

DISTRICT 01 NEWSLETTER

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

MARCH 2006

DISTRICT 01 PO BOX 0632 GREEN BAY WI 54305

www.greenbayaa.org

GSR and District Service Meeting

MARCH 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.

The very essence of AA strength remains with the home group.

District 01 Committee Officers

District Committee Member (DCM)	Bruce K.	498-9750
Alternate DCM	Bob L.	309-1160
Secretary	Debbie	494-8825
Treasurer	Lynn L.	496-5899
Archives	Mark P.	660-1888
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	Jim D.	468-8141
Intergroup '06	Tracey	
co-chair	< Kimberly	
Newsletter	Michael V.	360-1043
Public Information	Pattie	
'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!

... may we of AA continually seek the wisdom and the willingness by which we may well fulfill that immense trust which the giver of all perfect gifts has placed in our hands.

Language of the Heart by Bill W., p. 254.

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

MINUTES of the GSR and COMMITTEE SERVICE MEETING

January 19, 2006

Bruce K. DCM
Bob L. Alt. DCM
Debbie S. Secretary
Eddie A. BTG / GSR Steppin' Up Group
Glenn F. Corrections chair
Lynn L. Treasurer
Marty S. Alt. GSR Fisherman's Paradise
Pat V. Thurs. Morn. 9:30 A.M.
Kelly J. Grapevine chair
Mark P. Archive chair
Jayne B. Flintville Early Risers
Chris B. GSR Sat. Eye Opener St. Matt's
Michael V. Newsletter editor/GSR 5:30 PM Eyes Wide Open
Jeff P. GSR 218 8:30 A.M. Big Book Mtg.
Elizabeth F. GSR New Hope Group (shelter)
Mark E. AA member
John G. GSR Fisherman's Paradise
Jamie O. Intergroup co-chair
Ben W. GSR Road to Recovery Group
Jim D. Alt. GSR Never on Sunday Group
Stacey M. GSR Women in the Present Thurs. Night
Mary K. Intergroup co-chair
Phyllis W. CPC District Chair
Tracy G. Alt. GSR Sunday Early Birds
Stephanie K. GSR Sunday Early Birds
John L. Bridge

Committee Reports

NEWSLETTER The newsletter is going very well. Jim W. is taking over the "step-a-month" section. It is named JW's Thoughts.

PUBLIC INFO Benjamin is resigning his position due to time constraints.

BTG Literature has been distributed to treatment centers.

ARCHIVES Nothing new to report.

GRAPEVINE The Early Birds Meeting is sponsoring each library in Green Bay with a Grapevine subscription this year.

CORRECTIONS Volunteers are needed to attend corrections meetings on a regular basis.

CPC Nothing new to report.

INTERGROUP Last minute duties are being finished for the Intergroup '06

SPRING CONFERENCE Things are going very well. Flyers are made and being distributed.

Old Business

Hotline: Calls are starting to be done correctly. The ad-hoc committee is researching different companies and ways of doing the hotline to keep costs low.

New Business

Public Info chair and Hotline chair resign. Patti S. was elected for Public Info chair. Jim D. was elected for Hotline chair. Congratulations!!

Respectfully submitted by Debbie S.

2 AA DISTRICT 01 TREASURER'S REPORT

January 19, 2006

BALANCE AS OF 12-15-05 \$ 1099.36
addition error found + .50

Corrected Balance \$ 1099.86

DEPOSITS: \$ + 278.61

Sat. Eye Openers Gp 77.36
Tues. Night Serenity Seekers 68.75
Never on Sunday Gp 30.00
8:30 am Monday BB Gp 50.00
Tues 1:00 pm Women's Gp 52.50

CHECKS: \$ - 72.00

The Bridge (Rent) 15.00
Marty S. (Newsletter) 55.00
Bank Service Fee 70.00

BALANCE AS OF 01-19-06 \$ 1306.47
(includes \$650.00 prudent reserve)

INTERGROUP FUNDS ACTIVITY REPORT

January 19, 2006

BALANCE AS OF 12-15-05 \$ 523.55

DEPOSITS: \$ + 0.00

CHECKS: \$ - 184.00
(Additional Deposit)

BALANCE AS OF 01-19-06 \$ 339.55

RESPECTFULLY SUBMITTED,
LYNN LADE, 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 Pattie** 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 help someone during this fragile time **contact: Eddy A. 431-3351**

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: Jim D. 468-8141**

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

The A.A.'s that have been attending the meeting at the Green Bay Correctional Institution 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 attendance 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 660-3341.

