

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

Alone? Not This Loner! Activities of worldwide fellowship inspire a happy sobriety

BY DEFINITION, a Loner is a person who practices the AA program without the benefit of live discussions and active membership in an AA group. The designation does not mean that he is *alone*.

Since most of my four and a half years in AA have been spent away from a group, I am listed as a Loner. When I first returned to the Bundu after only two weeks in AA, I thought it would be impossible to manage on my own. Little did I realize then that this wouldn't be the case. The assumption that being unable to attend meetings meant going it alone was entirely wrong. At first, being registered at the AA General Service Office as a Loner didn't mean a thing to me. But when the first batch of letters arrived from overseas, it was brought home to me that there were other people in the world who were concerned about my sobriety and were willing to help me, through correspondence.

It soon became obvious that to avoid the danger of that first drink I had to keep myself fully occupied, and I had to look around for new hobbies to fill the time I now had on my hands, since it was no longer expended on finding new hiding places for my supplies and on digging up the wherewithal to buy them!

It was also apparent that social life on a small station would prove

difficult at times, since the others there all seemed to enjoy their drinking, and most of the station activities took place in and around the club. The fact that the rest of the world was not going to come to a standstill because I happened to be an alcoholic was another factor that had to be taken into account. Later, very much later, I was to discover that at official functions, of which there were many, nobody bothered themselves about what I drank, as long as I had a glass of something in my hand. It was a bit disconcerting to find that another of my old excuses for drinking was really unfounded!

It has often been remarked by members of AA groups that they couldn't possibly stay sober under such circumstances. This is sheer nonsense! You can do anything you really and truly want to do. The expression "I could not bear it" is another fallacy. Of course you can bear it if you really want to remain sober, but any excuse is good enough if you are looking for an excuse to drink again.

Once I had recovered physically, I found that being a Loner was a far-from-lonely life. Soon my circle of friends-through-correspondence grew larger and larger, and time never hung heavy, because there was always the anticipation of what the mail would bring, and then there were the letters to answer.

continued on page 5

Volume 71, Issue 1

January 2009

from the grapevine.....

"I started to make real progress when I decided to change the things that can't be changed."

Floyd H. New York

Two drunks found themselves walking along a railroad track.

"Sam," said one, "I believe this is the longest flight of stairs I ever saw." "Never mind the stairs," said his pal. "It's this low hand rail that worries me." *Hazel D. Virginia*

Inside this issue:

<i>Alone? Not this Loner!</i>	1
<i>The Catch In Quitting Alone</i>	2
<i>Central Office Intergroup Committee Meeting Minutes</i>	3
<i>Treasurers Report Central Office Statistics</i>	4
<i>Alone! Not this Loner! cont.</i>	5
<i>Announcements, Reminders, Birthdays, etc.</i>	6
<i>Announcements cont.</i>	7
<i>PIO Subscription Form Office Hours and directions</i>	8

**Do You Know:
THE CATCH IN QUITTING ALONE?**

In 1936 I quit drinking, not knowing then that I was an alcoholic but knowing I was a drunkard. I desperately wanted to quit and knew I had to, if I was not to lose everything I valued.

I had been a long-time, everyday, heavy drinker with frequent binges in between. The first six months were agonizing, and there were times when I feared my doctor's prophesy, that I would have to be locked up for at least six months, would after all turn out to be correct.

By coincidence, I devised my own 24-hour plan, and after six months of not drinking, the going began to get easier. At the end of the first year I no longer had a craving for the first and fatal drink. As time went on I became proud of having quit against the prophesies that I couldn't do it, and seriously planned to write a book entitled, "How To Quit Drinking if You Want To."

Instead of writing this, I decided in 1941 that after five years I ought to be able to drink normally. For a limited time I did just that, and then came the recurring three-day drunks, which left me puzzled and with an ever-increasing sense of hopelessness.

I have been in Alcoholics Anonymous since September, 1943. There is a great difference between this 18 months and all of the five previous years of being dry. I have learned in this period to be happy without drinking, and to live without any sense of loss or privation. My point of view now is positive. I am now staying dry, whereas before A.A. I was regretfully refraining from drinking.

