



The Communicator

February | 2014

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)

WELCOME TO ALCOHOLICS ANONYMOUS

We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined (AA Big Book, pg 17).

At a certain point in the drinking of every alcoholic, he passes into a state where the most powerful desire to stop drinking is of absolutely no avail. This tragic situation has already arrived in practically every case long before it is suspected.

All of us felt at times that we were regaining control, but such intervals - usually brief - were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better (pg 30).

However intelligent we may have been in other respects, where alcohol has been involved, we have been strangely insane. It's strong language - but isn't it true (pg 38)? But the actual or potential alcoholic, with hardly an exception, will be absolutely unable to stop drinking on the basis of self-knowledge. This is a point we wish to emphasize and re-emphasize, to smash home upon our alcoholic readers as it has been revealed to us out of bitter experience (pg 39).

If a mere code of morals or a better philosophy of life were sufficient to overcome alcoholism, many of us would have recovered long ago. But we found that such codes and philosophies did not save us, no matter how much we tried. We could wish to be moral, we could wish to be philosophically comforted, in fact, we could will these things with all our might, but the needed power wasn't there. Our human resources, as marshalled by the will, were not sufficient; they failed utterly (pg 44-45).

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink (pg 24).

Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power (pg 45)? More will be revealed.
Reprinted from Alcoholics Anonymous with permission of A.A. World Services, Inc.
www.aa.org/bigbookonline

"Came to believe that a Power greater than ourselves could restore us to sanity."

WHO IS A MEMBER OF ALCOHOLICS ANONYMOUS

If alcohol is an uncontrollable problem to him and he wishes to do something about it, that is enough for us. We care not whether his case is severe or light, whether his morals are good or bad, whether he has other complications or not. Our A.A. door stands wide open, and if he passes through it and commences to do anything at all about his problem, he is considered a member of Alcoholics Anonymous. He signs nothing, agrees to nothing, promises nothing. We demand nothing. He joins us on his own say so. Nowadays, in most groups, he doesn't even have to admit he is an alcoholic. He can join A.A. on the mere suspicion that he may be one, that he may already show the fatal symptoms of our malady, alcoholism.

~Bill W.
www.aagrapevine.org

TWELVE TRADITIONS

When an alcoholic applies the Twelve Steps of our recovery program to his personal life, his disintegration stops and his unification begins. The Power which now holds him together in one piece overcomes those forces which had rent him apart. Exactly the same principle applies to each A.A. group and to Alcoholics Anonymous as a whole. So long as the ties which bind us together prove far stronger than those forces which would divide us if they could, all will be well. We shall be secure as a movement; our essential unity will remain a certainty.

Alcoholics Anonymous [group] unity cannot automatically preserve itself. Like personal recovery, we [groups] shall always have to work to maintain it [unity]. Here, too, we [groups] surely need honesty, humility, open-mindedness, unselfishness, and, above all—vigilance. So we who are older in A.A. beg you who are newer to ponder carefully the experience we have already had of trying to work and live together. We would like each A.A. to become just as much aware of those disturbing tendencies which endanger us as a whole as he is conscious of those personal defects which threaten his own sobriety and peace of mind.

Reprinted from pamphlet: AA Tradition: How it was developed by Bill W., with permission of A.A. World Services, Inc.

"AA is more than a warm rich fraternal organization... AA is a design for living that will free people and I don't care what your captivity is!"

~Tom I. (Southern Pines, NC) www.aaspeakers.org

Recovery

“After Thirty Days”

The other night, I realized that I've learned a little in the thirty or so days that I've been on this program.

I've learned a little about alcoholism--first, that it's a disease and I've got it. I can't change that, ever. But I don't have to be ashamed any more--no more than anyone with any sickness. Alcoholism can't be cured, but it can be stopped. Kinda reminds me of that monster movie *The Blob*. You know, the one about the monster that's thick and messy and oozes and squirts over things and just kinda mucks 'em to death. Well, the people in the movie couldn't kill the blob. They could just freeze it and stop it. But if it ever got warmed up and thawed, it would ooze destruction once more. My alcoholism is the same way. It's stopped for today, but just add a little firewater, and quick as hell, it would start oozin' and squirtin' and muckin' up everything in my life again.

