

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

Intergroup Committee Meeting Minutes

09.09.07

Submitted By Brian H. – Secretary

Martha G – Member At Large

Martha opened the meeting at 2:01, chairing in Dave's absence.

Brian – Secretary –

Review of August meeting Minutes as published in September's *Pass It On*. Minutes accepted by acclamation.

Treasurer's Report – Steve H.

Financially we are in good shape. This month we are \$1,100 in the red and for the year – we are \$1,700 in the hole. Our assets (inventory & prudent reserve) help us through these kinds of dips. Thanks for all Group and Individual contributions; your generosity keeps Central Office open!

Michael W – Coordinator's Report

Pretty standard month as far as phone traffic. A slight increase in numbers of substitutes used for desk and phone workers. Night phone caller numbers are down. Some desk shifts are open; still need regular coverage of several Night Phone shifts. Contact Central Office for details of these and other service opportunities.

7th Tradition Basket Passed

Kathy – Alternate Coordinator's Report

Not much to report. Let's please get some support for Night Phone coverage! Thanks!

Melissa – Activities Coordinator

Good feedback on the Old Timers Meeting: 700+ years of sobriety was represented.

Upcoming Intergroup Speaker meeting (9/15) at St. Tim's – Lisa S, Speaker. Next InterGroup Speaker meeting (12/15), hosted by District 13. Alkathon (December 31, 2007, thru January 1, 2008). Plans are coming along at Monte Vista Christian Church; look for information on the website, at Central Office, etc. Raffle tickets will begin to be sold in early October. Nancy is the co-chair.

Martha G. – Member at Large

Nothing to report.

Sally – Pass It On editor

Busy on next month's "Mix & Match" Quiz. Contributions are always welcome; please submit your contributions to Sally no later than the 15th of the month prior to the issue in which you would like your contribution to appear.

Al J. – Schedule Editor

Not present.

John – Community Outreach

Not present.

Peggy –Special Needs

Nothing to report. Followed up on the request regarding having meetings in retirement communities.

Grace – Media Librarian

Thanks to all the volunteers who have been listening to audiotapes! If you are interested in learning the software to assist the digital transfer of library materials, contact Grace or Central Office for details.

Tom C. – Web Chairperson

Not present.

Volume 69, Issue 10

October 2007

Answers to Mix and Match:

A = 4

B = 6

C = 1

D = 2

E = 3

F = 5

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Corrections Corner

This space is dedicated to the corrections community — and to be used as a message board to anyone interested in this type of service work.

Male Volunteers Needed

Area Corrections is organizing a list of men willing to respond to 12-Step calls from male offenders released from the Roswell DWI prison. Once a week, a bus leaves Roswell with 2-3 men bound for Farmington. These men have a 22-hour layover in Albuquerque from around 8:30am until 6:30am *the next day*. Although the time-of-day is always the same, the bus could arrive on any day of the week.

We are preparing a schedule and map of downtown Albuquerque showing meetings within walking distance of the bus station. This schedule and map will be given to the men when they are released from prison. Attending a meeting or two during the layover can go a long way toward keeping the travelers from picking up a drink. During their 22-hour layover, perhaps one or more of the men might choose to contact A.A. In that event, we'd like to have a list of men volunteers who would be willing to extend the hand of the fellowship. It would then be a question of volunteer availability during the layover on the day of arrival.

If you have interest in being on the list of potential volunteers for this service work, please call or e-mail me at 505-263-2459 or r_trigg@msn.com. If there is sufficient volunteer interest, we will begin addressing the specifics of making this happen.

It is always such a rewarding experience to work with another alcoholic; you'll help them and yourself in the process. Service is the gift we can give ourselves.

Yours in service,
Ralph T.

