

Pass It On...

Albuquerque Central Office Newsletter www.albuquerqueaa.org

The primary "direct personal benefit" I have received from doing what I was asked to do for the benefit of AA as a whole, is a sense that I belong in Alcoholics Anonymous.

GIVING BACK

Ilse G.

When I entered Alcoholics Anonymous through the front door of the Desert Club, I was told I was going to have to follow some instructions if I wanted to get and stay sober. (Perhaps they were suggestions but it didn't sound that way to me). To put it mildly, I was not big on following instructions and would do so only when I saw a direct personal benefit, but, through the grace of God (what else could it have been), I did everything I was told to do, exactly the way I was told to do it. Get a Big Book and a Twelve and Twelve, check; 90 meetings in 90 days, check; get a sponsor, check; get a home group, check; get into service, check! Not only was I to get into service, if I was asked to do AA service, I was instructed to immediately say "Yes" regardless of whether I liked the idea or project or not or whether it was "convenient." "No" was an option only if I was going to be out of town or in the hospital!

Thus armed with those early instructions, I did what I was told to do and said "Yes" immediately to requests to lock a door after meetings, chair a meeting, a committee, or the Alkathon, take a District and a State position, serve on the Desert Club Board, hand out materials, speak at the Med School, go on a 12-Step call, go to a prison meeting, and so on. Sometimes I volunteered to do service work and other times I was conscripted, but never once did I complete some service work and say to myself that I was sorry I did it.

Of all the service work I have done over the years, none has given me greater satisfaction than producing a special performance of the annual play from the Women's Sobriety Fest for Central Office. Three years ago as I watched the hilarious performance of "Soberman Blues" I thought it such a shame that only a relatively few people were able to see this production. After discussions with the director and cast, a date was set for a reprise, and on November 16, 2007, the AA community got to see and enjoy not only the WSF play, but the extraordinary Washboard Road Blues Band including three fellow AA musicians. In 2008 "The Narrow Brick Road" and the Blues were performed, and this year we were treated to "Snow White and the Seven Defects", another fabulous performance by AA members who have given their time and service to us all. It seemed important to me that an admission fee not be charged so as to allow everyone to come, but donations were requested, with all proceeds going to Central Office. To date, these productions have netted almost \$2,000 for Central Office, and they are a direct demonstration of AA service work at its best.

The primary "direct personal benefit" I have received from doing what I was asked to do for the benefit of AA as a whole is a sense that I belong in Alcoholics Anonymous. It is my home. Its members are my support and my life line to sobriety. And, whenever I do service work, AA gives back to me much more than I have been given.



ALBUQUERQUE INTERGROUP NEW YEAR'S EVE ALKATHON

12PM Thursday December 31
until 12PM Friday January 1

Monte Vista Christian Church, 3501 Campus Blvd NE

- Marathon Meetings
- Dinner and Dance
- Live Entertainment and Open Mic
- Child Care
- Raffle

★ Sign your group up to sponsor a marathon meeting.

Volunteer opportunities available.

To be of service call Central Office at 266-1900

Donations for the raffle are appreciated.

OPPORTUNITY FOR SERVICE

Pass it On needs a new editor. If you have two years of continuous sobriety, a sponsor/home group and basic computer skills, you can help make sure the hand of AA is always there.

CONTACT CENTRAL OFFICE FOR DETAILS.

Central Office Steering Committee

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

Kathy H. *Alternate CO Coordinator*
AltCoordinator@albuquerqueaa.org

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John S. *Public Information Coordinator*
publicinfo@albuquerqueaa.org

Steve P. *Treasurer*
treasurer@albuquerqueaa.org

Albuquerque Area Business Meetings

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

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 am, 2nd Saturday, Heights Club

District 13
10 am, 2nd Sunday, Desert Club

District 18
2:00 pm, 2nd Sunday
Rio West Church, 6751 Pasilla Rd,
Rio Rancho

**NEW
TIME**

Excerpts from *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, and *Living Sober*, are printed with permission of AAWS, Inc. Excerpts from *The Grapevine*, are printed with permission of the AA Grapevine Inc.

Challenges When Speaking at Non-AA Events

Service work in Alcoholics Anonymous offers many opportunities and a few challenges. One of those challenges involves how to conduct ourselves when asked to speak at non-AA events. Here in New Mexico there are annual events such as Health Fairs, Conferences on Aging, and others, which are hosted by non-AA entities. Often one of these organizations will contact Alcoholics Anonymous at the Area, District, or Group level with a request to provide a speaker or panel for their program.