I've learned a little about sobriety. I've learned I have a choice. I don't have to drink. I've learned a lot from a little cliché that says, "A day at a time," eleven letters that mean "You can do it."

I've learned a little about honesty--mostly that I didn't have much but could get some if I tried.

I've learned a little about love--a word I've used a lot and abused a lot. I don't understand it a bunch, but it's here at AA. It's around these tables. It's in every one of you right now. It shows when you listen to another's story with a nod that means "I understand." It shows when you tell your own story and hope it will help someone. It shows in members' faces and voices that say, "Welcome, friend. I don't know where you came from or where you're going, but let's get well together." With the little I've learned about love, it's enough to say, "I love you all sincerely" and mean it for maybe the first time in my life.

I've learned a little about God. I know that with God all these littles can keep growing. I've learned that He doesn't have to be a guy who makes me feel guilty and sends my best friend to hell. God can be my friend. God can love me. And most amazing, I can love God. I've learned that a little faith focused on such a big God can accomplish what a big faith focused on such a little me could barely comprehend. I needed God. When I finally quieted down, He was there--just a little, but enough.

I've learned a little about myself--that I don't have to be funny all the time. People don't expect me to be anything in particular here. I've learned about a guy who never thought enough of himself to trust another human being to love him. A guy who loved himself only when he was drunk and was somebody else. I've learned there might be someone inside this funny suit after all. Maybe even a warm, sensitive person who really can love and really can be loved.

I've learned a little about alcoholics in AA--learned about good people who care. Little people with big hearts, big smiles, and big hands reaching out to others. People who are quick to laugh with you but not at you. People just as weird and wonderful as yours truly.

I've learned a little about life--that it might be worth living after all.

It may seem like I've learned a lot in thirty days. But not really--not when you think about all I haven't learned. I've made a little progress, but there is so far to go before I can even say I've made it partway. But I'm movin'! I'm going forward, and I don't believe it. Thanks to God and all of you people, I can take off the brake (the bottle) and go somewhere in a real world.

~M. C. (Bellingham, Washington)
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(aagrapevine.org)

“Must We Hear from Her Again?”

“There she goes again,” I said as I nudged another newcomer next to me. She was Mercy, one of the matriarchs of the Monday night meeting who at that time had 30-plus years of sobriety. I was a relative newcomer with a couple of years who thought I knew everything about sobriety and AA and the book and AA history and how to share at meetings and ... well, everything.

I had read many books on sobriety and recovery and knew that the purpose of meetings was to dig deep into psychological “issues” and how they related to my sobriety. I knew deep down that a solution as simple as Mercy's might have been OK for them in the old days of the 1950s when she got sober. But it was 1989 and now we knew so much more about sobriety than those old-timers.

As I sat there stewing in my own resentment juices, Mercy went on to share like I had heard her share at almost every meeting I attended. No matter what the topic or occasion, her sharing was predictable, boring and simplistic. She always began by talking about drinking too much and how her life was difficult as a Mexican woman in this rich portion of San Diego by the ocean known as La Jolla. She made her way through life as a housekeeper and as a domestic. It was hard work, especially for such a small and delicate woman as Mercy. No matter the situation, she always found a place to hide the bottles and a way to drink.

After describing herself as an alcoholic, she would always talk about how she got to AA. “I came to AA to get the family off my back.” Then would come a short lecture about not drinking one day at a time, women should stick with women sponsors, read the book, trust God, and most importantly attend AA meetings. She would finish her short two to three minute talk with a word of encouragement to the newcomer saying that if she could stay sober that they could too. And then she would slowly walk back to her seat in the front row and intently listen to the other speakers.