In addition to A.A.'s basic text, *Alcoholics Anonymous*, and other publications about A.A., the following publications, available in English or Spanish, may be of particular interest to people in correctional facilities and those who work with them. For more information, write to: **AA World Services, Box 459, Grand Central Station, NY, NY 10163**

Booklet: AA in Prison: *Inmate to Inmate* (anthology of 32 Grapevine stories)

Pamphlets: "It Sure Beats Sitting in a Cell" (Illustrated); "Memo to an Inmate Who May Be an Alcoholic"; "A Message to Correctional Facilities Administrators"; "Carrying the Message into Correctional Facilities"; "AA in Correctional Facilities" **Videos:** *It Sure Beats Sitting in a Cell* (17 mins.); *Carrying the Message Behind These Walls* (28 mins.)

Audiocassettes: "AA in Prison: Inmate to Inmate" (60 min.; 11 stories)

Kit: Correctional Facilities Kit and Workbook **Newsletter:** Sharing Behind the Walls **Guidelines:** Cooperating with Court, D.W.I. and Similar Programs; Correctional Facilities Committees

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Central Office Steering Committee E-mail addresses:

Michael W. - CO Coordinator
Coordinator@albuquerqueaa.org

Kathy - Alt. CO Coordinator
AltCoordinator@albuquerqueaa.org

Dave C. - Chair@albuquerqueaa.org

Al J. - Schedule@albuquerqueaa.org

Brian H.
Secretary@albuquerqueaa.org

Melissa C.
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Martha G.
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Sally - PassItOn@albuquerqueaa.org

Peggy-
Specialneeds@albuquerqueaa.org

Tom C. - Website Chair
anonymous@albuquerqueaa.org

Grace L. - Media Librarian
media@albuquerqueaa.org

John -
publicinfo@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
Heights Club

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

Central Office Meeting Minutes *cont. from page 1*

Old Business –

Steering Committee Position Descriptions (minus one for Web Chairperson) are available at Central Office, as well as on the web. The elections of the new Steering Committee will take place at December's InterGroup meeting; in some cases, current Steering Committee members might stand for reelection. The nomination process for all positions will begin at October's InterGroup meeting.

New Business –

No new business.

Special Announcements –

Annual District 3 PICNIC – Saturday (9/15) Daniel Fernandez Park – 8 am-7 pm. Breakfast @ 7 am.

New Young People's Meeting – Friday, 8pm (Desert Club). Women's Sobriety Fest (9/29) invites volunteer support for ChildCare on the day of the festival.

Martha closed the meeting at 2:38 pm with the Third Step prayer.

ATTENDEES:

Martha G (Cosmopolitan/Member At Large)
Melissa C (Early Birds/Activities Chair)
Tiffany B (Sunrise Sobriety)
Susan Z (Sunrise Sobriety)
Janis B (Seeking Serenity)
Dennis M (Isleta Group)
Jim O (Live and Let Live)
Greta (Ladies Room)
Maggie H (Serenity Group)
Meghan McB (El Centro)

Steve H (Treasurer/Alameda Stag)
Kathy H (Metropolitan/Alternate Coordinator)
Michael W (Mountainside AA/Coordinator)
Tom N (High Noon)
Grace L (Media Librarian/)
Eric B (Tuesday Knights)
Beverly D (Cosmopolitan)
Sally G (PIO Editor/How It Works)
Peggy A (Women On Wednesday/Special Needs)
Brian H. (Dawn Patrol/Secretary)

Please send a representative from your home group to the next Intergroup meeting. We meet the second Sunday of every month, at 2:00 pm, at the Desert Club. See you there!

A.A.@Guidelines: Special Needs

from G.S.O., Box 459, Grand Central Station, New York, NY 10163 submitted by Peggy A. Special Needs Chair

While there are no special A.A. members, many members have special needs. For the purpose of the AA Guidelines, the General Service Office defines A.A.s with special needs as "persons who are blind or visually impaired; deaf or hard of hearing; chronically ill or homebound, and those who are developmentally disabled."

CATALOG OF A.A. MATERIAL FOR SPECIAL NEEDS

A catalog of A.A. material lists a wide range of literature and audiovisual material for alcoholics with special needs. For the blind and visually impaired there is recovery literature in Braille and large print, as well as audio tapes. *Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions* are available in American Sign Language (ASL) on VHS videos for the deaf and hard of hearing.

