



Pass It On

July
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albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505.266.1900

Step 7 Humbly asked Him to remove our shortcomings.

Tradition 7 (*Short Form*) Every A.A. group ought to be fully selfsupporting, declining outside contributions. (*Long Form*) The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Concept 7 (*Short Form*) The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness. (*Long Form*) The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

To Sign Or Not To Sign by Elizabeth E.

Being autonomous, every group can make whatever decision they want for their group as long as it does not affect AA as a whole. I have heard that the issue of "do we sign court papers or not" has been brought up occasionally in different group conscience meetings. Several years ago a group I know of chose to stop signing papers. I don't know what happened, but I have had sponsees that have gone to that meeting since and have had their paper signed. I have heard that to avoid having to sign papers one group has a stamp at the back of the meeting that can be used by those needing it.

I am very grateful that that has not been an issue at my home group. We welcome everyone with open arms. It only takes a few minutes to sign the papers. I've seen many of our home group members come from the people that have been sent here by the courts.

There is the saying that you can lead a horse to water but you cannot make him drink, however you can make him thirsty. Since most of the people that come to have their papers signed stop coming at the end of their probation, if there be alcoholics among them, they at least got exposure to the message of AA. Many times when people tell their stories we hear that they attended AA a couple of times before they "got it." I hope that I will always be part of welcoming our members from the courts.

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FROM THE EDITOR

Faithful Fivers are people who pledge \$5/month to support Central Office and the wonderful services it provides. With Central Office celebrating 40 years of continuous service this month to the AA community here in Albuquerque and surrounding areas (and financially struggling), what better way to show your support? In return, you get the good feeling of supporting the “front lines” of carrying the message to the still suffering alcoholic as well as helping provide much needed service to the groups and districts in the Albuquerque area. Call Central office at (505) 266-1900 or stop by today!

The 7th Tradition is what that basket passed around at meetings for voluntary donations is for. The 7th tradition states that we should be fully self-supporting, declining outside contributions. 25 years ago, it was commonplace to see meeting attendees toss a dollar in the basket. 25 years ago, rent, coffee, chips, big books, etc. were half the cost they are today. 25 years ago, a cheap beer at the bar cost a dollar...and how many of us drank just one? I think you see what I’m getting at. Most people today only toss a dollar in the basket at a meeting. Is it any wonder there are so many struggling meetings and meeting venues today (not to mention Central Office and other AA entities considered part of the “Circle of Love” which groups contribute to)? C’mon, people, in your last days of drinking how often did you spend just a dollar each time you drank? And how often did you drink? I’m not saying contribute all the money you used to spend on booze, just put a bit more in the basket if you can afford it (you could afford the booze...)...or stop complaining about dingy meeting places and how AA just isn’t what it used to be.

Central Office Intergroup Steering Committee

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Albuquerque Area
Business Meetings

Intergroup Rep. Meeting
2 pm, 2nd Sunday, Brownbaggers

District 3 - 2 pm, 2nd Saturday
Call the DCM for location

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

District 12 - 10:15 am, 2nd Saturday,
Heights Club, 8520 Marble NE in Rm
#3

District 13 - 10 am, 2nd Saturday, St
Thomas of Canterbury (2nd floor)
425 University Blvd NE (1 blk N of
MLK Blvd)

District 18 - 10:30am, 2nd Saturday,
United Methodist Church, 136 West
Calle Don Andres, Bernalillo

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Through the Looking Glass

by Artemus M Westside group

“I have to what?!?”

“No Way!”

“I don’t care what the Big Book says, I tried it once and there’s no way I’m going to make an amends to them again, after all that I’ve done for them. They owe me one!”

There I was, facing the biggest resentment in my life.

When I first started my walk in sobriety, the first people I wanted to make an amends to were my step-children. I was greeted with a wall of silence. They wouldn’t even come to the door. With such rejection, why should I try again?

As my wife and I are looking forward to our 28th wedding anniversary, and my two years of sobriety. I am doing my 8th and 9th step again and my sponsor hits me with, I have to make an amends to my step-children. I have to try again or I will most likely return to the bottle.