Newsletter/Meeting List

Groups and Committees are encouraged to post their activities, news and events in our 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

Strenuous work, one alcoholic with another, is vital to permanent recovery.

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:

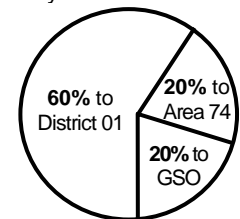
G.S.O.
Grand Central Station
P.O. Box 459
New York, NY 10163

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: Glenn F. 496-9557

Needed Information Includes

Name • Address • Phone

Social Security Number

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 and distributes them at the GSR and District Service Meeting. 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 March 10th for the April 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 or

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

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

Annual Moose & Goose Corrections Literature Fundraiser Friday, April 21, 2006 Ascension Lutheran Church Navarino, WI

3 miles West of Navarino on the corner of Hwy 156 & McDonald Rd.

Wheel Chair Accessible • Non-smoking

5:00 pm Set out rummage items & social time
6:00 Dinner Please bring a dish to pass
7:30 Speakers

Ham Raffle - Silent Auction - 50/50 Raffle
Bring your rummage items to donate.

Meat Donations Needed

Moose, goose, venison, duck, turkey, ham, fish, or whatever are very much needed and greatly appreciated.

If you cannot prepare it yourself . . .
Please contact one of the people listed to arrange for pickup or delivery.

Neenah	Rolland G.	920-722-5417
Kimberly	Roger W.	920-788-0529
Shawano	Terry & Mary W.	715-526-6758
Shawano	Bill W.	715-524-4575
Oconto	Ron O.	920-321-0172
Crivitz	Tom L.	715-757-2842
Brillion	Ted G.	920-756-2504
Green Bay	Sam S.	920-660-3341
Marinette	Joy H.	715-735-1933
Menominee, MI	Karl S.	906-864-2471

Your donations of AA literature or money from groups are welcome. Please mail donations to:
Dick Garbelman, PO Box 298, Shawano, WI 54166

SEE YOU THERE!

AA's speak the language of the heart in all its power and simplicity.

AA: Women to Women Saturday, April 8th

9:00 am thru 2:45 pm

This is a closed AA meeting.

A day of sharing:

. . . to foster the sharing of ideas, feelings and issues

. . . to create a safe atmosphere that nurtures honesty and becoming

. . . to explore the positive energy among AA women.



9:00 - 9:30	Registration/Coffee
9:30 - 10:15	Finding the Gift in a Crisis
10:15 - 10:30	Break
10:30 - 11:15	Discovering Our Dreams
11:15 - 11:30	Break
11:30 - 12:15	The "Disease To Please"
12:15 - 12:30	Break
12:30 - 1:30	Lunch
1:30 - 2:30	Keynote Speaker: Patti M.
2:30 - 2:45	Closing

The Pass It On Club
6229 W. Forest Home Ave
Milwaukee, WI 53220
Ph. 414-541-6923

Deadline:
March 31st

Registration:
\$10

For more information contact:

Mary A. 414-774-7974
Karelyn P. 414-327-7915

Check payable to:
Women to Women

Mail to:
**9515 W. Hadley
Milwaukee, WI 53222**

All went well for a time, but he failed to enlarge his spiritual life.

Language of the Heart

By Bill W.

April 1961

God As We Understand Him: The Dilemma of No Faith

The phrase "God as we understand him" is perhaps the most important expression to be found in our whole AA vocabulary. Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may choose his own. Scarcely less valuable to us are those supplemental expressions — "a higher power" and "a power greater than ourselves." For all who deny or seriously doubt a deity, these frame an open door over whose threshold the unbeliever can take his first easy step into a reality hitherto unknown to him — the realm of faith.

