

Pass It On...

Albuquerque Central Office Newsletter

Website: www.albuquerqueaa.org

Take the Albuquerque District Quiz! By Sally G.

Hi everyone! I challenge you to take my district quiz. For my questions, I've used the year end Central Office Group Contribution list that's printed on page 7, the albuquerqueaa.org, newmexicoaa.org websites and other information that is printed in the Pass It On (i.e. district locations and meeting times printed on page 2). Let's get started, shall we?

1. How Many Districts are represented in the Year End Contribution List?

- A. 4
- B. 5
- C. 6

2. How many different groups contributed to Central Office in 2008?

- A. 56
- B. 83
- C. 75

3. In the surrounding Albuquerque Area, there are how many districts?

- A. 3
- B. 5
- C. 7

4. The Albuquerque Districts are:

- A. 3, 11, 18, 12, 13
- B. 7, 9, 10, 14, 11
- C. 5, 7, 8, 9, 10, 12

5. The East/West boundary road that separates District 12 and 13 is:

- A. Lomas
- B. I-40
- C. Central

6. The North/South boundary road that separates District 11 and 13 is:

- A. University Blvd.
- B. Broadway
- C. I-25

7. All district meetings are held the first Saturday of every month.

- A. True
- B. False

8. Since the Central Office Intergroup meeting is held in District 13, only groups that meet in District 13 may attend.

- A. True
- B. False

9. District 3 shares a boundary with District 13 as well as District 11.

- A. True
- B. False

10. District 11 boundary roads are:

- A. Central, I-25, and Alameda
- B. I-40, University, Paseo Del Norte
- C. I-25, I-40, and Alameda

11. Only four out of five Districts contributed to Central Office in 2008.

- A. True
- B. False

12. Each District is required to publish its own schedule of meeting times and locations.

- A. True
- B. False

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Once Over Lightly

April 1980 Grapevine

MAYBE SHE'D REACHED the same state of desperation as the wife in this story from H. V. of Bhopal, India.

The woman announced to her drunken spouse, "The day before yesterday you came home yesterday. Yesterday you came home this afternoon. If you come home today tomorrow, you'll discover that I left you yesterday."

Inside this issue:

District Quiz	1
Corrections Corner Intergroup Event Proposal	2
Central Office Intergroup Committee Meeting Minutes	3
Treasurers Report Central Office Statistics	4
District Quiz cont.	5
Announcements, Reminders, Birthdays, etc.	6
Announcements cont.	7
PIO Subscription Form Office Hours and directions	8

continued on page 5

<h1 style="margin: 0;">Correction Corner</h1>	Central Office Steering Committee E-mail addresses:
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Volunteers Needed To Carry The Message Into Sandoval Detention Center....Urgent Need For Female Volunteers

If You Are Interested In Helping And Meet The Following Requirements Please Contact Bill L. (505) 771-2480 or billlumm@peoplepc.com

Minimum Requirements:

- Sober 90 days
- 6 months since last misdemeanor
- 2 years since last felony

Meetings are taken into the facility every week and you can commit to going every other week to help carry the message.

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

This a proposal for a possible new event to benefit the Albuquerque Central Office. Let us know what you think: 266-1900 *(Submitted by Alan S.)*

Intergroup Winter Bash

9:00 a.m. - 4:00 p.m.

- | | |
|------------|--|
| 9:00 a.m. | Opening |
| 9:15 a.m. | Speaker |
| 10:15 a.m. | Break |
| 10:30 a.m. | Speaker |
| Noon | Potluck |
| 1:00 p.m. | Intergroup/Central Office Panel |
| | Speaker 1 Activities |
| | Speaker 2 Services |
| | Speaker 3 Person making 12 step calls |
| | Speaker 4 Person who received 12 step call |

Each speaker shares 10-15 minutes 5 minute Q&A between.
Remainder of time for additional panel questions.

- 2:30 p.m. Break
- 2:45 p.m. Final Speaker
- 3:45 p.m. Sobriety Count Down
- 4:00 p.m. Close

Albuquerque Area Business Meetings

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

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

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

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

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

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

Central Office Intergroup Meeting Minutes

01.11.09

Submitted By Brian H. – Secretary

Dave C – Chair

Dave C opened the meeting at 2:01 with the Serenity Prayer. Introductions all around.

Secretary - Brian H

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

Treasurer - Steve P

Thanks to all individuals and groups who supported the recent Alkathon as well as all general support for Central Office at the end of 2008. In the black for the month; closed the year in the black (not counting the \$5000.00 withdrawn from prudent reserve.) Actually, approximately \$4700.00 in the red for the year. Annual figures for 2008 are lower than 2007, across the board. Will continue to assess best opportunities to reinvest in the prudent reserve. Treasurer's Report accepted by acclamation.

