



The Communicator

MAY | 2015

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)

"DRAMA QUEEN"

Her struggle to live moment to moment continues

I AM one of those people who have lived under the assumption that only "big" and unusual events define one's life. One might say that I have a flair for the dramatic. Others have simply called me a "drama queen." And, truth be told, I have had a number of those unusual or profound life-changing experiences, such as growing up adjacent to one of the largest slums in the Philippines, witnessing as friends of my parents were arrested for questioning the justice of a dictatorship, hitchhiking through war-torn Guatemala the summer I graduated from college, getting married after a whirlwind romance, giving birth, getting divorced, being present at the death of my beloved grandmother, descending into the hell of addiction, and miraculously living through it to enter recovery.

These events, and others like them, did indeed help define who I am today, and I love telling stories about my adventures and the "earthmoving" realizations I came to during or immediately following them. However, the importance I have placed on having huge, unique, breathtaking encounters with life has caused me a great deal of pain. After all, life is simply not made up of one dramatic event after another, and my inability to see beyond that led to chronic depression.

In November 2002, my pain had become so great that suicide became a real option. I felt that I was, at most, a worthless shell of a human being and at the very least, rapidly going crazy. On Nov. 8, 2002, I left work to have some drinks with friends. I told my husband that I would be home soon, certainly in time to put my two young children to bed. Happy hour came and went, as did my friends, but I knew the bartender, so I decided to stay just a little longer. At 3 A.M., after closing down the first bar, giving a wary crowd a solo dance performance at the second bar, unsuccessfully flirting with one of the band members who was young enough to be my kid, trying to convince the waitress at a late-night restaurant to break the law and serve me a beer, I found my way home. This was not unusual. Nor were the hangover and the mortification of fuzzy recall the next morning. What was different was that I really "caved in" that day. I clearly remember sitting on the side of my bed, ashamed, tired and scared, and finally saying out loud, "I think I have a problem, and I don't know what to do." To me, that was a moment of grace. That evening, I went to my first AA meeting. I have been sober ever since.

For the last two weeks, I have been racking my brain to come up with "the" profound, unusual, "wow" experience to write about for a project I am doing in school. Nowhere in the assignment does it say that it has to be a mind-blowing event. But being the drama queen, I automatically think momentous! (drum roll, bright lights, fireworks).

My mind had been spinning obsessively about the assignment, and I was becoming thoroughly frustrated. I live on the west side of town and was driving across town to get home from school last week. As I crossed the street, I noticed a particular pedestrian. She appeared to be in her 60s but she could very well have been younger. In some aspects, she blended in with the street itself, as she was dressed head to toe in worn-out, washed-out, formless grey clothing. At that moment, however, I was able to see her clearly. She was hunched over, pushing a grocery cart of junk: folded up cardboard boxes, some cloth material, plastic bags that were certainly not full of freshly purchased groceries. She was talking to no one in particular. She seemed insane.

Two seconds is not a lot of time. The two seconds it took me to cross that street had an effect on my life because I was present to see it. I don't know what the woman with the cart really is all about. I do know that many alcoholics and addicts end up on the street. That could have been me. It may even be, at some point, the fate of my own beautiful, addicted child. At that moment I was reminded to be humble, to be gracious and to feel compassion, and every recollection of that experience brings me back to that place.

I am now 47 years old. I live in a house that I own in the suburbs of a small college town. I have gone back to school with the hope of some day becoming a nurse. I regularly attend AA meetings. I have a loving and supportive partner who makes me want to be a better person. I have two teenagers who give me a run for my money but who tell me they love me every day. I still struggle with what I might think of as having a "mundane" life. But I know now that life really is anything but inconsequential.

For many, many years I lived solely for a time in the future--the next big event--or off of the tragedies or amazing accomplishments of the past. I was unaware that all of life is lived moment by moment. Being in recovery allows me to be aware and present in those moments, and every moment provides me with an opportunity for growth.

—Mary P.
Madison, Wis.