Sure, over the course of 28 years, there has to be some sour spots in our relationship, but enough to owe them an amends? Not in your life time! Yet, there it was, the elephant in the room that I didn’t want to acknowledge. Any harm that I may have done surely wasn’t on purpose, how could I be so mean as to purposely cause them harm! I couldn’t acknowledge what I may have done. My ego and my pride wouldn’t let me see things through their eyes.

I had to turn the mirror around and look through the looking glass from their side of the mirror. I had to try to see how they saw me. How my actions, no matter how well intentioned caused them harm. It’s not about what I thought I did right, but how they were embarrassed and hurt because of my actions. Who wants to pattern their life after an alcoholic?

When you’re an alcoholic, your actions spill over into other people lives. I thought I had isolated myself from my drunken actions just because they were not in the same house, or if I thought the stories were being kept inside the walls of the house, I was mistaken. Life has many doors and windows that people can look through and make judgments about. Because I was a slave to my liquor master, I could not see

the overflow of damage that was done over all those years.

When I went through this step the first time, I was on the phone with my youngest daughter, Holly, and was telling her about my first attempt to make amends to the step-children. She cried out “Pop, when are you going to make an amends to me, your own flesh and blood?” Those words cut me to the quick and of course the amends came pouring out of me. Seeing that I was so focused on something that I thought that I needed to do, I was overlooking those most precious to me. We cried together. Years of pain and loneliness were at once pierced and the healing began.

Remembering this joyful experience, I was expecting the same type of joy from my step-children. Now, I’m doing the “right thing” by writing and mailing amends letters to my step-children, as my sponsor has suggested. I had to be careful about what my motives were during the process. I know that the Big Book tells me that I must clean up my side of the street. I’m doing that now and I’m still waiting. But that’s okay, I only needed to do my part and clean up my side of the street. I can relieve myself of the burden of resentment and guilt. I can live each day knowing that I did the right thing by taking that burden off my shoulders and laying it down. For those of you who do any hiking know the physical relief of taking your backpack off after a long hike, I am experiencing that same feeling of relief now, yet better. My heart can now release that pain and raise the level of joy once again. I just had to look through the looking glass to gain the awareness needed for the process to take place.

CENTRAL OFFICE NEEDS REGULAR AND SUBSTITUTE DESK WORKERS

Requirements for this service opportunity are six months of sobriety, a sponsor and a home group. A desk shift at Central Office can enhance your sobriety. It can broaden your view of the service structure of your group, your district and your area. And it’s fun! Call Central Office today at 266-1900.

Central Office encourages all groups to elect an Intergroup representative. Join us at the next Intergroup meeting the second Sunday of every month, at 2 pm, at the Brownbaggers.

AA Members Speak by Elizabeth E.

The opinions expressed here are those of the AA member only. We all work our program differently.

Question of the Month: "Which step has meant the most to you and your growth?"

Kate B: I keep going back to step 10 as I grow, discovering my character flaws in more depth and breadth. This has been a miserable year, especially un-medicated with alcohol. The stress has made my problems stand out in clear and vivid detail. I made real progress by three years into sobriety and especially now. I am seeing where I'm wrong and promptly admitting it. I feel free of my hang-ups as never before.

Deborah R: For today Step One means more to me and my growth with the concept of powerlessness. However, I practice Step 11 daily with conscious contact and surrendering to my HP. When I live these steps, I have peace and serenity.

Molly: Step one, because it is the only step I had to take 100%. I couldn't believe the honesty I reached from deep down within.

Pat Z: Step 3 is the one I continue working on daily in conjunction with step 11. These are requisites for keeping on track with my spirituality.

Sandra S: Step 1-Knowing I'm an alcoholic and powerless is something I have to keep in my mind 24 hours a day. Even though 2 years have passed and I have my two year coin, the 24 hour chip is more important. I'm blessed and God is guiding my life.