In AA such breakthroughs are everyday events. They are all the more remarkable when we reflect that a working faith had once seemed an impossibility of the first magnitude to perhaps half of our present membership of three hundred thousand. To all these doubters has come the great discovery that as soon as they could cast their main dependence upon a "higher power" — even upon their own AA groups — they had turned that blind corner which had always kept the open highway from their view. From this time on — assuming they tried hard to practice the rest of the AA program with a relaxed and open mind — an ever deepening and broadening faith, a veritable gift, had invariably put in its sometimes unexpected and often mysterious appearance.

We much regret that these facts of AA life are not understood by the legion of alcoholics in the world around us. Any number of them are bedeviled by the dire conviction that if ever they go near AA they will be pressured to conform to some particular brand of faith or theology. They just don't realize that faith is never a necessity for AA membership; that sobriety can be achieved with an easily acceptable minimum of it; and that our concepts of a higher power and God as we understand him afford everyone a nearly unlimited choice of spiritual belief and action.

How to transmit this good news is one of our most challenging problems in communication, for which there may be no fast or sweeping answer. Perhaps our public information services could begin to emphasize this all-important aspect of AA more heavily. And within our own ranks we might well develop a more sympathetic awareness of the acute plight of these really isolated and desperate sufferers. In their aid we can settle for no less than the best possible attitude and the most ingenious action that we can muster.

We can also take a fresh look at the problem of "no faith" as it exists right on our own doorstep. Though three hundred thousand did recover in the last twenty-five years, maybe half a million more have walked into our midst, and then out again. No doubt some were too sick to make even a start. Others couldn't or wouldn't admit their alcoholism. Still others couldn't face up to their underlying personality defects. Numbers departed for still other reasons.

Yet we can't well content ourselves with the view that all these recovery failures were entirely the fault of the newcomers themselves. Perhaps a great many didn't receive the kind and amount of sponsorship they so sorely needed. We didn't communicate when we might have done so. So we AAs failed them. Perhaps more often than we think, we still

5 make no contact at depth with those suffering the dilemma of no faith.

Certainly none are more sensitive to spiritual cocksureness, pride, and aggression than they are. I'm sure this is something we too often forget. In AA's first years I all but ruined the whole undertaking with this sort of unconscious arrogance. God as I understood him *had* to be for everybody. Sometimes my aggression was subtle and sometimes it was crude. But either way it was damaging — perhaps fatally so — to numbers of nonbelievers. Of course this sort of thing isn't confined to Twelfth Step work. It is very apt to leak out into our relations with everybody. Even now, I catch myself chanting that same old barrier-building refrain, "Do as I do, believe as I do — or else!"

Here's a recent example of the high cost of spiritual pride. A very tough-minded prospect was taken to his first AA meeting. The first speaker majored on his own drinking pattern. The prospect seemed impressed. The next two speakers (or maybe lecturers) each themed their talks on "God as I understand him." This could have been good, too, but it certainly wasn't. The trouble was their attitude, the way they presented their experience. They did ooze arrogance. In fact, the final speaker got far overboard on some of his personal theological convictions. With perfect fidelity, both were repeating my performance of years before. Quite unspoken, yet implicit in everything they said, was the same idea — "Folks, *listen to us. We have the only true brand of AA — and you'd better get it!*"

The new prospect said he'd had it — and he had. His sponsor protested that this wasn't real AA. But it was too late; nobody could touch him after that. He also had a first class alibi for yet another bender. When last heard from, an early appointment with the undertaker seemed probable.

Fortunately, such rank aggression in the name of spirituality isn't often seen nowadays. Yet this sorry and unusual episode can be turned to good account. We can ask ourselves whether, in less obvious but nevertheless destructive forms, we are not more subject to fits of spiritual pride than we had supposed. If constantly worked at, I'm sure that no kind of self-survey could be more beneficial. Nothing could more surely increase our communication with each other and with God.

