



The Communicator

FEBRUARY | 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)

"10-78 OVER AND OUT"

A cop realizes he needs assistance and requires back up to deal with his alcoholism

I'm a law enforcement officer and also a recovering alcoholic. For most of my working career, I was a full-fledged, functional alcoholic. I would be at roll call or on duty with the worst hangovers. When I was in that condition, the only thing I wanted was for my shift to finish so I could cure my hangover. About a quarter of the way through my career, I was suspended from work for violating department policy and procedure while under the influence of alcohol. I was told by my bosses that I needed to get professional help before I could return to duty.

I played their game and went to the department shrink for a while. I finally convinced him that I wasn't an alcoholic. I knew I was but he didn't have to know it. I just wanted to get back to duty. After being cleared by him, I had to convince the guys in Internal Affairs that I was a normal officer and not addicted to alcohol or prescription drugs and shortly after I was released back to duty. At this point of my career I couldn't trust anybody enough to tell them about my problem.

After 15 years of marriage, I was divorced. The reasons were work and alcohol-related. Some will call it post-traumatic stress disorder (PTSD). I was dealing with stress, lack of sleep, mood swings and poor work productivity. It seemed like every time I had a day off, I was under the influence of alcohol. I made sure I had enough booze on hand so I didn't have to drive anywhere under the influence to get more. I even turned to vodka thinking that nobody could smell it on my breath. I wasn't fooling anyone. I tried beer only, wine, brandy and every other alcohol substance that gave me a buzz. I couldn't control any of it.

In early 2003, I was so heavy into drinking that I was ready to quit my department. I was able to stay sober for a short time, then I quit going to the meetings. These meetings were the best thing that ever happened to me.

After a short while, I thought I was cured of drinking so I started again only to experience the worst drinking binge of my life. I kept working but was very irritable and isolated from others. I couldn't wait to get home and have that first drink. I knew exactly when to stop drinking at night so I wouldn't smell of alcohol the next day.

I started isolating myself at home and from family. I was like a Dr. Jekyll and Mr. Hyde. The disease of alcohol got a hold of me; it was my first and only priority. As the drinking became worse, I tried to justify it by saying, "I'm successful, I have a house, vehicle and I bring home good money. How can I be an alcoholic?" Little did I know, it was a disease that can affect anyone—lawyers, doctors, firemen, professionals from all walks of life, including police officers.

I have been recovering from alcohol for a while now as I write this article. The way I have been able to do it is by following the Twelve Steps, going to meetings and talking with others. —Anonymous

"GETTING TO KNOW MY BROTHER"

Through the program of AA, she found something in common with her brother besides birthright.

Recently I've had an experience that has humbled me to my knees. I have a brother who's been missing for 30 years, and several days ago, my sisters found him on a social media site. I instantly messaged him, and he accepted my friend request. We began to talk privately, and I realized how fragile he is.

He has spent much of his life in an alcoholic and drug stupor and was recently, as he put it, "redeemed." I knew he was not going to tell me anything about his life if I didn't first tell him about mine. So I shared my story, and what a blessing that was, because he said, "You've been redeemed too." We found something in common besides birthright.

I never knew my brother because I was gone from home by the time he was 6 or 7. But after sharing my story, he shared how he is recovering from his life too. He told me he was so far gone that he had to learn how to be a person in the world again. I know he isn't in AA, but I believe he's working some kind of program that he hasn't shared with me. He isn't ready to tell all, and I understand completely. Every time we have a conversation I feel it's a miracle and a blessing.

Without the program of AA I'd probably have little in common with my brother, and I might even be a judgmental person. AA has taught me so much. I've learned the true meaning of principles before personalities. When my brother and I talk I'm able to use the principles of AA and listen, rather than offer my opinions. I get to encourage him to continue his walk in sobriety. This to me is by far the best way to proceed as I get to know him.

Next month, God willing, when I celebrate 23 years of continuous sobriety (my sober date is Sept. 14, 1990), I will probably cry my eyes out as I'm doing right now writing this story. Today I'm experiencing just one more miracle of sobriety and know that AA really does work, and that the Promises do come true.