We newcomers would sit in the back, whisper to one another and grade her sharing as being old fashioned, simplistic, and dull. But as the 1980s gave way to the 1990s and then to 2000, something must have changed. The longer I stayed sober the more I wanted to hear that simple type of talk from the patriarchs and matriarchs of our meeting. I would sit straight up and listen as Mercy and the other true old-timers would share at the meeting.

Soon we were all waiting for Mercy to state her trademark phrase, “I came to AA to get the family off my back.” When she said it, we in the 10-20 year sobriety bracket, and we would just look at one another and nod. The meeting was complete. As she simply shared, Mercy had given us the truth about sobriety and AA: stay sober one day at a time, stick with a sponsor, trust in God, read the book and follow its instructions, and keep going to AA meetings.

Mercy kept going to meetings and sharing just like that until the last month of her life a little over a year ago. She died as she had lived for the more than 47 years of her sobriety, a dignified and stately woman who was the matriarch of our meetings. Her funeral was overflowing with the people she had met over that time period all of whom said the same thing, “She came to AA to get the family off her back.”

Her death and several others have thinned the ranks of the old-timers at our meeting. I miss their open, honest, and simple sharing. Over the years I learned Mercy's simple recipe for AA success is a good one, and I hope I repeat from the speaker's podium: stay sober one day at a time, stick with a sponsor, trust in God, read the book and follow its instructions, and keep going to AA meetings. Always end with a word of encouragement and hope for the newcomers who might still be struggling with sobriety.

With those true old-timers passing away or becoming infirmed and homebound, we with 15-20 years of sobriety are now being looked to as the old-timers at our meeting. When one of the new people calls us an “old-timer,” one of us will always interrupt and say, “Mercy, now she was an old-timer with almost 50 years of sobriety.” And another will lovingly reply with “I came to AA to get the family off my back.” Then we smile at one another and deep down I feel both happy and sad. Sad that Mercy is no longer with us but happy that she could transmit that life-giving AA message to us all.

It is my fervent prayer that 20 or 30 years from now a group of AAs will be standing on that same church porch looking out onto the sun setting over the ocean while quoting something I have said repeatedly. There could be no greater AA honor.

~James J. (San Diego, Calif)
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Resources Online

“Keep Recovery in Your Head”

Alcoholics Anonymous World Org: www.aa.org

Recovery Short Stories (print/audio): www.aagrapevine.org

AA Speakers Online/Download: www.aaspeakers.org

Adult and Teenage Family & Friends of Alcoholic: www.al-anon.alateen.org

Historical Resources of Alcoholics Anonymous: www.silkworth.net

SPAGHETTI DINNER & FELLOWSHIP*

SATURDAY FEBRUARY 22, 2014
THE BRIDGE OF GREEN BAY
2514 Jenny Lane, Green Bay, WI
Dinner: 5:30 – 6:30 – Speaker: 7:00

CHILI WHEN IT'S CHILLY

Oshkosh Intergroup

SATURDAY, FEBRUARY 22, 2014

4:00 PM Registration - 5:30 PM Chili Dinner

7:00 PM Speakers (AA, Al-Anon, Ala-teen)

Contact: Claudia R. (920-379-6516) Jerry D. (920-233-0735)

OSHKOSH SENIOR CENTER-NORTH BUILDING

200 N. Campbell Road, Oshkosh, WI

BEAT THE WINTER BLUES*

Game Day - Open and Kid Friendly

Bring Your Favorite Board/Card Games & Friends & Foods

SATURDAY, MARCH 8, 2014

1:00 PM - 4:00 PM

THE BRIDGE OF GREEN BAY

2514 Jenny Lane, Green Bay, WI

Contact: Josiah P. (920-264-2107) Jason P. (920) 412-3733

ANONYMOUS HANDS FOR RECOVERY*

Potluck - Open Speaker Meeting

AA, Al-Anon, Ala-teen speakers

(fundraiser for Alateen - \$5 donation suggested)