Many A.A. members are hard of hearing or deaf, visually impaired or blind, brain injured, confined to their beds with a chronic illness, or use wheelchairs, walkers or crutches. Members of a group may feel stymied when first faced with these out-of-the-ordinary requirements.

In fact, many accommodations can be made so that alcoholics with special needs can be active, participating members of a regular AA group. Some adjustments are simple and some are more complicated—but all are possible for the member willing to "go to any lengths" for his or her own sobriety and to help another alcoholic.

Possible Accommodations for A.A.s with Physical Disabilities and/or Chronic Illnesses

- A.A.s in home groups can take meetings to A.A. members who are at home- or hospital-bound.
- For members who aren't confined to bed, A.A.s in their group can:
 - o Coordinate drivers who can take them to and from meetings,
 - o Install wheelchair ramps over steps to the meeting room, and
 - o Arrange the room so that there is ample space for wheelchairs or walkers.
- AA services and material are available for members who are chronically ill or have limited ambulatory ability:

continued on page 5

Other Numbers: Al-Anon 262-2177 Oficina Intergupal Hispana 266-3688

The following contributed to Central Office.....

This data is from August 1 to August 31 and is inclusive for the entire calendar month!

Groups:	Faithful Fivers:
Cooper Miracles	Al J.
Dawn Patrol	Beverly D.
Dawning Promises	Catherine A.
Foothills	Cecelia D.
Friday Night Live	Dave N.
Happy Valley	Dan O'.
Lone Rangers	Don C.
Lunch Box Group	Emma D.
Promises Group	Geraldine C.
Queer Ideas of Fun	Jim F.
Seeking Serenity	John K.
Serendipity	Karen R.
S.O.S.	Mark D.
Triangle Group	Merle P.
Westside Group	Mike D.
Women In Progress	Nance C.
Women's Group	Partha L.
Individuals:	Phil & Barbara C.
Anonymous	Ralph T.
Daniel R.	Sarah F.
Karen F.	<i>Thank you all for supporting</i>
Robert U.	<i>your Central Office</i>

August Desk Activity

	Aug '07	Jul '07	Aug '06
	This month	Last month	Last yr.
Phone calls	1286	1287	1243
Information	1036	1044	1008
12 step request	24	21	20
AI-Anon Info	28	31	35
Message	37	56	55
Other	161	135	125
Walk Ins	264	279	290
Information	25	17	25
12 step	33	4	2
AI-Anon	1	4	0
Schedules	21	29	21
Purchases	153	165	177
Tapes	2	3	4
Message	2	0	2
Casual	32	29	37
Other	25	28	41
Desk Workers*	92	90	
Regulars	51	51	
Substitutes	41	39	
Desk Shifts*	178	177	
Weekdays	138	132	
Weekends	40	45	
Weekday Shifts*	138	132	
Regulars	86% 119	84% 111	
Substitutes	14% 19	16% 21	
Weekend Shifts*	40	45	
Regulars	82.5% 33	73% 33	
Substitutes	17.5% 7	27% 12	
Shifts by Michael*	8/55 hrs	11/57 hrs	
Shifts by Kathy*	3/16 hrs	5/22 hrs	

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!**

Thanks to all who participated this month.

* includes night phone

Guidelines: Special Needs cont.

- o The *Loners-Internationalist Meeting (LIM)* is a newsletter for A.A. members in isolated areas, at sea, or home- or hospital-bound (known as Homers), which allows them to stay in touch with other members by mail and newsletters.
- o A similar publication (not through G.S.O.) *World Hello*, is an international correspondence group.
- o Many A.A.s share via computer bulletin boards and on-line meetings. AA has an On-line Intergroup website (intergroup-approval@worldstd.com), which can provide further information.
- o *Alcoholics Anonymous*, and the *Twelve Steps and Twelve Traditions* are available on 3.5" diskettes that run in Microsoft Windows.