Speaking to a room full of “normies” is a different experience for sure. Our Traditions guide us in this regard; particularly those dealing with affiliation, outside issues, anonymity, and self-support. The General Service Office in New York helps by publishing a pamphlet called “Speaking at Non-AA

Meetings.” It is recommended that AA speakers read this pamphlet cover-to-cover. Further, GSO has crafted the statement below which can be read several times from the podium during a non-AA event. It respectfully asks that AA members not be photographed or identified in recordings.

Recently, an anonymity break occurred in New Mexico where a member was photographed and identified in a newspaper article. Had the Anonymity Announcement been read at this event, perhaps the member’s name, photograph, and membership in AA would not have been revealed.

In love and service,
Ralph T.
Delegate

AA ANONYMITY

Announcement for reading at meetings open to the public.

There may be some here who are not familiar with our Tradition of personal anonymity at the public level:

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”

Thus, we respectfully ask that AA speakers and AA members not be photographed, videotaped, or identified by full name on audiotapes and in published or broadcast reports of our meetings, including those reports on new media technologies such as the Internet.

The assurance of anonymity is essential in our efforts to help other problem drinkers who may wish to share our recovery program with us. And our Tradition of anonymity reminds us that “AA principles come before personalities.”

Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances! -ALCOHOLICS ANONYMOUS, P.100, WORKING WITH OTHERS

Central Office Intergroup Meeting Minutes

November 8, 2009

Submitted by Brian H. – Secretary

DAVE C - CHAIR

Dave opened the meeting at 2:05 with the Serenity Prayer.

SECRETARY - BRIAN H

- Review of minutes for October InterGroup Meeting (to be published in a forthcoming issue of *Pass It On*.)
- Will incorporate October attendance when sign-in sheet received.
- Minutes approved by acclamation.

TREASURER - STEVE P

- Slightly in the red for the month, but remain in the black for the year. In solid condition, especially in comparison to previous two years. Central Office's financial health is due to sustained contributions by groups and members; thanks for your support.
- Report accepted by acclamation.

7th Tradition basket was passed.

SERVICE COORDINATOR - MICHAEL W

- A low ebb on desk workers. Most of the new folks are substitutes, with several regular shifts open and need of coverage. Contact Central Office for details about becoming involved as a Desk Worker.
- Desk Shift statistics seem about standard for this time of year.
- Most of the audiocassettes have been distributed, with some sets still available to be claimed. All remaining audiocassettes held in Central Office's media collection will be dispersed (or disposed of) by Thanksgiving weekend.

ALTERNATE COORDINATOR - KATHY H

- Thanks for the opportunity to be of service.

ACTIVITIES COORDINATOR - VACANT

- Peggy reported in behalf of the position.
- Planning underway for this year's Alkathon. Good rate of group signups for Alkathon Marathon Meeting at last InterGroup. Will continue to gather lists of volunteers for key subcommittees (ChildCare, Cleanup, Hospitality), including 3-hour "shifts" to help as Coordinator for the Alkathon.
- October Picnic was well attended (60+ attendees); especially well-supported by the groups that organized it. Beautiful day, and everyone there seemed to have fun. Spent \$355 on supplies, plus approximately \$100 for PortaPotties; took in about \$127 in 7th Tradition. Typical for the Volunteer Appreciation Picnic event. Thanks to all who contributed to the Fall Picnic's success!
- Fall InterGroup Speaker Meeting (sponsored by District 3) upcoming.
- Winter Area46 meeting happening in ABQ (sponsored by District13) on the first Saturday of the month.
- Early reports indicate that the Fall Benefit for Central Office brought approximately \$700-800 in donation to Central Office.
- WinterBash Planning Committee continues its work and things are looking forward to an excellent event. Paula G & Lisa G offered reports.
- More will be revealed.

MEMBER-AT-LARGE - PEGGY A

See above

PASS IT ON EDITOR - VACANT

- Sally G has decided to resign the position.
- Members of the Steering Committee will see that the November and December issues of *Pass It On* will be published in the coming weeks.

SCHEDULE EDITOR - MICHAEL Q

- No report; online schedule up to date.



