

# PASS IT ON

Oct 2016  
Vol 42  
Issue 7

albuquerqueaa.org

Albuquerque AA Intergroup Central Office Newsletter

505-266-1900

**Step 10** Continued to take personal inventory and when we were wrong promptly admitted it.

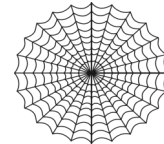
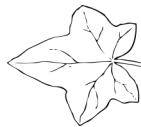
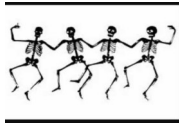
**Tradition 10 (Short Form)** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

**(Long Form)** No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

**Concept 10 (Short Form)** Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

**(Long Form)** Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

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## Tradition Ten Checklist

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways? How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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## Tenth Step Tips: (From the Twelve & Twelve)

We can try to stop making unreasonable demands upon those we love. We can show kindness where we had shown none. With those we dislike we can begin to practice justice and courtesy, perhaps going out of our way to understand and help them.

Whenever we fail any of these people, we can promptly admit it -to ourselves, and to them also when the admission would be helpful. Courtesy, kindness, justice and love are the keynotes by which we may come into harmony with practically anybody. When in doubt we can always pause, saying "Not my will but Thine be done." And we can often ask ourselves "Am I doing to others as I would have them do to me – today?"

*Reprinted from , Twelve Steps and 12 Traditions, pg 93 with permission of A.A. World Services, Inc."*

*Easy Does It*

*Live and Let Live*

*But for the Grace of God*

**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  
Grace United 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 Calle Alameda, Bernalillo

***New Meeting starts Sept. 14***

Healing as One Nation  
Open Meeting for Native Americans  
(All are Welcome!)

2nd Wednesday of every month at 9:00AM  
Foothills Group  
11607 Menaul NE  
(E of Juan Tabo at Algodones)



**400 Years**

of Combined Sobriety, and we're

**STILL SEEKING SERENITY**

**Newcomers, Help us on Our Search!**

A closed discussion group,  
STILL SEEKING SERENITY  
meets Wed at 2:30PM

St. Timothy's Lutheran Church,  
Corner of Copper and Jefferson  
in Albuquerque

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***Taking Inventory—One Day at a Time***

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spotcheck inventory, taken at any time of the day, whenever we find ourselves getting tangled up

There's the one we take at day's end, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due.

Then there are those occasions when alone, or in the company of our sponsor or spiritual adviser; we make a careful review of our progress since last time.

Many A.A.'s go in for the annual or semiannual house cleanings. Many of us also like the experience of an occasional retreat from the outside world, where we can quiet down for an undisturbed day or so of self-overhaul and meditation.

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**DISCLAIMER**

The opinions expressed in Pass It On are solely those of the individual author and do not necessarily represent those of the Editor, Central Office, Area 46, any specific group or AA entity, or of AA itself and in no way does publication imply endorsement of such opinions.

If you would like information about your event or group here, you can send it to [passiton@albuquerqueaa.org](mailto:passiton@albuquerqueaa.org); send it with your Intergroup Representative to the monthly Intergroup Meeting; or take it to Central Office no later than the 15th of the month. Thanks!

**October 7th, 8th & 9th, 2016**

DISTRICT 9 SOBRIETY GATHERING  
Sacred Heart Elementary School  
405 Park Avenue, Gallup, NM 87301

On-site Registration: Friday, Oct 7, 5pm-7pm, and Saturday, Oct 8, 2016: 8am-5pm

Donations: \$20 per person, includes T-shirt souvenir

POCs: Jerry F. [web9@nm-aa.org](mailto:web9@nm-aa.org) , or Tony C.



**October 22<sup>nd</sup>, 8:30-2pm**

## ***Forming True Partnerships***

Come explore the possibility of relationships in sobriety!