Albuquerque's Central Office Meeting Schedule identifies area meetings that are accessible for wheelchair users. We also have many resources listed on our website, www.albuquerqueaa.org

Possible Accommodations for A.A.s Who Are Deaf or Hard of Hearing

- Groups can provide a skilled interpreter in American Sign Language (ASL). The Albuquerque Central Office has resources for finding ASL interpreters who are willing and able to sign at A.A. functions. The Americans with Disabilities Act requires that the group carry the cost of ASL interpreters.
- Groups can ask for volunteers to train in the use of TTY (Teletypewriter or Text Telephone) machines or the Telecommunications Relay Service. They might also keep a list of deaf or hard-of-hearing A.A. members who have TTY machines and would like to network with members.
- When speaking, group members should look directly at the deaf or hard-of-hearing member, since many are able to read lips.
- AA services and material are available for members who are deaf and hearing impaired:
 - o Albuquerque's Central Office has TTY equipment; the G.S.O. Intergroup-Central Office Directory lists others around the country with TTY equipment.
 - o GSO has produced VHS videos of *Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions* in ASL.
 - o Pamphlets rewritten for reading and signing purposes are "A Newcomer Asks," "A Brief Guide to Alcoholics Anonymous," "Translation of the Twelve Steps," "Translation of the Twelve Traditions," "Is A.A. For You?," "Do You Think You're Different?," "How It Works," "This is A.A.," and "Is A.A. for Me?"
 - o Deaf members are welcome to participate in the *Loners-Internationalist Meeting, LIM*.

Possible Accommodations for A.A.s Who Are Blind or Visually Impaired

- Home groups can compile and maintain a list of sighted members who are willing to provide transportation to and from meetings and other A.A. functions.
- Volunteers may also guide the blind or visually impaired newcomer to chairs, the hospitality table and rest rooms, until that member is acquainted with the surroundings.
- If your group has a visually impaired member, be sure to set up your meeting room exactly the same way for each meeting, or else alert the blind or visually impaired members to what's different. Banging into a chair or a table in what used to be an empty space can be both dangerous and embarrassing.
- G.S.O. services and material available to help the blind or visually impaired alcoholic include books and pamphlets available in Braille, in large print, and on audiocassette tape, and a list of suppliers of A.A. talks for sale or exchange.

Possible Accommodations for A.A.s Who Need Easy-To-Read Literature

- Be aware of the possibility that some members might have a limited ability to read.
- While announcing books and pamphlets available at a meeting, also mention the numerous books, pamphlets and Grapevine articles available on audiotape.
- Structure your Step and Traditions meetings so that the Step or Tradition is read aloud at the beginning of the meeting.
- G.S.O. Services and material are available to help developmentally disabled A.A.s include

Announcements, Reminders, Birthdays, etc.

<p style="text-align: center;">Seniors Seeking Serenity Group</p> <p>Vance C. 10/14/63 44 years Beto C. 10/16/97 10 years</p> <p style="text-align: center;">Foothills</p> <p>Alex 7 years Joe J. 7 years Mike 8 years</p>	<p style="text-align: center;">Isleta Group</p> <p>Lexo 9 months Alfred 9 months Les H. 9 months Max 1 year Steve 2 years Corrine 7 years Tommy 7 years Francis 7 years Dave 8 years Dina 13 years Frank H. 13 years</p>	<p style="text-align: center;">How It Works</p> <p>Kay S. 9/16/85 22 years Francesca 9/25/85 22 years Lisa S. 9/28/87 20 years</p> <p style="text-align: center;">Seeking Serenity Group</p> <p>Cherokee (Oct.) 1 year Sean F. (Nov.) 14 years Barry W. 18 years Karren S. 18 years Rose 26 years</p>
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<p>Because many of the District 13 Trusted Servants will be attending the 2007 Southwest Regional Forum in Denver, the October meeting of the District 13 will be on October 21 at the usual time and place. (10:00 AM, the Desert Club) <small>submitted by Dave T.</small></p>	<p>I would be happy to print just about anything in the <i>Pass It On</i>... (sources need to be verified.) A deadline for submissions is the 15th of the month. Remember, the <i>Pass It On</i> 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., PIO editor PassItOn@albuquerqueaa.org</p>	<p>The A.A. Grapevine (monthly magazine) may be obtained from your local A.A. office or by writing for information to:</p> <p style="text-align: center;">Box 1980 Grand Central Station New York, NY 10163</p>
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- o Audio and video cassettes; and Illustrated, easy-to-read literature, such as "Is A.A. For Me?", *cont. on page 6*
"Twelve Steps Illustrated," "Too Young?," "What Happened to Joe," "It Happened to Alice," "It Sure Beats Sitting in a Cell."