I don't question the possibility of some alcoholics drying up for a time wholly on their own. I do know the process is a lonely and unhappy one, and the chances are ultimate failure.

If I were asked, "What's the difference between being dry by one's self or in Alcoholics Anonymous," my answer would be one word --Happiness."

Jack B.

- Michael W.** - CO Coordinator
Coordinator@albuquerqueaa.org
- Kathy H.** - Alt. CO Coordinator
AltCoordinator@albuquerqueaa.org
- Dave C.** - Chair@albuquerqueaa.org
- Michael Q.**
Schedule@albuquerqueaa.org
- Brian H.**
Secretary@albuquerqueaa.org
- Pat E.**
Activities@albuquerqueaa.org
Memberatlarge@albuquerqueaa.org
- Sally** - PassItOn@albuquerqueaa.org
- Peggy A.**
Specialneeds@albuquerqueaa.org
- Tom C.** - Website Chair
anonymous@albuquerqueaa.org
- Grace L.** - Media Librarian
media@albuquerqueaa.org
- John S.**
publicinfo@albuquerqueaa.org
- Steve P.**
treasurer@albuquerqueaa.org

Albuquerque Area Business Meetings

Intergroup Rep. Meeting
2:00 pm, 2nd Sunday
Desert Club

District 3
2:00 pm, 2nd Saturday
call the DCM for location

District 11
9:00 am, 2nd Saturday
Harwood Methodist Church
420 San Lorenzo NW (at 4th)

District 12
9:30 am, 2nd Saturday
St. Bernadette's
11401 Indian School NE

District 13
10:00 am, 2nd Sunday
Desert Club

District 18
9:30 am 4th, Sunday
Rio West Church
6751 Pasilla Rd., RR, NM

Central Office Intergroup Meeting Minutes

12.14.08

Submitted By Brian H. – Secretary

Dave C - Chair

Dave opened the meeting at 2:02 pm with the Serenity Prayer.

Secretary - Brian H

Review of minutes for November InterGroup Meeting as published in December *Pass It On*. Minutes approved by acclamation.

Treasurer - Steve P

In the black for 2nd month in a row; still in the red for the year. Will revisit strategies to pay back savings in the new year, especially after the upcoming major fundraisers. Treasurer's Report accepted by acclamation.

Service Coordinator - Michael W

Thanks for everyone's service. Desk report. Traffic (phone/foot) is fairly standard; same for desk workers. Groups continue to sustain the night phone – thanks, groups, for that service. Several shifts remain open; contact Central Office for particulars. Update on neighborhood violence and its impact on Central Office, underscoring the imperative of maintaining safety of deskworkers. Consulted with Desk workers to discern consensus; currently considering adjusting evening hours. Office inventory will happen at the beginning of the new year. Thanks to all the groups and events that are including Central Office in their end-of-year generosity!

7th Tradition Basket Passed.

Alternate Coordinator - Kathy H

Thanks to all individuals and groups who have stepped up in recent months to support Central Office and all InterGroup endeavors. Grateful to be of service.

Activities Coordinator – Pat E

Welcome and thank you for serving, Pat. Gathering some information, ideas and questions about developing some ongoing activities, including establishing InterGroup Committee for general fundraising, social events and miscellaneous outreach endeavors. An idea from Alan S: a one-day event (“InterGroup Winter Bash”) that would help spread the word about all that Central Office and InterGroup does day and day out. Jennifer suggests: CO gift certificates? Michael W: Importance of tethering any fundraising endeavors to

specific services provided by InterGroup to the fellowship. Plans to create committee/team.

Member at Large - Vacant

Please continue to let people know about the opportunity to serve as Member-At-Large, as well as the many opportunities to volunteer at the Alkathon.

Pass It On Editor - Sally

Reduced order for this print run so as not to create so much surplus. Information from Young People, Corrections, etc.

Schedule Editor – Michael Q

New schedule at printer; will be available this coming week.

Community Outreach - John S

John S. always seeking volunteers interested in being available for outreach/service; contact John S. or Central Office to become involved.