**An interactive workshop  
with panel speakers  
and discussion groups.**

8:30-9 Coffee and Donuts  
9-9:15 Introduction  
9:15-11:30 Panel speakers and interactive sessions  
11:30-12:15 POTLUCK Lunch  
12:15-1:45 Panel speakers and interactive sessions  
1:45-2 Wrap-up

Our Lady of Sorrows Church,  
301 S. Camino Del Pueblo,  
Bernalillo

For more information contact Central Office at 266-1900

**Saturday 10/22**

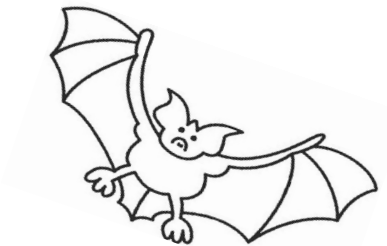
**8:30PM to 12:30AM**

## **5th Annual Halloween Party And Costume Party**



Mesa Club  
4020 Peggy Road SE  
Rio Rancho

**All proceeds to benefit Central Office  
Hosted by the Candlelight Group**



For More Information Contact Central Office 266-1900

For more information on these and other Albuquerque Area and New Mexico AA events go to : <http://albuquerqueaa.org> and <http://www.newmexicoaa.org>

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**October 27-30, 2016**

**25th NATIONAL/ INTERNATIONAL NATIVE AMERICAN INDIAN ALCOHOLICS ANONYMOUS CONVENTION**

This year's 2016 NAI-AA Convention marks 25 years of carrying the message of AA to the Alcoholic who still suffers.

For more information or to Register Online see website: <http://www.nai-aa.com>

NAI-AA CONTACT INFORMATION:

(702) 716-7033

Email: [info@nai-aa.com](mailto:info@nai-aa.com)

November 4,5,6,2016

New Mexico Men's Retreat

For Recovered/Recovering Alcoholics

Tohatchi, NM

The Retreat Master is "Your" Higher Power

Cost: \$60.00, which includes food, Saturday night sweat. Bring your own bed roll, sleeping bag and toiletries

Registration is Due by October 15th, 2016.

For More Information Contact Central Office

(505)266-1900

Saturday, **JANUARY 14, 2017**

**2017 First Fundraiser for Central Office!**

1:30PM - 3:30PM

Any Length's Women's Group Presents

"The AA Waltz" - Steps 4-5



Speakers TBA

Fundraiser will be held at:

Monte Vista Church

3501 Campus Blvd.

Albuquerque

For More Information Call

Central Office at 266-1900

**Outside issues are better left ... well, outside**

***Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.***

Recently I was asked to give a lead at a meeting on Tradition Ten and like any good alkie, I got out the "Twelve and Twelve," started to read and was once again awed by our miraculous, God-inspired program. Tradition Ten says that Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy. No AA group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues, particularly those of politics, alcohol reform or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters, they can express no views whatever.

What a tall order for a know-it-all alcoholic of my type who likes to throw her opinion around—even when I don't know what I am talking about! Sure I think I know, good intentions and all, but I have learned over the years that what I believe to be the truth at one point in my life, may not be the same at another time because I am continually changing and growing. I have also learned that my experience is not going to be a cookie cutter version of someone else's. We all have our own personal paths when it comes to our recovery. Tradition Ten brings good news for me as a member of my AA group, reminding me that I should not get involved with any outside issues because I could offer some real bad advice. If I go back to this Tradition, it tells me the answer—share your experience, strength and hope and try to keep keep your opinions to yourself. Tradition Ten protects our meetings from going off course. I've

seen it happen. At fellowship one evening, talk about a political candidate came up. It was obvious some were passionate about this person, but not all of us. I was not "for" this particular figure, but I didn't say anything so as to avoid a heated debate. The tone of the conversation was already heightened without adding fuel to the fire. It is a clear-cut example of why outside issues belong outside. If this was going on during my first-ever AA meeting, I may not have come back.

I also am grateful that when I came into Alcoholics Anonymous the group did not ask me about my religious beliefs. At that point, I felt I had tried religion, and it did not work. Over my years of sobriety I have personally ventured out in all kinds of different directions around religion, but I don't bring the details into my AA groups, and it has never been a topic at any of my meetings.

Wouldn't it be downright dangerous if we had an opinion either way regarding the use of doctor-prescribed medications such as anti-depressants? Tradition Ten saves us again!

The risk of having an opinion in all of these examples is that the newcomer might think the entire movement of Alcoholics Anonymous believes this way, and we will lose them. I pray to remember that I represent my AA group and not "the world according to Cheryl group."

Our Traditions are the glue that holds us together. Without this Tradition I would die as the group would die because we would no longer be talking about alcoholism—the reason we are here in the first place.

—Cheryl B., North Riverside, Ill.

