



The Communicator

AUGUST | 2019

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)

TO REMEMBER WITHOUT ANGER

"The program helped him find compassion, love and a new definition of forgiveness"

STEP EIGHT: Made a list of all persons we had harmed, and became willing to make amends to them all.

I used to cringe every time I heard the word "forgiveness." I used to believe forgiveness was for sissies.

See, I was the kind of person who kept a list of all the people who had ever hurt me—physically, emotionally, spiritually. Anytime something triggered my memory of that person, I replayed the harmful incident in my mind, allowing my anger, hate and desire for revenge to flare up. I believed that someday, some way, I would "get even" with everyone on my list.

My longing for retribution sustained me. Forgiveness was never in the picture. In fact, my desire to get even actually motivated my behavior in many ways, although I never realized it at the time.

When I attended a social function that my ex-wife was also set to attend, I made sure I had a gorgeous younger woman with me as my date. That'll show her, I thought. A few times, my dates actually realized I was just using them as pawns to emotionally damage my ex-wife and complained about it. I ignored their protests and cajoled them into attending the social function anyway. I had no clue that my behavior was negative, manipulative and wrong.

My "get even" list was long. It went back decades: teachers, relatives, police, bosses, coworkers, friends. I even wanted revenge against the cat that bit me when I was 3 years old while I was trying to put a pretzel down its throat.

I was one miserable, angry, vengeful, twisted and warped person. The worst part of it all was that I believed I was in the right; everyone else was in the wrong.

At the age of 59, it was suggested that I enter therapy. My response was that I didn't want to dredge up the past. I wanted to just forget it and move on. In fact, if there had been a way to give myself amnesia, I would have considered it.

By a series of coincidences, I found myself in the rooms of AA. As usual, I didn't consider myself as having a problem with drinking. But slowly, in God's time, not my own, some of the AA philosophy started insidiously seeping into my brain. I began to question myself. If these AA people were right, then I couldn't just forget the past, I had to settle with it.

I'm not embarrassed to say that I must be a slow learner because it took almost seven years for me to begin to realize that my desire for revenge, my anger and my hate were all negative and self-defeating. My defects had turned my world into a dark, hostile and hopeless place. AA eventually shined a light into that world and gave me back a positive outlook, hope, and yes, even a desire to forgive.

I found that my first problem with forgiveness was my total misunderstanding of the definition of the word. I was under the misconception that to forgive someone meant that I had to condone someone's bad behavior. I thought forgiveness required that I forget that a person hurt me, perhaps willingly, maliciously.

But what I eventually learned was a new, accurate definition of forgiveness, one that I could understand, accept and actually put into practice: To remember without anger.

One of the major books we study in AA is Twelve Steps and Twelve Traditions. In it there's a line that jumped out at me one day (after having read the book about 20 times). That line says that it "is pointless to become angry, or to get hurt by people who, like us, are suffering..."

When that thought finally made it into my consciousness, I suddenly saw clearly that everyone on my grudge list was the same as me; we're all just emotionally ill human beings who frequently make mistakes, lash out in anger with pen and tongue, and unfortunately, sometimes with physical harm.

I knew that I wanted to be a better person. Instead of hurting people, I wanted to heal people. Instead of being angry, I wanted to be happy. And the key to do that was to remember without anger, to feel compassion instead of annoyance, love instead of hate. To set aside those resentments, it takes practice, and for me, a near-constant vigilance and self-censoring.

It's not always easy, but the patience and effort have been rewarding. ~Jersey Steve St. Augustine, Florida.

OPEN SPEAKER MEETING (weekly)

WEDNESDAYS 8:00 P.M.

The 218 Club
218 S. Oneida Street
Green Bay, WI 54303

DISTRICT 01 MEETING (monthly)

2ND THURSDAY OF EACH MONTH

6:30 p.m.

All Alcoholics Anonymous members are Welcome
Alcoholics Anonymous Central Office
1270 Main Street #102
Green Bay, WI 54301

CENTRAL OFFICE BOARD MEETINGS (monthly)

LAST TUESDAY OF THE MONTH

6:00 p.m.

(CENTRAL OFFICE VOLUNTEERS NEEDED)

Alcoholics Anonymous Central Office
1270 Main Street #102
Green Bay, WI 54301
For details: 920-432-2600

AN EVENING OF GOD TALK*

WITH FATHER BILL

WEDNESDAY AUGUST 7, 2019

5:30 p.m. - 8:00 p.m.

Saint Norbert Center for Spirituality
1016 N Broadway
De Pere, WI 54115

32ND ANNUAL WOLF RIVER-NICOLET AA CAMPING TRIP*

AUGUST 9-11, 2019

Reserve your cabin or campsite online

(See website for pricing)

Campsites, Cabins, Bathrooms, & Showers

Family, Friends, Adults, Children

Many activities, games, meetings, rafting, hiking, etc.

No registration fee or sign-up requirements.