Many years ago a so-called unbeliever brought me to see this very clearly. He was an MD and a fine one. I met him and his wife Mary at the home of a friend in a midwestern city. It was purely a social evening. Our Fellowship of alcoholics was my sole topic and I pretty much monopolized the conversation. Nevertheless, the doctor and his lady seemed truly interested and he asked many questions. But one of them made me suspect that he was an agnostic, or maybe an atheist.

This promptly triggered me, and I set out to convert him, then and there. Deadly serious, I actually bragged about my spectacular spiritual experience of the year before. The doctor mildly wondered if that experience might not be something other than I thought it was. This hit me hard, and I was downright rude. There had been no real provocation; the doctor was uniformly courteous, good-humored, and even respectful. Not a little wistfully, he said he often wished he had a firm faith, too. But plainly enough, I had convinced him of nothing.

Three years later I revisited my midwestern friend. Mary, the doctor's wife, came by for a call and I learned that he had died the week before. Much affected, she began to speak of him.

His was a noted Boston family, and he'd been Harvard educated. A brilliant student, he might have gone on to fame in his profession. He could have enjoyed a wealthy practice and a social life among old friends. Instead, he had insisted on being a company doctor in what was a strife-torn industrial town. When Mary had sometimes asked why they didn't go back to Boston, he would take her hand and say, "Maybe you are right, but I can't bring myself to leave. I think the people at the company really need me."

Mary then recalled that she had never known her husband to complain seriously about anything, or to criticize anyone bitterly. Though he appeared to be perfectly well, the doctor had slowed down in his last five years. When Mary prodded him to go out evenings, or tried to get him to the office on time, he always came up with a plausible and good-natured excuse. Not until his sudden last illness did she know that all this while he had carried about a heart condition that could have done him in at any moment. Except for a single doctor on his own staff, no one had an inkling. When she reproached him about this, he simply said, "Well, I could see no good in causing people to worry about me — especially you, my dear."

This was the story of a man of great spiritual worth. The hallmarks were plain to be seen: humor and patience, gentleness and courage, humility and dedication, unselfishness and love — a demonstration I might never come near to making myself. This was the man I had chided and patronized. This was the "unbeliever" I had presumed to instruct!

Mary told us this story more than twenty years ago. Then, for the first time, it burst in upon me how very dead faith can be — when minus responsibility. The doctor had an unwavering belief in his ideals. But he also practiced humility, wisdom, and responsibility. Hence his superb demonstration.

My own spiritual awakening had given me a built-in faith in God — a gift indeed. But I had been neither humble nor wise. Boasting of my faith, I had forgotten my ideals. Pride and irresponsibility had taken their place. By so cutting off my own light, I had little to offer my fellow alcoholics. Therefore my faith was dead to them. At last I saw why many had gone away — some of them forever.

Therefore, faith is more than our greatest gift; its sharing with others is our greatest responsibility. So may we of AA continually seek the wisdom and the willingness by which we may well fulfill that immense trust which the giver of all perfect gifts has placed in our hands.

Language of the Heart by Bill W., p. 251-254.

A NEW ADDITION TO THE NEWSLETTER this year will include words we often use in A.A. I hope this section will clarify your understanding of these words and thus enrich your program.

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

WORDS POWERFUL ⇔ POWERFUL WORDS

Prefix, ..The following word, "HEART", besides being the longest and paradoxically encompassing word in the dictionary, it also includes all the meanings and nuances that as humans, makes us the emotional beings that we are. I've chosen to include it's meaning in it's entirety. The definition is taken from 'The New Lexicon WEBSTER'S DICTIONARY of the English Language.'

