

DISTRICT 01 NEWSLETTER

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

FEBRUARY 2006

DISTRICT 01 PO BOX 0632 GREEN BAY WI 54305

www.greenbayaa.org

GSR and District Service Meeting

February 16th

Third Thursday
6:30 pm

The Bridge
2514 Jenny Lane
Green Bay

Each member speaks only for herself or himself. In the Home Group, the GSR brings our conscience to the DCM as it is shared among the Groups of our District. Groups draw upon the service of our committees. The Newsletter and Meeting List are distributed. All members are welcome to attend.

Above all, we devote ourselves to the newcomer, and this is our principal Twelfth Step work.

District 01 Committee Officers

District Committee Member (DCM)	Bruce K	498-9750
Alternate DCM	Bob L.	884-8426
Secretary	Debbie	494-8825
Treasurer	Lynn L.	496-5899
Archives	Mark P.	396-9799
Bridging the Gap/Treatment	Eddy A.	431-3351
Cooperation w/ Professional Community	Phyllis	471-0749
Corrections	Glenn F.	496-9557
Grapevine	Kelly J.	469-0501
Hotline	Nancy	360-1043
Intergroup '06	Mary K.	837-2707
co-chair	< Jamie O.	562-3245
Newsletter	Michael V.	360-1043
Public Information	Ben W.	491-4104
'06 Spring Conference	Lynn L.	496-5899
co-chair	< Greg S.	265-2944

"These servants must always be in readiness to do for the groups what the groups obviously cannot or should not do for themselves." *The 12 Concepts*, p. 23.

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 serving our Groups. All are welcome.

Visit our web site

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 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 18 20 21 22 23 24)	
Area 75 (South WI)	www.area75.org
AA Grapevine	www.aagrapevine.org
G.S.O. (General Service Office in NY)	www.aa.org
(A list of online meetings is available, upon request, from GSO)	

A New Group Is Formed

"Our membership ought to include all who suffer from alcoholism. Hence, we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation." *Long Form, Tradition Three*

Gather about yourself a few kindred spirits and announce to us that a new Alcoholics Anonymous Group is formed.

You may find a home for your Group anywhere as long as you are self supporting.

These organizations would like to host your group:

218 Club	218 S. Oneida	Green Bay 494-9904
The Bridge	2514 Jenny Ln.	Green Bay 465-6878
Victory Baptist Ch	1545 University Av.	Green Bay 437-0511

Register your group nationally by sending your "New Group Form" to GSO in N.Y. Call the District 01 Newsletter and leave your meeting info for inclusion in our meeting list. Welcome!

When we of A.A. fail to follow sound spiritual principles, alcohol cuts us down. Therefore no humanly administered system of penalties is needed.

Support our new Group

The Oneida Group has been around for a long time and is now added to our meeting list.

The Oneida Group

meets at the

Oneida Community Parrish Hall
2936 Freedom Rd.

Wednesday at 7:00 pm

Topic Discussion ~ Open meeting ~ Non-smoking

Contact: Anita B. 819-1862

West on Hwy 54/Mason St. 4.2 miles past NWTC. Turn left onto East Service Rd. Turn next right onto Freedom Rd.

Parrish Hall is on the left .2 mi.

Leadership in A.A.: Ever a Vital Need

Preble Park Presbyterian Church

607 Ravenswood Dr., Green Bay (East)

Monday 7:30 pm Non-smoking Open Meeting

Readings from *Daily Reflections* are discussed

Alcoholics, friends, family and anyone concerned about alcoholism is welcome. A smoke break will happen half way through. There is time before and after the meeting for sharing.

Contact: Jeff P. 432-0059 or Mark L. 920-246-6534.

MINUTES of the GSR and COMMITTEE SERVICE MEETING

December 15th, 2005

THOSE IN ATTENDANCE:

Eddie A. BTG; GSR-7pm Sun. "Steppin' Up Group"
Michael V. Newsletter editor; GSR-Sat. "Eyes Wide Open"
Bob L. CPC chair
Sid B. GSR-Thurs. "Women in the Present"
Jamie O. Intergroup co-chair
Tom W. GSR-Flintville "Early Risers"
Kelly J. DCM District 01
Brian S. GSR-Fri. 218 Club "Spiritual Axiom"
Bill L. Grapevine chair; GSR-7 am 218 Club
Grapevine Mtg.
Marty S. GSR-"Fisherman's Paradise Group"
Dean H. AA member
Lynn L. Corrections chair
Debbie S. Secretary; GSR-Sat. "Eye Opener"
Jim D. Alt. GSR-"Never On Sunday" group
Bruce K. BTG chair
Barb R. GSR-Tues. Women's 1 pm meeting
Nancy K. Hotline chair
Elizabeth F. GSR-"New Hope" shelter meeting
Tammy C. DCM District 09
John L. Bridge

COMMITTEE REPORTS:

Newsletter: Michael V. said he is getting a good response from members wanting to contribute to the newsletter.