Stories reprinted with permission from AA Grapevine: The International Journal of Alcoholics Anonymous www.aagrapevine.org

Donate your AA Grapevines to Green Bay Central Office Archives-Editions Dated from 2010 to 2015

AREA 74 SPRING CONFERENCE*

MAY 15-17, 2015
Radisson Hotel & Conference Center
2040 Airport Drive
Green Bay, WI 54313
Kimberly S. (920) 592-9337

GOPHER STATE ROUNDUP XLII*

“THE COURAGE TO CHANGE”

MAY 22-24, 2015
DoubleTree Bloomington Hotel
Bloomington, Minnesota
Registration Fee: \$15
ASL Interpreters are furnished for Speaker Meetings
www.gopherstateroundup.org

WISCONSIN & UPPER MICHIGAN CORRECTIONS CONFERENCE*

SATURDAY, JUNE 6, 2015
Lake Tomahawk Community Building
7246 Main Street
Lake Tomahawk, WI 54539
Lunch Provided
Registration Fee: \$10
Payable: WI-UP Corrections Conf
Send to: Ken Gusner
4204 Jerome St
Madison, WI 53716

NORTHEAST WISC. TRI-STATE ROUND UP*

JUNE 12-14, 2015
Radisson Hotel & Conference Center
2040 Airport Drive
Green Bay, WI 54313
Cost: \$25 (after June 1st - \$30)
Round Up Saturday Banquet - \$25
Registration forms available - Online & Central Office

BARBECUE DINNER*

SATURDAY, JUNE 20, 2015
The Bridge of Green Bay
2514 Jenny Lane
Green Bay, WI 54302
5:00pm Fellowship, 6:00pm Dinner
Open speaker to follow
Please bring a dish to pass—but not required!

SEYMOUR INTERGROUP*

SATURDAY, JUNE 27, 2015
Emmanuel Lutheran Church
349 N. Main Street
Seymour, WI 54165
Doors Open-4:00pm, Dinner-6pm, Meeting-7:15

2015 INTERNATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS*

JULY 2-5, 2015 - Atlanta, Georgia
With the theme “80 Years – Happy, Joyous and Free.”
Pre-registration deadline: May 12, 2015
Pre-registration fee: \$100
For more information: www.aa.org

CIRCLE CITY ROUND UP*

JULY 17-19 2015
Crowne Plaza Indianapolis Airport
2501 South High School Rd.
Indianapolis, Indiana 46241
Registration \$25 (\$35 w/banquet)
Marcy (812) 241-6357
circlecitroundup@yahoo.com

218 SUMMER PICNIC*

SATURDAY AUGUST 15TH 2015
At Murphy Park Pavilion
1627 Dousman
Green Bay, WI 54303
11 AM – 4 PM

Service

URGENT! HOTLINE Volunteers Needed

Volunteers needed to take 12th step calls from the Hotline.
2+ years of sobriety is required.
Training meeting on Thursday, March 26th-6:30 PM at the Central Office.
Betsy N. (920) 362-9397

URGENT! Female Volunteers Needed for Corrections*

Female volunteers are urgently needed Wednesday 6:00pm, 1 or 2 times a month for the meetings at the Brown County Jail (3030 Curry Ln, Green Bay). Plenty of training provided. Please read the testimonials on our website to see what current volunteers have to say about their experiences!
www.greenbayaa.org/PDF/service/JailVolunteersStories.pdf
For more information, please contact Lynn
(920) 362-3455 or lynnlade49@yahoo.com

Green Bay Area Central Office

Central Office Volunteers Needed:
Mon-Fri: 10:00 am - 1:30 pm or 1:30 pm - 5:00 pm
Saturday: 10:00 am - 2:00 pm
Betsy N. (920) 362-9397
1270 Main St. #102, Green Bay, WI 54302

Bridging the Gap*

1270 Main Street #102
Green Bay, WI 54302
bridging@greenbayaa.org
www.greenbayaa.org/service.html
Introduce newly released inmates to AA
Volunteers with minimum one-year sobriety & sponsor

Volunteers Needed Serving Brown County Jails*

Help Carry the Message Behind Bars!
Corrections Volunteers Needed
For Authorization Forms
Contact: Tim T. (920) 227-3156 or tetoepel@aol.com

Donate

GREEN BAY AREA CENTRAL OFFICE

1270 Main St. Suite 102
Green Bay, WI 54302
(920) 432-2600
www.aagreenbay.com

AA AREA 74 TREASURER

PO Box 84 Paradise, MI 49768
www.area74.org

AA GENERAL SERVICE OFFICE (GSO)

Grand Central Station
PO Box 459 New York, NY 10163
(212) 870-3400
www.aa.org

AA DISTRICT 01 TREASURER

PO Box 632 Green Bay, WI 54305

--NEWSLETTER EDITOR NEEDED--

Are you or someone you know interested in creating this monthly newsletter?

