



# The Communicator

JANUARY | 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)

## HOLD ON TIGHT SOBRIETY

*Friends, my name is Don H., Sober 13 years. Currently imprisoned for the last 15 years on a 61 year sentence thanks to my old pal, alcohol.*

*Since the days of barely walking I recall violence. Both parents would explode in rage. I was abused every sort of way one could. By the time I was six years old I tried hanging myself, life was too hard. By the time I was 12 I was being sexually abused by my mother's friend; my mother even watched once. She would often repeat how I was a mistake, and call me names I can't write. I felt alone, depressed, anxious, and beyond angry. I felt rage the world, and God for making me suffer. I hated life.*

*By age 15 lots of fights, problems in school, thefts, sex, and a drunk driving. At 16 years old, detox once or twice. 17 waking up in hospitals being told I was a chronic alcoholic and if I didn't stop I would die. Near my 18th birthday I robbed a store, and was facing 20 years in prison. Because of a paid off witness, I was sent to Ethan Allen School for Boys. Here I underwent AODA treatment. After my release I really tried to stay sober by attending lots of AA meetings and hanging out at the Alano Club. But, fully committing to 12 steps was too taxing. Turning my life over to God? I was fighting God. So my attempts at sobriety were patchy; 3 months, 6 months, etc.*

*Around 25, I accumulated a few years of "hold on tight" sobriety. I used the parts of the 12 steps that I thought were best and forgoing what I disagreed with. Sobriety seemed easy. I got married in Tucson, Arizona, had a child, and both my partner and I were successful in our areas of employment. From the outside I was beating the odds; a golden boy. Inside, however, I often felt lost, angry, depressed. After a few years of marriage we divorced.*

*I headed back to Wisconsin to catch a fresh breath of air. With the intent to return to Tucson, no interest in drinking, and my "hold on tight" sobriety, I stopped going to meetings. Gambling became my new addiction. It started innocently enough, but it too ravaged my life as I began gambling daily at card tables and casinos. With the mental clarity of a newly cut diamond, I decided it was time to return to Arizona. But just before leaving Wisconsin I decided to travel to Green Bay to see my mom. Somewhere in my mind I knew returning home was not a good idea.*

*Almost immediately memories from childhood returned to my consciousness as if I was watching an old movie that only I could see. Waves of emotions flooded me with fear, anger, sorrow, regret, and shame. As a fully grown man, I felt as if I was a 12 or 13-year-old boy again, reliving situations long since passed. This turmoil would be made better, I thought, if only I heard her apologize. But she wouldn't. Within two days I was drunk.*

*I was arrested repeatedly for drunk driving, public drunkenness, was eating out of garbage cans, having a lot of fights, and planned to kill myself. At one point I entered a halfway house but not long afterwards I was drinking insanely. Detailed memories of my drunken experiences were difficult to recall. Never thinking my troubles would get better, and convinced that I was at my lowest, one morning I woke with flashbulb memories of breaking into a bar and having a violent confrontation someone. As a result of my actions, I was arrested, convicted, and sentenced; 61 years in Wisconsin Prison. Both parents are now deceased. My children and I are not communicating. My brother is ashamed of me. I have also created a victim to whom I am deeply sorry for hurting.*

*The consequences of my decisions lead me to this place. Today, with the help of the fellowship of Alcoholics Anonymous life has changed for me. First, it was important that I stay sober. Next, I realized that I was my problem and that I had to learn solutions from others. My thoughts, attitude, and actions had to change. Life owes me nothing. Instead, it is my responsibility to reduce what I take, and increase what I give to humanity. Finally, my relationship with God changed dramatically. Today I sit quietly, listening for his guidance before taking action.*

*These lessons did not come to me easily. Just a few months ago the State of Wisconsin Parole Board decided that I am not ready to be released into society. In the face of disappointment my actions are different. I have chosen to live a sober life and fully experience all of the many thoughts and feelings that I face. I realize that good does not last forever, nor does sadness. I realize that there are different reactions I can take accept, such as jogging for fitness, reading books to expand my knowledge, working on art projects for serenity, and praying that I be shown how I can make life better for others. I am especially grateful to Mary S. (Dist 01 Area 74 - Bridging the Gap) for her encouragement to remain connected with the fellowship of Alcoholics Anonymous.*

Author: Don H. Original text edited

Don H. invites you to contact him. Please see Bridging the Gap chairperson, Mary S. for address.