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## Keeping It Simple

I sobered up in a major Southwestern city at AA meetings held in a club. I was taken there one morning after trying to put an end to my shakes and my gagging with jelly glasses full of vodka. Thank God, those of you in AA let me stay.

AA members fed me coffee and honey while I was "shaking it out," and told me that if I just held on, I'd never have to feel that bad again.

Many times during those early months, AAs asked me, "What Step are you on?"

I couldn't see how that question related to the fact that my electricity was about to be shut off (or whatever my dilemma of the day was), but slowly I learned that there was a direct connection between the two. As I became willing to work on myself, a lot of my living problems began to straighten out.

"Got a headache?" someone asked me out of the blue one day.

When I replied, "Yes," he went on, "there's a little ache around your shoulder blades, too."

"Yes," I replied again, amazed at his intuitiveness.

"Your halo's too tight and you're trying to sprout wings," he said. "Don't try to get too good too fast."

His statement was right on target. I was trying to become a saint in AA, which is a good way to end up drunk.

"Have you called your sponsor?" was a frequent question I was asked. Of course, I usually hadn't.

When I "passed" when called on in a small daytime meeting, somebody cornered me after the meeting ended.

"Why did you pass?" she asked.

"I heard other people doing it," I answered defensively. "I just didn't have anything to say today."

She replied, "My sponsor told me, when I was sober about as long as you are, that I wasn't well enough to pass."

Even now I almost never pass when called on to share. When I consider it I can hear her voice reminding me, "You aren't well enough to pass."

"What do you want out of this program?" a young woman about my age (with much more time than I had) asked me as we left a meeting

one day.

"I want to stay sober," I answered honestly.

"Not me," she said. "I want a whole lot more than that. I want it all!"

I had no idea what she was talking about. It seemed like a very selfish statement to me. Today I understand, and I want it all, too--everything this program has to offer.

My first sponsor "sentenced" me to a women's meeting when she found out I didn't particularly like women. Another gal reminded me when I griped, "You'd better learn to like women. You are one."

When I grouched about how I wouldn't even be able to drink champagne at my wedding, I was bluntly asked, "Are you engaged?" I wasn't.

Another thing I heard was, "Emptying ashtrays and putting away chairs will keep you sober." It sounded silly, but it got me out of myself for a little while. "Get in line and thank the speaker," someone suggested.

This was another way to focus my muddled mind on something other than myself.

The sayings on the walls were repeated often: "Easy Does It." "One Day at a Time." "Live and Let Live." The only one that didn't apply to me was, "Think Think Think." I was told, "You aren't well enough to do that yet."

If I began to ramble when I was talking in a discussion meeting I was interrupted and asked to share with someone after the meeting or sometimes just told with finality, "Thank you."

I know that many people have stayed sober after coming into AA with less firm guidance than I experienced. Maybe we all get what we need when we first walk through the doors.

But I don't think that I was any different than a lot of the men and women I see coming in today, and I know that some of them need to be told how we do it, just as I needed to be told.

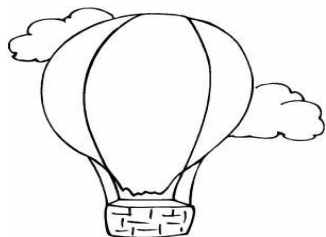
Thanks for having the courage to tell me. As Bill W. said, "Thank you for my life."

Fran D.Oceanside, California

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## Responsibility Declaration

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.



## Love and Tolerance

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up. We ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we turn our thoughts to someone we can help. Love and tolerance of others is our code.

Reprinted from "Alcoholics Anonymous—Big Book" pg. 84 with permission of A.A. World Services, Inc.

## Draft Minutes, Intergroup Meeting September 11, 2016

In attendance: Ginger B., Secretary/Rep for Serenity Group; Johnny W., IG Liaison; Tom M., Treasurer; Susan W., Foothills Group; Graham R., IG Rep for Brown Baggers; Betty P., IG Rep for In the Book; Renee Alschuler for Nance C, IG Rep for Any Lengths Women's Group; Michael W., C.O. Coordinator; Lydia R., IG Schedule Editor; Andrea T., IG Rep for DDAAT/District 18; Marisa C. IG Rep, New Frontier; Sarah B., IG Rep, Candlelight Group; Doug C., Brownbaggers – Member-At-Large; Todd D., IG Rep, Serendipity Group; Ric R., Media Librarian; Jeff C. Community Outreach Coordinator.