Hotline: Barb R. reported there were 80 calls and 9 were answered by volunteers. There is a problem with the billing-to be discussed in new business.

Public Info: Not present

BTG: Bruce K. and his committee are meeting with treatment facilities to bring BTG to people who are waiting treatment. BTG also got a few more interested volunteers.

Archives: Not present

Grapevine: Bill L. said the Grapevine has new products including spiritual CD's. At the Area Assembly Bill learned about 'Grape Ball' being used at conferences. A purple ball is tossed around and the person who gets it tells how the Grapevine stories have helped their sobriety.

Corrections: Lynn L. reported 3 volunteers were cleared for Brown County jail mtgs and 1 volunteer was cleared for G. B. Corrections. Dec. 14 there was no Huber mtg. due to the weather. All corrections would like to see more volunteers. **A special call for women to attend on Sunday Night.** Saturday Eye Opener Group at St. Matthews is continuing

2 their support of AA literature (Big Books; etc.) for corrections. A special thanks to them.

CPC: Bob L. has nothing new to report

Intergroup: Jamie O. reported the Intergroup had a meeting and things are going well. More volunteers would be appreciated. Need chair people for trash collection and disposal; clean-up; and parking. So far there will be 3 enthusiastic volunteers on the young peoples panel. The Grapevine and Corrections will have displays and information on what they do.

Spring Conference: Lynn L. said preliminary flyers are done. The meeting in December went very well with a great turnout.

Next meeting for anyone interested is Sat. February 4, 2006 at 10:00 A.M. at the Comfort Suites.

Old Business: Bob asked if his picnic obligations were fulfilled. It was suggested to ask incoming Intergroup chairs to chair 2006 picnic. Hotline--the billing has been changed from charging per call to charging \$0.75 per minute after the free 70 minutes. The hotline company has also been patching calls instead of giving volunteers the phone number of person calling. This has made our bill go up considerably. The last two months were \$270 and \$312. Barb, Dean, and Kelly have all tried to clear this up with the company we are using. Barb also checked out the rates for another company. Bob, Jim, and Brian are doing an Ad-hoc committee to resolve this matter. Sid suggested in the meantime to tell the hotline volunteers to get out of the patching calls by getting a number they can call. Jim D. suggested the new hotline chair contact the Yellow Pages and SBC in July to get the AA Hotline number in both yellow pages.

New Business: Jim D. said there were changes in the Spanish meetings. He will get more info. Bill L. said Greg S. and Ted will be doing the "Now and Then".

To all GSR's --if your meeting is registered you should be receiving the "Now and Then" Area 74 newsletter.

In January there will be new chair people for the service committees.

Kelly J. thanked everyone for their service.

Submitted by Debbie S., Secretary

AA DISTRICT 01 TREASURER'S REPORT

December 15, 2005

BALANCE AS OF 11-17-05	\$ 1071.39
DEPOSITS:	\$ + 500.00
New Hope Group	200.
Friends of Bill W.	300.
CHECKS:	\$ - 472.03
Milwaukee Central Office (Corrections literature)	19.80
Marty S. (Newsletter)	55.00
All City Communications (Hotline)	312.23
Bruce Knaus (BTG literature)	70.00
The Bridge (Rent)	15.00
BALANCE AS OF 12-15-05 (includes \$650.00 prudent reserve)	\$ 1,099.36

RESPECTFULLY SUBMITTED
DEAN HANSEN, TREASURER

Committee Info

Public Information

A "P.I. visit" might include an opportunity to carry the message to schools, local businesses, church and civic groups. It could staff an AA Booth at health fairs in our community. Radio and television announcements can be arranged. Displays of AA literature can be placed and maintained in public areas; meeting lists distributed.

Because we are anonymous and do not promote ourselves, many in our community having no direct contact with AA are uncertain of who we are, what we do and how we do it. Public Information is that connection between AA and the alcoholic 'out there' who is still suffering. Please consider this essential committee when asking yourself, "How can I serve?" **Contact Ben W.** 491-4104 for more information.

