



The Communicator

MAY | 2017

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)

"Not From Here"

The love in the rooms helps a young Pakistani alcoholic see that he's not as unique as he thought

Even in my earliest memories, I always felt I never fit in. Not with the kids in my neighborhood or school, not in the suburbs of Washington, D.C., where I grew up, and especially not with my own family. I felt I had a justified reason for my inability to fit in. I was not American.

My family moved to the U.S. in 1972 from Pakistan, which no one at that time had heard of, much less cared about. I was 5 years old at the time of the move and the youngest of six children. Being of Muslim faith, I was forbidden to drink alcohol. So when my older brother offered me pot in 1978, I had no reservations since it was kosher!

Over the next several years, I was introduced to many varieties of mind-altering substances, all of which I used in secret. I began to feel a sense of belonging when I hung out with the older kids. I began to have an occasional beer, but the fear of my God kept me from getting drunk.

Then, in 1982, I was at a toga party and got drunk for the first time. It was like the stars and the universe aligned and everything was absolutely right in the world. Everyone I met that night was my best friend and for the first time in my life I felt like I fit in. I had finally arrived.

I had no idea about the allergy that I had to alcohol. I had no idea that the mere sip would set off the craving that would only stop when I passed out. I had no idea that for the next several years I would try miserably to recreate the wonderful feeling from that toga party.

For a while, I began to think that I couldn't recapture that moment because I was going to the wrong parties. So I began to use my older brother's driver's license to get into nightclubs around Washington.

At first, going to the nightclubs worked. It was the mid-'80s. The crowds were exciting. Everything was cool. One night at a club, I had a discussion with a guy from Kuwait about our religion. We downed about half a dozen shots of scotch. I became friends with the managers and bartenders who worked there. They allowed my friends and me to the front of the line and let us right in. I had arrived. I was on top of the world.

But just as before, the old feeling began to stop working. I was 19. I began to sense something was wrong with my life. But I knew it wasn't me. I just had to find a way to drink like other people and not go overboard. That should be easy, I told myself. I was smart and had a good sense of logic about me.

Around that time, I started dating a girl who was being sent to AA. She gave me my first encounter with the then-smoke-filled rooms of what I felt were people who had no control in their lives. Her version of AA was great. She would get her court-mandated attendance paper signed and we would run out of there. But then everything changed.

She started putting together days, weeks and months of sobriety. She started saying that I was not good for her sobriety. So I showed her that I could stay sober by myself with no help. I was miserable and took it out on her. I felt it was her fault that I had to stay sober. I drank again. She found out and wanted to call it quits.

I promised her I would go to meetings with her this time. I only lasted 30 days before I was back out again. When she picked up her one-year chip, I was in an outpatient rehab feeling like I was going to be finally fixed. But after a few weeks, I went out drinking again. This time she was done trying to fix me, much less putting up with my lies and deceit.

Finally, in 1989 I came into AA by myself. I had no idea why I came back to an AA meeting that night, but I have not left since. Sobriety has not been easy. But getting sober at the age of 21 has been the best decision of my life. Because of that decision, I was able to get married and stay married for 23 years. I now have two amazing children, a 21-year-old daughter and an 18-year-old son. They have never seen me drunk.

When my daughter turned 21 this past year, it turned out to be more emotional for me than I had expected. It really hit me that by the grace of God and the Steps of AA, my daughter's life is nothing like mine when I was her age. She is emotionally balanced. She has a purpose in life, which she is able to fulfill. Amazing what not picking a drink one day at a time can deliver.

When I got sober, one of my greatest fears in the first few weeks was what I would do on St Patrick's Day. After several days of sharing at meetings about what I felt was a genuine concern, an old-timer named Ed yelled, "Quit your whining. You ain't even Irish!" His words hit me like a 2x4 and I saw for the first time that I was actually Pakistani. What's more, no one was treating me any different inside the rooms than anyone else was being treated. They told me they would love me until I could learn to love myself and they were keeping their promise.