SATURDAY, MARCH 8, 2014 - 4:30 TO 9:00 PM

REDEEMER LUTHERAN CHURCH

210 S. Oneida St, Green Bay, WI 54303

Contact: Kathy J. (920) 606-9007

AREA 74 DELEGATE'S WORKSHOP*

MARCH 29-30, 2014

REITER CENTER

1858 S. Michigan St., Three Lakes, WI

38TH ANNUAL BADGER INTERGROUP*

Speaker: Clancy I. (Los Angeles, CA)

SATURDAY, MARCH 29, 2014

WAUKESHA EXPO CENTER

5:30 PM Social Hour - 6:30 PM Dinner - 8:00 pm Speaker

Dance to Follow

\$25 Tickets (pre-purchase only)

Contact: Mike Korducki, (920) 397-7464

1379 O'Leary Ct, Hartford, WI 53027

AREA 74 SPRING CONFERENCE*

“Trudging the Road of Happy Destiny”

MAY 16-18, 2014

BEST WESTERN PREMIER BRIDGEWOOD RESORT

Registration/Banquet: \$42 - Registration Only: \$17

Ice Cream Social (w/live music): \$5

Checks Payable: “2014 Spring Conference”

PO Box 42, Appleton, WI 54912

Contact: Jen F. (920) 850-2549

dcm@district02aa.org

BACK TO BASICS SEMINAR*

Take all 12 Steps in four 2-hour sessions
1ST, 2ND, 3RD, & 4TH THURSDAYS OF THE MONTH
6:00 – 8:00 pm

HOUSE OF TAWÉT - HEALING GROUNDS

601 North Broadway, Green Bay, WI.

Seminar fee: \$20 includes - Back to Basics by Wally P.
and bottomless cup of coffee.

Or \$7 and use the seminar's book and bottomless cup.

4TH & 5TH STEP SPRING RETREAT*

APRIL 25-27, 2014

ST NORBERT CENTER FOR SPIRITUALITY

\$140 – includes 2 nights/5 meals

(Snacks and beverages provided throughout retreat)

Registration Deposit Deadline: April 11, 2014

(limited scholarships available)

*6 months sobriety/active recovery suggested

Send \$40 deposit to

Step Retreats

PO Box 574, Green Bay WI 54305

Contact: Therese (920) 336-3023 or (920) 639-0360

Service

Green Bay Area Alcoholics Anonymous 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

Terry H. at 920-432-2600

Volunteer Responsibilities Include:

Process the purchase of literature, mugs, and stickers

Answer phone including AA Hotline - Refer hotline calls to trained
volunteers

2014 Area 74 Spring Conference

Kimberly S. 920-592-9337

Volunteers needed for conference planning committee

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

Donate

GREEN BAY AREA AA CENTRAL OFFICE

PO Box 1791 Green Bay, WI 54305

(920) 432-2600

www.aagreenbay.com

AA DISTRICT 01 TREASURER

PO Box 632 Green Bay, WI 54305

AA AREA 74 TREASURER

P.O. Box 84 Paradise, MI 49768

www.area74.org

AA GENERAL SERVICE OFFICE (GSO)

Grand Central Station

P.O. Box 459 New York, NY 10163

(212) 870-3400

www.aa.org

Truth in Begging by Eric Perlin



www.funnytimes.com

GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

January 9, 2014

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

Dear Family;

As we begin a new year we reflect on the successes of the past year and look forward to the promise of the new. As the new DCM I am excited to work with the GSRs and committee chairs of District 01. It is my goal that over the next two years District 01 will have greater service participation which will build bridges between the groups of the district. The GSRs are the backbone of the service structure so it will be a priority to find ways to increase the number that attend the District and Area meetings. The more people we can get involved the more work can be done to help support the groups of the district. I know if we all work together we will succeed in our primary purpose, to stay sober and to help other alcoholics to achieve sobriety.