COMMUNITY OUTREACH - JOHN S

A number of events in the last month: Health Fair at Isleta Casino; LaCuevaHS DECA Awareness Event; several panel sessions at Bernalillo County Multiple Offender/DWI program; Del Norte Baptist Church Community Health Fair.

SPECIAL NEEDS - BEN A

- Not present; no report.

LIBRARY - VACANT

- More will be revealed.

WEB GUARDIAN - TOM C

- Everything's up-to-date on the Website/Bulletin board. Everything's running well.

OLD BUSINESS

- Nominations for upcoming elections. Job description forms are available online and at InterGroup meetings. Nominating committee reports. More will be revealed.

NEW BUSINESS

- Question of bus to 2010 San Antonio International Convention? It can become an InterGroup concern if enough groups express an interest in InterGroup taking a role in helping to facilitate it.
- Promises group will be moving at the end of November; look for further information on the website as it becomes available.
- NMCYPAA will be holding the state convention in ABQ next year; planning meetings on the 1st & 3rd Sunday of the month at the Desert Club (Non-Smoking Room).

Dave C closed the meeting at 3:11pm with the Third Step prayer.

ATTENDEES

Dave C (Dawn Patrol/InterGroup Chair)
Steve P (Free Spirits/InterGroup Treasurer)
Sharon H (Any Lengths)
Peggy A (Free Spirits/InterGroup Member-At-Large)
Michael W (Mountainside/CO Coordinator)
Kathy H (Metropolitan/CO Alternate Coordinator)
July R (Seniors Seeking Serenity)
Deanna M
Skitch (Cosmopolitan)
John S (Brownbaggers/Public Outreach)
Michael S (BrownBaggers)
Dick R (Triangle Group)
Ann C (Promises)
Stephen P (Free Spirits)
Jeremy H (Straight Pepper Diet)
Patrick H (High Noon)
Michael Q (Serenity Group/InterGroup Schedule Editor)
Tom C (Basement Steps/InterGroup Web Guardian)
Joseph F (Dawn Patrol)
Paula G (Any Lengths)
Lisa G (Any Lengths)
Evie B (One Day at a Time)
Jim M (Queer Ideas of Fun)
Bill D (Seeking Serenity)
Henry L (Seeking Serenity)
Brenda BW (Foothills)
Deborah J (Sunrise Sobriety)
Brian H (Dawn Patrol/InterGroup Secretary)



Check out the Media Library at Central Office

We have old and new CDs of men and women speakers of historical significance and general interest.

Check out any CD with a \$2 deposit.

Stop by Central Office and see what all this buzz is about!

District 11 Corrections Report

November 14, 2009

District 11 is looking for a Corrections Chair for the new rotation. If interested, please contact the out-going Chair, Brian V. (505-417-8817, brian@utla.net) for more information. You may also attend the District 11 monthly meeting held on the second Saturday of the month at Harwood Methodist Church, 420 San Lorenzo NW, Albuquerque (at 4th street). Your home group must be in District 11 in order to qualify for this position.

If you are interested in becoming a volunteer at one of the correctional facilities in the district, please contact Brian. We serve the La Posada Halfway House; no clearance required. The Bernalillo Juvenile Detention and Youth Services Center; clearance required. The Regional Correctional Center (Downtown Jail) next orientation will be Saturday, 11/21/09, from 8 to 12. The Metropolitan Correction Center, clearance required.

Serving as a Corrections Chair is a very rewarding experience. It reminds one of a quote from the Big Book, "Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed." Some duties of a district Corrections Chair:

- Distribute literature to volunteers and inmates
- Facilitate orientation for new volunteers
- Provide information for facilities that want to have meetings
- Put newly released inmates in contact with A.A.
- Carry the message to those who are incarcerated

THE PROMISES GROUP IS MOVING to St. Andrew Presbyterian Church, 5301 Ponderosa NE, 2 blocks north of Comanche off of San Mateo. Ponderosa Ave is just north of Erna Ferguson Library. *Promises previous location was Albuquerque Center for Spiritual Living at 2801 Louisiana NE.*

Promises is an Open Meeting. The first Monday of the month is a Speaker Meeting, the first Friday of the month is Tradition Study. Mondays are Topic Discussion, Wednesdays are Promises Discussion, and Fridays are Step Study. The last Friday of the month is a Birthday Meeting.