The uniqueness that I had when I came into these rooms has slowly left. When I got sober I thought I was too young, too mature, too cool, my problems too different from those of regular Americans. I was sure no one could really understand me. I'll never forget the Saturday men's stag meeting at my local clubhouse when I heard a blonde-haired, blue-eyed guy share my exact feelings of not fitting in. I was baffled. How could that even be? That guy seemed from the outside not to have any problems, but here he was, voicing my feelings and my problems. Maybe I didn't need the Pakistani version of AA after all. ~Fobby N. Springfield, Virginia.

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

www.aagrapevine.org

AA SPEAKER MEETING-OPEN TO EVERYONE

WEDNESDAY NIGHTS 8:00 PM

218 Club
218 South Oneida St
Green Bay, WI 54303

AA SPEAKER MEETING & POTLUCK

1ST FRIDAY OF EVERY MONTH

6:00 p.m.
Please bring a dish to pass
Genesis Club
1213 Appleton St
Appleton, WI 54914

4TH AND 5TH STEP SPRING RETREAT*

MAY 12-14, 2017

(AA and AI-Anon)

Friday night to Sunday noon
Cost: \$140 - includes 2 nights/5 meals
(Snacks and beverages provided throughout retreat)
St Norbert Center for Spirituality
1016 N Broadway
De Pere, WI 54115

AREA 74 SPRING CONFERENCE*

MAY 19-21, 2017

Friday night to Sunday noon
Panels, Speakers, Fellowship, Hospitality, Literature
Saturday night banquet - DJ/Dance
Ice Cream Social
Alger Park and Recreation
413 Maple St
Munising, MI 49862

BREWER BUS TRIP (DISTRICT 01)*

THURSDAY, JUNE 8, 2017

Cost \$55 per person
DEPARTURE: 9:00 AM / RETURN: 6:30 PM
Festival Foods
1001 Main Avenue
De Pere, WI 54115
Details: Lloyd Z. 920-713-0760

SEYMOUR A.A. INTERGROUP*

SATURDAY, JUNE 24, 2017

Hot sandwiches provided / Bring a dish to pass
Doors open 4:30 p.m./Dinner 6:00 p.m.
AA Meeting 7:00 p.m.
Emmanuel Lutheran Church
349 North Main St
Seymour, WI 54165

60TH CHILTON INTERGROUP

SATURDAY, JULY 22, 2017

Doors open 5:15 p.m./ Potluck 6:00 p.m.
Meeting 7:00 p.m.
Good Shepherd Parish Hall
54 East Main Street
Chilton, WI 53014

30TH ANNUAL WOLF RIVER-NICOLET AA CAMPING TRIP*

AUGUST 11-13, 2017

Friends/Family are welcome! Many great activities
Campsite Meetings, Rafting, Hiking Trails, Volleyball
Saturday Night Open Speaker and Bonfire
Susan W. - Grayslake, IL
Bear Paw Outdoor Adventure Resort & Campground
N3494 Hwy 55
White Lake, WI 54491

EMOTIONAL SOBRIETY WORKSHOP*

SATURDAY, AUGUST 19, 2017

9:30 a.m. - 4:15 p.m.
Potluck Lunch 11:45 a.m.
Hot beef sandwiches
(Please bring a dish to pass)
The 2617 Club
1578 Strongs Avenue
Stevens Point, WI 54481

218 SUMMER PICNIC*

SATURDAY, AUGUST 26, 2017

11:00 a.m. - 4:00 p.m.
Hamburgers and Brats will be served
Bring a dish to pass
Murphy Park Pavillion
1627 Dousman Street
Green Bay, WI 54303

~Dedicated Men and Women Are Needed to Help in Jails~

Are you looking for a rewarding way to do service work?

Join us in bringing men's and women's AA meetings into the Green Bay Corrections Facilities

YOU MUST BE OFF PROBATION or PAROLE - TRAINING & BACKGROUND CHECK PROVIDED

Sean S. SSMITH1205@GMAIL.COM

- Details -

Laurie M. LAURIEANN74@AOL.COM

920-445-9594

920-336-7698

GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

April 13, 2017

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

Secretary, The March 9, 2017 minutes were reviewed by those present A motion was made and seconded to accept the minutes.
~Theresa D.