In loving service,
Tom Y. DCM

Secretary: The minutes of the December 12th meeting were reviewed. These corrections are noted: In the GSR Reports, Sisters in Sobriety, CJ D. "Will put several baskets together for the Raffle" should read, "Will put one basket together for the raffle ." Also, in the Committee Chair reports, District Events Chair, Jason D. should read Jason P. Marty S. asked that each report be written and given to the Secretary at the meeting or emailed at (martyjs@earthlink.net). ~Marty S.

Newsletter: The online version of The Communicator has more information and is more complete (www.greenbayaa.org/newsletter.html). The committee chair names with their phone numbers will be included in the District 01 Committee contact information list when I receive all the names and phone numbers. Please email comments and suggestions concerning The Communicator (newsletter@greenbayaa.org). ~Ronald M.

Grapevine: I am working on a presentation for the Grapevine to promote the magazine; will show it January 18th at the Intergroup. After that I hope to put it on display at the Central Office. ~CJ D.

Webmaster: The transition to the webmaster job has gone very smooth. I have been able to post the January newsletter and meeting list. I have also, posted the December district meeting minutes without a problem. I have added two new pages to our website. You will now find an AA prayer page and an AA history page. Please check it out and let me know what you think. ~Jack S.

District Events: Plans are mainly in place for the Intergroup/Meet-n-Eat on Saturday, January 18th in Redeemer Lutheran Church Gym. The AA Speaker will be Paul W. and the AI-Anon Speaker will be Gloria. Please be sure to announce this at meetings and to your friends in recovery. Thanks to everyone who has already stepped forward to help. Just a reminder that this is a potluck, please bring a dish to pass if you are able.

Break the Winter Blues Game Day at The Bridge, Saturday, March 8th from 1pm to 4 pm. Bring your favorite board game or card game and a snack. Look for the flyer on our website (www.greenbayaa.org/events.html) ~Jason P. and Josiah P.

Cooperation with the Professional Community: I will get business cards made printed for myself to use in CPC Service. Will meet with Paul K.'s home group this Sunday to gather support and set up an agenda. I will study my position more by reading the Service Manual and AA Comes of Age. ~Jennifer A.

Public Information: Report not recorded. ~Paul K.

Bridging the Gap: There is some revamping going on with Bridging the Gap and it is all good. Some new people are stepping up to help. Thanks to everyone that helps to make this work. ~Mary S.

Archives: No Report Absent ~Bruce K.

Corrections: No Report Absent ~Ron O.

Treasurer's Report: No report. Absent due to illness. ~Pat H.

Old Business

District 01 Bylaws. Tom Y. gave to everyone present a copy of Ad-Hoc Suggested Bylaws/Guidelines For District 01, dated July 2009. He asked us to review them and present changes and suggestions at our next meeting to make them better. They can be viewed online at: http://greenbayaa.org/PDF/service/DistBylaws_07_2009.pdf

Webmaster Budget increase. The question was asked, "Why is the annual Webmaster budget increased from \$0 to \$250?" Jack S., Formerly the website fee was paid out of pocket by Ron M. The only cost is for readyhosting.com, which provides our web site . The cost will be between \$150.00 and \$200.00 for the year. I am looking into getting a more cost efficient host. If any one has expertise in this area, I welcome your suggestions. Motion made and seconded to increase the Webmaster annual budget from \$0 to \$250. Passed.

New Business

Marty S. will bring copies of the GSR Change Form to our next meeting.

A motion was made and seconded to purchase workbooks for each Committee Chair position. Passed.

<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
Ron O. 920-321-1072		CJ D. 920-819-3796	
Meeting List Changes	MeetingList@greenbayaa.org	Coop with Prof. Comm. (CPC)	cpc@greenbayaa.org
Ronald M. 920-593-2915		Jennifer A. 920-265-9053	
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	

Monthly GSR Meetings: 6:30 pm, Second Thursday, *The Bridge* 2514 Jenny Lane, Green Bay, WI 54302