Service Coordinator - Michael W

Thanks to all the members who are serving as InterGroup representatives. Thanks to all groups and individuals for the sustaining financial support of Central Office. Statistics: Calls and walk-ins fairly normal for the month. Shift Coverage: At a slight low-point for regular desk volunteers; currently a number of day shifts need permanent coverage. Five out of seven nightphone shifts are currently covered by groups. Contact Central Office for details on how to become involved as a desk/ phone volunteer. Recently placed a large chip and literature order. Polled desk workers about office location in light of recent security incidents. Consensus affirmed that change in hours of operation not necessary at this time. Question: have coordinator salaries remained the same in recent years?: in 1996, the InterGroup endorsed an annual 5% cost of living increase in salaries.

Alternate Coordinator - Kathy H

Hoping for more regular desk workers to step up and fill the open shifts. Grateful to be of service.

Activities Coordinator – Pat E

Developing a "Project Package" to assist future coordinators in overseeing

operations the Alkathon, detailing job descriptions, committee assignments and miscellaneous tasks. Thanks especially to Steve, Michael, Dave and Theresa for their essential support of this year's Alkathon. Looking forward to discussing feedback from groups on proposed activities.

Member at Large - Vacant

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

7th Tradition Basket Passed.

Pass It On Editor - Sally G

Not much to report. This month's print run was smaller than usual to avoid surplus issues. We participate in a newsletter exchange with Central Offices around the country and Canada, always available at Central Office for members to review/consult as they wish.

Schedule Editor – Michael Q

Not present – nothing to report. New batch of published schedules available (25 cents per). Schedules available 5 for \$1.00 at InterGroup meetings.

Community Outreach - John S

Recent spike in activities requests. Will be seeking volunteers to staff the booth at the upcoming KOB-TV Health Fair in collaboration with District 3/11/12/18. Also responding to events in Mountainair and through the ABQ Mayor's Office, as well as other requests as they come in.

Special Needs – Peggy

Not present. In the process developing short list of suggestions regarding Service Animals and will make this information available to groups encountering this set of issues.

Library - Grace L

Remember the vast resources of Central Office's Media Library, as well as ongoing opportunities to volunteer.

Web Guardian - Tom

PIO is currently available on-line. Updating website as quickly as possible as group announcements and other information as it arrives. Updates of Area 46 map as well as current Steering Committee member names forthcoming.

Old Business

Feedback sought regarding the 1-Day InterGroup Speaker Event/ Group Outreach/ Sober Prom/ Gift Certificates: General

interest in a variety of events; concerns about level of monetary outlay to support specific events.

New Business

Ralph T (Area 46 Delegate) presentation "Communication and Participation: Developing a Sustainable Financial Model" (a pdf copy of presentation available on albuquerqueaa.org). Welcome comparable presentations at forthcoming InterGroup events.

Dave C closed the meeting at 3:35 pm with the Third Step prayer.

ATTENDEES:

Dave C (Dawn Patrol/CO Chair)
 Michael W (Mountainside/CO Coordinator)
 Kathy H (Metropolitan/Alt. CO Coordinator)
 Steve G (Free Spirits/CO Treasurer)
 Dennis M (Isleta)
 Ralph T (Dawn Patrol/Area 46 Delegate)
 Doug P (Lone Rangers)
 Theresa L (Early Birds)
 Terri R (Cosmopolitan)
 Sally G (Free Spirits/CO PIO Editor)
 Joe J (District 3)
 Alan S (In The Book)
 Carrol M (One Day at a Time)
 Dondo (Happy Hour/SNYP/Dist 12 Alternate DCM)
 Jennifer B (Queer Ideas of Fun)
 Jack K (Tuesday Knights)
 Mary Ann M (Promises)
 Paula G (Any Lengths)
 Sharon H (Any Lengths)
 Marian G (Triangle)
 Henry L (Seeking Serenity)
 Lynn H (Ladies Room)
 Pat Eckart (Ladies Room)
 Grace L (Straight Pepper Diet/CO Media Librarian)
 Tom N (High Noon)
 Gilbert Correa (Sunrise Sobriety Group)
 Tod D (Straight Pepper Diet)
 Tom C (Basement Steps/CO Web Guardian)
 John S (Brownbaggers/CO Public Outreach)
 Joseph F (Dawn Patrol)
 Jason K (Straight Pepper Diet)
 Brian H (Dawn Patrol/CO Secretary)

The Steering Committee at Central Office encourage all groups to elect a Intergroup representative. We welcome you to come join us at the next

Imagine Such a disease....

Grapevine February 1967

If some new and terrible disease were suddenly to strike us here in America--a disease of unknown cause, possibly due to noxious gas or poison in our soil, air, or water, it would be treated as a national emergency, with our whole citizenry uniting as a man to fight it.