Beth: The 4th step- it was a mountain to me. I feel relieved every day to have climbed this one with the support of my sponsor.

August Question of the Month: "Which tradition has had the most meaning for you?" Keep your responses to less than 75 words, but if you have a passion for the tradition I will submit them as short articles. As usual, if you need help just ask. Send your responses, questions, and suggestions to memberatlarge@albuquerqueaa.org.

Giving Back by Miguel V

Step 12 means the most to me. I struggled trying to make sense of my life. With the fellowship and guidance of my sponsors I have been able to work the steps. This has caused a spiritual awaking that has contributed to my right living. I am able to surrender to each moment. I practice patience and live in the moment. These are valuable tools that I have learned to practice in all areas of my life. I am now strong enough to live with little or

no conflict. I have the gifts of flexibility, tolerance, and inner peace. I am now able to contribute to the program by doing service work. It is my time to give back what has been freely given to me and carry the message to other alcoholics with this service while continuing to practice these principals. I want to help keep the program alive!

Are you a Big Book* Whiz?

Try this! by Elizabeth E

1. Momentarily we did-then would come oblivion and the awful ___ to face the hideous Four Horsemen-Terror, ___, Frustration, ___. 151:2:5
2. He is worried at times, and is becoming ___ that he cannot ___ like other people. 109:1:7
3. Whether the family goes on a ___ basis or not, the alcoholic member has to if he would recover. 135:1:1
4. A ___ experience, he conceded, was absolutely necessary, but the price seemed high upon the ___ suggested. 155:2:2
5. I ruthlessly faced my sins and ___ willing to have my new-found ___ take them away, root and branch. 13:2:4
6. We missed the reality and the ___ of the forest because we were diverted by the ugliness of some of its ___. 50:1:3
7. It is possible to dig up past ___ so they become a ___, a veritable plague. 124:3:1
8. Yet let him drink for a day, and he frequently becomes ___, and even dangerously ___-___. 21:2:8
9. We, who have traveled this dubious path, ___ you to lay aside prejudice, even against ___. 49:2:1
10. Get an idea of his ___, his problems, his background, the seriousness of his condition, and his ___ leanings. 90:02:02

*4th edition

Step one helped when diagnosed with Cancer by Molly S

The Step that has meant the most to me is Step one with the concept of "powerlessness". At first, I resisted the idea, after all I was 22, young and stubborn. White-knuckle sobriety soon got the best of me and I surrendered. The steps soon followed. As I stayed sober year after year,

SOBRIETY BIRTHDAYS

COSMOPOLITAN May: Nick N. 8 years; Eloy M. 20 years; Elsa G. 34 years

ISLETA May: Marke 90 days; Eric 5 months; Jose 9 months; Tom 18 months

PROMISES May: Yolanda H. 30 days; Jan M. 6 years; Paul N. 13 years

SEEKING SERENITY May: Hank 18 months; Salvador 1 year

Please submit your sobriety birthday(s), in order by length of continuous sobriety (including homegroup, the month the birthday was celebrated in, name, sobriety date & length of continuous sobriety) to PassItOn@albuquerqueaa.org. Failure to properly submit s-b days may result in non-publication.

I began to "forget" I was powerless. After all I was entering long term sobriety and my life appeared to be manageable. When it wasn't I prayed, talked, and found a solution. That is until stage 4 cancer when a dear program friend suggested I surrender again-not only my alcoholism, but my very life. I had to "quit playing God," which was and is at the very core of my addiction.

money that comes in. Hopefully by Christmas there will be another meeting on board. There are other Deaf AA members in the community and hopefully I will be meeting them in the near future.