6 HEART (hart) 1 .n. the hollow muscular organ which, by rhythmical contraction and expansion, forces the blood through the circulatory system of vertebrates[]the central part of something (the heart of the city, the heart of a head of lettuce)[]the most important part of something (the heart of the matter) []the fount of man's emotions and deepest feelings[]kindness, affection,(to have no heart) []conscience,(to know in one's heart that an action is wrong []disposition,(a kind heart) []courage and zeal,(to have no heart for a task) []a state of mind or feeling, (with a heavy heart [] (pop)be merciful! NOT TO HAVE THE HEART TO to be unwilling to (do something distressing), she hadn't the heart to tell him the bad news. TO BREAK ONE'S HEART to be acutely distressed in one's affections or sensitivity TO CRY ONE'S HEART OUT to grieve so much, for so long, that emotion is exhausted TO DO ONE'S HEART GOOD to give one an unexpected feeling of pleasure and satisfaction TO GIVE (or LOSE) ONE'S HEART TO to give all one's affection to TO HAVE A CHANGE OF HEART to change from being unkind and unsympathetic to being kind and sympathetic TO HAVE ONE'S HEART IN to be fond of(one's work etc.)TO HAVE ONE'S HEART IN ONE'S BOOTS to be fully apprehensive TO HAVE ONE'S HEART IN ONE'S MOUTH to be very alarmed TO HAVE ONE'S HEART IN THE RIGHT PLACE to be kind and affectionate TO HAVE SOMETHING AT HEART to have great sympathy for TO HAVE HEART TO (DO SOMETHING)(in negative and interrogative constructions)to have the courage to(do something) TO LEARN(or have memorized)something TO LOSE HEART to be discouraged and ready to give up TO SET ONE'S HEART ON to desire very strongly TO SPEAK FROM ONE'S HEART to speak with great sincerity TO TAKE HEART to be encouraged TO TAKE HEART to heed with seriousness []to mind so much as to be upset by TO TAKE TO ONE'S HEART to take into one's affections TO WEAR ONE'S HEART ON ONE'S SLEEVE to expose one's feelings to the world WITH ALL ONE'S HEART(rhet) most willing.

(anatomical)--In man, the heart comprises of four chambers; the right auricle and ventricle and the left auricle and ventricle. The left auricle and ventricle receive oxygenated blood from the lungs and the left ventricle pumps it to all parts of the body through the arteries. In the tissues it passes into the minute vessels, the capillaries, which are adjacent to cells of all the tissues. Here the blood exchanges oxygen and nutrients for wastes and carbon dioxide. The blood returns to the heart through veins and passes through the right auricle and ventricle to the lungs, where the carbon dioxide is exchanged for oxygen.

ALONG WITH THIS INITIAL EXTENSIVE DEFINITION ARE THE NOUNS AND ADJECTIVES THAT GIVE THE

EMOTIONAL TIES WE ALL FEEL FROM TIME TO TIME!

HEARTACHE (Harteik)n. Persistent mental suffering through loss of a loved person or disappointment in love.

HEARTBREAK (Hartbreik)n. Overwhelming sorrow[]tending to crush the spirit (a heartbreaking task HEARTBROKEN (Hartbrouken)adj. suffering: overwhelming suffering.

HEART-BURNING (Hart-burn-ing)n. emotional discomfort, esp. caused by envy, disappointment, jealousy, or a sense of guilt.

HEARTEN (Hart-'n)v.t. To inspire with fresh determination. HEARTFELT (Hartfelt) adj.(rhet) Deeply and sincerely felt.

* WHAT IT MEANS TO ME... The word "HEART" along with the nouns and adjectives are the essence of all that man is emotionally, for better or worse. It is the all inclusive word that whether we are the king or the pauper, it is because of what is in our Hearts.

"J. W.'S THOUGHTS"

"STEP 3"

"MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM"

This is probably the hardest step to write about, think about, accept and do-it for an alcoholic than any other step. I hear a lot of people say they are stuck on the third step. Why?

Because a lot of people gave up on God a long time ago. They see God as a religious God from their younger years. They are afraid of that God. When we were in the depths of alcoholism, we prayed to God that we would never drink again, only if he would make us feel good for that very hour of despair. The next thing we would find ourselves doing is drinking again. Then we ask ourselves, "Where is God now"? We really didn't care, we just wanted to drink more than we wanted to stop. We would talk to God in the morning again when we were sick! So...where do I go from here?

I often think of when I was a little boy going to school for the first time. I was afraid to get on the bus. I would hold on to my mom's hand and didn't want to let go, but she insisted. If I wanted to go to school, I had to get on the bus and that I'd never grow up and become a strong man if I didn't trust her. I loved and trusted my mom, so I got on the bus, horrified at all the strangers and noise and insecurity. You know what? Nothing happened. I got to school O.K. and home okay!