Carrie B., Plainfield, Ind.

THIRD ANNUAL WOMEN IN RECOVERY WORKSHOP*

SATURDAY, FEBRUARY 7, 2015

Noon - 4:00 pm

Our Savior Lutheran Church

120 S. Henry St

Green Bay, WI 54302

Topics: Steps 6 & 7 with panels of speakers, interactive presentations\

Snacks and beverages provided. Onsite babysitting available

Marian K. 366-5950, Donna Y. (920) 680-8636,

Phyllis W. (920) 609-0668

12 STEPS WORKSHOP*

SATURDAY, FEBRUARY 28, 2015

10:00 am - 2:00 pm

Saints Edward and Isadore Church

3667 Flintville Rd

Suamico, WI 54313

Carrying the message / Practicing the principles

Matt (920) 217-6864 or Al (920) 606-2274

2015 INTERGROUP-OSHKOSH

Saturday, February 28, 2015

Oshkosh Senior Center Annex

200 N. Campbell in Oshkosh

Registration 4:00 – 6:00pm

Chili Dinner 5:30pm

Speakers 7:00pm

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

2015 INTERGROUP-NEENAH

Saturday, March 14, 2015

Our Savior's Lutheran Church

809 S. Commercial

Neenah, WI 54956

BARBEQUE PULLED PORK DINNER*

Saturday, March 21, 2015

Bridge of Green Bay

2514 Jenny Lane

Green Bay, WI 54302

5:00 Fellowship, 6:00 Dinner, 7:00 Speaker

4TH & 5TH STEP SPRING RETREAT*

MARCH 27-29, 2015

AA and Al-Anon

St. Norbert Center for Spirituality

1016 N. Broadway, De Pere, WI 54115

Cost: \$140 – includes lodging, meals, & snacks

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

Tim S. timsiebers@yahoo.com

ANNUAL MOOSE & GOOSE

CORRECTIONS LITERATURE FUND RAISER*

Saturday, April 11, 2015

Emmanuel Lutheran Church

349 N. Main St. Seymour, WI 54165

5:00 PM Social time, 6:00 PM Dinner, 7:30 PM Speakers

For General Information & Donations Contact:

Rolland G. (920)722-5417, Dan L. (715) 851-1970

Terry W. (715) 526-6758

email: slowhand1@frontiernet.net

AREA 74 SPRING CONFERENCE*

MAY 15-17, 2015

Radisson Hotel & Conference Center

2040 Airport Drive

Green Bay, WI 54313

Kimberly S. (920) 592-9337

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

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

Service

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. at (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 DISTRICT 01 TREASURER

PO Box 632 Green Bay, WI 54305

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

--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. dcmdistrict01@greenbayaa.org

GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

January 8, 2015

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

District 01 DCM Report: Dear Friends, As we begin a new year we can build on our successes of the past as we look forward. There will be some changes for the next year. Going forward our district will be meeting at the central office. The move is in an effort to expose more groups to the great resource in our district which is the Central Office. As DCM I would like to thank the Bridge for the many years they have hosted the monthly district meetings. They have been incredibly gracious hosts. 2015 is going to be a very busy year for all of us in District 01. In a few weeks we will come together as a district at our annual intergroup. In February our groups have stepped forward to put on a Women in Recovery workshop and a 12th Step workshop. In May our district will host the Spring Conference. All these are great opportunities for our members to learn the joy of service. It is also not too early to think about holding district office. It is only about six months before we start the nomination process for the next service cycle. I have been blessed to have such a hardworking, committed District Committee. I know when it is time to pass the torch we will be able to find the next generation of trusted servants. ~Tom Y.

Secretary: The December 11th minutes were reviewed by those present. In the Treasurers report, the ending balance date of September 11th 2014 was corrected to December 11th. A motion was made and seconded to accept the December 11th minutes. The motion passed. ~Marty S.