# Unity

\* Indicates an online detailed flyer or registration form at [www.greenbayaa.org](http://www.greenbayaa.org)

## WISCONSIN CONFERENCE OF YOUNG PEOPLE IN AA

(WICYPAA)

JANUARY 9-11, 2015

The Plaza Hotel and Suites  
1202 W. Clairemont Ave  
Eau Claire, WI 54701

Conference Info & Registration: [www.wicypaa.org](http://www.wicypaa.org)  
Hotel reservations (715) 834-3181

## PORK PANCAKE BREAKFAST & SPEAKER MEETING

SUNDAY, JANUARY 10, 2015

7:30 am Breakfast & 8:00 am Speaker

Prince of Peace Church  
2330 E Calumet Street  
Appleton WI 54915

Anyone who enjoys the fellowship is Welcome

## OPEN AA SPEAKER MEETING

SUNDAY JANUARY 11, 2015

7:00 pm

Janssen Center Building  
1617 West Pine Street  
Appleton WI 54914

(6pm doors open for fellowship potluck)

## DISTRICT 01 INTERGROUP\*

SATURDAY, JANUARY 17, 2015

Fellowship 4:30pm / Dinner 5:30pm / Open Speakers 7:00 – 9:00pm

Calvary Lutheran Church  
1301 S Ridge Rd  
Green Bay, WI 54303  
Open Speaker Meeting

## GENERAL SERVICE REPRESENTATIVE WORKSHOP\*

SATURDAY, JANUARY 17, 2015

12:30 pm - 3:30 pm

Immanuel Lutheran Church  
349 N. Main Street  
Seymour, WI 54165

Plenty of time to get to Green Bay Intergroup  
Barry B. (920) 470-9708

## OPEN AA SPEAKER MEETING

SUNDAY, JANUARY 25, 2015

10:00 am

St. Elizabeth Hospital-Helen Fowler Conference Center  
1506 South Oneida Street  
Appleton, WI 54915

## 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

## 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](mailto:timsiebers@yahoo.com)

## AREA 74 SPRING CONFERENCE\*

MAY 15-17, 2015

Radisson Hotel & Conference Center

2040 Airport Drive

Kimberly S. (920) 592-9337

## 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](http://www.aa.org)

# 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

1270 Main St. #102, Green Bay, WI 54302

## 2015 Area 74 Spring Conference

Kimberly S. (920) 592-9337

Groups s Individual Volunteers Needed

## Bridging the Gap\*

1270 Main Street #102

Green Bay, WI 54302

[bridging@greenbayaa.org](mailto:bridging@greenbayaa.org)

[www.greenbayaa.org/service.html](http://www.greenbayaa.org/service.html)

Introduce newly released inmates to AA

Volunteers with minimum one-year sobriety & sponsor

## Volunteers Needed Serving Brown County Jail\*

Help Carry the Message Behind Bars!

Corrections Volunteers Urgently Needed

For Authorization Forms

Contact: Tim T. (920) 227-3156 or [tetoepel@aol.com](mailto:tetoepel@aol.com)

# Donate

## GREEN BAY AREA AA CENTRAL OFFICE

PO Box 1791 Green Bay, WI

54305

(920) 432-2600

[www.aagreenbay.com](http://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](http://www.area74.org)

## AA GENERAL SERVICE OFFICE (GSO)

Grand Central Station

PO Box 459 New York, NY 10163

(212) 870-3400

[www.aa.org](http://www.aa.org)

## "TASTING IS NOT DRINKING"

*An AA has a reminder of the cunning nature of alcoholism while on a trip with his wife*

A few years ago, my wife and I were in Galena, Ill. for a weekend. Galena is a kind of tourist town with bed and breakfasts, motels, trendy stores and antique shops. There is also a winery retail store. When I was drinking, I seldom drank wine. It was one of the few things I did not drink. While we were there, my wife wanted to go to the winery to get some wine for her brothers and sisters. I said OK since I never drank it anyway.

Now, I had always heard that there would be times in every alcoholic's life during which he would be powerless over the first drink. I always thought that was meant for other people. I have a good program. I work the Steps, go to meetings, and pray. It won't happen to me, I figured. Until I got to Galena.

We went into the wine shop at 11 a.m. The store was filled with bottles of wine and all the accessories: decanters, cork screws, wine racks. There was a bar with about four or five people sitting at it, sampling wines. A guy behind the bar was talking about the fruitiness and bouquet of various wines. The reality was that they were drinking at 11 a.m. for free.

I felt myself being drawn to the bar like a magnet, and for a brief moment I thought, "Tasting is not drinking." It would be OK. I was frozen, afraid to move. I started sweating and was really scared. I really wanted to go over and drink the wine. I took a few deep breaths, and asked the man upstairs to get me out of there.

I walked over to my wife and told her that I could not stay there. I went outside and sat on the front step. It was about October, about 40 degrees and windy. I sat there for 20 minutes and thanked my higher power for getting me out of there. If I had stepped the other way, I probably wouldn't be here now. At that moment, I was truly powerless over the first drink.

