



# The Communicator

MARCH | 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)

## "LIGHT AND JOY"

### Her life wasn't such a dark place anymore after she found AA

I sat on my friend's living room floor on a Monday morning, still awake and drunk from the night before. I was in a very dark place and couldn't seem to find the light switch. I felt hopeless and disgusting. In a panic attack, I prayed for God to take me. When nothing happened, I asked him to help me.

I'd spent nearly a decade drinking myself to this place. I began working in restaurants when I was 19 and quickly learned that the party starts when the restaurant closes. I always felt so insecure, but when I was drunk, I could be have fun and feel confident—the person I longed to be. And so the cycle began: work, drink, sunrise, repeat. I did this for eight years; life was a party and it was great. But it didn't last. After getting a DUI and serving some time in jail, I started to think that maybe I should stop or slow down—but found that I couldn't.

By that point, I only have a few drinking buddies left; I had no real friends anymore and no one left to call when I needed to talk. My party girl routine had worn thin with even my fellow drinkers. People get tired of being around a trainwreck when they are trying to build a life. I started hearing the words "moderation" and "responsibility" a lot. They were confusing to me.

When I asked God for help that morning, I got it. I learned soon that there were a lot of changes I would need to make in my life. Firstly, I had to get honest with myself, and others. I had to let people know how I was really living and that I didn't want to live that way anymore. I had to let go of my "I'm doing great" façade—which no one really believed anyway. I didn't want to "appear" happy; I wanted to "be" happy.

I broke up with my live-in boyfriend and move back in with my parents, who were sober. They were pleased to see me making changes and were happy to help me. Going back to live with my parents at the age of 28 was a humbling experience. I had left home at 18, stubborn and with a chip on my shoulder. But now, broken and desperate, I needed their love and support. I am grateful for the nurturing they gave me.

Within a few days of moving in with them, I went to my first AA meeting. It was such a relief to hear people saying the things I had only heard in my own mind.

The AA program has been a gift to me. The women I have met in AA have grown to be like sisters to me. We grow together, celebrate together, and mourn together. These relationships are unlike any I have ever experienced. I owe so much to these women. I didn't know how to live, so they showed me. I finally admitted that I didn't have all the answers. That in itself was life-changing.

Being around strong and healthy women lead me to healthy hobbies. In the past three years, I began practicing yoga and I learned how to meditate and quiet my mind, if just even for a few moments at a time. One of the coolest things I have been able to do in sobriety was go to Chicago and run a half marathon. I am not a runner, and I can easily say that after that experience, I do not like running at all. But I did it. Finishing that race was something I didn't think I was capable of. That was one of the best moments in my life. It was genuine good. It's the type of good that fills your heart up so high that it makes your eyes tear.

After getting sober, I learned to live on my own. I rented an apartment by myself for two years and discovered that I could take care of myself. I never knew how to play bills or rent, but I figured it out. I even paid my rent on time!

Today, I am grateful that I have a solid relationship with my family. They have always loved and supported me, even when I was at my worst and felt like I didn't deserve it. There is no way to say thank you for that. The only thing I can do is to be a better person than I was yesterday. I am able to be there for others when they need me. Sobriety and AA turned the lights back on in my life and for that I am grateful.

—Jamie G., East Haven, Conn.

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

#### District 01 Committee Contact Information

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		Coop with Prof. Comm. (CPC)	cpc@greenbayaa.org
Meeting List Changes	MeetingList@greenbayaa.org	Amy G.	
Ronald M. 920-593-2915		Events	events@greenbayaa.org
Treasurer	Treasurer@greenbayaa.org	Jason P. 920-412-3733	
Pat H. 920-362-1241		Josiah P. 920-264-2107	
Secretary	secretary@greenbayaa.org	Webmaster	webmaster@greenbayaa.org
Marty S. 920-465-1401		Jack S. 414-477-3843	

## Service

### 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](mailto:slowhand1@frontiernet.net)

### 10TH ANNUAL SPRING FLING\*

SATURDAY APRIL 25, 2015  
5:00pm-Fellowship, 5:30pm-GSR Sharing  
6pm-Pot Luck Dinner, 7:00pm-Speakers  
Emmanuel Lutheran Church  
2901-13th Street Menominee, MI 49858

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

### HOTLINE VOLUNTEERS URGENTLY 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

### 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](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 Jails\*

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

## Donate

### GREEN BAY AREA CENTRAL OFFICE

1270 Main St. Suite 102  
Green Bay, WI 54302  
(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)



"I told you that tough love does not work on drunks of his kind.  
Now out of my way."

