations, Missy F., (two Massage Gift Cards), Mary L. (two Framed Original Paintings done by herself), Cathy R., (Date Night and Starbucks Baskets and the Pots and Pan Gift Set), and the door prizes donated by the Central Office, District and individual groups which included books and a Grapevine subscription.

Last but not least, the set up crew and the kitchen workers were all indispensable. Many thanks to those who hauled tables up and down, refilled numerous pots of coffee, scrubbed countless pots and pans and left the kitchen and gym spotless. Without their dedication, this event wouldn't been able to come to pass. When all of the expenses were paid, the Event generated a profit of \$159.03 It was an honor and a privilege to serve.

GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

January 11, 2018

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

DCM Report: Welcome to the new year. I am honored to serve our district as the new DCM. I look forward to working with our district and the area committees. I will be attending the delegates workshop in March and we will have only one month after that to provide our feedback to all assembly items. I will make every effort to provide timely communication between our groups and the area committees. I know one of the first recommendations is from the “Now and Then” co-chairs to move from print to digital format. I will bring the most recent “Now and Then” newsletter with me for discussion. I look forward to carrying our vote to the assembly in April. Looks to be a busy year in the fellowship. Thank you for this opportunity to be of service. Yours in service, Matthew C Buchholz, DCM District 1

Secretary, The December 2017 minutes were reviewed by those present. A motion was made and seconded to accept the minutes. The motion passed. ~Theresa D.

Accessibilities, Joe H. Was not present at the meeting but submitted the following report: I will be setting up something at intergroup on the 20th. So far some pamphlets. Worked on getting sign language interpreter for me at district meeting. The district pays for the interpreter. To give you a heads up on the cost. Found two that will charge flat rate of \$50.00 an hour This the lowest I have found. We can discuss this more next meeting.

Archives, Bill D. He will be setting up the Archives display at Intergroup in January as well as at the Area 74 Spring Conference in May. Area 74 Archives has indicated that they will also be setting up a display at the Spring Conference in May. The displays will be kept separate.

Bridging the Gap, Marian K. Her committee now consists of 3 men and 7 women. She needs contact information for the Brown County Chaplain in order to get the Bridging the Gap applications to and from the inmates at the Curry Lane jail. Theresa D. will provide her the contact information.

Cooperation with the Professional Community, Amy G. Over the 2017 holiday season, I was able to distribute copies of The Communicator with meeting lists enclosed to the Green Bay Police Department. Copies of The Communicator, meeting lists and recent copies of the Grapevine were distributed to the Veteran’s Center off Ashland Avenue, the Bellin Cancer Team off Commanche Avenue and the Veteran’s Outpatient Clinic off University Avenue.

District Events Co-Chair, Tamra D.

1. Online registration for the Area 74 Spring Conference is up and running. Not a lot of registration action yet but according to last conference registrations won’t pick up until 6-8 weeks before conference. Paper registration has worked diligently on finding the best deal for ordering supplies and working on schedule
2. Publicity sent flyer to Grapevine and Then and Now and Box 459 - looking into possible magnets with the logo on them but budget restraints will probably make this not doable
3. Linda S has skit prepared and has started practicing. As of Monday they were still looking for a couple of actors/ actresses
4. Panel slots are almost filled...Still need 2 people for AA/ Anonymity and Social Media, and a person for Sexual Overhauling/13th stepping/Dating/Marriage
5. Hospitality still has several shifts to fill- breakfast, snacks, main dish, late snacks on Saturday and also breakfast on Sunday
6. Decorations chair has found a cupcake supplier for \$1.50 per cupcake with assorted flavors
7. Will have a table at the intergroup with registration forms and sign-up sheets and will do a brief introduction to the crowd
8. Intergroup is in need of preferably able bodied men to help set and take down tables. Only one man has signed up. Good service work to do with your sponsee.
9. Missed the grapevine update. Maybe Mary can update us???
10. Alanon contact has 1 panel planned and the guest speaker. Committee would like a few more panels

Grapevine, Mary. B. I have the Grapevine Gift Subscription ready to be raffled off at the Green Bay Intergroup on January 20th. All the winner has to do is add their name and address to the form and put it in the stamped, addressed envelope with my check already made out to the Grapevine. I have a bill ready for my reimbursement. My latest order of Grapevine materials from the Grapevine Office has arrived, and the Grapevine display is ready to be set up at the Intergroup on January 20th. There is no charge for these materials. I ran off 50 copies of “Group Grapevine Representative (GvR) Duties” to be put with the Grapevine Display. I’m pretty excited for the January 20th Intergroup, because my daughter, Pamela, will be the Al-Anon Speaker.

For the Area 74 Spring Conference in May, I have all my “slots” filled for helping me out in the Grapevine/Literature/Archives room. I have contacted Norm F., the Area 74 Literature Chairperson, and he will set up and sell literature at the Conference, so perhaps District 01 won’t need to set up their literature. Norm said that he would need 3 large tables. Area 74 Archives will be setting up their display also. Derek T, Area 74 Grapevine Chairperson, said that Area and District can both set up their Grapevine Displays.

“HEARD IT THROUGH THE GRAPEVINE”

The AA Grapevine has a special section each month. The January 2018 issue focused on “Sponsorship”. The February issue focuses on “Getting Through Adversity in Sobriety”. Read how members stay sober through tough times. The Grapevine is packed with great stories, jokes and more. A yearly subscription is \$28.97. You can order yours by going to aagrapevine.org or 1-800-631-6025.

