

DISTRICT 01 NEWSLETTER

"The only requirement for membership is the desire to stop drinking"

AUGUST 2004

DISTRICT 01 PO BOX 0632 GREEN BAY WI 54305

www.greenbayaa.org

GSR and District Service Meeting

August 19th – The Bridge

Third Thursday of each month at 6:30 pm

Each member speaks only for herself or himself. In the Home Group, the GSR brings our consensus to the D C M. Consensus is shared as we draw upon the service of our committees. The Newsletter and Meeting List are distributed. All members are welcome.

There is nothing more painful than walking around with bitterness in your heart.

District 01 Committee Officers

District Committee Member (DCM)	Kelly J.	469-0501
Alternate DCM	John RS	265-6708
Secretary	Mike G.	366-1309
Treasurer	Dean H.	438-1594
Archives	Pete J.	490-4008
Cooperation w/ Professional Community (CPC)	Vacant	
Corrections	Lynn L.	496-5899
Grapevine	Bill L.	498-3759
Hotline	Barb R.	437-6484
Newsletter	Marty S.	465-1401
Public Information	Glen F.	496-9557
Treatment/Bridging the Gap	Robin N.	360-4339

Many members who desire to serve beyond the Home Group find themselves walking through the door of the GSR and District Service Meeting. Generally, they have been sober over a year and recognize the promises coming into their life. Gratitude has replaced despondency; the desire to give back is growing. When you are ready, please consider this important service. All are welcome.

Visit our web sight

a convenient place to find a meeting

District 01	www.greenbayaa.org
(our meeting list and past newsletters are posted here)	
Area 74 (North WI + UP)	www.area74.org
(w/ links to Districts 01 02 04 05 06 07 09 10 12 14 15 16 18 22 23 24)	
Area 75 (South WI)	www.area75.org
Area 20 (North Illinois)	www.aa-nia.org
AA Grapevine	www.aagrapevine.org
(AA Grapevine Digital Archive access free through Oct 31, 04)	
WICYPAA	www.wicypaa.org
(Wisconsin Conference of Young People in AA)	
G.S.O. (General Service Office in NY)	www.aa.org
(A list of online meetings is available, upon request, from GSO)	

Support our new meeting

"Friday Night Alive" group

Women's Closed mtg.

Friday 7:00 pm Discussion format Non-smoking

Last Friday of the month is a Speaker Meeting.

Victory Baptist Church, 1537 University Av., Green Bay

Contact: Mary K. 920-837-2707

"Keep It Simple" Group

Wednesday 6:30 pm Open mtg Non-smoking

Big Book - Basic 12 Step Study

Port Plaza Towers, 302 N. Adams St., Green Bay

Contact: Robin N. 360-4339

NATIVE GROUNDS COMMUNITY CENTER

235 NO. BROADWAY, GREEN BAY

THURSDAY, 9:30 AM OPEN MEETING

NON-SMOKING

READING AND DISCUSSION FORMAT

CONTACT: ELIZABETH 497-1812

Flintville Early Risers

Sat 8:00 am Step Meeting Closed Non-smoking

The last Saturday of the month is a Birthday Meeting

Sts. Edward and Isidore Catholic Church, Marion Room

Contact: Tom W. 920-822-1433

From Green Bay: North on Hwy 41, left onto Cty 'B', left onto Cty 'M', ¼ mi. on the right.

BIG BOOK MEETING

WED 7:30 PM CLOSED NON-SMOKING

♣ BELLIN PSYCHIATRIC CENTER

301 E. JOSEPH ST., GREEN BAY

CONTACT: JOHN G. 469-9103

Forgiveness is not something we do for the other person so much as something we do for ourselves.

Recovery - Unity - Service

Committee Info

The Public Information Committee would like to place a list of open meetings on various community bulletin boards in our area.

The intent is for this to be ongoing with meetings added and subtracted as group consensus dictates and interest prevails. If you would like to have your open meeting "out there," please let me know.

Contact: Jim O. 265-9299

Grapevine Committee: Please bring in your past issues of the Grapevine to the GSR & District Service Meeting for redistribution. Thank you, Bill L.