Meeting was opened with the Serenity Prayer at 2:06 p.m. Introductions around the room.

### Reports

Secretary: Ginger B. read August's IG meeting report. Motion to accept was made by Susan W., 2<sup>nd</sup> by Renee Alschurer. Unanimously accepted.

Treasurer: Tom reviewed the Balance Sheet and Income Statement ending August 2016. We are in the black by \$715. Year-to-date, group contributions are equal to last year; individual contributions are at \$5,800 compared to \$4,300 last year. Contributions are now accepted through the website, as well as by cash or check. Special Events have been highly successful this year; literature sales are about the same as last year. The Central Office Picnic took in \$395 and paid out \$450. The 3 bands had more non-AA musicians who asked to be paid than we had anticipated. Note for next year. The phone expense is coming down from last year because we eliminated the telephone book ads and the cable. Prudent Reserve is still at \$10,800. Checking account balance is \$8,000. Motion to accept the report was made by Michael, 2<sup>nd</sup> by Susan W. Unanimously accepted.

Coordinator: Michael said that the picnic was great, with a couple of hundred of people through the day. There was plenty of food, and we ran out of plates. Rojo did a tremendous job in coordinating the event. There were three bands. We paid out \$280 to non-AA member musicians. We will reconsider this for next year. Grapevine literature has been ordered. Everything is good at the office.

Alternate Coordinator: Michael reported for Debra K. who is on leave. Please see attached Service Activities Report. Received 500 calls in August, same as last year. Regular desk workers are down. Night phone was not covered one night.

Desk workers are needed for the following shifts:

#### Every Week

Tuesday from 8AM to 10AM

Wednesday from 7PM to 10PM

Friday from 1-4pm

#### Every other week

Saturday from 9AM to Noon,

Noon to 3PM

Sunday from 9 to noon

Member at Large: Doug C., of Brownbaggers stood for disapproval. The vote was unanimous in favor of having Doug fill the vacant position of Member at Large. Thank you very much Doug, and congratulations!

Pass-It-On Editor: Susan is not yet set up to receive email through [passitoneditor@albuquerqueaa.org](mailto:passitoneditor@albuquerqueaa.org). Please send information for the September Pass-It-On to [coordinator@albuquerqueaa.org](mailto:coordinator@albuquerqueaa.org), and Michael will forward it to Susan. Susan would be grateful for articles, birthdays, news about your groups and the like, for the Pass-It-On. All submissions need to be received by the 15<sup>th</sup> of the month.

At this time, the basket was passed in accordance with the Seventh Tradition.

Schedule Editor: Lydia reported that the new schedule is out.

Community Outreach: Ric needs to get literature to one location. National Recovery Day – information is on the Events page on the webpage. The booth fee has been paid by Mike. He needs to be reimbursed. Michael advised that Intergroup voted to request that each of the Districts share the booth fee at \$5 each.

Special Needs: no report.

Media Librarian: We have 387 CDs in the collection. Ten are being re-recorded for replacement. 350 CDs that were donated will slowly be incorporated into the library. Sold 5 of the donated CD sets at the Picnic; there are several that are still for sale at Central Office.

Website Coordinator: no report.

Intergroup Liaison: Johnny W. has been going to meetings to introduce himself and passing the word about the work of Central Office

Old Business – no Old Business.

New Business – no new business.

### Announcements

Graham announced that the Brownbaggers Saturday, 8 PM meeting, Satisfied by Candy - has been cancelled.

The Synergy Group, which meets at the Heights Club, is hosting "End of Summer Sobriety Fest 2016," with a BBQ, Speaker from California – Michael D. – and a dance on Saturday, September 24, 2016

