



The Communicator

SEPTEMBER | 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)

YPAA OR BUST

"One day, he stumbled into a bunch of young AAs eager to hit the road. That's when his sobriety went into high gear"

I The cheers ring out, "ICY...ICY...ICY...PAA...PAA...PAA!"

For those who have not yet experienced a convention of young people in AA (YPAA), these strange letters are pronounced "icky-pah," which stands for International Conference of Young People in Alcoholics Anonymous (ICYPAA).

The cheers were still ringing in my ears when I returned to my hometown of Boston a few years ago after attending the 58th ICYPAA, which took place Labor Day weekend in Nashville, Tennessee. It was not my first visit to that Nashville hotel, because in 1988 I had attended the 31st ICYPAA there. But back then the term "young person" was still pretty fitting for me.

I was 19 years old when I walked through the doors of my Boston high school back in 1980 and took a seat in the chemistry lab where the Friday night AA group met. I was greeted with smiles and handshakes and given a half a cup of coffee because my hands were shaking so badly I couldn't hold a full cup. I hadn't had a drink in over 24 hours and there was a brainstorm raging full force in my head. I had no idea at the time that this was to be my sobriety date for (at least) the next 36 years.

I took my place in AA with a great deal of trepidation. Almost every night, AA members picked me up at my parents' house to drive me to a meeting. The drivers were almost always gray-haired guys who looked old enough to be my grandfather. I was taken to meeting after meeting, where I was always the youngest person in the room by a good 10 years. I felt different from, but strangely drawn to, this odd collection of folks who seemed to always know something that I did not. There was that little knowing smile and that soft tone of voice that silently said, "It's OK, kid. We understand. We know."

Back in those days, it was common for groups to give out raffle tickets for AA literature. It was also customary for the person giving away the raffle tickets to pocket the ticket given to a newcomer and later pretend to pull it from the basket so the newcomer would "win." After just a few meetings, I had a Big Book, a "Twelve and Twelve" and a Living Sober book!

Thus began my journey through sobriety. Fellowship, service and unity were the guideposts along the road as I was ushered by my home group and my sponsor into a new way of life. When I was just 21, I became a General Service representative (GSR) of my group and joined my local Public Information (PI) committee, bringing the message of AA to middle schools, high schools and colleges. I began exploring other avenues of love and service, becoming the chair of the PI committee and later the secretary for my area's General Service committee.

After just a few years of sobriety, I slowly became both employable and self-supporting. I moved into my first apartment with several young AA friends. This was 1986, and many of my friends had just gotten back from the 29th ICYPAA in Miami. I had heard tales of this ICYPAA thing, but it sounded pretty overwhelming to me. Booze had really done a number on my adolescence and I felt much older than my 25 years. I didn't feel much affinity for young people in AA. My friends assured me that I would not have to go very far for my first convention experience, because ICYPAA was coming here. The next ICYPAA was to be held right here in Boston!

The effect on me of that first convention was electric. I was hooked right from the start. Before the weekend was over, I had already registered for the next convention, which was to be held in Nashville. I had never left Boston in my drinking days. My alcoholism imprisoned me and I spent all of my drinking years kicking around the same six blocks of the city I grew up in. To get to ICYPAA in Tennessee in 1988, I was to undertake the first of many sober road trips. Five of us young AAs packed everything up in a beat-up car and drove all the way from Boston to Nashville. What a trip!

A few years later in 1993, I got a letter asking me to share my experience, strength and hope as the Saturday night banquet speaker for the 37th ICYPAA in Atlanta, Georgia. That was an experience of a lifetime. It was a glorious example to me of how AA can bring light to dispel the darkness for someone who's willing to try. And now here I am at the age of 55, with a 36-year AA medallion in my pocket, looking back on all of my amazing experiences of sobriety.

I really was given the keys to the kingdom. Through my service experience at young people's meetings and events, I have created a fellowship that I had always craved, just like the Big Book describes. It's important for me to remember though, how in those early days as a teenager in AA, those Big Book stories I read ran through my mind in black and white like an old nickelodeon picture show. But as I became drawn deep into the heart of AA through a fellowship of my peers, that message in the Big Book was awakened in beautiful living color. Having practical, meaningful experiences with our 36 principles has released me from a dull, gray world of fear, insecurity and solitude.. (CONT. PAGE 4)

OLD BUSINESS: Disbursement of gifted donation. GSR's will bring this back to their groups one more time before a vote is taken on how the money is to be allocated. Options 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. The purchase of literature seemed to be one of the options that was receiving favorable attention.