Special Needs – Peggy

Will be visiting the business meeting of a large group for the purposes of discussing the presence of service animals at AA meetings/events, especially communicating the appropriate processes for designating a service animal as such. Discussion of various issues resulting from the service animal issue and the importance of using the Traditions as a guide in responding to this issue, as with all other issues.

Library - Grace L

Not present.

Web Guardian - Tom

Not present. Will be out of country for much of the next month, but is available by email.

Old Business

Alkathon: raffle tickets are available (prizes include Central Office gift certificates; 1st and 2nd edition big book; a flat screen computer; and assorted other items). A handful of “night owl” meeting slots remain open. Donations of toilet paper, trash bags, coffee supplies/equipment, bottled water, and other such items are always welcome. Report from Ralph T (Area 46 Delegate) will happen at next InterGroup meeting, January 11.

New Business

1-Day Event (InterGroup Winter Bash) suggestion as developed by Alan S (In The Book). Discussion of Pledge Cards and Group Outreach. CO gift certificate suggestion: Easy to do. Importance of

including “expiration date” on gift certificate.

Remember that CO makes very little money from the sale of literature. Perhaps build a form that would “gift” a donation to InterGroup on behalf of another member?

Group Announcements

Brownbaggers is pleased to announce their contribution of \$1104.62 (monies collected at their annual dinner dance) to InterGroup. Thanks Brownbaggers for your generous contribution! Happy Hour will be running a service workshop in the new year.

Dave C closed the meeting at 3:22pm with the Third Step prayer.

ATTENDEES:

Dave C (Dawn Patrol/InterGroup Chair)
 Michael Q (Dawn Patrol/InterGroup Schedule Editor)
 John S (Brownbaggers/InterGroup Public Outreach)
 Kathy H (Metropolitan/Alt. CO Coordinator)
 Carrol M (One Day At A Time)
 Steve G (Free Spirits)
 Peggy (Free Spirits)
 Kate M (Corrales Smoke Free)
 Henry L (Seeking Serenity)
 Michael C (Singleness of Purpose)
 Joseph F (Dawn Patrol)
 Terri R (Cosmopolitan)
 Marian G (Triangle)
 Sally G (PIO Editor)
 Jennifer B (Queer Ideas of Fun)
 Dave R (Queer Ideas of Fun)
 Rudy B (Queer Ideas of Fun)
 Sharon H (Any Lengths)
 Paula G (Any Lengths)
 Nicole W (Ladies Room)
 Lynn H (Ladies Room)
 Pat E (Ladies Room/Activities Coordinator)
 Peggy A (Women On Wednesday/Special Needs)
 Jim O (Live and Let Live)
 Alan S (In The Book)
 Gilbert C (Sunrise Sobriety)
 Jason Koroll (Straight Pepper Diet)
 Dondo (Happy Hour/ Dist 12 Alternate DCM)
 Brian H (Dawn Patrol/InterGroup Secretary)

The Steering Committee at Central Office encourage all groups to elect a Intergroup representative. We welcome you to come join us at the next Intergroup meeting. We meet the second Sunday of every month, at 2:00 pm, at the Desert Club.

January 1948
Vol. 4 No. 8

November '08 Desk Activity

A.A.'s Country-wide News Circuit That Wagon Again

What is probably the first police raid on an A.A. group was the distinction received by the Tidewater Group at Norfolk, Va., recently. A few members of the group were sitting around the still unopened new quarters one evening discussing improvements to be made when the police vice squad received information that the "joint" (the quarters had been illegally used by preceding tenants), recently padlocked, was open again. The police burst in on the preoccupied alkies, proclaiming a raid. They were considerably more embarrassed than the A.A.s. . . The move to these new quarters at 505 and 517 Colley Avenue, Norfolk, is the second in 17 months as the result of the growth of the group. Ironically both the first quarters and the new ones were lavishly equipped with the most adequate facilities for dispensing alcoholic beverages. The bars left by previous tenants provided quite a familiar atmosphere for the incoming group and serve well as coffee bars.