Bridging The Gap/Treatment

The purpose of the Bridging the Gap is to connect AA members in a treatment or correctional center with Alcoholics Anonymous in our community. **As a temporary contact** you would meet with them, go to their first few meetings, and help them get acquainted and comfortable among new friends, talk about getting a Sponsor and a Home Group. To volunteer **contact: Eddy A.** 431-3351

2006 Spring Conference

District 01 is seeking volunteers to serve at the '06 Spring Conference

District 01 is hosting the upcoming 2006 Spring Conference to be held at Comfort Suites in Green Bay on May 19, 20, 21.

This annual event serves Area 74 (Northern Wisconsin and Upper Michigan) which we are a part. There are 24 districts in Area 74. About 300 guests are expected to attend. Green Bay hosted the Conference in the late Nineties. Last year it was held in Eau Claire, WI.

Volunteers are needed for our district to have a smooth running event.

Areas of service include:

Program - determines the topics of the panels, and finds the speaker for Saturday night.

Hospitality - sets up the hospitality room.

Flyers - makes flyers and signs to direct traffic.

Greeters - welcome people to the event.

Decorations - decorate the banquet hall.

Registration - handles the registration and hands out the packets.

Alkathon - chairs the Alkathon meetings. Friday and Saturday have Alkathons from ten pm till six am.

Entertainment - procures the DJ and handles the skit for Friday night.

Al-Anon - organize the Al-Anon portion of the conference.

The events scheduled are:

Friday, 19th Evening - Skit, Ice Cream Social.

Saturday, 20th - Panels, Banquet, Speaker, Dance.

Sunday, 21st Morning - Breakfast, Closing Meeting, DCM Report.

If you already have experience, please come forward to assist us who are helping for the first time. The more people in District 01 to get involved the better.

Please contact:

Greg S. 265-2944 gzsatori@excite.com

Lynn L. 496-5899 mllade@msn.com

Corrections

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The A.A.'s that have been supporting the meeting at the Green Bay Correctional Institute are concerned that there are not any new people from the outside attending. The same group of people has supported it for many years. If they cannot attend, the meeting does not occur. New support from the outside is needed so that the meeting will be around for years to come. **CLEARANCE REQUIRED! Contact: Glenn F.** 496-9557

"Outside" A.A. men are needed for these meetings, as well as for those at the Brown County Jail and Huber Work Release program.

Sam S.'s particular service is to attend and distribute AA literature in our correctional facilities. Every now and then, he'll stop in to your Group seeking soft cover books or a donation to purchase some, but you don't have to wait. **Contact Sam** directly at 920-660-3341.

Hot Line Volunteers Needed

Our 24-hour Hot Line is in need of men and women volunteers with one year sobriety. Become available to answer questions and offer your experience, strength and hope. You are not tied to the phone and if a call comes at a wrong time, it can be declined. The Hot Line is volunteer friendly. **Contact: Nancy** through Michael V.: 360-1043

Newsletter/Meeting List

Groups and Committees are encouraged to post their activities, news and events in the newsletter. Newsletter and Meeting List submissions can be put in the message box on the left of the entrance to the 218 Club or **Contact: Michael V. 'Graywolf'** 360-1043 or **Marty S.** 465-1401 email: martyjs@milwpc.com

GREEN BAY **INTERGROUP**

Join us for food, fun and fellowship
on

Saturday, January 21, 2006

at

**Redeemer Lutheran Church
School Gymnasium**

210 South Oneida St.
Green Bay
(Behind the 218 Club)

Insert AA
Logo.

4:00 pm

5:30 pm

7:00 - 8:00 pm

8:30 - 9:30 pm

Fellowship

Dinner

Speaker

Speaker

Family and friends are welcome!

****Please bring a dish to pass****

Please!!! Park on Hudson St. and watch for signs and parking attendants to assist you ☺

For more information or to volunteer to help with the Intergroup, please call:

Mary K. 246-0500

Jamie O. 562-3245

Green Bay Intergroup '06

To All those who have already signed up for duties at the upcoming Green Bay Intergroup... Thanks and look forward to a smooth and successful Intergroup. Remember...We're counting on you!

Example of Group Contributions to AA Service Entities

Distribution of funds from groups that support three service entities as suggested by a motion during our December 11th 04 GSR and District Service Meeting until District funds provide for a stable prudent reserve.