12 Signs of a Spiritual Awakening

An increased tendency to let things happen rather than make them happen.

Frequent attacks of smiling.

Feelings of being connected with others and nature.

Frequent overwhelming episodes of appreciation.

A tendency to think and act spontaneously rather than from fears based on past experience.

An unmistakable ability to enjoy each moment.

A loss of ability to worry.

A loss of interest in conflict.

A loss of interest in interpreting the actions of others.

A loss of interest in judging others.

A loss of interest in judging self.

Gaining the ability to love without expecting anything in return.

Anonymous (source unknown)

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Service With A Smile

It took several years to learn that **true happiness comes out of serving**. Focusing on what I can contribute rather than what I want is the quickest way to improve my attitude. It also dissolves fear.

By the Grace of God I met my Sponsor upon release from a halfway house. At that time I rarely spoke at meetings and was fearful of people. What helped my growth immensely was my Sponsor and getting involved with service work right away. . . . Through these experiences I learned how spiritual the fellowship is, I learned the history of AA, I learned how to have fun, **and I stayed sober**.

All of the service positions I held began with fear and confusion. There were many people willing to show me the way. I had to be taught how to make coffee and how to be a DCM. Humility is a good thing.

As long as I keep contributing to AA I believe I will stay sober and happy.

Thank you for letting me serve.

Bill L.

excerpts from, *Service With A Smile*, by Bill L., co-editor, Now and Then, July 04, with permission.

Service is a part of me.

Conscious contact . . .

. . . tune in to HP daily.

. . . just as I consciously lay off alcohol for 24 hrs.

It's a choice tune in or take a drink.

Think of it:

a drink or a prayer . . . my choice . . . daily.

My favorite prayer is, . . . thank you . . .

marty s.

We were reborn

Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

Big Book, How It Works, p.63, with permission.

Traditions Checklist

Practice these principles . . .

Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward – even if not money – for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On Psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition – How It Developed*?

"AA Grapevine", Nov 69-Sept 71, Reprinted with permission of the AA Grapevine, Inc.

Now the picture has changed completely.

We have faith in each other, trust in each other, and understanding. AA has given us that. It has taught me so many things. **It has changed my thinking entirely, about everything I do.** I can't afford resentments against anyone, because they are the build-up of another drunk. I must live and let live. And "think" – that one important word means so much to me. My life was always act and react. I never stopped to think. I just didn't give a whoop about myself or anyone else.

Big Book, p. 293

In every moment I have a choice as to how I see a situation.

Singleness Of Purpose The Cornerstone of AA

Districts 06 & 24 are seeking volunteers to help out with the Area 74 Fall Conference on October 1, 2, 3, 2004. Send your name, phone number, Email to: Fall 2004 Conference, PO Box 762, Chippewa Falls, WI 54729 or Email: fall2004con@yahoo.com Subject: Volunteers.

Please sign up for: Registrations, Greeters, Hospitality or 'anywhere I can help.' Thank you.

Newsletter/Meeting List

District 01 sponsors this newsletter and meeting list.

Opinions expressed herein are individual. Each member speaks only for herself and himself.

Past issues of the newsletter are available at our website:
www.greenbayaa.org

The deadline is August 10th for the September issue.

Please indicate if your submission is for the newsletter, the meeting list or both.

Send to: District 01 Newsletter, PO Box 0632, Green Bay, WI 54305
Leave a message: Marty S. 465-1401
Email: martyjs@athenet.net

When you're traveling on the road and go to a meeting, please pick-up a newsletter of the district your in if one is available, and pass it on to our newsletter. Thanks, Marty S.

The person in denial cannot see, or does not allow herself to see, what is really the case.

Comment: Page: 6
Sister Molly Monahan, *Seeds of Grace, A Nun's Reflections on the Spirituality of Alcoholics Anonymous.*

Please Volunteer to help Green Bay host WICYPAA XII.

