



The Communicator

SEPTEMBER | 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)

"EMOTIONAL SOBRIETY"

Bill Wilson wrote several years ago to a close friend who also had troubles with depression.

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God. Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round. How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs. Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden 'Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect. I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted". Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression. There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever. Then only could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life. Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me. This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

~ Bill Wilson

Stories reprinted with permission from AA Grapevine:

The International Journal of Alcoholics Anonymous www.aagrapevine.org
"Grapevine" January, 1958. You can also find a re-print in the book, *Language of The Heart*, pg 236

AREA 74 FALL CONFERENCE*

SEPTEMBER 18-20, 2015
"Happy, Joyous & Free"
Hotel Mead & Conference Center
451 East Grand Avenue
Wisconsin Rapids, WI 54494

BONDUEL SHAWANO INTERGROUP*

SATURDAY, SEPTEMBER 19, 2015
Fellowship 5:00pm, Dinner 6:00pm
AA & Al-Anon Speakers 7:15
First Presbyterian Church
100 W. Presbyterian Street
Shawano, WI 54166

WEYAUWEGA INTERGROUP

SATURDAY SEPTEMBER 26, 2015
First Presbyterian Church
200 S. Pine St.
Weyauwega, WI 54983
Doors open 5:00 pm, Dinner 6:00 pm
Open Speaker Meeting 7:00 pm
Madeline S. - 40 years of Sobriety
Bring a dish to share. Hot sandwiches provided.

4TH AND 5TH STEP FALL RETREAT*

(AA/AL-ANON)
OCTOBER 2-4, 2015
Friday night to Sunday noon
St Norbert Center for Spirituality
(People of all spiritual beliefs welcome)
Cost: \$140 – includes 2 nights/5 meals
(Snacks and beverages provided throughout retreat)
Send \$40 deposit to:
Step Retreats
PO Box 574
Green Bay, WI 54305
Judy G. 920-737-2330

KAUKAUNA INTERGROUP*

SATURDAY, OCTOBER 24, 2015
St. Katharine Drexel
119 W. 7th St.
Kaukauna, WI 54130
Registration & Fellowship: 5:00 pm
Dinner: 6:00 pm

AA: WOMEN TO WOMEN*

SATURDAY OCTOBER 24, 2015
9:00 am - 2:30 pm
The Pass It On Club
6229 W. Forest Home Ave.
Milwaukee, WI 53220
Refreshments and Lunch Provided
Registration Required: \$10 (no walk-ins)
Deadline: October 16, 2015
Joy S. 262-215-7513
Karelyn P. 414-975-6701

AA GROUP FORUM*

SATURDAY, NOVEMBER 7, 2015
10 am – 2:30 pm
Group Discussion/Panel/Forum
Crossroads Community Church
520 S Oakland Ave
Green Bay, WI 54303
Refreshments and Lunch Provided
Sponsored by:
Flintville Early Risers
Sunday Morning 730 Early Birds
Road to Recovery
District 01

EAST CENTRAL REGIONAL FORUM*

NOVEMBER 13-15, 2015
This forum occurs every tenth year for our five state region of Wisconsin, Michigan, Illinois, Indiana and Ohio
Crowne Plaza Milwaukee Airport Hotel
16401 South 13th Street
Milwaukee, WI 53221

Service

FEMALES NEEDED: BROWN COUNTY JAIL MEETINGS

Wednesday night jail meetings, 6:00 to 7:00 pm
3030 Curry Lane
Green Bay, WI 54311
pre-authorization needed and training provided
Please contact:
Tim T.
920-227-3156
corrections@greenbayaa.org

GREEN BAY AREA CENTRAL OFFICE & HOTLINE 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

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

GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

August 13, 2015

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

District 01 DCM Report: Dear Friends, In District 01 we currently have 89 meetings a week. Of those we have 40 active groups. We are reaching out to the meetings that do not have GSRs trying to get them registered. Attendance at our monthly district meetings are about 20 persons including committee members and GSRs. GSRs were tasked with asking their groups to volunteer to host a workshop. One group has volunteered so far. The topic will be "The AA Group."

The district picnic will occur August 22 at Perkins Park in Green Bay.

Nominations are being sought for all district chair positions. Nominations will be due at the September GSR meeting and the election will occur at the October meeting.

Secretary, The July 9th minutes were reviewed by those present. A correction was made under Old Business. The GSR and Committee Chair elections for the next term will be held October 11th. A motion was made and seconded to accept the July 9th minutes as corrected. The motion passed. ~Marty S.

Bridging the Gap, Mary S. Absent.

Webmaster, Jack S. Dear Friends, I am sorry that I must miss this month's District meeting. I am with my daughter and her family in Pewaukee. This is the promises coming true for me. This month I was pleasantly surprised with the response to my request for help. Two members stepped forward. I now have Sam and Deb P. And guess what? They both are interested in taking over my position at the end of the year. That is great news. I will let you know next month if I get a nomination form from them. Yours in sobriety and service.