Red Road Convention (2015)

by Elizabeth E of Westside group

Update on ASL Meetings by Elizabeth E

Ladies room and Men's Stag are now listed as ASL interpreted on the printed schedule and our online schedule at albuquerqueaa.org with their 7:30 meetings at Nativity church at 4th and Alameda. Brownbaggers start June 13th with an ASL interpreter at their 6-7 speaker meeting. We are looking for back up for her. We found a temporary back up for June 20th, but as yet have not found anyone for July 4th. She thinks she can cover the rest of July. I got a call from the Jail that a Deaf inmate needed a meeting when he gets out. I was able to give him information and hopefully we will see him soon. This is the first time the Deaf have had more than one meeting a week to go to. The two deaf that I visited with last night at Nativity are very excited. I'll be meeting them at Brownbaggers tonight to help them feel welcome and to greet the interpreter that has volunteered her services for pro bono pay of only \$35. Brownbaggers is covering their own expenses. Thank you for your financial support for Nativity. Central office provides some of the funds to pay for the meetings at Nativity, but the rest comes from donations from the groups. As you know they provide childcare which takes up any

This is only my second time to attend the Red Road Convention. The first was 3 years ago. What a difference! The place helped, since it had more and larger rooms closer together. It was very well organized and was an overall class act! I loved the breakfast buffet and the banquet!

Instead of just attending for one day, I plan to stay for the entire time next year. Yes, I am coming back and encouraging others to follow. I am grateful that attendance is open to all humans and not limited to American Indians. I felt comfortable and welcome. I was there to support the convention, to hear some marvelous AA speakers, learn some of the Indian ways and history, have some fun, and see if I could grow a little in the process. All were accomplished and as a bonus I made some new friends. My inner native had a blast joining in with the dancing during the opening ceremonies. During that one day I heard an AI-Anon speaker and 2 AA speakers, listened to the Old-timers panel of speakers, and attended two of the marathon topic meetings in another room. The day flew by.

See you next year-"as we trudge the Road of Happy Destiny"-at the 23rd Annual NM American Indian Red Road Convention.

AA EVENTS CALENDAR THIS MONTH

Thursday July 2-5 2015 International Convention of Alcoholics Anonymous Atlanta, GA. More info: http://www.aa.org/pages/en_US/2015-international-convention-of-alcoholics-anonymous

Friday July 10-12 - 2nd Annual Taos Junction BBQ Campout
More Info: <http://www.newmexicoaa.org/events/2nd-annual-taos-junction-bbq-campout/>

Saturday July 11 - Second Chance to Dance Sponsored by/benefitting the Last Call and Saturday Night Alive Groups of AA. 7pm low cost BBQ/potluck, 8pm Speaker Meeting, 9pm-1am DJ Dance (\$3/single, \$5 couple), Steve R. DJ, 50/50 raffle, Silent Auction (bids accepted all night until winners are announced at 10pm. Need not be present to win. (Contact info. for item donation available from Central Office at 266-1900). Desert Club, 4305 Mesa Grande SE, Albuquerque

Saturday July 18 - Block Party Noon-4pm. All kinds of fun (water slide, dunk tank, other fun & games for the kids). Food (\$6/adult plate), Baby Back Rib dinner raffle. Sponsored by/benefitting the Synergy Group. Heights Club, 8520 Marble NE, Albuquerque

Saturday July 18 - Fire & Ice Motorcycle Rally Meeting Sponsored by the Uranium Capital Group of Grants, NM. BBQ/potluck 11am, meeting 12 noon. 411 W. Santa Fe Ave., Grants

Saturday July 18 - Live & Let Live Group Annual Picnic 11am-3pm. Doc Long Picnic Area, Sandia Mountains. Take exit 175 off I-40 East (7 miles E. of Abq), go north on Hwy 14 for about 7 miles, turn left on Hwy 536 (Sandia Crest Road) and Picnic Area is about 1 mile on the left. \$3 parking fee.