The Wisconsin Conference of Young People in Alcoholics Anonymous meets annually. Every one is welcome. We define "Young People" as anyone with room to grow. There are no age restrictions. In the past we have had people in their teens and in their seventies involved. The conference provides an opportunity for AA members from all over Wisconsin and the rest of the world to come together to share their experiences, strength, and hope. Like any other conference, it is an opportunity to learn more about the program and sobriety. The conference consists of several closed and open AA meetings, alkathons, panels, speaker meetings and events.

We are asking for volunteers to help with: Greetings
Decorating Registration Hospitality and Alkathons.

If you are interested, please contact:

Glenn F. 920-496-9557 funmaker@sbcglobal.net

Candace B. 920-235-6703 bahrcc@sbcglobal.net

Nadine S. 920-833-1354 strongmedband@aol.com

Help make Green Bay's first WICYPAA Conference a memorable success.

Good Morning.

I will be handling all your problems today.

Thanks, but I won't need any help.

Have a good day.

HP.

No one speaks for AA as a whole. . . we are just one drunk talking with another.

Comment: "Bridging the Gap", P-49

INCARCERATION

Meetings within walls.

Brown County Work Release, Huber

125 So. Adams St. Green Bay

Wednesday 8:00 pm Men and Women

Sunday 6:30 pm Men and Women

A call for women to attend.

Brown County Jail

3030 Curry Ln. Green Bay

Wednesday 6:00 pm Men

Wednesday 6:00 pm Women

Green Bay Corrections

2833 Riverside Dr. Green Bay

Monday 2:00 pm Men

Sanger B. Powers

N 375 County Rd. U Oneida

Tuesday 6:00 pm Men

CLEARANCE REQUIRED!

NEEDED INFORMATION

Name Social Security Number

Phone Address

Fill out an application.

Contact: Lynn L. 496-5899 Call in the evening

Perhaps there is a better way . . .

. . . we think so.

. . . Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse.

Perhaps there is a better way – we think so. For we are now on a different basis; the basis of trusting and relying upon God. **We trust infinite God rather than our finite selves.** We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely of Him, does He enable us to match calamity with serenity.

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, **it is the way of strength. The verdict of the ages is that faith means courage.** All men (and women) of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. **At once, we commence to outgrow fear.**

Big Book, How It Works, p.68, with permission.

WHAT'S NEW IN THE WOLF'S DEN?

It's the month of July, the month which we celebrate our independence, both as a nation and from the bondage of the disease of alcoholism.

It's the seventh month and a chance to embrace the seventh step, "Humbly asked Him to remove our shortcomings". In this step are the cornerstones of recovery, 'humility' and 'a God of our understanding.'

The word 'humility' or 'humble' is defined in the Webster Dictionary as: "having or showing a consciousness of one's defects; modest." It's more aptly stated on page 68 of the Big Book, "We trust an infinite God, rather than our finite selves!"

Without a spiritual foundation and a belief in a Higher Power, we are doomed to failure in our recovery. It was on this premise that the seventh step prayer was written in the Big Book, page 76. It reads: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

I heard a woman at a meeting once describe what she thought a shortcoming was and it touched me when she said, "It's when you know you gave your very best and when completed, you say to yourself . . . I could have done better." That to her was a shortcoming. Being both pleased with her accomplishment and ambitious enough to try to be even better. That is growth and maturity in the principles of Alcoholics Anonymous!

Absent from last month's article was the wit and humor I do very much enjoy including in my writings. I try to stimulate the mind as well as the spirit . . . so . . . here goes!

The 'birthstone' for the month of July is . . . The 'Ruby' . . . Happy Birthday and Anniversaries to those who celebrate in July!

From: 'Life's Little Instruction Book'

"Live your life as an exclamation,
not as an explanation!"

Derek Bok

"If you think education is expensive, try
ignorance."

John Buchan

"An atheist is a man with no visible
means of support."

author unknown:

"Psychiatry; the care of the Id by the
Odd!"

Michael V.
'Gray Wolf'

I never knew it was the first drink
that did it. I thought I was losing
my mind when I realized that I
couldn't stop drinking.