Newsletter, Ronald M. Nothing to report.

Grapevine, Barbara S. Absent. Report received from Henrietta D. Nothing to report.

Corrections, Tim T. Absent.

District Events Co-Chairs, Jason P. and Josiah P. Absent

Cooperation with the Professional Community, Amy G. Absent. Report received by phone. Flyers were distributed to both the Vet Center and the Out Patient Clinic.

Archives, Bruce K. Nothing to report.

Public Information Chair, Paul K. Absent. Report given by Tom Y. We now have a digital version of the public service announcements. They can be downloaded.

Treasurer's Report, Dean H. Area 74 District 01 Treasurer's Report
Prepared for the August 13, 2015 GSR Meeting

Starting Balance as of June 11

Deposits		Expenses	
Area 74 Spring Conf. (Proceeds)	1,147.58	Paul K. (PI Chair Expenses)	22.00
Flintville Early Risers	180.00	Tim T. (Correction Chair Conf. Expense)	151.00
Serenity Now	150.00	City of Green Bay (Advertising - PI)	42.00
Total Deposits	\$1,477.58	Total Expenses	\$215.00
Subtotal	\$5,684.99	Ending Balance August 13	\$5,469.99
		Prudent Reserve	-\$1,300.00
		Total Funds Available	\$4,169.99

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

GSR Reports

Letting Go, Donna R. Our group continues to grow.

It's in the Book, James R. Going well.

Road to Recovery, Griffin W. Our group elected new members to its service positions.

Serenity Now, Jennifer A. All is well with Serenity Now Group. We will have a business meeting on August 21st at 1:15 pm for the first time in quite a while.

Flintville Early Risers, Nate K. Going well. We are planning a workshop titled "A A Group"

Sisters in Sobriety, Sue C. Going well.

Walk With Us, Henrietta D. Our meeting continues to be well attended every week with approximately 10-20 members.

A request was made by Tom Y. to all the GSRs in District 01 to attend the Area 74 Fall Conference September 18 – 20, 2015 in Wisconsin Rapids. Elections will be held and rotate members for the service positions of Area 74. Also elected will be the next Delegate to represent Area 74 at the General Service Conference in New York, April 17 – 23, 2016.

Old Business

* Service nominations for our next election should be brought to the GSR and Committee Chair meeting September 10th at the Central Office. Nomination forms can be downloaded from the District 01 website: <http://www.greenbayaa.org/> and need to be signed by the nominee.

* Dean H., Treasurer of the 2015 Area 74 Spring Conference stated that all bills have been paid and monies disbursed. The conference checking account has been closed.

* Group Changes in service positions (GSR, Alternate GSR, Secretary, Treasurer, etc.) should be relayed to Area 74 Secretary/Registrar, Char V. at secretary@area74.org. It is suggested to use this opportunity to register your group with the General Service Office if it isn't registered.

New Business

* Greg Tobin is the new General Manager of the General Service Office Effective October 1, 2015. A notice read by Tom Y.

* Passed motion: "Area 74 will hold its Delegate Workshop in early March and the Winter Assembly in early April prior to the Delegate Attending the Annual General Service Conference." This change provides for those attending the Delegate Workshop to discuss these issues with their groups before voting at the Winter Assembly.

A Call for Stories.

Last month Tom Y. brought this request for stories from the General Service Office. In response to the 2015 General Service Conference recommendations the trustee's Literature committee is seeking stories from AA members for the following:

-**AA for the Woman** This pamphlet to be revised by gathering current sharing from women in the military, single mothers, and women of diverse backgrounds.

-**AA and the Gay/Lesbian Alcoholic** This pamphlet to be revised to include a wider range of AA recovery experience from gay, lesbian, bisexual, transgendered or gender nonconforming, especially regarding being a newcomer and sponsorship. The title of the pamphlet will also be revised to reflect this broader scope.

-**AA recovery experience from members with mental health issues, and from those who sponsor such members**, for inclusion in AA literature on this topic.

Manuscripts should be 500-800 words, doubled spaced, in 12-point font. Please include your complete name, address and email/phone information. The anonymity of all authors will be observed, whether or not their story is selected for publication. Please email your sharing to: Literature@aa.org and put "A.A. for the Women" in the subject line of the message. Or, you may mail it to Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for submissions is October 15, 2015.

Adjourned at 7:10 pm by a motion made, seconded and passed. The meeting was closed with The Our Father.



District 01 Committee Contact Information

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
Meeting List Changes Ronald M. 920-593-2915	MeetingList@greenbayaa.org	Amy G.	cpc@greenbayaa.org
Treasurer Dean H. 920-592-9337	Treasurer@greenbayaa.org	Events Jason P. 920-412-3733	events@greenbayaa.org
Secretary Marty S. 920-465-1401	secretary@greenbayaa.org	Josiah P. 920-264-2107	
		Webmaster Jack S. 414-477-3843	webmaster@greenbayaa.org