--Yoli F., San Antonio, Texas  
[www.aagrapevine.org/cartoon-winners](http://www.aagrapevine.org/cartoon-winners)

## --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](mailto:dcmdistrict01@greenbayaa.org)

## **GENERAL SERVICE REPRESENTATIVE (GSR) MEETING**

February 12, 2015

District Committee Member (DCM) Report-Summary:

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

**District 01 DCM Report:** Dear Friends, Last month we had the opportunity to get together, to share a meal and fellowship with the AA Family. A family with members that spanned between a few days and over fifty years of sobriety. I would like to personally thank all the volunteers that made the 2015 Green Bay Intergroup a great success. I would also like to thank the groups and volunteers that sponsored the Women in Recovery workshop. In the coming months there will be many more opportunities for growth as my sponsor used to tell me whenever I could use more service work. The Carrying the Message workshop is in just a few weeks, the Delegate's Workshop is the last Saturday in March and the Spring Conference is in mid-May.

The Delegate's Workshop, held in Three Lakes Wisconsin, is our opportunity to give our individual AA and our group's conscience about how we would like our Delegate to vote on many important topics. I will have the background materials for next month's meeting. GSRs and any individual AA Member is welcome to attend.

In only six months we will need to begin our election process to give others the opportunity to grow as we have in our service positions. If you or someone you know is wanting to go to that next level of service please come to our monthly meetings and checkout how the district functions. In conclusion I would again like to thank all the loving volunteers that make District 01 a great place for sobriety. In loving service. Thomas Y. DCM

**Secretary,** The January 8th minutes were reviewed by those present. A motion was made and seconded to accept the January 11th minutes. The motion passed. ~Marty S.

**Bridging the Gap,** Mary S. Getting some outside requests. Still need more men to step up to do some service. Thanks to everyone for helping. Mary gave a description of Bridging the Gap and said, "It's important for those on the inside to have someone when they get out."

**Webmaster,** Jack S. Absent. Webmaster Report for February 2015, Dear Friends, In our promises it says "We are going to know a new freedom and a new happiness. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows." These promises are coming true in my life thanks to you letting me serve you as your webmaster. My son and his wife are going skiing in Colorado in February. My wife and I have been asked to take care of our youngest grandson. Now this is something that I live for, but I thought I was the one who is supposed to be taking trips in retirement. Any way because I will be in Pewaukee on February 12 I must miss our meeting. We will actually be staying my daughter's house where three more of my grandkids live. I have made some changes to our Home page to make it more streamlined. I have also, added some information to our service page to a look and let me know what you think. Yours in service, Jack S.

**Newsletter,** Ronald M. Nothing to report.

**Grapevine,** Barbara accepted the nomination for Grapevine Chair.

**Corrections,** Tim T. Absent.

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

**District Events Co-Chairs,** Jason P. and Josiah P. District Events February 12th 2015

The District Intergroup/Meet-N-Eat was a great success Saturday, January 17th. Thanks to our AA speaker, Dale E. and Al-Anon speaker Betty P. Thanks to our emcee Mike G. Thanks to the many wonderful volunteers that helped in so many ways: cooking, setting up, cleaning up, working at the registration table and beverage sales. Thanks to Scott for the use of the sound system. We are also very grateful for Calvary Lutheran Church for opening the doors of their wonderful facility for our use. It was very roomy, bright, and suited our needs wonderfully. We look forward to many more wonderful functions there. Thanks most of all for everyone who showed up to share in an evening of recovery. Attendance was nearly 200 People, an improvement upon the 2014 attendance. Review the detailed list of expenses/revenue online for the January 17th, 2015 Intergroup/Meet n Eat ([www.greenbayaa.org/minutes.html](http://www.greenbayaa.org/minutes.html)).

Jason and Josiah suggested that the date of the Summer Picnic be moved to warmer weather as District elections are no longer held during the Picnic, also, a dunk tank be added for our amusement. They are planning a Gratitude Dinner for Fall and suggested Booyah be on the menu. Also suggested was that an anonymous gift of money be given back to our community. This suggestion was tabled for discussion at the next meeting. Respectfully submitted. Josiah P. and Jason P. District Events Co-Chairs

**Cooperation with the Professional Community,** Amy G. I was ill and unable to attend the January meeting. I will be distributing meeting lists and copies of the February edition of The Communicator to the Vet Center located on Ashland Ave. as well as the VA hospital.

**Public Information Chair,** Paul K. AA will be mentioned in the Community Snapshots portion of the Press-Gazette.

**Archives,** Bruce K. Need to get an OK to buy supplies for organizing the Archive. We are meeting on Sunday, February 22nd at the Central Office.