One of the old timers who goes to the same meetings as I do, says that the AA program is like insurance. On that day in Galena, I used my insurance.

—Paul K., Bolingbrook, Ill.

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www.aagrapevine.org

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### GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

December 11, 2014

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: [www.greenbayaa.org](http://www.greenbayaa.org))

**District 01 DCM Report:** No report. ~Tom Y.

**Secretary:** The November 13th minutes were reviewed by those present. A motion was made and seconded to accept the November 13th minutes. The motion passed. ~Marty S.

**Bridging the Gap:** Doing well. A great way to do service. The rewards are incredible. If interested email me at: [msawyerm@att.net](mailto:msawyerm@att.net). Thanks to all the people who have helped support this wonderful service. ~Mary S.

**District Events Co-Chairs:** Holiday Blessings to all of you. Plans are well underway for the 2015 Intergroup/Meet N Eat at Calvary Lutheran, Saturday Jan 17th. Dale E. from Alaska has agreed to be our AA speaker. Mike G. will be our emcee. Scott will be providing us with a sound system. We are still in need of an AI Anon speaker. If we aren't able to find a speaker by the early part of January, we will try to find a second AA speaker. We will be providing hot beef sandwiches and potato salad which will be purchased from Badger Wholesale, who are giving us a great price. Dinner will still be a potluck style. There are plenty of volunteer opportunities available, set up, clean up, registration, kitchen help, soda and water sales, etc. Please contact Jason P. at 920-412-3733 or Josiah P. at 920-264-2107. Items for door prizes are always appreciated. If your group would be willing to donate some recovery literature, a gift basket, gift certificate, or anything at all it would be greatly appreciated. Items can be brought the evening of the event which will start with social time at 4:30pm, dinner at 5:30pm and speakers to follow. The District Game Day on Saturday was great fun. We were few in numbers, but strong in recovery spirit. ~Jason P. and Josiah P.

**Grapevine:** Grapevine Chair is open. Seeking a representative.

**Webmaster:** I have the website all updated with upcoming event fliers and the meeting list is updated with all submitted meeting changes/additions. On November 28 I received a message from our website host. "We are contacting you to inform you we have discovered malicious content on your account and have suspended the account to protect you and your visitors." After spending the day on the phone and removing all the files and installing only the files that we needed on our website the site was back on track. I also, had to purchase Site Backups and Restore for \$9.95. Many of the files dated back to 2003 and were not needed for our website to function.

It is going to be necessary for me to purchase virus control so we do not have this problem again. I will do that right away and then turn in the bill after the first of the year. It will cost around \$40.00. ~Jack S.

**Archives:** The conference call with Area 74 District Archives Chairs went well. Working on establishing histories for each District. I have forms for group histories. Working with Area Archives Chair on archive displays. Have one already on the Jack Alexander Article. He will help by sending me photos of different displays for Spring Conference. I will arrange to pick them up. Figured three tables for District Archives, Grapevine, Central Office information and Contributions. ~Bruce K.

**Treasurer's Report:** Area 74 District 01 Treasurer's Report prepared for the November 13, 2014 GSR Meeting (page 4). Motion made and seconded to accept the November 13th Treasurer's Report. Passed. ~Pat H.

### GSR Reports

- **Carry The Message:** The Tuesday, 9:00 am group is no longer meeting at this time. We are looking for a new location to better suit our needs. It is a child friendly, open meeting we want to host. Everyone is welcome. Please contact me (920-737-1465 [katnissjstone@gmail.com](mailto:katnissjstone@gmail.com)) with any ideas or opportunities that can help bring this about. ~Katie S.
- **Early Birds:** Our group is well attended and going pretty good. The newcomer packets are completed. ~Christina M.
- **Eye Opener:** Things are going well. Our group will give money to the Bill W. Fund for the Spring Conference. ~Geri L.
- **Fisherman's Paradise:** Nothing to report. ~Ronald M.
- **Flintville Early Risers:** Nothing to report. ~Nate K.
- **Letting Go:** Nothing to report. ~Donna Y.
- **Red Road:** Nothing to report. ~Matt H.
- **Road To Recovery:** The Road to Recovery Group is doing well. We have recently sent out contributions to GSO, Area 74, District 01 and GB Central Office totaling over \$400. We are in favor of moving the District meeting to the Central Office. ~Dale E.
- **Walk With Us:** Nothing to report. ~Henrietta D.