**Continued on pg 7**

**Central Office Intergroup  
Steering Committee**

**Chair** Lindsey C -  
Chair@albuquerqueaa.org

**Web Site Chair:** Leanna S. -  
Web@albuquerqueaa.org

**Secretary** Ginger B. -  
Secretary@albuquerqueaa.org

**Media Librarian:** Ric R. -  
Media@albuquerqueaa.org

**Treasurer:** Tom M. -  
treasurer@albuquerqueaa.org

**Community Outreach:**  
Jeff C. -  
CommunityOutReach@albuquerqueaa.org

**Schedule Editor:** Lydia R. -  
Scheule@albuquerqueaa.org

**Intergroup Liaison:** Johnny W.  
Contact Central Office  
266-1900

**Member-at-Large:** Doug C.-  
MemberAtLarge@albuquerqueaa.org

**Pass It On Editor:** Susan W  
PassItOn@albuquerqueaa.org

**CO Coordinator:** Michael W.  
Coordinator@albuquerqueaa.org

**Special Needs Coordinator:** Alaina -  
SpecialNeeds@albuquerqueaa.org

**Alternate CO Coordinator:** Debra -  
AltCoordinator@albuquerqueaa.org

Minutes Continued from pg 6

Andrea T. of District 18 announced a District 18 Workshop, "Forming True Partnerships," based on the Grapevine Book. Workshop will be held on Saturday, October 22<sup>nd</sup>, 8:30 a.m. to 2 p.m., at Our Lady of Sorrows Church in Bernalillo.

Tom T. announced that the Website Chair is urgently looking for a trainee. The Website Chair will step down from her completed term as of December of this year.

Motion to Close was made by Marissa C. 2<sup>nd</sup> by Michael W.

Motion was unanimous, and the meeting ending at 2:50 pm.

Respectfully submitted,  
Ginger B., Secretary

**Central Office Monthly Service Activities Report  
August 2016**

	August 2016	July 2016	August 2015
<b>Phone Calls:</b>			
Information	389	384	406
12 -Step	18	7	18
Al-Anon	13	6	7
Message	8	26	49
Other	<u>72</u>	<u>53</u>	89
<b>Total:</b>	500	476	569
<b>Walk-ins:</b>			
Information	11	13	29
12-Step	0	4	2
Al-Anon	2	1	2
Schedule	9	1	14
Purchase	175	155	149
Media	2	1	4
Message	5	3	0
Casual	30	31	22
Other	<u>38</u>	<u>37</u>	<u>51</u>
<b>Total:</b>	272	246	273
<b>Web Visits:</b>		4677	
<b>Deskworkers:*</b>			
Regulars	39	41	44
Substitutes	<u>14</u>	<u>14</u>	<u>24</u>
<b>Total:</b>	53	55	68
<b>Deskshifts:*</b>			
Weekdays	138	126	126
Weekends	<u>40</u>	<u>50</u>	<u>50</u>
<b>Total:</b>	178	176	176
<b>Weekday Shifts:*</b>			
Worked by regulars:	111(80%)	104 (78.8%)	108 (85.7%)
Worked by Subs:	<u>27(20%)</u>	<u>28 (21.2%)</u>	<u>16 (12.7%)</u>
<b>Total:</b>	138(100%)	132 (100%)	124 (98.4%)
<b>Weekend Shifts:*</b>			
Worked by Regulars	31(77.5%)	28 (72.5%)	41 (82%)
Worked by Subs:	<u>9(22.5%)</u>	<u>11 (27.5%)</u>	<u>9 (18%)</u>
<b>Total:</b>	40 (100%)	40 (100%)	50 (100%)
<b>*Night shifts not covered</b>	1 weeknight	1 weeknight	2 weeknight
<b>Shifts not worked by a volunteer:</b>	13	21	10
		2-2 hr. shifts	
<b>Total:</b>	35 hrs.	61 hrs.	30 hrs.

**Central Office Financial Snapshot**

**August 2016**

	Aug 2016	YTD 2016
Total Revenues	\$9512.02	\$67239.72
Total Cost of Sales	\$2972.65	\$22760.94
Gross Income	\$6539.37	\$44478.78
Total Expenses	\$5825.52	\$45481.27
Net Profit (Loss)	\$713.85	(\$1002.49)

Albuquerque Central Office  
1921 Alvarado NE  
Albuquerque, NM 87110  
ADDRESS CORRECTION  
REQUESTED

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1921 Alvarado NE, Albuquerque, NM 87110



**Albuquerque Intergroup  
Central Office  
(505) 266-1900**

1921 Alvarado NE  
Albuquerque, NM

2 blocks north of Constitution and  
4 blocks east of San Mateo

Hours:

Monday through Friday  
8 am to 10 pm

Saturday and Sunday  
9 am to 9 pm  
[www.AlbuquerqueAA.org](http://www.AlbuquerqueAA.org)



## ***Become a Faithful Fiver !!***

***Pledge \$5 a month to  
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you'll get Pass It On  
delivered to your door.***