Central Office of Albuquerque Treasurers Report: November 2008

Total Contributions/Sales	\$ 7,971.63
Total Cost of Sales	\$ 2,941.22
Gross Income	\$ 5,030.41
Total Expenses	\$ 4,654.22
Net Income	\$ 376.19

For a copy of the full Central Office income/expense report, please join us at the next Intergroup Committee Meeting. It's the second Sunday of the month , 2 pm, at the Desert Club.

	Nov. '08	Oct. '08	Nov. '07
	This month	Last month	Last yr.
Phone calls	1179	1207	1061
Information	963	1031	834
12 step request	30	11	13
AI-Anon Info	15	16	19
Message	45	21	42
Other	126	128	153
Walk Ins	245	236	230
Information	21	10	13
12 step	3	1	1
AI-Anon	0	0	0
Schedules	14	15	4
Purchases	150	143	138
Tapes	1	2	3
Message	0	2	1
Casual	39	35	35
Other	30	29	35
Desk Workers*	96	93	
Regulars	53	50	
Substitutes	43	43	
Desk Shifts*	170	178	
Weekdays	120	138	
Weekends	50	40	
Weekday Shifts*	120	132	
Regulars	84.2 % 101	79% 110	
Substitutes	15.8 % 19	21 % 28	
Weekend Shifts*	50	40	
Regulars	70% 35	65% 26	
Substitutes	30% 15	35 % 14	
Shifts by Michael*	3/4 12 hrs	0/0 hrs	
Shifts by Kathy*	3/9 hrs	3/9 hrs	

Thanks to all who participated this month.

* includes night phone

Alone? Not This Loner! *Cont. from page 1*

The AA who sits at home and makes himself miserable because he has no contacts has only himself to blame, and is heading for trouble. To be happily sober, we must be active--and this does not necessarily mean group activity. The Loner is part of a much larger group of people in far distant places, all members of AA with the same problems, fears, and happiness to be shared. And what could be more exciting than making friends all over the world? There is also the new medium of communication through taping. Just watch a "tapeworm" grab his mail, sort through it till he finds a tape, and rush home to his tape recorder to listen to a voice which has come to mean much to him, though it belongs to someone he has never met and is not likely to meet. Then you will see what I mean.

Apart from these correspondents by letter and tape, the only person with whom I could discuss AA matters was my husband, and at times he must have been bored to tears listening to me, though he was patience personified and never showed his boredom.

When someone says, "I admire you for the courage you have shown in remaining sober on your own," I feel a twinge of guilt, because I have never really been on my own. I may not be in face-to-face contact with other AA members, but my real friends in AA are too many to enumerate, and I find there aren't enough hours in the day to do all I should do.

So to GSO, to *Loner's Meeting*, the Grapevine, *World Hello*, and all the other publications, and to other Loners and Loner sponsors who have helped me to stay sober, I am deeply indebted. Keep up the good work, and thank you all!

A note from the Editor....

Are you tired of reading reprinted material in the Pass It On? There are roughly three hundred meetings a week here in Albuquerque. Have you ever wondered who started your meeting, what the original format was, or who were the first trusted servants were? If you have any history on your group or just want to tell us why you think your group is the best group in town, I encourage you to share it with the Albuquerque AA community. Topics of interest would also be your first spiritual experience, where you got sober, how many sponsors you've had, how old were you when you first got sober...here's an example:

"I was twenty-three when I finally hit my bottom. I had gone through treatment and stayed sober for a month or so but went back out after I fell in love. (I wasn't prepared for something good to happen.) I managed to find my way back to the Desert Club. I attended at least five meetings a week after that. I went to the noon meeting mostly and can remember the slogans and the helpful hints; H.A.L.T., "If you don't drink, you won't get drunk.", etc.. A group of us women would get together every week at Sylvia's house and play trivial pursuit. I'm not sure I have ever laughed so hard in my life."

You don't have to write a book, just a paragraph or two and you don't even have to sign your name if you don't want....unless you're okay with reading things you've already read.