NEW BUSINESS: Joe H., who will be stepping down as Chair for Accessibilities, asked if it would be possible that if he were to be elected as GSR for a group, if he would be able to hire an interpreter for the District 01 meetings and/or other functions. It was explained to Joe that this issue would be addressed only in the event that he becomes a GSR and that a decision of that nature would be made by the next Accessibilities Chairperson.

(CONT. FROM PAGE 1)

Today, after unpacking from my latest ICYPAA adventure, I logged onto my computer and posted about my experience on a secure discussion group for those who grew up in ICYPAA. Our gratitude for our experience in AA is palpable. It fuels our love for AA's three legacies of recovery, unity and service. We are bound closer and tighter to AA by our experiences with YPAA. We are part of, not separate from. We are GSRs, DCMs, delegates, staff members and trustees. We were forged in love and service by our young people's experience and our debt can only be repaid by passing it on to the next generation—and the one after that. ~George S. Jamaica Plain, Massachusetts

Stories reprinted with permission AA Grapevine: The Int'l. Journal Alcoholics Anonymous
www.aagrapevine.org

Alcoholism At Large

SOCIAL ANXIETY AND ALCOHOLISM

New research suggests that social anxiety disorder may have a direct effect on alcoholism. In the study, researchers assessed alcoholism, social anxiety disorder, generalized anxiety disorder, panic disorder and agoraphobia through interviews with 2,801 adult Norwegian twins.

Social anxiety disorder had the strongest association with alcoholism, and it predicted alcoholism over and above the effect of other anxiety disorders. The findings suggest that interventions aimed at prevention or treatment of social anxiety disorder may have an additional beneficial effect of preventing alcoholism.

“Many individuals with social anxiety are not in treatment. This means that we have an underutilized potential, not only for reducing the burden of social anxiety, but also for preventing alcohol problems,” said study author Dr. Fartein Ask Torvik, of the Norwegian Institute of Public Health.

—Source: Depression and Anxiety March, 2019

BRAIN CHEMISTRY RELATED TO FAMILY HISTORY OF ALCOHOL ABUSE

People with a family history of alcohol use disorder (AUD) release more dopamine in the brain's main reward center in response to the expectation of alcohol than people diagnosed with the disorder or healthy people without any family history of AUD, according to a new report.

“This exaggerated reward center stimulation by expectation of alcohol may put the [individuals with family history] at greater risk of alcohol use disorder,” said study author Lawrence Kegeles, MD, of Columbia University.

The study examined a range of risk for AUD, including participants with no family history of AUD, participants with a family history of the disorder, and participants diagnosed with AUD.

—Source: Biological Psychiatry: Cognitive Neuroscience and Neuroimaging, 2018

The purpose of this page is to offer information that may further readers' understanding of the medical, legal and social aspects of alcoholism; the severity and international scope of the illness; and the worldwide efforts being made to combat it. Publication here does not imply endorsement or affiliation. AA does not conduct or participate in research, nor does it hold any opinion on research conducted by others.

Reprinted with permission AA Grapevine: The Int'l. Journal Alcoholics Anonymous
www.aagrapevine.org

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)		Bruce K.	
Meetings List	meetinglist@greenbayaa.org	Events	events@greenbayaa.org
Ronald M. 920-593-2915		Lloyd Z. 920-713-0760	
Treasurer	treasurer@greenbayaa.org	Tamera D. 920-321-4910	
Patrick H. 920-819-5284		Webmasters	webmaster@greenbayaa.org
Secretary	secretary@greenbayaa.org	Sam J.. 920-362-4832	
Theresa D. 920-490-7889		Accessibility	accessibility@greenbayaa.org
Hotline			
Tom M. 920-562-2689			

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

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

OUR DAILY REPRIEVE AREA 74 2019 FALL CONFERENCE*

SEPTEMBER 20-22, 2019

Friday night open speaker:

Jim G. (Minnesota)

Saturday afternoon Al-Anon speakers:

Alateen Speakers

Rachel, Julianne, and Sarah

Saturday night speaker:

Josh S. (California)

Sunday morning Speaker

Carl H. (Milwaukee, WI)