Learn more at:

Monthly GSR Meetings: 6:30 pm, Second Thursday, Green Bay Area Central Office - 1270 Main St. #102, Green Bay, WI 54302
District Chairperson Tom Y. dcmddistrict01@greenbayaa.org

GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

April 9, 2015

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

District 01 DCM Report: Dear Friends, A few weeks ago I had the privilege to represent our district at the delegate's workshop and assembly held in Three Lakes. At the workshop we gave our delegate the group conscience of Area 74 on many important issues she will be voting on at the General Service Conference this month in New York City. The next Area Assembly will be May 16, 2015 at the spring conference. At this assembly our Delegate will give her report from the General Service Conference. With this being right here in Green Bay, I am challenging the GSRs of our District to attend exercising their group's conscience and learning the workings of AA at the Area level. The Area Assemblies also give the GSR the opportunity to interact with their counterparts throughout the area, making friends and sharing ideas that will make the groups stronger. I look forward to seeing you there.

We have a strong district with great GSRs and committee chairs. I encourage all GSRs to attend our monthly district meetings. If you are a group member and your GSR is not attending please ask them to represent your group at the meeting. I also encourage any AA member to come and visit our meeting to see how your trusted servants conduct the districts business. The more people we have attend the more good ideas we will have. It is my goal to make District 01 the district other districts look to as a model.
In loving service. Thomas Y. DCM

Secretary, The March 12, 2015 minutes were reviewed by those present. A motion was made and seconded to accept these minutes. The motion passed. ~Marty S.

Bridging the Gap, Mary S. (Absent) Received the report by phone. BTG is going very well. Thanks for all who help make this work.

Webmaster, Jack S. Absent. Report submitted through email. Dear Friends, This month our website ran very smoothly. I received a request from our brothers and sisters in sobriety from the states of Indiana and Minnesota. They asked me to post their round ups on our web page. So I posted the Circle City Round Up in Indianapolis and the Gopher State Roundup XLII in Bloomington. As always please let me know if there is anything you would like me to change or add to our website. Yours in sobriety and service.

Newsletter, Ronald M. Nothing to report.

Grapevine, Barbara S. Absent.

Corrections, Tim T. Absent.

Treasurer's Report, (Page 4) Pat H.

District Events Co-Chairs, Jason P. and Josiah P. Nothing to report.

Cooperation with the Professional Community, Amy G. I will be distributing meeting lists and copies of the March edition of The Communicator to the Vet Center located on Ashland Avenue as well as the VA hospital.

Public Information Chair, Paul K. Absent.

Archives, Bruce K. Passed around a sign-up sheet for volunteers to watch over and help during the Spring Conference (May 15-17) at the Archive, Central Office, and Grapevine tables in two hour blocks. A motion made, seconded, and passed for \$158.25 for a DVD player to be used at the Spring Conference Archives table as a Conference expense for the district. Passed around a write up for "Founders of AA in Green Bay" Plaque. This will be added to the District 01 Archive. Donated by the Frank J. Neu, Sr. Family.

Treasurer's Report, Pat H. Area 74 District 01 Treasurer's Report

Prepared for the April 9, 2015 GSR Meeting

Starting Balance as of 03/12/2015	\$3,750.63
Expenses	
City of Green Bay - Bus Ads	-\$84.00
Color Master - Newsletters	-\$143.50
Grapevine - 2yr subscription	-\$54.00
GBACO - Archives	-\$181.59
Total Expenses	-\$463.09
Deposits:	
Came to Believe	\$100.00
Letting Go	\$14.25
Serenity Now	\$250.00
7am Grapevine	\$25.00
Total Deposits	\$389.25
Ending Balance April 8, 2015	3,676.79
(\$1,300.00 for prudent reserve)	-\$1,300.00
Total Funds Available	\$2,376.79

Motion made and seconded to accept the Treasurer's Report. Passed.

GSR Reports

- Early Birds, Christina M. Doing ok.
- Eye Opener, Barb M. Everything's going good.
- Happy Hour, Bill R. OK
- It's In the Book, Steve G. Well attended; going smoothly.
- Red Road, Pat H. Going good.
- Road to Recovery, Kimberly S. The Road to Recovery group is doing well. We will have funds to distribute sometime in the next month.
- Serenity Now, Jennifer A. Swimmily well.
- Sisters in Sobriety, Sue C. Going fine.
- Walk With Us, Henrietta D. Voted to donate \$50 to Green Bay Central Office and \$50 to General Service Office of A.A., New York.
- Women in the Present, Cathy R. Going well.



"Getting into the bottle was easy. It's getting out that's turning out to be the hard part."

—Jim B., Dorrington, Calif.

Old Business

• 2015 Area 74 Spring Conference, May 15-17, 2015 Update for District 01 meeting on Thursday, April 8, 2015.
Registration - As of Monday, April 6, 2015 we have received 98 registrations. Total estimated number 270, so we are 1/3 of the way there!