Let us suppose the disease to have so harmful an effect on the nervous system that five million people in our country would go insane for periods lasting from a few hours to weeks or months and recurring repetitively over periods of from fifteen to thirty years.

Let us further suppose that during these spells of insanity, acts of so destructive a nature would be committed that the material and spiritual lives of whole families would be in jeopardy with a resultant twenty-five million persons cruelly affected. Work in business, industry, professions and factories would be crippled, sabotaged or left undone. And each year more than one and one-quarter billion dollars would need to be spent merely to patch up in some small way the effects of the disease on families whose breadwinners have been stricken. Finally let us imagine this poison or disease to have the peculiar property of so altering a person's judgment, so brain-washing him, that he would be unable to see that he had become ill at all; actually so perverting and so distorting his view of life that he would wish with all his might to go on being ill.

The dread disease envisioned above is actually here. It is alcoholism.

Dr. Ruth Fox, M.D.

Central Office of Albuquerque Treasurers Report: December 2008

Total Contributions/Sales	\$12,183.85
Total Cost of Sales	\$1,502.52
Gross Income	\$10,681.33
Total Expenses	\$5,401.45
Net Income	\$5,279.88

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

December '08 Desk Activity

	Dec. '08	Nov. '08	Dec. '07
	This month	Last month	Last yr.
Phone calls	1208	1207	1284
Information	1021	963	1061
12 step request	16	30	24
AI-Anon Info	18	15	11
Message	36	45	44
Other	117	126	144
Walk Ins	236	245	230
Information	13	21	13
12 step	2	3	1
AI-Anon	0	0	0
Schedules	19	14	4
Purchases	140	150	138
Tapes	1	1	3
Message	0	0	1
Casual	28	39	35
Other	33	30	35
Desk Workers*	84	96	
Regulars	41	53	
Substitutes	43	43	
Desk Shifts*	178	170	
Weekdays	138	120	
Weekends	40	50	
Weekday Shifts*	138	120	
Regulars	70% 96	84.2% 101	
Substitutes	30 % 42	15.8 % 19	
Weekend Shifts*	40	50	
Regulars	63% 25	70% 35	
Substitutes	37% 15	30 % 15	
Shifts by Michael*	1/3 3 hrs	3/4 12 hrs	
Shifts by Kathy*	5/10 28 hrs	3/9 24 hrs	

Thanks to all who participated this month.

* includes night phone

District Quiz *cont...*

13. Each District has its own Central Office.

- A. True
- B. False

14. A District Representative represents just the meetings he/she goes to and not all meetings in that district.

- A. True
- B. False

15. An Intergroup Representative represents just the meetings he/she goes to and not all meetings in that district.

- A. True
- B. False

16. There are only six districts in the entire state of New Mexico.

- A. True
- B. False

17. Area 46 is comprised of only the surrounding Albuquerque area districts.

- A. True
- B. False

18. A Central Office was formed by the districts to publish and update a schedule of meetings, to answer phones whenever a still suffering alcoholic reaches out for help, to sell literature and books. The Central Office also has available contact information from other parts of the country to aid recovering alcoholics whenever they travel.

- A. True
- B. False

Answers:

1. C, there was one group from T or C.
2. B - good job....thank you!
3. B
4. A
5. B
6. C
7. B - check page two for meeting times
8. B - all are welcome to attend
9. A
10. A
11. B - and were evenly matched at that!
12. B
13. B
14. B
15. A
16. B - 18 total districts in the state of NM
17. B - those 18 districts are Area 46
18. A - there is someone there to answer phones 24 hours a day!

Thank you for taking the quiz - you got an A+

New Meeting

Starts January 5th, 2009 @ 7:00 pm

Heights Club

8520 Marble NE

“An Introduction to Alcoholics Anonymous”

Everyone welcome!

Bring a Big Book and a highlighter

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

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

Announcements, Reminders, Birthdays, etc.

Seeking Serenity

Steve C.	1 month
Sarah	4 months
P.J.	1 year
Nancy A.	3 years
Aaron H.	10 years
Bruce M.	30 years

Triangle Group

Correction! My apologies to **Jerry S.** who had 27 years in November, not 21. His sobriety date is 11/11/81.

The Ladies Room

January

Angela D.	2 years
Katheryn J.	3 years

February

Andrea H.	6 months
Lynn H.	6 months
Linda G.	17 years

Cosmopolitan Group

John L.	1/25/05	4 years
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6th Step Experience

Hosted by the High Noon Group

Sunday February 16, 2009
1:30 - 3:15 p.m.

Desert Club
4305 Mesa Grande Pl. SE

Panel: Misty E., Yazzi X., Val S.