District 01 address:

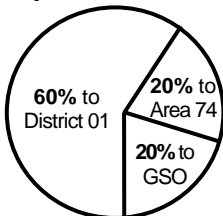
Lynn L., Treasurer
PO Box 0632
Green Bay, WI 54305
Payable to: District 01 Treasurer

GSO address:

G.S.O.
Grand Central Station
P.O. Box 459
New York, NY 10163
Payable to: General Fund

Area 74 address:

Tiffany Crandall
317 Summit Ave # 3
Eau Claire, WI 54701
Payable to: Area 74 Treasurer



Corrections

Meetings within walls.

A call for men and women to attend with a special need for men now.

Brown County Jail

3030 Curry Ln. Green Bay

Wednesday 6:00 pm Men
Wednesday 6:00 pm Women

Brown County Work Release, Huber

125 So. Adams St. Green Bay

Wednesday 8:00 pm Men
Wednesday 8:00 pm Women
Sunday 6:30 pm Men and Women

A call for women to attend.

Sanger B. Powers

N 375 County Rd. U, Oneida

Tuesday 6:30 pm Men

Green Bay Correctional Institution

2833 Riverside Dr. Green Bay

Monday 2:00 pm Men

CLEARANCE REQUIRED!

Contact: Lynn L. 496-5899

Needed Information Includes

Name • Address • Phone
Social Security Number

The tremendous fact for every one of us is that we have discovered a common solution.

4 Newsletter/Meeting List

Opinions expressed herein are individual. Each member speaks only for herself or himself; not A.A. as a whole.

District 01 sponsors this newsletter and the meeting list.

They are distributed at the GSR and District Service Meeting on the 3rd Thursday of each month. Pick-up copies are at The Bridge and The 218 Club.

Past issues of the newsletter and current meeting list are available on our website: www.greenbayaa.org

The deadline is February 10th for the March 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

Newsletter contact: Michael V. 'Graywolf' 920-360-1043

Meeting List contact: Marty S. 920-465-1401 or email: martyjs@milwpc.com

This article is condensed to allow it to fit into the newsletter and can be read in it's entirety from the book, "LANGUAGE OF THE HEART" (P.242 thru 252). It is the intention of this writer to interpret it the best that I can.

I hope this article will peak your interest enough that you will read the article in it's entire form.

THE LANGUAGE OF THE HEART

Bill W's Grapevine Writings

July 1960

My workshop stands on a hill back of our home. Looking over the valley, I see the village community house where our local group meets. Beyond the circle of my horizon lies the one world of A.A.: eight thousand groups, a quarter million of us. How in twenty-five years did A.A. get the way it is? And where are we going from here?

Often I sense the deep meaning of the phenomenon of Alcoholics Anonymous, but I cannot begin to fathom it. Why, for instance, at this particular point in history has God chosen to communicate his healing grace to so many of us? Who can say what this communication actually is--so mysterious and yet so practical? We can only partly realize what we have received and what it has meant to each of us.

It occurs to me that every aspect of this global unfoldment can be related to a single word. The word is COMMUNICATION! There has been a lifesaving communication among ourselves, with the world around us, and with God.

From the beginning, communication in A.A. has been no ordinary transmission of helpful ideas and attitudes. It has been unusual and sometimes unique. Because of our kinship in suffering, and because our common means of deliverance are effective for ourselves only when constantly carried to others, our channels of contact have always been charged with the "LANGUAGE OF THE HEART!" And what is that? Let's see if I can communicate to you something of what it means to me.

At once, I think of my own doctor, William Duncan Silkworth, and how he ministered to me with the 'Language of the Heart' during the last shattering years of my alcoholism. Love was his magic, and with it he accomplished this wonder:

He conveyed to the foggy mind of the drunk that here was a human being who understood, and who cared without limit. He was one who would gladly walk the extra mile with us, and if necessary (as it often was), even the last mile of all. At that time he had already tried to help over twenty thousand drunks, and he had failed with nearly all. Only here and there had this dismal experience of futility been brightened by a genuine recovery. People wondered how he could go on, how he could still believe in the possibility of help for chronic alcoholics. Yet he did believe with a faith that never faltered. He kept saying, "Someday we'll find the answer."