General Guidelines for All Special Needs Accommodations

When an AA group has a member with special needs, its aim should be to help him or her "identify in" rather than feel singled out. When a group includes and respects a person with special needs as a fully-participating member, its fellowship grows stronger and everyone's sobriety is strengthened.

When faced with the challenges of accommodating a special need, we would do well to remember: "When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible." **SPECIAL NEEDS COMMITTEES**

Some A.A. entities are attempting to meet such needs by forming Special Needs Committees. Since the goal is to make A.A. accessible, some committees refer to themselves as Accessibilities Committees. In some localities committees name themselves according to the specific need addressed, such as "Hearing Impaired Committee."

When one or more members of a group have special needs (such as the need for an American Sign Language interpreter or wheelchair accessibility, or have an illness which prevents them from getting to the meeting room), A.A. members from that group will

attempt to see that those needs are met. The members of a Special Needs Committee explore, develop and offer resources to make the A.A. message and participation in our program available to everyone who reaches out for it. A G.S.O. staff member who serves on the Special Needs assignment is available as a resource and communicates with local Special Needs Committees.

In the interests of good communication and working together, Special Needs Committees are encouraged to keep their area committees and local central/intergroup offices informed of their activities. It is also helpful to work closely with committees handling Public Information and Cooperation With the Professional Community in terms of keeping the public and appropriate agencies informed about A.A. being accessible to alcoholics with special needs.

A.A. Guidelines are compiled from the shared experience of A.A. members in various service areas. They also reflect guidance given through the Twelve Traditions and the General Service Conference (U.S. and Canada). In keeping with our Tradition of autonomy,

Mix and Match The Big Book.....the Fourth Edition

1. He said, in effect: "If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love."
2. In some circumstances we have gone out deliberately to get drunk, feeling ourselves justified by nervousness, anger, worry, depression, jealousy or the like. But even in this type of beginning we are obliged to admit that our justification for a spree was insanely insufficient in the light of what always happened. We now see that when we began to drink deliberately, instead of casually, there was little serious or effective thought during the period of premeditation of what the terrific consequences might be.
3. Frothy emotional appeal seldom suffices. The message which can interest and hold these alcoholic people must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to re-create their lives.
4. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then.
5. The explanation that alcoholism was a disease of a two-fold nature, an allergy of the body and an obsession of the mind, cleared up a number of puzzling questions for me. The allergy we could do nothing about. Somehow our bodies had reached the point where we could no longer absorb alcohol in our systems. The *why* is not important; the *fact* is that one drink will set up a reaction in our system that requires more, that one drink is too much and a hundred drinks are not enough.
6. While the internal difficulties of our adolescent period were being ironed out, public acceptance of A.A. grew by leaps and bounds. For this there were two principal reasons: the large numbers of recoveries, and reunited homes. These made their impressions everywhere. Of alcoholics who came to A.A. and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses, and among the remainder, those who stayed with A.A. showed improvement. Other thousands came to a few A.A. meetings and at first decided they didn't want the program. But great numbers of these—about two out of three—began to return as time passed.

A. A Vision For You _____

B. Foreward to Second Edition _____

C. Freedom From Bondage _____

D. More About Alcoholism _____

E. The Doctor's Opinion _____

F. It Might Have Been Worse _____

Albuquerque Central Office Newsletter

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The Central Office is
located two blocks
north of
Constitution and four
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Mateo.