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

(Munchies potluck - bring your favorite drinks or snacks)

For more info. call Patrick @ 315-1652 or Wally @ 410-4868
(This is a smoke-free event!)

There is a need for desk workers and night phones at Central Office.....266-1900.

Requirements are: deskworkers
Six months of sobriety, home group and a sponsor.

Night phones:

2 years of sobriety and a good working knowledge of Central Office.

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!*

There is also a fantastic opportunity for some exciting service work, yours for the asking. The Central Office Steering Committee is looking for a new Member At Large. Not sure what a Member At Large does? This person is the go to person when a temporary vacancy occurs on the steering committee due to say a vacation or illness. A Member At Large could possibly fill in for the Chairperson at an Intergroup meeting or lend a hand at a Public Outreach function, it just depends on the need. The requirements for any Steering Committee chair are a minimum of two years of sobriety, Central Office experience (usually a desk shift), a home group and a sponsor. The positions are held for two years and there are two monthly meetings to attend. The Steering Committee Meeting and the

Albuquerque Central Office Contributions January Through December 2008

Alameda Men's Stag.....	\$500.00	One Day At A Time.....	\$858.00
Back to Basics – Albuquerque.....	250.00	Placitas Group.....	180.00
Basement Steps Group.....	145.00	Promises Group.....	1,700.00
Brownbaggers.....	1,162.54	Queer Ideas Of Fun.....	50.00
Came to Believe Group –Estancia.....	10.00	Refuge Group.....	60.00
Campus Step Study.....	13.10	Rio Amigos Group.....	40.00
Corrales Group.....	304.00	Rio Rancho Beginners Group.....	157.85
Corrales Men's Stag.....	225.00	Rio Rancho Women's Group.....	61.00
Corrales Smokefree Group.....	240.15	Sandia Serenity Study Group.....	100.00
Cosmopolitan Group.....	194.78	Seeking Serenity.....	704.25
Dawn Patrol.....	2,994.39	Seniors Seeking Serenity.....	768.05
Dawning Promises.....	113.94	Serendipity Group.....	519.32
Direct Amends Group.....	91.00	Serenity Group of Albuquerque.....	283.59
Down Under Group.....	50.00	Share the Legacy.....	184.50
East Mountain Group.....	321.00	Sober Valley Group.....	90.00
Edgewood Valley Group.....	110.50	S.O.S. Monday Men's Group.....	75.00
El Centro Group.....	175.00	Staying Sober at Sunrise.....	233.00
Fellowship Group.....	10.00	Step Along With AA.....	19.00
Foothills Group.....	5,144.44	Straight Pepper Diet.....	112.76
Free Spirits Group.....	239.68	Sunday Night Serenity.....	150.00
Freedom From Bondage.....	550.00	Sunday Night Step Study.....	608.84
Friday Night Lite.....	50.00	Sunrise Catchers.....	20.00
Friday Night Smokeless.....	210.00	Sunrise Sobriety.....	404.62
Girl's Night Out.....	100.00	Taylor Ranch Fellowship.....	25.00
Good Fellows Group.....	50.00	TGIF Group - T or C, NM.....	20.00
Group 164.....	70.00	The Ladies Room.....	250.34
Happy Destiny Group.....	1,898.00	Three Legacies Group.....	25.00
Happy Hour Group.....	79.67	Triangle Group.....	50.00
Happy Valley Group.....	69.99	Tuesday 12 & 12.....	56.18
High Country Group.....	200.00	Tuesday Knights.....	100.00
High Noon Group.....	375.00	Wake Up Call Group.....	100.00
How It Works.....	682.46	Westside AA.....	487.50
In The Book.....	20.00	Westside Noon Group.....	595.00
Isleta Group.....	211.04	Women's Group – Rio Rancho.....	40.00
Isleta Pueblo Group.....	4.00	Women's Noon Gratitude.....	40.00
Jemez Springs Group.....	40.00	Women on Wednesday.....	10.00
Kiva Group.....	100.00	Zia Pueblo Group.....	25.00
Ladies of Peaceful Serenity.....	50.00	Group Totals.....	\$28,459.88
Live and Let Live.....	153.17	Alcothon '07.....	\$1,199.71
Lone Rangers Group.....	819.74	Individual Contributors.....	\$5,564.32
Magdalena Group.....	190.00	Faithful Fivers.....	\$1,005.00
Metropolitan Group.....	50.50	Special AA Event Contributions.....	\$3,609.34
Mountainside Group.....	38.00	Other AA Contributors.....	\$977.45
New Freedom Group.....	100.00		
New Frontier Group.....	400.00		
Old 66 Group – Edgewood.....	450.00		

Thank you all for your contributions!

Albuquerque Central Office Newsletter

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

Address Correction Requested

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