### GSR Reports

- Early Birds, Christina M. Group is still doing well and is well attended.
- Eye Opener, Geri L. Everything's going fine.
- First Things First, Don D. Nothing to report.
- Fisherman's Paradise, Tommy M. Nothing to report.
- Flintville Early Risers, Nate K. Our home group is going well. 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.
- It's In the Book, James R. Everything's OK. Report given by Dave.
- Letting Go, Donna Y. Going well.
- Red Road, Matt H. Nothing to report.
- Road to Recovery, Dean H. Nothing to report.
- Serenity Now, Bob K. Nothing to report.
- Walk With Us, Henrietta D. Nothing to report.

## Old Business

\*Spring Conference May 15-17, 2015 update for District meeting on 2/12/15. Report given by Kimberly S. and Josiah P. A flyer for the conference was given to all present.

**Hospitality** Spring Conference is seeking individuals or groups for the hospitality room. Need treats and three people to work the room: one greeter at the door and two people to "host" the room by letting guests know where the bathrooms are located, refresh the food, keep room clean and answer questions. The shifts that are still open are:

Friday, May 15, 3pm - 6pm. and 6pm - 10pm

Saturday, May 16, 3:30pm-6:30pm

Sunday, May 17, 6:30am - 8:30am, 8:30am - 10:30am

Sunday, May 17, 11: 30am - 1:30pm (this last shift includes cleaning up the room completely).

**Adult Panels** Spring Conference is seeking individuals to fill in empty spaces on panels. There is a total of 8 AA panels and 4 of them are filled. The remaining 4 panels still have some openings. Please contact Bret D. at [bretdrake@hotmail.com](mailto:bretdrake@hotmail.com) if you are interested in speaking on a panel.

Old Timers Panel - if you or anyone who has 25+ of sobriety, please have them call Bret to speak on the Old Timers Panel.

Youth Panels There will be four youth panels. Each panel has one MC and three speakers.

"Young Women in AA" needs two speakers.

"Being Young and Identifying with Older Alcoholics" needs an MC and one speaker.

"Social Media and Anonymity" needs an MC and three speakers.

"What It Means to Be a Young Alcoholic with Addictions and Working a Program for both" needs an MC.

Please contact Josiah P. at (920) 264-2107 or [jocamporter@gmail.com](mailto:jocamporter@gmail.com) to serve on a youth panel.

**Registrations** We currently have 27 paid registrations. We are encouraging anyone who would like to attend to send in their registration early. If anyone is in need of a scholarship, please have them fill out a registration and write "Scholarship requested" on the form. This will be filled on a first come, first served basis. Scholarships are for attendance to the conference only, not for the dinner.

\***The 3rd Annual Women's Recovery Workshop** The workshop held at Our Savior Lutheran Church on February 7, 2015 was a success. Eighty people and at least five children were in attendance. Panel members and presentations on the topic of Steps 6 & 7 were all well received. There was plenty of food. I will be sending the district treasurer a check for \$55.16 as soon as I receive the security/cleaning deposit from Our Savior (should be next week). Thank you for your support of this important workshop. Yours in the fellowship, Marian K. and Donna Y.

\*Twelfth Step Workshop flyers distributed by Nate K.

## New Business

\*The Area 74 Secretary Registrar, Co-Secretary Registrar and Structures and Guidelines Chair have resigned. We will hold an election at the March Assembly to fill these chairs.

\*Barb accepted the nomination for the Grapevine chair. She was elected to finish the current term.

\*350 extra meeting lists will be printed by Tommy M. for the Spring Conference.

\*A question of what to do with the hutch in the Central Office was raised. It was purchased by the District for \$150. Paul K. suggested that it be sold.

\*The date of the GSR and Committee Meeting next month is changed. It will be March 19th.

Treasurer's Report, Pat H. Area 74 District 01 Treasurer's Report  
Prepared for the February 12, 2015 GSR Meeting

Starting Balance as of 01/08/2015	\$2,301.53
Expenses	
Jason P - Intergroup	57.98
Webster Ave Mkt - Intergroup	116.25
Cash - Intergroup	150.00
Calvary Lutheran Church-Int.grp	150.00
City of Green Bay - Bus Ads	84.00
Color Master - Newsletters	143.50
Total Expenses	-\$701.73
Deposits:	
Woman in the Present	175.00
Letting Go	16.00
Sat Eye Opener	240.00
New Hope	200.00
218	151.17
Pulaski Mon Night	50.00
Sisters in Sobriety	35.00
Never on Sunday	100.00
Intergroup	1,152.00
Total Deposits	+\$2,119.17
Ending Balance Feb11, 2015	\$3,718.97
(\$1,300.00 for prudent reserve)	-\$1,300.00
Total Funds Available	\$2,418.97

Motion made and seconded to accept the February 12th Treasurer's Report. Passed.



"Now is a good time for a word from my sponsor."  
—Pat R., Satanta, Kan.

[www.aagrapevine.org/cartoon-winners](http://www.aagrapevine.org/cartoon-winners)