Webmaster, Jack S. As your webmaster I believe it is my job not only to keep the AA events up to date but also, make sure that our web site is up and running at all times. In order to do this I try to check our website daily. On Dec. 22, I was not able to open our site. I filled out a support ticket with our web server. The next day I received the following message: "Hello. The application pool on the server where your website hosted was overloaded. We have moved your website to different application pool and the website <http://greenbayaa.org/> is working fine. Could you please clear browser cache and check the website functionality from your end? Also, I would like to compliment you on the way you have designed your website. Having such a wonderful website, I am sure you want to have good traffic flow for your website. If you have any further questions, please update the Support Console. Sincerely, Sathya P. Technical Specialist." I proceeded to do as I was asked and found that our website was up and running again. Thanks for letting me be of service to district 01. Yours in recovery, Jack S.

Newsletter, Ronald M. Nothing to report.

Corrections, Tim T. Volunteers need to be pre-approved to attend jail meetings. The Jail Volunteer Application Form can be downloaded from our Green Bay A A website at: <http://www.greenbayaa.org/service.html>. Please return the application form to Tim T. Contact Tim at 227-3156 or tetoepel@aol.com for more information. The Work Release Center meeting at 125 S. Adams Street in Green Bay is well attended. The women meet on Tuesday at 8:00 pm and the men meet Sunday at 6:00 pm. The next info/training session will be when 8-10 people submit their volunteer application form. There are about thirty volunteers at present.

District Events Co-Chairs, Jason P. and Josiah P. Greetings friends. Plans are basically complete for our Intergroup/Meet N Eat on Saturday, January 17th at Calvary Lutheran. Social time begins at 4:30pm. The District will be providing barbecued pork sandwiches and potato salad. Please bring a dish to pass. Dinner will be served at 5:30pm. A short meeting will be held following dinner. Al Anon speaker Betty P. will be speaking about 7pm followed by Dale E. from AA. Mike G. will be our Emcee for the evening.

The thing we need to make this event complete is your help. We will be passing some volunteer sign-up sheets around for your consideration. We have tried to organize this so the time commitment is about an hour for each need. Our goal is for everyone to be able to enjoy the evening, listen to the speakers, and catch up with their friends. If everyone pitches in, there should be no need for anyone to spend the entire evening working. This is a great opportunity to get sponsees or newcomers involved in the fellowship. Service is one of the legs of our triangle of our AA program. Word of mouth is the best advertising. Please remind your friends of this event. It is open to all, including children. Please pass the word at meetings you attend over the next week! Food and fellowship are great for the soul!

No fee will be charged for the use of the Calvary Lutheran Church facility. A motion was made, seconded and passed to donate \$150 to Calvary Lutheran Church. A thank you card will also be sent. Yours in Sobriety, Jason P. and Josiah P.

Public Information Chair, Paul K. The contract for the bus ad has been renewed.

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

Prepared for the January 08, 2015 GSR Meeting
Starting Balance as of 12/11/2014 \$2,481.93

Expenses

John S. - Website 9.75
Badger Wholesale - Intergroup food 377.16
City of GB - Bus Ads 42.00
Color Master - Newsletters 143.50
Total Expenses - 572.41

Deposits:

Nov 13, 2014 7th Trad 17.01
Serenity Now 350.00
Wed Morning Grapevine 25.00
Total Deposits + 392.01
Ending Balance Jan 07, 2015 2,301.53
(\$1,300.00 for prudent reserve) 1,300.00

Total Funds Available \$1,001.53

Motion made and seconded to accept the January 08th Treasurer's Report. Passed.

GSR Reports

- Red Road, Pat H. Going Fine.
- Fisherman's Paradise, Ronald M. Nothing to report.
- Early Birds, Don D. Nothing to report.
- It's in the Book, James R. Nothing to report.
- Flintville Early Risers, Nate K. The 12th Step Workshop will be February 28th, 2015 from 10:00am to 2:00 pm at Saints Edward and Isadore Church, 3667 Flintville Rd. For more info contact: Al at 920-606-2247 or Matt at 920-217-6864. Nate passed out flyers to all present.



"I hit my knees every morning just like they said."
--Doug K., Seaside, Ore.