You are responsible for payment for accommodations and your meals.

Saturday night open speaker and bonfire meeting:

Abby M. (Green Bay, WI)

Bear Paw Outdoor Adventure Resort & Campground

N3494 Hwy 55

White Lake, WI 54491

715-882-3502

For Information: Lauren P.

920-905-9793

sobercamping2019@gmail.com

FREE FAMILY CONCERT FOR ALL AGES

WEDNESDAY, AUGUST 21, 2019

(Open Meeting)

6:00 pm Hot Dogs and Chips

7:00-8:00 pm Concert

*concert will be on grass, please bring a blanket or chair

Voyageur Park East DePere
(shelter closest to Fox River)

100 William St

De Pere, WI 54115

For Information: Tamara D.

920-321-4910

218 CLUB SUMMER PICNIC

SATURDAY, AUGUST 24, 2019

11:00 a.m. - 4:00 p.m.

Food, Games - bring a dish to pass Murphy Park
1637 Dousman St.
Green Bay, WI 54303

LABOR DAY GRATITUDE MEETING

(Closed Meeting)

MONDAY SEPTEMBER 2, 2019

10:00 a.m.

The 218 Club

218 S. Oneida St.

Green Bay, WI 54304

4TH AND 5TH STEP FALL RETREAT*

(AA & Al-Anon)

OCTOBER 25-27, 2019

St. Norbert Center for Spirituality

1016 N Broadway

De Pere, WI 54115

\$175 Retreat Registration

(meals & lodging included)

\$100 deposit to

Step Retreats

PO Box 574

Green Bay, WI 54305

Judy G. 920-737-2330

218 CLUB HALLOWEEN PARTY

SATURDAY, OCTOBER 26, 2019

9:00 p.m. - Midnight

DJ, Prizes for best-scariest costumes

\$4.00 suggested donation

The 218 Club

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GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

July 11, 2019

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

DCM, Matt B. Hello GSRs and Area Chairs,

Not a ton to report at this time, hopefully everyone is enjoying their summer now that it's finally here. I did attend the Delegates Report in Three Lakes and have forwarded the report to everyone (via Theresa). No Area business was conducted at this event so other than the report there is nothing new to share. We are still looking for other members to join us at Libertas on Wednesdays at 6pm. The Fall Conference is coming up soon -- September 20th-22nd. The area is still looking for a district to host the 2020 Fall Conference. Thanks to all of you for your service. P.S. Our Area is challenged to contribute \$8.06 per member by August 6, 2019 to bring the Fellowship to solvency. (Flyer provided) Yours in service, Matt Buchholz, DCM District 01

Alt-Secretary, Marty S. The June, 2019 minutes were reviewed. A motion was made and seconded to accept the minutes.

Accessibilities, Joe H. Nothing to report.

Archives, Bill D. Byron would host an "Old Timers Panel" of four persons on Nov. 2, 2019. The event will be held at the 218 Club. A flyer will follow shortly.

Bridging the Gap, Marian K. Everything is going well.

Cooperation with the Professional Community, Vacancy-No report available.

Corrections - Men, Adam B. No report available.

Corrections - Women, Theresa D. No report available.

District Events Co-Chairs, Tamra D. and Lloyd Z. No report available.

Grapevine, Vacancy-No report available.

Newsletter, Ronald M. Everything is going well.

Public Information Chair, Pat. T.C. No report available.

Webmaster, Sam J. No report available.

GSR Reports:

- Sisters in Sobriety, Sue C. Meetings are going well.
- Women in the Present, CJ D. Nothing new to report.
- Promise Seekers, Tom D. The meeting is well attended.
- Eye Opener/St. Matt's, William W. Meetings are going good.
- Walk with Us, Anne Marie K. Meetings are going well.
- Early Birds, Kathy B. Attendance at Meetings is continually increasing.
- Letting Go, Donna Y. Things are going well.
- Road to Recovery, Dennis H. Meetings are well attended.

Treasurer's Report, Prepared for the July, 2019 Meeting.

Starting Balance \$5,998.01

Deposits		Expenses		Ending Balance June 30, 2019	\$7,968.29
218 Club	170.25	Returned check	15.00	Prudent Reserve	-1,300.00
Brewer's Bus	110.00	Carrie G. (Accessibility)	50.00	Total Funds Available	\$6,668.29
Flintville Early Risers	180.00	<u>DigiCopy</u>	<u>86.85</u>		
Sisters in Sobriety	28.88	Total Expenses:	\$151.85		
Intergroup Proceeds	433.00				
Never on Sunday	150.00				
Estate of Steven P.	1,050.00				
Total Deposits:	\$2,122.13				
Subtotal:	\$8,120.14				

A motion was made, seconded and carried to approve the June 2019 Treasurer's Report.