He had developed some ideas of his own about what ailed drunks: they had an obsession to drink, a veritable and destructive lunacy. Observing that their bodies could no longer tolerate alcohol, he spoke of this as an allergy. Their obsession made them drink, and their allergy was the guarantee that they would go mad or die if they kept it up. Here, in contemporary terms, was the age—old dilemma of the alcoholic. Total abstinence he knew, was the only solution. But how to attain that? If he could only understand them more and identify with them better, then his educational message could perhaps reach into those strange caverns of the mind where the blind compulsion to drink was entrenched.

So the little doctor who loved drunks worked on, always in hope that the next case would somehow reveal more of the answer. When I came to him, his most recent concepts and tactics had begun to show slightly better results. He told me what an infernal malady alcoholism was, and why. He made no promises, and did not try to hide his dismal recovery rate. I learned, for the first time, that I was a sick man emotionally and physically. As every A.A. today knows, this knowledge is an enormous relief. We no longer needed to consider ourselves essentially a fool or a weakling.

This new insight, plus the good doctors accounts of the few good recoveries, brought me a surge of hope. But above all, my confidence rested on his love, understanding and interest, of which he so freely gave, made me realize that I was not alone with my problem anymore. He and I could work it through. Despite several discouraging slips, I truly believed this for quite awhile and so did he.

But the hour had arrived when he knew that I was NOT going to be one of his exceptions. He would have to begin to walk that last mile with my wife Lois and me. He gently but frankly told us the whole truth: Neither mine nor his nor any other resources he knew could stop my drinking; I would have to be locked up or suffer brain damage or death within perhaps a year.

It was a verdict I would not have accepted from anyone else. He had spoken to me in the "LANGUAGE OF THE HEART"! I had come to receive the truth he offered me. It was a terrible and hopeless truth. He spoke in the name of science, which I respected, and it was in the name of science that I was condemned. It turned out to be the first step in acceptance of my malady. He had driven home the indispensable principle on which every recovery depends. I seriously doubt that any other man could have done it.

Today, every A.A. member implants in his new prospect just what Dr. Bob so powerfully lodged in me. We know that the newcomer has 'hit bottom; otherwise not much can happen. Because we are "drunks who understand", we can use that nutcracker of the-obsession-plus-allergy as a tool of

5 such power that it can shatter the newcomer's ego at depth. Only thus can he be convinced that on his own unaided resources he has little or no chance.

I was in precisely this state of inner collapse when, in November of 1934, I was visited by Ebby. He was an old friend, an alcoholic, and my sponsor-to-be. Why was it that he could communicate in the "Language of the Heart" with me in areas that even Dr. Bob could not touch?

Ebby was a chronic and hopeless case much like myself. He had in minutes convinced me that the compulsion to drink had been lifted from him. He had brought to me a communication that Dr. Bob could not. It was 'one drunk talking to another'. Ebby shared his story and I had identified with him. I formed a bond with him and was ready to hear his message.

And what a message. All A.A.'s know what it was: honesty with oneself, leading to a fearless moral inventory of character defects; a revelation of these defects to another human being, the first humbling and faltering steps from isolation and guilt; willingness to face up to those we had harmed, making amends. A thorough house-cleaning inside and out was indicated, and then we were ready to devote ourselves to service to others, using the understanding and the "Language of the heart", seeking no gain or reward. Then there was the vital attitude of dependence on God, or a "Higher Power"!

None of Ebby's ideas were new to me. I regarded these as conventional church ideas. They did however appear as living proof and I wondered if they could liberate me as they seemed to have liberated him. I could believe everything he said to me except this God thing. I could not share his 'Faith'. I could not believe that there was a God.

I had struck the impasse with which thousands of incoming A.A.'s have since collided. It appears we prefer a date with the undertaker rather than any attempt at a reconciliation with a God of our understanding. Beaten into total defeat by alcohol, and with the living proof of the miracles around us, and with those in the fellowship speaking the "Language of the Heart", we finally surrender. And then, paradoxically, we have found ourselves in a new dimension, the real world of spirit and faith. Enough willingness, enough open-mindedness---There it is!

Bill W. herein after came upon some eye—opening realizations. After his first spiritual awakening, he thought he could save every alcoholic in the world. He soon found that he was a dismal failure. He found that his communication was heavily tainted with pride, arrogance, intolerance, resentment, imprudence, or the desire for personal acclaim. Even when he was aware of these attitudes. Bill W. had become so prideful that he began to tell other drunks that they needed to 'believe as he believed' and to 'Do as he did'. Here was some sort of unconscious arrogance that other drunks couldn't stand. He began to point out all the sins of the new prospects (mostly the sins he felt he didn't possess) and the prospects got sore and so did he. They just didn't see how enlightened he had become and they went out and got drunk. And here his pride was hurt again.