October 2009

Monthly Service Activities Report

PHONE CALLS	OCT 09	SEPT 09	OCT 08
Information	836	885	1031
12-Step	17	35	11
Al-Anon	13	11	16
Message	55	43	21
Other	115	102	128
TOTAL	1036	1076	1207

WALK INS

Information	16	16	10
12-Step	1	2	1
Al-Anon	0	4	0
Get Schedule	16	20	15
Purchase	138	187	143
Tapes	4	2	1
Message	5	5	2
Casual	22	38	35
Other	19	32	29
TOTAL	221	299	236

DESKWORKERS*

Regulars	51
Substitutes	40
TOTAL	91

DESK SHIFTS*

Weekdays	132
Weekends	45
TOTAL	177

WEEKDAY SHIFTS*

Worked by Regulars	100/76%
Worked by Substitutes	32/24%
TOTAL	132

WEEKEND SHIFTS*

Worked by Regulars	35/78%
Worked by Substitutes	10/22%
TOTAL	45

SHIFTS WORKED BY MICHAEL

3 hour shifts (7)	21 hours
2 hour shifts (0)	0 hours
night phone (2)	20 hours

SHIFTS WORKED BY KATHY

3 hour shifts (4)	12 hours
2 hour shifts (1)	2 hours
night phone (0)	0 hours
TOTAL	53 hours

*INCLUDES NIGHT PHONE

SOBRIETY BIRTHDAYS

SENIORS SEEKING SERENITY Albuquerque

Jeanne B.	12/17/77	32 years
Julia C.	12/4/80	29 years
Hal M.	12/17/04	5 years

Twelve Tips on Keeping Your Holiday Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new AA's. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking.

Here are some tips for having an all-around ball without a drop of alcohol:



1
Line up extra AA activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



5
Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



9
Don't sit around brooding. Catch up on those books, museums, walks, and letters.



2
Be host to AA friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



6
If you have to go to a drinking party and can't take an AA with you, keep some candy handy.



10
Don't start now getting worked up about all those holiday temptations. Remember — “one day at a time.”



3
Keep your AA telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an AA.



7
Don't think you have to stay late. Plan in advance an “important date” you have to keep.



11
Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.



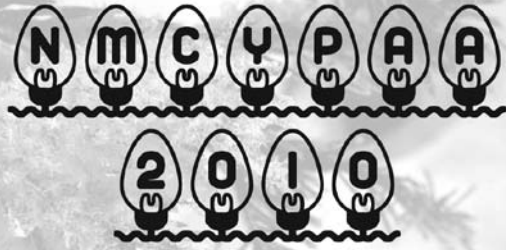
4
Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



8
Worship in your own way.



12
“Having had a...” No need to spell out the Twelfth Step here, since you already know it.



presents:

a Christmas Eve Dance and Alchathon

December 24, 2009

9pm-6am

@ the Desert Club

\$3 per person or \$5 per couple (dance only)

⌘ Round the clock Marathon Meetings ⌘ Dance

⌘ 50/50 raffle ⌘ Pot-Luck ⌘

Young People's Presents:

A White Elephant Gift Exchange and Potluck!!



Free! Saturday December 12th from 7-9 p.m. in the Lobby at the Heights Club. Bring a small gift to exchange. It can be home made, new or used. No live or dirty gifts please!

Everyone is welcome!!
Call Angelina at 804-6890 for more info.



THE COSMOPOLITAN GROUP 26th Anniversary

Friday, January 8, 2010

...

6:30 pm Potluck Dinner

8:00 pm Speaker Meeting

...

Rio Grande Presbyterian Church
600 Coors Blvd NW

The Serenity Group Holiday Potluck

Monday, December 14th

6:30 Potluck

7:30 Gratitude Meeting

Bring a favorite dish,
the group will provide
ham & turkey.