GSR Reports:

- Sisters in Sobriety, Sue C. Meetings are going well; attendance is good.
- Women in the Present, Renae S. Nothing new to report.
- Never on Sunday, Bruce K. Meetings are going well.
- Promise Seekers, Tom D. They recently did a Big Book study. Meetings doing great.
- Eye Opener/St. Matt's, William W. Meetings are going well. Good attendance.

Old Business:

The progress of contacting GSRs from Inactive groups was discussed. The Grapevine chair position remains open.

New Business:

Disbursement of gifted donation. District 01 received a donation of \$1050 with gratitude for the years of sobriety experienced by Steve P. Matt asked for suggestions for the use of this donation. These include: add to the Prudent Reserve, purchase of literature and medallions, out-reach/advertising, a sitting bench in memory of Steve, to sponsor those who need financial help to attend the International Conference, a grant to the Central Office, the Bridge and the 218 Club. Matt asked the GSR's to bring this to their group for further suggestions of how this gift would best honor the wishes of the donor.

MY GUIDE TO THE WILD WEST

Getting sober can be a wonderful journey with the right someone showing the way

When I was 22, I attended my first AA meeting. I was suicidal, unemployable and unable to control my drinking. At that first meeting, I soon knew I was in the right place. There I met Bob H., the man who would become my sponsor and spiritual advisor for 25 years.

AA members often recommend that women sponsor women and men sponsor men. Generally speaking, this is good advice. You might also hear at a meeting to choose a sponsor you relate to or someone who has what you want. None of these suggestions helped me find the right sponsor. I needed structure, direction and tools—but not control. I needed someone who would help me find my own answers with God, not someone who gave me answers.

Bob was 20 years my senior and eventually became a second father to me. His nickname was Boomer because of his work as a roughneck in the oil fields. He led by example, with love, and he discouraged dependency. He emphasized what he called, “doing the deal,” which meant daily Step work.

I frequently called him with some issue and ended up listening to a story for 15 minutes. Usually, he was making a point. He often asked, “What does this have to do with God?” I used to watch him Twelfth Step newcomers and think, I wish I could do that.

But Bob wasn’t perfect. He was a gambler and was usually broke. He had an ego and sometimes you saw it. Yet 30 years ago, he showed me a new way of life that drastically changed my heart.

At his funeral five years ago I shared a few of the life lessons Bob taught me:

- Push the envelope.
- The Twelfth Step is for free and for fun.
- Exercise every day.
- Having children in your life is essential to your health and well-being.
- Keep trying different ideas until something works.
- Do what you say you will do, but first say what you will do.
- Help who’s in front of you to help and don’t worry about the rest.
- Honor the person you’re married to.
- Don’t argue with people in a mental institution.
- Know your spiritual identity and put that first.
- Be a safe haven for your kids.
- Last but not least (and in this case, he didn’t always follow his own advice), don’t talk for longer than three minutes at an AA meeting.

One time, we were talking about sponsorship and Bob asked me if I knew much about Lewis and Clark. “Uh,” I said. “Weren’t they explorers?” My history knowledge was not the best. “They traveled across the country all the way to the Pacific Ocean,” he said. “They might have found their way without Sacagawea but it sure was faster and easier to have a guide.”

I have come to believe a sponsor is simply a guide through the Twelve Steps. A good sponsor has worked the Steps in the Big Book, is active in AA and continues to live by spiritual principles and practices them. Bob was also my friend, mentor and spiritual advisor. I was lucky to have him as long as I did, and I hope I am at least half as effective sponsoring others.
~Kim S. Boise, Idaho

District 01 Committee Contact Information

District 01 Chairperson	dcmdistrict01@greenbayaa.org	Archives	archives@greenbayaa.org
Matt B. 920-217-6864		Bill D. 920-621-1258	
Alternate District Chairperson	altDCM@greenbayaa.org	Bridging the Gap	bridging@greenbayaa.org
Henrietta D. 920-530-3297		Marian K. 920-366-5950	
Newsletter	newsletter@greenbayaa.org	Public Info	PI@greenbayaa.org
Ronald M. 920-593-2915		Pat TC 920-301-3436	
Corrections Chairperson	corrections@greenbayaa.org	Grapevine	grapevine@greenbayaa.org
Adam B. 920-680-9496 (Men)		Coop with Prof. Comm.	cpc@greenbayaa.org
Theresa D. 920-490-7889 (Women)		Events	events@greenbayaa.org
Meetings List	meetinglist@greenbayaa.org	Lloyd Z. 920-713-0760	
Ronald M. 920-593-2915		Tamera D. 920-321-4910	
Treasurer	treasurer@greenbayaa.org	Webmasters	webmaster@greenbayaa.org
Patrick H. 920-819-5284		Sam J.. 920-362-4832	
Secretary	secretary@greenbayaa.org	Accessibility	accessibility@greenbayaa.org
Theresa D. 920-490-7889		Joe H. 920-569-2053	
Hotline			
Tom M. 920-562-2689			