New Meeting

Starts January 5th, 2009 @ 7:00 pm

Heights Club

8520 Marble NE

"An Introduction to Alcoholics Anonymous"

Everyone welcome!

Bring a Big Book and a highlighter

Excerpts from Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It, are printed with permission of AAWS, Inc. Excerpts from The Grapevine, are printed with permission of the AA Grapevine Inc.

Other Numbers: Al-Anon (505) 262-2177 Oficina Intergrupul Hispana (505) 266-3688

Announcements, Reminders, Birthdays, etc.

Seeking Serenity

Mark 6 months

Triangle Group

Karen R.	10/2/05	3 years
Mike W.	10/25/74	34 years
Jerry S.	11/11/87	21 years
Al B.	12/28/92	16 years
Jeannine B.	1/24/81	28 years
Kevin B.	1/11/86	23 years
Sue B-N	1/16/85	24 years
Suzanne D.	1/02/78	31 years



5th Step Experience

Hosted by the High Noon Group

Sunday January 18, 2009

1:30 - 3:15 p.m.

Desert Club

4305 Mesa Grande Pl. SE

Panel: Jason K., Lisa S., Dave L.

Discussion for 45 minutes, 15 minute break,
Q & A etc.. for 45 minutes

(Munchies potluck - bring your favorite drinks or snacks)

For more info. call Patrick @ 315-1652 or Wally @ 410-4868

A Resting Servant - Barry B.

October 24, 1958 - October 26, 2008

An inspiration to the desiring, a testament to the believers. Honesty, open-mindedness, and willingness opened your door. A fear of your arrogant truth, resented by a few, but admired by many. Some were only tolerated, but you loved them despite of it. A genuine love.

Your physical and emotional pain, transcended to peace and serenity through self- sacrifice.

A most humble servant to our Creator, and the still suffering. Neither saint nor guru, but a chosen one, of wisdom and comfort to many.

You had paid in full, and had made your surrender.

Now rest your Mind and flesh, your soul is in the kingdom of spirits.

Forever imprinted in our thoughts and hearts, the fellowship, and I will see you later.

Submitted by
Dondo

Become a Faithful Fiver !!

Just pledge **\$ 5.00 a month** to the support of helping alcoholics who still suffer.

It's tax deductible and you'll get the *Pass It On* newsletter delivered to your door.



Checks payable to: Albuquerque Central Office. *Thanks for your support!*

Cosmopolitan Group
26th Anniversary
Potluck & Speaker Meeting

Celebrate 26 Years
Of continuous Cosmopolitan service

January 23, 2009

6:30 Pot Luck

8:00 Speaker

Mary D. — Corrales, New Mexico

Rio Grande Presbyterian Church

600 Coors Blvd. NW

about 1 mile south of I-40 on the east 1 block after Fortuna

Bring a dish if you can, but we'll have plenty of
food - Bring your old Grapevines to recycle

Looking for a Home Group...ask a Cosmopolitan member

Albuquerque Central Office Newsletter

1921 Alvarado NE
 Albuquerque, NM 87110
 (505) 266-1900

Address Correction Requested

I would be happy to print just about anything in the *Pass It On*....(sources need to be verified.) The deadline for submissions is the 15th of the month. Remember, the *Pass It On* is distributed to groups on the second Sunday of every month at the intergroup meeting. So, if you want your information published, submit early!

Thanks! Sally G.,
Pass It On editor

<h3>Pass It On Subscription Only \$7.00 Annually</h3>			<p>The Central Office of Albuquerque is open:</p> <p><i>Monday through Friday</i></p> <p style="text-align: center;">8:00 am to 10:00 pm</p> <p><i>Saturday and Sunday</i></p> <p style="text-align: center;">9:00 am to 9:00 pm</p> <p style="text-align: center;">• • • • •</p> <p>The Central Office is located two blocks north of Constitution and four blocks east of San Mateo.</p>
Name			
Address			
City	State	Zip	
This is a gift, Please sign my name on the card			
Name			
Please make checks payable to Central Office of Albuquerque <i>Mail or drop by!</i>			
1921 Alvarado NE, Albuquerque, NM 87110			