Conference Registration Only: \$18

Conference Registration & Banquet: \$40

Information: 715-498-4138

registerinfo@aawidistrict04.org

Ramada Inn

110 Grand Seasons Dr

Waupaca, Wisconsin 54981

REGISTRATION FORM ONLINE

WWW.AAWIDISTRICT04.ORG/EVENTS

SHAWANO INTERGROUP

SATURDAY, SEPTEMBER 28, 2019

Social Hour 4:00 pm, Pot Luck Dinner 5:00 pm

Speakers 6:00 pm

First Presbyterian Church

100 Presbyterian St (Main St)

Shawano, WI 53014

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

218 S. Oneida St.

Green Bay, WI 54304

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

218 S. Oneida St.

Green Bay, WI 54304

OLDER TIMERS SPEAKER PANEL

SATURDAY, NOVEMBER 2ND, 2019

4 speakers with over 33 years of Sobriety

Hear what it was Like to get sober in Green Bay

In the early years

1 PM - 4 PM

Coffee and Water supplied please bring a

Snack/dessert to pass if able

Hosted by Dist 01 Archives and Events Committees

The 218 Club

218 S Oneida St.

Green Bay, WI 54304

BAR IN A JAR

A drunk enters a bar with a mason jar, puts the jar on the counter and orders a martini. The bartender serves him a beautiful martini. The drunk finishes the drink, removes the olives and drops them in his jar, then orders another martini. The bartender then serves him another and another, which the drunk finishes, and as before, he drops the olives in his jar. After several more martinis, the bartender finally asks the man, "Is there a problem with my olives, sir? They are always fresh." "Oh no, they're perfect," the drunk replies. "My wife just sent me out to get a jar of olives."

~John S. Acworth, Georgia

GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

August 8, 2019

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

DCM, Matt B. Nothing to report Matt Buchholz, DCM District 01

Secretary, Theresa D. The July, 2019 minutes were reviewed. A motion was made and seconded to accept the minutes.

Accessibilities, Joe H. Found a person -- gave a disabled person a ride to his first meeting.

Archives, Bill D. (Via Email). It is in the works for a November 2, 2019 "Old Timers Panel." The event will be held at the 218 Club from 1:00 p.m. to 4:00 p.m. He will be working with Tamra D. to develop a flyer.

Bridging the Gap, Marian K. Everything is going very well. They have 2 new committee members to help with their correspondence to jail inmates. Thanks to everyone on the "Bridging the Gap" Committee.

Cooperation with the Professional Community, Bruce K. I made contact with the chaplain's office for HSHA Hospitals -- two in our district.

Corrections - Men, Adam B. No report available.

Corrections - Women, Theresa D. No report available.

District Events Co-Chairs, Tamra D. and Lloyd Z. (Via Email) A Free Family Concert event is planned for August 21, 2019 at 6:00 p.m. at Voyageur Park in East De Pere. Randy Peterson is set to perform at 7:00 p.m. There will be hot dogs and chip. The event will be held in the shelter closest to the river..

Grapevine, Vacancy-No report available.

Newsletter, Ronald M. No report available.

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

Webmaster, Sam J. No report available.

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

Deposits		Expenses		Ending Balance July 31, 2019	\$8,747.87
Early Birds:	107.00	Tamra D. (Events)	380.00	Prudent Reserve	-1,300.00
Letting Go	17.50	Carrie G. (Accessibility)	50.00	Total Funds Available	\$7,447.87
Brewer Bus (Events)	495.00	<u>DigiCopy (Newsletter)</u>	<u>73.89</u>		
Sat. Eye Opener	86.78	Total Expenses:	\$503.89		
Serenity Now	450.00				
218 Club	127.19				
<u>Total Deposits:</u>	<u>\$1,283.47</u>				
Subtotal:	\$8,120.14				

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

GSR Reports:

- Sisters in Sobriety, Sue C. Meetings are going well and getting bigger.
- Women in the Present, Renae S. They have been circulating a can for the GSO challenge to get each person to donate \$8.06 which will be mailed out. In discussing distribution of the "gifted donation", their group suggested that a portion of it be for paing the Hotline bill. They are planning an outing in October. They are in the process of reviewing and updating their phone list.
- Eye Opener/St. Matt's, William W. Meetings are going good with solid attendance. He has also volunteered to act as a coordinator for the Central Office for the purpose of filling the time slots needed in order to keep the Central Office open.
- Early Birds, Kathy B. Attendance at Meetings is continually increasing.
- Letting Go, Donna Y. Attendance is stable.
- Road to Recovery, Kimberly S. Meetings are well attended. Tom and Linda are stepping down from their positions as Treasurer and Secretary. The group is in the process of trying to secure replacements in order that this group not be disbanded.
- Never on Sunday, Bruce K. Doing well with good attendance. The group is getting bigger.

THE NEW CHAIRMAN

Recently, a beloved senior member of our home group, the Brown Bag Bunch in Palm Bay, Florida, recalled an experience he had when he was a newcomer. One day, his sponsor told him the group had taken a vote and decided that he should be their new chairman. Wow, the newcomer thought, I'm only 60 days sober and already they want me to be the chairman! So the new guy eagerly showed up 30 minutes early for the next meeting and asked his sponsor what he was to do. "Well," his sponsor said, pointing to the folded chairs in the back of the room. "You can start setting those up."

~Marty Z. Palm Bay, Florida