Old Business

*AREA 74 SPRING CONFERENCE 2015, Kimberly S. Conference Chair The next organizational meeting will be on January 25th at 4:00 pm at the Radisson Hotel & Conference Center, 2040 Airport Drive, Green Bay, WI.

*The 3rd Annual Women's Recovery Workshop is set for Saturday, February 7, 2015 from 12:00 to 4:00 PM at Our Savior Lutheran Church, 120 South Henry Street, Green Bay. It is hosted by Women in the Present, Letting Go, & Sisters in Sobriety AA Groups. Event flyers were passed out to all present and can be seen at WWW.GREENBAYAA.ORG Contact: Phyllis at (920) 609-0668 or Marian at (920) 366-5950 for more info.

New Business

The Grapevine Chair in open. The Nomination Form can be downloaded at: www.greenbayaa.org and given to DCM Tom Y.

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

"THE STUMP"

How a sponsor helped her out of the woods toward her own Higher Power

Yes, it is possible to stay sober for 40 years in AA as an atheist. No, she is not a communist. She is my sponsor and one of the most spiritual people I know. Some of the tools I have learned from her are the sayings, "Where's your feet?," "Firm, friendly and fair," and "A roof over my head, food to eat and someone to love." She uses AA as a whole as the power greater than herself.

I have tried to argue with her that she is an agnostic, but I lose every time! Who am I to attempt to tell anyone what they believe or call themselves? I'm too grateful for sobriety to argue semantics.

My sponsor had three tall pines in her neighborhood that reminded her to be grateful for her sobriety and the life she gained by keeping the plug in the jug. One day, the trees were cut down. A close friend asked her if she would like to go pick up one of the trunks, so they loaded a piece of one of the trees in the car trunk. As they drove, they were laughing and talking about life and came to a stop sign. They heard a loud thud as the piece of wood rolled forward. My sponsor asked "What was that?" to which my friend replied, "That was your Higher Power!"

I can't speak for anyone else, but as we understand him is the reason I'm still sober. My interpretation of that power greater than myself has morphed many times over the years. At one point—at two-and-a-half years sober—I tried to define what that power was. I confused myself to the point of believing there was no power, and I never want to get that close to drinking again. My sponsor asked me if I had ever been angry with God. I said, "Of course," to which she replied, "You can't be mad at something you don't believe in!"

I have learned over the years that my relationship with that power is my relationship with the rest of the world. That power is no longer alcohol and life has improved immeasurably. As I have more spiritual experiences and awakenings, I realize you can learn a lot from an atheist.

—Anonymous

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"FOOTBALL FANS"

Sports teams can be as divisive as politics and religion. Should we leave our loyalties at the door?

I was excited to see so many loyal and sober football fans sharing in the excitement as football is a big sport in our city."

Recently, a situation occurred at a meeting, that was previously my home group for 20 years, that has deeply troubled me. At this meeting, everyone was dressed in apparel that was supportive to our football team. I was excited to see so many loyal and sober football fans sharing in the excitement as football is a big sport in our city. My excitement faded into sorrow and sadness when I saw the speaker's table draped with a promotional materials from the team.

I shared concerns with a few of my closest home group friends. I mentioned the importance of singleness of purpose, but my concerns were treated with indifference, and the cloth article stayed on the table. Quietly, I left before the meeting started, disappointed by the lack of concern. On the way home, I asked myself these questions; how would a non-sports new comer feel? What other NON-AA promotional item (however worthy) might be put on the table in the future? What does this article of cloth have to do with AA?

At home, I got out my Twelve and Twelve and recalled what previous sponsors had shared with me about the Traditions—especially Traditions Five and Ten. I spent several minutes in reflection and prayer as well as taking a brief Tenth Step inventory of which the results are:

*I can pray for guidance and understanding.

*I can go to another meeting (which I am considering). These people are my friends, and although we may disagree on this situation, it will not change my friendship with them.

*I can be thankful to those long timers for giving me tools to work thru this problem.

—Jerry K., Pittsburgh, Pa.

www.aagrapevine.org/feature/1490

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