St Michael's & All Angels Episcopal Church
601 Montaña Rd NW just west of 4th Ave

October 2009 Treasurer's Report

Total Revenues	\$7,342.65
Cost of Sales	\$2,472.09
Gross Income	\$4,870.56
Expenses	\$5,209.64
NET INCOME	-339.08

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



NEW MEETINGS

BROWNBAGGERS GROUP

Sunday at 6 PM

Open Discussion

5555 Montgomery Rd NE, Ste 9

at San Pedro Dr, in breezeway next to Red Lobster

11 AT 7

Monday at 7 PM

Open Discussion/Step Study

with brief meditation at the end of the meeting

St Mary's Episcopal Church

1500 Chelwood Park NE

between Indian School Rd and Constitution Ave

MIRACLES OF SOBRIETY

Monday, Wednesday and Friday at 12 NOON

Open Discussion

City Church of Albuquerque

3320 San Pedro Dr NE

between Candelaria Rd and Comanche Rd

SILVER VALLEY YOUNG PEOPLE'S GROUP

Thursday at 5:30 PM

Open Discussion

Peralta United Methodist Church

25 Wesley Rd, Peralta

OPPORTUNITY FOR SERVICE

The Central Office Steering Committee is looking for someone to be the next Intergroup Events Chair. Call Central Office if you're interested or come to the next Intergroup Meeting.

The Intergroup Events Chair shall plan for and coordinate Intergroup efforts and activities. *Central Office By-laws, Article V, Section 5, paragraph 6*

Current regularly scheduled Intergroup events include:

- Four quarterly Intergroup Speaker Meetings
- An Old-timers meeting
- A New Year's Eve Alkathon

This event traditionally has its own chair, but the Intergroup Events Chair is expected to assist in the preparations and may volunteer to be Alkathon Chair

STEERING COMMITTEE MEMBERSHIP

QUALIFICATIONS FOR ELIGIBILITY

Any member of Alcoholics Anonymous with previous or current experience with the Central Office having at least 2 years of continuous sobriety shall be eligible for office. *Central Office By-laws, Article V, section 2*

DUTIES OF ALL STEERING COMMITTEE MEMBERS

In addition to their other duties, every member is a voting member of the Steering Committee. He/she shall attend monthly Steering Committee Meetings held at the Desert Club at 7:00 PM on the Monday prior to the Intergroup Representatives Meeting. He/she shall also attend the Intergroup Representatives Meeting held on the second Sunday of each month at 2:00 PM at the Desert Club. Steering Committee Members are entrusted to monitor the overall operations of the Central Office and make necessary proposals to the Intergroup Representatives.

TERM OF OFFICE

Term of 2 years shall begin on January 1st of every even numbered year following the election of the previous December, and continue through December 31st of the following year. Steering Committee Officers are eligible for reelection to the same office for one succeeding 2-year term.

4th STEP EXPERIENCE

Steps Workshops by the High Noon Group/One Step per Month



"King Alcohol and his Prime Minister" circa 1820

"Made a searching and fearless moral inventory of ourselves."

***Sunday, Dec 20th, 2009 @ 1:30 pm**

***At the Desert Club-4305 Mesa Grande SE Albuquerque, NM**

***3 Person Panel: Thom B, Ilse G, and "Smiling" Dave L.**

****45 minutes panel discussion on 4th step, 15 min break, 45 minutes Q&A****

****Munchies Pot-Luck so bring your favorite munchies!**

****Be There to Learn and Teach****

Hosted by the High Noon Group of Alcoholics Anonymous

+This is a smoke-free event+

To be followed by subsequent steps/one step per month

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



Winter Bash



January 30, 2010
9 AM to 3 PM


At Winterbash You Can...

- Learn how to be a part of AA
- Learn how Central Office got started in Albuquerque
 - Make a difference in your sobriety
 - Have fun with AA Alcogories game

**Nativity
Church**

**Parish
Hall**

- Raffle
- Speakers
- Fellowship
- Potluck Lunch



9502 Fourth St, NW
Enter on Alameda between
4th and 2nd St.

Albuquerque Central Office

1921 Alvarado NE
Albuquerque, NM 87110

ADDRESS CORRECTION REQUESTED

➤ **Central Office Needs Deskworkers** A desk shift at Central Office will enhance your sobriety, broaden your view of the service structure of your group, your district and your area. And it's fun!

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Pass It On Subscription \$7.00 Annually


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Name _____



Become a Faithful Fiver !!
Pledge \$5 a month to Central Office and you'll get *Pass It On* delivered to your door.

Please make checks payable to Central Office of Albuquerque.
Mail your check or come by the office and drop it off.
1921 Alvarado NE, Albuquerque, NM 87110



**Albuquerque
Central Office**
{505} 266-1900

Monday through Friday
8 am to 10 pm

Saturday and Sunday
9 am to 9 pm



Central Office is at
1921 Alvarado NE,
two blocks north
of Constitution and
four blocks east
of San Mateo.