Comment: Page: 7
Big Book, p. 292

AREA CALENDAR

July

- 15 **Thur GSR and District 01 Service Meeting**
218 Club 218 S. Oneida St., Green Bay 6:30 pm.
This is where the Home Group GSR brings your consensus. The Newsletter and Meeting List are distributed. Bring along any additions or corrections for the Meeting List. Help keep it up to date.
- 24th **Sat Chilton Intergroup**, Ebenezer United Church of Christ, 44 West Washington St., Chilton, WI 6-7 pm Pot Luck, 7-8:30 pm AA and Al-Anon speakers, non-smoking, **Contact: Rita K.** 920-849-2911

When we let go of our judgment of others, we let go the source of much anger and many a relapse.

August

- 6, 7, 8th **Fri Sat Sun 7th Annual Chippewa Valley Round-Up**, Eau Claire County Exposition Center, Eau Claire, WI "Our Primary Purpose" AA with Al-Anon Participation. Friday speaker: Chad B. Fargo, ND Saturday speakers: Chuck L. Superior, WI., Marilyn S. Los Angeles, CA., Don L. Los Angeles, CA., Sunday speaker: Jim J. Woodland Hills, CA. Registration: \$12.00, Round-up Buffet: \$11.00. More Info: Chippewa Valley Round-up, PO Box 1033, Eau Claire, WI 54702-1033 or visit us on the Web at: www.chippewavalleyroundup.com
Hotel Information: EconoLodge, 4608 Royal Dr., Eau Claire, WI 54701 \$69.99 up to 4 people per room. Call 1-888-353-2122 to reserve.
- 19 **Thur GSR and District 01 Service Meeting**, The Bridge, 2514 Jenny La. Green Bay This is where the Home Group GSR brings your consensus. The Newsletter and Meeting List are distributed. Bring along any additions or corrections for the Meeting List. Help keep it up to date.

"We had vodka, Ever Clear and whisky . . .
. . . Kool Aid, Sprite and sugar on ice.

I hugged the throne for an hour.
The goal was to get blasted.

None of us is perfect . . .

I gotta let it go. I gotta move on."

shared at a meeting

13, 14, 15th **Fri Sat Sun 25th East Central Regional Conference/51st Indiana State AA Convention**, Adams Mark Hotel and Conference Center (airport location), 2544 Executive Drive, Indianapolis, IN 46241 Hotel reservations: 800-444-2326 email: www.adamsmark.com Mention: 'East Central Regional Conference.' Signers for the hearing impaired and Spanish language interpreters. The hotel is physically challenged accessible. Workshops and service panel discussions (including Spanish). Ice Cream Social and dance Fri and Sat nights, Al-Anon and Alateen Activities. **Speakers: Bobby C.** Philadelphia, PA **Ed M.** Davenport, IA **Gayle R.** GSD, New York **Wayne B.** Santa Monica, CA **Mary Pearl** (AFG) Little Rock, AK **Register for each adult:** AA / Al-Anon \$18 (after July 31, \$20). Alateens \$2. Banquet \$24 (you choose: chicken, fish, vegetarian). No refunds after July 31. One name per registration form, please. **Contact: Janice T.** 317-823-4183 email: tjktthomp@aol.com **Dorothy W.** 317-784-2092 email: jaawilso@iupui.edu **Bruce J.** 317-951-9589 email: Jones.Bruce@mailcity.com

28th **New London Intergroup**, will have more information next month.

Be it ever so humble, there's no group like home.

September

18th **Sat Intergroup Bonduel/Shawano**, location to be announced

NATIONAL PASSPORT INFORMATION CENTER

Phone No. **1-877-487-2778**

Email: **npic@state.gov**

Website for Passport Information:

travel.state.gov

This is the only official U.S. Government website for passport information.

Be sure all your papers are in order before crossing the U.S./Canada boarder, especially if there is a felony in your past.

None of us want to feel criticized, rejected, ignored, or manipulated.

Practice Acceptance

Live and let live is the rule. If you both show a willingness to remedy your own defects, there will be little need to criticize each other.

Big Book, p. 118