Hotel rooms - As of Thursday, April 9, 2015 the Radisson has 50 hotel rooms booked for a total of 100 nights.
Hospitality – Still seeking individuals or groups to host Hospitality, Friday night 3pm – 6pm & 6pm – 10pm. Sunday from 6:30am – 8:30am & 8:30am – 10:30am. Please contact Bill D. at 920.621.1258 if you or your group is interested in hosting.
Panels – If anyone is interested in speaking on a panel or placing their name on a list as a back-up (in case someone is sick or just can't make it), please email Bret D. at bret.drake@schreiberfoods.com.

Kimberly passed out to those present the conference registration flyer, the schedule of events and the conference map. She reminded us to get our registration in early and share this information with our group.

A motion was made, seconded and passed for District 01 to pay for a 2015 Area 74 Spring Conference flyer to insert into The Communicator.

A motion was made, seconded and passed to change the location of the GSR and Committee Meeting, May 14, 2015, from the Central Office to the Hospitality Room (Plaza Club Room) at the Radisson Hotel and Conference Center, 2014 Airport Dr., Green Bay. The meeting to begin at 6:30 pm.

New Business

- Nate will accept a nomination to fill in for Tom Y.
- Pat H., our current Treasurer, hopes to relocate to Tucson Arizona by October this year. He requested that a replacement be found by July to finish his term ending December 2015.
- Tom Y proposed the formation of a four GSR member ad hoc committee to plan and facilitate our next district election in October. The committee would be named at the next district meeting in May.

<u>District 01 Committee Contact Information</u>			
District 01 Chairperson	dcmdistrict01@greenbayaa.org	Archives	archives@greenbayaa.org
Tom Y. 920-471-3502		Bruce K.	
Alternate District Chairperson	altDCM@greenbayaa.org	Bridging the Gap	Bridging@greenbayaa.org
Gary K. 920-362-0206		Mary S. 920-217-3550	
Newsletter	newsletter@greenbayaa.org	Public Info	PI@greenbayaa.org
Keely J. 920-412-1217		Paul K. 920-676-2901	
Ronald M. 920-593-2915		Marian K. 920-366-5950	
Corrections Chairperson	Corrections@greenbayaa.org	Grapevine	grapevine@greenbayaa.org
Tim T. 920-227-3156		Barb S. 920-309-3100	
Meeting List Changes	MeetingList@greenbayaa.org	Coop with Prof. Comm. (CPC)	cpc@greenbayaa.org
Ronald M. 920-593-2915		Amy G.	
Treasurer	Treasurer@greenbayaa.org	Events	events@greenbayaa.org
Pat H. 920-362-1241		Jason P. 920-412-3733	
Secretary	secretary@greenbayaa.org	Josiah P. 920-264-2107	
Marty S. 920-465-1401		Webmaster	webmaster@greenbayaa.org
		Jack S. 414-477-3843	

“BINGE THINKER”

Before I was powerless over alcohol and my life had become unmanageable, I was powerless over unhappiness and my life had become unmanageable. I turned to alcohol in my late 40s as the best self-help option I thought I could find. Often, my unhappiness seemed to melt as I drank. But drinking became an ever more elusive and flawed solution to my unhappiness. It began to create unhappiness of its own. My overall unhappiness was eventually much greater than what I had evaded and yet not solved at the beginning of my alcoholism. Now what?

Maybe the best way to feel was to be happy. How was that possible?

Long before I was a binge drinker, I was a binge thinker. I tended to think incessantly, as if this were an essential part of staying alive. My mind either had no “off” switch, or, if it did, I had no idea where it was. In this constant banter, I could find all sorts of resentments to chew on, grudges to hold, victimization to ponder and catastrophes to protest. Life was unfair, people were the harbingers of much injustice and unkindness, and I was justifiably withholding my seal of approval by not accepting what already was.

I create thoughts. I can do so from default behaviors (what I have come to otherwise recognize as “character defects”), or I can create thoughts within the awareness of having choices. Awareness for me is realizing that I am not my thoughts. Rather, I observe my thoughts and their creation and content. If I need not be run by my conditioned default thinking, then have I discovered the choice of observing and creating constructive thinking?

Once I learned to meditate, as encouraged in step Eleven, I was able to find the “off” switch to my thinking when that thinking is neither needed nor useful to me. I can use thought, rather than have my thinking use me. “Awareness,” I believe, is the most accessible doorway to what has been referred to as “spirituality” throughout my life and in AA.