Friday July 24 - Spark of Light Movie Night 7pm. On a 12' screen, no charge, free popcorn. Benefits Spark of Light group. Heights Club, 8520 Marble NE, Albuquerque

UPCOMING EVENTS

August 14-15 - New Mexico Conference of Young People in Alcoholics Anonymous (NMCYPAA) Roswell, NM. More info: <http://www.newmexicoaa.org/events/nmcypaa-2015-roswell/>

September 12-13 - Area 46 Assembly Voting assembly. Belen. Hosted by District 3. More info: <http://www.newmexicoaa.org/events/sept-12-13-2015-area-assembly-belen-d-3/>

Saturday December 5-6 - Area 46 Assembly Farmington, hosted by District 8. More info: <http://www.newmexicoaa.org/events/dec-5-6-2015-assembly-farmington-d-8/>

Saturday March 5-6 - Area 46 Assembly Taos, hosted by District 14, no further info available

For more and/or updated information

on Albuquerque and New Mexico AA Events go to:

<http://albuquerqueaa.org> and <http://www.newmexicoaa.org/>

For other AA events nationally and worldwide visit www.aa.org.

May 2015

Monthly Service Activities Report

PHONE CALLS	MAY15	APR15	MAY14
Information	429	374	472
12-Step	10	18	26
Al-Anon	10	5	10
Message	57	49	49
Other	74	132	95
TOTAL	580	578	652

WALK INS	MAY15	APR15	MAY14
Information	16	20	11
12-Step	1	1	0
Al-Anon	2	1	2
Schedule	3	14	7
Purchase	140	126	178
Media	10	5	0
Message	4	9	8
Casual	28	43	32
Other	31	42	30
TOTAL	237	261	268

ALBUQUERQUEAA.ORG WEB STATS

Unique Visitors	4278	4173	4159
Number of Visits	7260	7493	7429
Pages	27501	29971	26652

DESK WORKERS*

Regulars	45	42	46
Substitutes	32	35	34
TOTAL	77	77	80

DESK SHIFTS*

Weekdays	126	132	132
Weekends	50	40	45
TOTAL	172	177	172

WEEKDAY SHIFTS*

Worked by Regulars	107(85%)	110(83.3%)	111(84.1%)
Worked by Substitutes	17(13.5%)	20(15.2%)	21(15.9%)
TOTAL	124(98.5%)	130(98.5%)	132(100%)

WEEKEND SHIFTS*

Worked by Regulars	34(68%)	29	38(84.4%)
Worked by Substitutes	15(15%)	11	7(15.6%)
TOTAL	49(98%)	40(100%)	45(100%)

NIGHT SHIFTS NOT COVERED 3 2 2
SHIFTS NOT WORKED

BY A VOLUNTEER	14	15	12
(1)2HOUR		(2)2HOUR	(2)2HOUR
HOURS	41	43	40

*INCLUDES NIGHT PHONE



Live & Let Live Group Annual Picnic

July 18, 2015

11:00 a.m. to 3:00 p.m. at Doc Long Picnic Area

We will be providing hamburgers, hot dogs, condiments & all the fixings.

Bring a dish if you wish.

Join us for fun & fellowship!



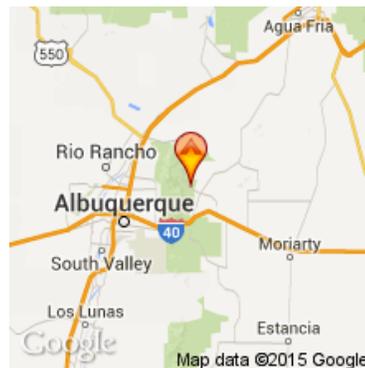
Doc Long's Picnic Grounds in the Sandia Mountains

GPS Info. (Latitude, Longitude):

35.1775, -106.3

35°10'39"N, 106°22'48"W

From the east end of Albuquerque, drive approximately 7 miles east on I-40 to Exit 175 (NM14). Proceed north on Highway 14 about 7 miles and turn left onto Highway 536 (Sandia Crest Road). Go just over a mile west on Highway 536 to the picnic area on the left. Look for AA symbols. There is a \$3 dollar parking fee per vehicle.



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Albuquerque Intergroup Central Office

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4 blocks east of San Mateo

(505) 266-1900

www.AlbuquerqueAA.org

Hours:
Monday through Friday
8 am to 10 pm
Saturday and Sunday
9 am to 9 pm