Bridging the Gap, Nothing new to report. ~Christina M.

Cooperation with the Professional Community, I have assembled CPC packets that include 4 AA pamphlets, a list of links to informational web sites and a meeting list. I will be distributing these packets to local professionals (medical doctors, counselors, EMT's and law enforcement) during the next few weeks. ~Amy G.

Corrections-Women, co-Chair. The Corrections jail meeting training, scheduled for April 14, 2017, from 12 to 3 pm, is cancelled. The next training will be on Thursday, May 4, 2017 from 12 noon to 3 pm. I requested a night class as most volunteers have day jobs and was told that they try to have every other class at night. No word on when that will be. We have several woman waiting to be trained. ~Laurie M.

District Events, A bus to the Brewer's game on June 8, 2017 was discussed. There are 48 seats available; 14 seats have been sold. Flyers were provided to GSR's to take to their groups. We are considering a bowling event in May 2017, and a golf outing in September 2017. The Mindfulness Walk will still take place sometime in July 2017, at no cost this year due to a discrepancy in last year's event. ~Missy F., Lloyd Z.

Newsletter, Please note that the article on both the front and back page of The Communicator was written by Linda S. from Green Bay. ~Ronald M.

Webmaster, Nothing to report. ~Debbie P.

Treasurer's Report, Patrick H. Prepared for the April 13, 2017 Meeting

Starting Balance as of 3/1/2017 - \$3,421.32

Deposits		Expenses		Ending Balance Mar. 31, 2017	4,658.68
Never on Sunday	200.00	None		Prudent Reserve	-1,300.00
218 Club	150.85	Total Expenses	\$0.00	Total Funds Available	\$3,358.68
Came to Believe	100.00				
Intergroup Event	731.51				
Intergroup Silent Auction	55.00				
Total Deposits:	1,237.36				
Subtotal:	\$4,658.68				

A motion was made and seconded to accept the April 2017 Treasurer's Report. Motion passed.

Old Business: There is still a need for an Archives Chair.

New Business: John S. (GSR, Third Tradition Group) gave a report regarding his attendance at a Delegate's Workshop in March. Bruce K. indicated that the Area 74 delegate, Derek, would like to attend and speak at one of our District's monthly meetings. It was unanimously agreed by all that this happen and Bruce will be contacting him.

Jill V. brought it to the attention of the Board that the GSO is considering producing a pamphlet to address issues of public safety in meetings. A handout was provided (which can be accessed on the website) which outlines what measures should be taken for a variety of situations. GSR's are to query their groups to see if this is something they would be interested in. To access the proposed pamphlet go to the AA Green Bay website/Links/AA World Services/What's New/Safety and our AA: Common Welfare.

Matt B. again stressed the need for GSRs to keep informing their groups about the AA website -- it should be used to access The Communicator newsletter, the meeting list, future events and much more via the "Links" page.

The standing of our District 01 as a not-for-profit entity and the tax advantages resulting from that was discussed.

GSR REPORTS

Sisters in Sobriety, Sue C. Going well.

Flintville Early Risers, Matt B. Wonderful.

Women in the Present, Jill V. Going great.

Road to Recovery, Tim J. All is going well.

Letting Go, Donna Y. Doing well.

Promise Seekers, Tim D. Everything going okay.

The Third Tradition Group, John S. New Group starting out, going well.

DC/DC Divine Center, Gary M. Going well.

Walk with Us, Henrietta D. The meetings are well attended and continues to grow. This month we were able to donate \$100.00 to the New York Office of AA

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.