**Old Business**

- AREA 74 SPRING CONFERENCE 2015, Kimberly S. Conference Chair, Update. The report given by Dale E. The next meeting for the Area 74 Spring Conference is Sunday, January 25, 2014 at the Radisson Hotel. At this time, we have all chairperson positions filled. We are still seeking groups to man the Hospitality Room. We don't have any groups for Friday or Sunday and still have some openings for Saturday. Continue to seek donations for the Bill W. fund which will allow guests to attend who may not have the financial means to do so. Updated flyer will be available in January. I'm waiting to hear back whether the flyer will be posted on the Area 74 website and District 01 website.

- GSR MEETING LOCATION CHANGE TO CENTRAL OFFICE: The floor was opened to discuss a motion made last meeting that the GSR and Committee Chair Meeting be held at the Green Bay Central Office the 2nd Thursday of the month. With little discussion the motion passed by a substantial majority. The minority opinion was asked for and one person said that the Central Office was too small to hold the meeting. No one changed their vote.

**DISTRICT 01 AREA 74 PROPOSED EXPENSES BUDGET**

Committee	2014 Budget	2015 Budget
DCM	600.00	600.00
Secretary	25.00	25.00
Treasurer	70.00	70.00
Corrections	150.00	150.00
Grapevine	0.0	25.00
Newsletter	1,300.00	1,300.00
Public Information	600.00	900.00
Archives	50.00	50.00
CPC	50.00	50.00
Bridging the Gap	200.00	200.00
Web Master	250.00	100.00
PO Box rental	76.00	80.00
Special Events	300.00	300.00
Bridge Rent	180.00	180.00
<b>Total</b>	<b>\$3,851.00</b>	<b>\$4,030.00</b>

**Donations 2014**

Jan.	532.00
Feb.	393.15
March	180.00
April	552.50
May	222.46
June	180.00
July	370.46
Aug.	134.00
Sept	185.00
Oct.	140.41
Nov.	392.52
Dec.	n/a
<b>Total</b>	<b>\$3,282.50</b>

<b>Area 74 District 01 Treasurer's Report</b>	
Prepared for the December 11, 2014 GSR Meeting	
Starting Balance as of 11/14/2014	\$2,315.46
<b>Expenses</b>	
Mary S. - Bridging the Gap	\$18.60
City of Green Bay - Bus Ads	\$42.00
The Bridge - Rent	\$15.00
Color Master - Newsletters	\$143.50
Check Order Supply	\$27.95
<b>Total Expenses-</b>	<b>-\$275.05</b>
<b>Deposits:</b>	
Nov 13, 2014 7th Trad	\$21.00
Tues Serenity Seekers	\$150.00
Flintville Early Risers	\$120.00
Road to Recovery	\$122.52
<b>Total Deposits+</b>	<b>+413.52</b>
Ending Balance December 10, 2014	\$2,481.93
(\$1,300.00 for prudent reserve)	\$1,300.00
<b>Total Funds Available to spend</b>	<b>\$1,181.93</b>

A motion was made, seconded and passed to accept the proposed budget for 2015.

- Resignation of Grapevine Chair CJ D. announced that she is resigning the Grapevine Chair.
- Women's Workshop Donna Y. and Katie S. reported that volunteers are coming forward and that the workshop is on track.

**New Business**

- No new business

**2015 Area 74 Spring Conference\***  
**STRENGTH, COURAGE & WISDOM**

May 15-17, 2015 • Green Bay, WI  
Radisson Hotel & Conference Center  
2040 Airport Dr. • Green Bay, WI  
Rooms: \$99 single/double. \$109 triple/quad (all rooms include breakfast)  
Reservations call (920) 494-7300 (provide conference name to receive above rate)

- \***Friday Night:** Meet & Greet activity, followed by a "No Huddle" meeting featuring six brave members who have agreed to speak for 10 minutes on an unknown subject pulled out of a hat! Stick around for an original skit!
- \***Saturday:** Panels and Speakers from Alcoholics Anonymous, Alcoholics Anonymous Young Person, and Al-Anon. Evening Banquet.
- \***Sunday Morning:** Area 74 Committee meeting & spiritual message from our main speaker.

ONE FORM PER PERSON Please check: AA  Al-Anon  Registration ONLY: \$20.00 Banquet: ADD \$25.00 TOTAL: \$ \_\_\_\_\_

Full Name (print clearly): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Name to appear on your badge: \_\_\_\_\_

Mail Registration Form and Check - Addressed: 2015 Area 74 Spring Conference - PO Box 12092, Green Bay, WI 54307  
Checks payable to "2015 AREA 74 SPRING CONFERENCE"

**Deadlines for banquet submission: May 6, 2015**

Questions? Contact: Kimberly (920) 592-9337 kimmyschuyler@gmail.com