Slowly, he learned that his ego got in the way of his communication and was not speaking the "Language of the Heart"! After failing miserably for about six month's, Dr. Bob pulled him off to the side and told him to "Quit preaching, quit harping on your own spiritual experience. Tell your story. Pour

it into them first, how medically hopeless alcoholism is. Soften them up enough first, then maybe they will buy what you have to say. You've got the cart in front of the horse!"

One of the first insights Dr. Bob and I shared was that true communication was based on mutual need. We are never to talk down to a new prospect. We must, as sponsors, convey to the newcomer that his disease was our own and that together we could find a common ground and help each other. Thus we had come to the very foundation for the twelve steps' to recovery, the step to which we carry the message.

The first great adventure in communication was the book ALCOHOLICS ANONYMOUS. After four strenuous years, we had produced three small groups and less than a hundred continuous recoveries. We wondered, "Could the written word carry the message?" Could the book speak the "Language of the Heart?" We didn't know; we simply hoped. But we know now.

In the fall of 1939, Elrick Davis, a fine reporter, wrote a series of articles about us in the Cleveland PLAIN DEALER. It embodied a wonderful insight into what A.A. was all about and what it could do and before long we were swamped with inquiries from alcoholics and their families. It wasn't hundreds, but thousands of calls came in. It was a time of rapid and unprecedented growth of our organization. It was then that the 12 traditions of A.A. came into being. It was a gradual and pains-taking process. It was how we communicated the principals of unity as the twelve steps communicate the principals of our recovery. The twelve traditions show how a member can relate himself to his group, the group to other groups, and A.A. as a whole to the world around us. They show what A.A. membership is; they guard against compromising alliances, professionalism, and our natural desires for personal acclaim. The twelve traditions evolved during a time when groups were popping up like popcorn on a hot griddle. Many a power-driven ego ran hog-wild among us in those days, and it was the traditions that finally brought order, coherence and effective functioning out of the noisy anarchy that for a time threatened us with collapse.

The traditions are neither rules nor regulations nor laws. No sanctions or punishments can be invoked for infractions. Perhaps in no other area of society would these principals succeed. Yet, in Alcoholics Anonymous they carry a power far greater than law. For years, we have seldom seen a departure from them. Those who do depart from them seldom carry other groups with them. We obey them willingly because we want to. The survival of A.A. depends upon them. Perhaps the secret of their power lies in the fact that these life-giving communications spring out of living experience and are rooted in sacrificial love.

Even in the early days', we began to find out that those of us who suffered severe alcoholism was in itself not enough. Our early members were low-bottom, chronic alcoholics. Then people who were mildly afflicted began to show up. The "high-Bottom" cases began to show up. They stated that they were never in jails or institutions. They were home owners and business owners and that maybe A.A. was not for them. Early on, we could not seem to communicate with them. It was then that we had come to realize that this is a progressive disease. We remembered our earliest drinking careers and how we seemingly could control our drinking to some extent. We remembered how we had said, "next time I'm going to control myself" when I drink! We'd begin the blame game. We look to

6 our circumstances and say that was the cause of our drinking problem. Slowly, we began to learn how to talk to the "High-Bottom" alcoholics and then they began to talk to each other. It is probable that over half our membership has been spared the last ten or fifteen years of hellish drunkenness thanks to this early realization. It took four years before we had a member with any real solid and meaningful long term recovery.

The women also said that they were different. But as communication improved, mostly by women themselves, the picture changed. Today, our sister A.A.'s are many thousands strong. They bring a special message to all who suffer this progressive and fatal malady. From the skid-row to the towers of power, they all proclaimed that they were different. We agreed in the social standing sense but assured them that the disease made no distinction between the classes. In 1950, this one question remained. Could we carry this message overseas? What about the Norwegians or the Dutch or the Germans or the Scots or the Spaniards or any other nation of people? So Lois and I wondered as we headed for Europe and Britain to see for ourselves. The moment we arrived in Norway, we knew A.A. could go anywhere! There was a wonderful communication from the very start.

A new addition to the newsletter this year will include words we often use in A.A. I hope this section will help clarify your understanding of these words and thus enrich your program.

Feel free to contribute words that have special meaning for you and include the reason why...

All words are taken from 'The New Lexicon...Webster's Dictionary of the English Language'...