*Second Thursday Monthly, Green Bay Area Central Office
1270 Main St. #102, Green Bay, WI 54302*

“Simple & good”

With a bit of mustard, one member orders up a hot dog just like he does his sobriety

At a meeting last night I ran into a fellow I hadn't seen in a number of years. He was doing well, seemed calmer and more self-possessed than the last time I had seen him. As it turned out, he was celebrating 24 years of sobriety and, as we talked, he thanked me for helping him once many years earlier. I had said something, he related, that had really helped him. “Do you remember?” he asked.

Try as I might, I simply couldn't. He went on to describe what I had told him that night as we stood together on the line for coffee, and, essentially, the great wisdom I had imparted boiled down to something quite akin to “Don't drink, and keep coming back”—words considerably less eloquent than I would have expected, words, in fact, that I had heard in response to many of my own difficulties over the years. I found it odd at first that these few words were what he would remember and relate so many years later, yet the more I thought about it, the more meaningful it became.

Clearly, the words I had spoken to him were far less critical than the moment I had spoken them in—a moment in which he was feeling completely isolated and alone, caught up in his own head, searching desperately for some kind of human connection. I recognized that for most of us, recovery is comprised of a series of such moments, strung together on a necklace like beads, moments of crisis and resolution, of panic and calm.

Thinking back on my own sobriety, I began to remember some of those moments in my own life and the almost inconsequential things I was told that helped me through. Stuff so inane as “Good to see you” or “Thanks for sharing.” And, empty as those things sound now, when delivered in the context of a caring hand on the shoulder and an encouraging smile, they had—and still have—great meaning for me.

In today's world, we are constantly surrounded by the concept of “more”—of “bigger is better.” The realm of fast food serves as a case in point, where we've gone from singular patties to quarter-pounders, to third-pounders, and soon, no doubt, will be commercially tempted to enjoy a full-pounder, followed by the double- and triple-pounders of the future. Everything gets bigger, more complex. You can have a taco that's wrapped in a quesadilla that's inserted into an empanada that's encased in fried dough and covered with your selection of 15 different toppings.

A couple of years ago, I traveled out west with my family. Somewhere in Montana we pulled over for something to eat. Standing on line at the roadside eatery, we looked up at the menu hanging down from behind the register. Hot dogs were the featured item, and there were more kinds of hot dogs than you could shake a stick at: corn dogs, cheese dogs, chili cheese corn dogs, chili cheese jalapeño pepper dogs, chicken fried cheese dogs with grilled onions, and so on.

At the counter, I ordered a cup of tea and a hot dog. It was like everything stopped for a moment. Raising an eyebrow, the woman who took my order gave me the once-over. I smiled. She smiled back. “Anything on that?” she asked. “No thanks,” I said. She waited for a moment as she processed the information before turning back to the order pad in her hand. “You sure?” she asked after a pause, almost pleadingly, as if I were about to walk away from the bonus round on “Wheel of Fortune.”

With a little bit of mustard, that hot dog was just what I needed.

Like the comment I made to my friend, sobriety is sometimes small. And it's often just what we need. ~Ames S. New York, NY

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www.aagrapevine.org

District 01 Committee Contact Information

District 01 Chairperson Bruce K. 920-495-7250	dcmdistrict01@greenbayaa.org	Archives	archives@greenbayaa.org
Alternate District Chairperson Jennifer A. 920-265-9053	altDCM@greenbayaa.org	Bridging the Gap Christina M. 920-445-3887	bridging@greenbayaa.org
Newsletter Ronald M. 920-593-2915	newsletter@greenbayaa.org	Public Info Paul K. 920-676-2901	PI@greenbayaa.org
Corrections Chairperson Sean S. 920-468-9283 (Men) Laurie M. 920-336-7698 (Women)	corrections@greenbayaa.org	Grapevine Angela P. 818-267-6557	grapevine@greenbayaa.org
Meeting List Changes Ronald M. 920-593-2915	meetinglist@greenbayaa.org	Coop with Prof. Comm. Amy G. 920-857-6162	cpc@greenbayaa.org
Treasurer Patrick H. 920-819-5284	treasurer@greenbayaa.org	Events Missy F. 920-562-7296 Lloyd Z. 920-713-0760	events@greenbayaa.org
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