A subscription also makes a great gift for a sponsee or a sponsor. Mary B – District 01 Grapevine Chair, rosivr49@new.rr.com

Men's Corrections, Adam B. This month we have had one of our guys step up and take on being a regular for the Curry Lane Sunday night meeting. This will be beneficial because we have had a few hiccups in the past with meetings not being filled and we are hoping this will solve that issue -- along with giving the inmates a little consistency. We are however, in need of men to step up and sponsor inmates. After working with Lt. Brian Laurent and our previous co-chair Sean, we have been approved to go in and work one-on-one with inmates. This has been a success so far and I feel for the guys that have been able to work the steps when still being incarcerated. With only having 3 guys including myself who are doing this, we could really use some more help with this. I am planning on joining Theresa, our new chair for Women's Corrections, in adding to the Jail display at the upcoming January 20th Intergroup. I will be providing flyers in the hopes of recruiting men to help with sponsorship within the jail.

Webmaster, Debbie P. Nothing new to report.

Women's Corrections, Theresa D. I was in contact with Brian Laurent, our liaison at the Brown County Jail. He was in need of a contact person for Women's Corrections as the Tuesday night meetings at the Huber Jail needed to be changed from 6:30 p.m. to 6:00 p.m. -- there were changes in the scheduling of the guards as of Jan. 1st. All of the volunteers were notified and Brian was informed that this change was made. I also provided Brian with my personal information. Brian will provide me the dates of any upcoming safety training sessions -- which is a mandatory training course for volunteers wishing to conduct meetings or to do one-on-one interactions with an inmate. The Huber Jail meetings are in need of more women to chair the meetings, as well as adding a few more for back-ups. I have made a jail display for use at the upcoming Intergroup on Jan. 20th. Adam B. has agreed to assist me at that table to hopefully draw in more volunteers and answer any questions, thus covering both the men and women's meetings. The more volunteers we can get the better. Wouldn't it be wonderful if we could get enough people to do two women's meetings a week at the Huber jail!

Treasurer's Report, Patrick H. Prepared for the January, 2018 Meeting

Starting Balance as of 12/1/2017 \$5,923.50

Deposits		Expenses		Ending Balance December 31, 2017	5,913.50
Total Deposits:	0.00	DigiCopy (Newsletter)	10.50	Prudent Reserve	-1,300.00
Subtotal:	\$5,923.50	Total Expenses	\$10.50	Total Funds Available	\$4,613.00

A motion was made and seconded to accept the January 2018 Treasurer's Report. Motion passed.

Old Business: Chair positions still open: Public Information

New Business: The District budget for 2018 was reviewed but has not been finalized as a budget has yet to be determined for Accessibilities. The issue was tabled due to Joe H., Accessibilities Chair, not being present. A request has been made by that Chair, Joe H., as to the possibility of having an interpreter present at the District meetings to assist him. Further investigation is necessary. The budget for the hotline, which was not applied in 2017, will be forwarded to the Central Office.

A nomination was made, accepted and seconded for the position of Women's Chair for Women's Corrections. Theresa D. will now fill this Chair.

PRAYER OR NO PRAYER

I want to thank Bill K. for his story "O Lord!" in Grapevine (December, 2016). The simplicity of the Lord's Prayer aligns wonderfully well with how I try and understand God's will for me and live my daily life. The importance of how it sustains my daily spiritual relieve was a gift I never realized before I came to AA, even though I had repeated the prayer thousands of times growing up.

I moved from a progressive midwest city several years ago, where there had been a concerted effort at most meetings to stop the use of the Lord's Prayer for being "too religious." Then I moved to the south, and found every meeting down there using the Lord's Prayer without worry or people running for the door.

I now live on the west coast, a pretty progressive place, and we use many prayers. My favorite meetings end with the secretary asking someone to lead us in a prayer of their choice. That person says what feels right for them, at that moment.

Many times it's the Lord's Prayer, many times it's not. Members seem to do what we always do when we pray: say it loud, say it soft, or keep silent. And no one minds or judges. Thanks Bill K.! ~George M.Y Sisters, Ore.

District 01 Committee Contact Information

District 01 Chairperson	dcmdistrict01@greenbayaa.org	Archives	archives@greenbayaa.org
Bruce K. 920-495-7250		Bill D. 920-621-1258	
Alternate District Chairperson	altDCM@greenbayaa.org	Bridging the Gap	bridging@greenbayaa.org
Jennifer A. 920-265-9053		Marian K. 920-366-5950	
Newsletter	newsletter@greenbayaa.org	Public Info	PI@greenbayaa.org
Ronald M. 920-593-2915		Paul K. 920-676-2901	
Corrections Chairperson	corrections@greenbayaa.org	Grapevine	grapevine@greenbayaa.org
Adam B. 920-680-9496 (Men)		Mary B. 920-771-0124	
Theresa D. 920-490-7889 (Women)		Coop with Prof. Comm.	cpc@greenbayaa.org
Meeting List Changes	meetinglist@greenbayaa.org	Amy G. 920-857-6162	
Ronald M. 920-593-2915		Events	events@greenbayaa.org
Treasurer	treasurer@greenbayaa.org	Lloyd Z. 920-713-0760	
Patrick H. 920-819-5284		Tamera D. 920-321-4910	
Secretary	secretary@greenbayaa.org	Webmasters	webmaster@greenbayaa.org
Theresa D. 920-490-7889		Debbie P. 920-676-7585	
Hotline		Accessibility	
Tom M. 920-562-2689		Joe H. 920-569-2053	