WORDS POWERFUL ⇔ POWERFUL WORDS

FAITH...Trust, confidence [Complete acceptance of a truth which cannot be demonstrated or proved by the process of logical thought. (Religious faith)] [The virtue by which a Christian believes in the revealed truths of God in good (bad) Faith with honest (dishonest) intentions to keep (break) Faith with to remain (cease) to remain loyal to.] Faithful [Steadfast in Faith] [Loyal] [Accurate, true to the original] [Conscientious adherents to a system of Religious beliefs]

* What it means to me...I believe in my heart and soul and have 'Faith' because I know it to be true because I do not have to search far to see the proof of a spiritual entity. When I accept it as the truth, a calmness envelopes me and I am at peace with myself and the world around me.

HALLOWED...[To make holy or sacred] [To revere as holy]

* What it means to me...As in the Lords Prayer, I proclaim my 'GOD' as the "King of Kings" and the Supreme Ruler in my life and as said in our twelve steps'... our "Higher Power."

TOLERANCE. ..[A readiness to allow others to believe or act as they judge best] [To support with fortitude or (a nuisance) with forbearance][To accept the

beliefs or actions of another without sitting in judgment]

- * What it means to me...Written often in A.A. literature, I've come to embrace it to mean that, if I look for the qualities of the people around me, I can accept their humanness and Love them for the unique people that in fact they are. 'For better or worse
- * FORTITUDE...[Endurance or courage in the face of pain or adversity] [Moral strength, one of the cardinal virtues]

What it means to me...At meetings out west, they had what they called, "Gift" meetings. The subject would be broached and the members would discuss the 'Gifts' they felt that their "Higher Power" had blessed them with to make them unique in this world. I have always felt that 'God' bestowed upon me the 'Gift' of fortitude. I've needed it often. I needed that inner strength to get through what I did, in order to get where I am now. A.A. and the acceptance of the Spiritual nature of this program.

The Newsletter would like to Welcome a new writer to our staff. His name is Jim W. and he has volunteered to do the step of the month column. It of course will not be called, "What's New in the Wolf's Den." That writer has moved on to other service work. We welcome Jim aboard and would encourage all our members to contribute to the newsletter. After all, it is your newsletter! His column will be titled..."J.W.'S THOUGHTS"...

Interpretation of how we view the steps and their meaning as we understand them, although generally similar, are more difficult to put into writings for publication. Let's all support and encourage his efforts. WELCOME ABOARD JIM!

"J. W.'S THOUGHTS"

"STEP 2"

"CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY"

In keeping with the former writers format, I will put down my thoughts on the second step.

Let's first look at the word sanity. In our drinking careers, it seemed that if we wouldn't take a drink we would go crazy or insane. Then, on the other hand, when we were drinking, we would think, "Why am I drunk again, This is crazy!"

So, after working the first step and admitting that we were powerless over alcohol, thus alcoholics, there was a great burden lifted off our shoulders. We did still have crazy thoughts. Our lives were surrounded by drinking and drugging. We didn't know what to do with ourselves. All of a sudden the wheels in our head start spinning. We start thinking crazy thoughts. That is insanity. What are my thoughts of sanity? Of soundness of mind? Of clear thinking? When we do start thinking crazy thoughts, what should we do?

At meetings, they tell me to say the 'SERENITY' prayer. The first line says..."God grant me the serenity", Here we are asking someone other than ourselves to help us. In chapter 5 it says, "But there is one who has all power, that one is God, may you find him now." Here we hear of a power, a power greater than ourselves. That is the basis of the 2nd step. Whatever gives you the power to stop the wheels from spinning in your head. To me, I know I am not the Higher Power. I tried that once and know it's not me. I knew I needed help and help was to come from a power greater than myself.

For myself, my Higher Power is God. When I ask God to grant me serenity, what am I asking for? I just want things to calm down and to stop drinking. I don't want to get angry and I don't want to say anything that will hurt somebody. I just want to get back to feeling normal. Whatever normal is to you?! We are alcoholics. We are by no means normal.

So, this is a huge step for the newcomers and for the people who have been around awhile. When we say the 'Serenity Prayer', aren't we just asking for help? For an alcoholic to ask for help is the hardest thing to do. We are stubborn people. It is time to give it up and find your 'Higher Power' that will help you in your recovery.

That is my view on the 2nd step and may God bless you and help keep you sober!!Until next month

Jim W.

Our 'Congratulations' to all those celebrating a sobriety anniversary this month. As always "Happy Birthday" to those who were born this month! Your birthstone for February is the Amethyst.

"QUOTABLE QUOTES"

On 'conclusions'...By Martin H. Fisher

"Jumping to conclusions seldom leads to happy landings".

On 'conceit'...By Bernard Shaw

"Swelled heads are so preoccupied with the few things they know that there is no room left for the innumerable things they don't know.

On 'computers' ... Anonymous

"Computers can figure out all kinds of problems, except the things in this world that just don't add up.

On 'Cheerfulness'.. .Anonymous

"Some people are so cheerful that they can have a good time thinking what a good time they'd have if they were having it."

On 'Ambition'...By Kathleen Norris

"If ambition doesn't hurt you, you haven't got it."

On 'Alcoholics'...Anonymous

"An alcoholic finds it hard to battle his way to the top; but easy to bottle his way to the bottom."

Michael V.

CALENDAR

8

March

January

21st Sat **Green Bay Intergroup**, Redeemer Lutheran Church School Gymnasium, 210 So. Oneida St. Green Bay (behind the 218 Club) 'Join us for food, fun and Fellowship.' 4:00 pm Fellowship • 5:30 pm Dinner • Speakers at 7:00 & 8:30 pm. • Family and friends are welcome! • Please bring a dish to pass. • Please park on Hudson St. • Watch for signs and parking attendants to assist you. • For more info and to volunteer your service **contact: Mary K.** 246-0500 or **Jamie O.** 562-3245

February

9 – 12th Thur – Sun **42nd International A.A. Women's Conference**, Minneapolis Marriott City Center, Minneapolis, MN. "The language of the heart will be spoken here." Info and on-line registration at: www.iaawc.org or write: 42nd IAADC, PO Box 4262, St. Paul, MN 55104-0262

10, 11, 12th Fri Sat Sun **5th Annual Sharing the Journey - A Weekend with our Basic Text**, YMCA "Camp Sturtevant", 2701 Northwestern Av., Wausau, WI 54403. Sponsored by Come To Believe Gp • Presenters: Dick & Mary C. from Wayzata, MN • Registration \$12 • Sat. noon meal \$3. Sat. night meal: 6:00 pm, \$8, AA Speaker 7:30 pm, Lew F. from B. C., Canada • Lodging: Roadway Inn (715)-355-3030 \$62.10 per day, Comfort Inn (715)-355-4449, Reserve by Jan 27th • Another option is the Weekend Package \$70, includes: Registration, Noon meal, Sat. night meal, 2 nights lodging at "Camp Sturtevant." The camp has separate bunk style quarters for 30 men / 30 women. Separate showers. You bring your own bedding, towels, and toiletries. First serve basis. Call Randy D. (715)-845-0012 to reserve the Weekend Package. • For all other weekend info contact: Jeff D. (715)-571-6058.

16th Thur **GSR and District Service Meeting**, The Bridge, 2514 Jenny Lane, Green Bay. Third Thursday at 6:30 pm. All are welcome.

18th Sat **Oshkosh Intergroup**, Oshkosh Senior's Center Annex Building, 200 N. Campbell Rd., Oshkosh, WI Registration: 5pm-6 • Sandwiches and coffee provided • Soda available • Bring a dessert or side dish to pass • 7:00 AA speaker: Matt J. Al-Anon speaker: TBA • Bring a friend. • Share in our Fellowship • **Contact:** Darrel R. 920-231-3489

3, 4, 5th Fri Sat Sun **AA & AL-ANON 4th and 5th Step Retreat Weekend 2006**, Norbertine Center For Spirituality, St. Norbert Abbey, 1016 N. Broadway, De Pere, 6:00 pm Fri thru Noon Sun • \$120 per person includes 2 nights and 4 meals • Snacks only Friday night • This retreat is limited to 22 people, so make your reservations early. • *Due by February 10* • Send your \$35 deposit to: Step Retreats, PO Box 2122, Green Bay, WI 54306-2122. **Contact:** Therese 920-336-3023 for more info.

I asked my sponsor, "I've been sober a long time, think I could go to my Bro's wedding and have one drink. . . a toast, hey?"

He said, " You are either misinformed . . . uninformed . . . or Chloroformed!!!"

We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself. Step over to the nearest barroom and try some controlled drinking. Try to drink and stop abruptly. Try it more than once. It will not take long for you to decide, if you are honest with yourself about it. It may be worth a bad case of jitters if you get a full knowledge of your condition.

It's one drunk talking to another.