The next day I still didn't want to get on the bus. The fear came back, but I got on it anyway. After a few months the fear was gone and I loved riding the bus.

This idea is just like STEP 3. Our A.A. group is our mom and God is the bus & driver. When we get on the bus we are turning our lives over to the bus driver. We

trust him or her to take us on our journey and to get us there safely. Now put God as our bus driver and the bus as our lives. We trust God to help us on the journey of life wherever we choose to go. This 'GOD'(the bus driver) is the 'GOD' of your choosing.

Our program is a spiritual program...Not a religious one. Spiritual or religious, it is how you vision 'GOD.' On page 62 of the 'Big Book' on the bottom of the page it reads, "Most good ideas are simple and this concept was the keystone of the triumphant arch which we passed to freedom".

Let us look at two key words...Keystone and Arch. When a builder builds an arch (such as a train tunnel) the arch is totally reliant on the keystone! This is the stone that is at the top of the arch that holds all the stones together. If this stone is weak or removed the arch will collapse. That is exactly what the 'Big Book' means by the triumphant arch. If our Third Step is strong, we can build the rest of the steps around this step. Look at the 12 steps.. noting steps 4,5,6,7, and 11 all talk about 'GOD' I ask you to choose a 'GOD' of your understanding so that you will have a solid foundation to build your steps on.

So now I am back on the bus. I have been riding that bus a long time. Now I get this great idea that I want to drive the bus?! I have no experience, no license, nor do I even know how to shift gears. It looks like fun though, doesn't it? So... I convince the driver to move over and let me drive. "Remember the driver is 'GOD'. I've convinced myself that up to now I've done a good job and besides driving looks like it would be fun. I tell God I've been watching him. I think I can do just as good as you. So 'God' reluctantly lets' me drive. You must know what happens next. I put the bus in the ditch. Then I hurriedly try to get the bus out before 'God' shows up. I'm up to my knees in mud, desperately trying to push this big old bus out. What happens? I get angry, frustrated, and confused. I blame 'God' for letting me drive, but I forget that I convinced him to let me. I ditched the bus, now I suppose I don't look so smart do I? So I sit along side the road and ask for 'God' to come back. He says, "This is a fine mess you've gotten yourself into, "I will help you if you let me drive from now on"! I agreed so now I've learned from my mistakes that I have to trust in 'God' and let Him drive the bus. Page 63 of the 'Big Book' has the Third Step prayer.. The last line reads, "May I do thy will always".

When I pray I ask that 'GODS' will be done, Not Mine! I know my will surely will get me stuck again.

Remember this is just my thoughts on Step 3. Read your 'Big Book' and the 12&12 to get a good clear picture on Step 3. May God Bless you and keep you sober until next month!

Jim W.

I was to know happiness,
peace, and usefulness, in a way
of life that is incredibly more
wonderful as time passes.

"WORDS OF PRAISE FOR VOLUNTEERS"

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

Margaret Mead

"Act as if what you do makes a difference. It does."

William Jones

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

"Everybody can be great because anybody can serve... You only need a heart full of grace and a soul generated by love."

Martin Luther King Jr.

VOLUNTEERS GIVE FROM THE HEART

"The highest reward for man's toil is not what he gets for it, but what he becomes by it."

John Ruskin

"Volunteers are the only beings.. .Who reflect this nation's compassion, unselfish caring, patience and just plain loving one another."

Erma Bombeck

"One person can make a difference--and every person must try."

John F. Kennedy

"I am only one, I cannot do everything. But I will not refuse to do something that I can do."

Helen Keller

CALENDAR

February

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

March

11th Sat **Delegates Workshop**, City Municipal Building, 174 South Ayder Ave., Phillips, WI 9:00 am to 4:00 pm • Area Committee Meeting to Follow

24th Fri **Neenah/Menasha Intergroup**, Our Savior Lutheran Church, 809 So. Commercial St.,

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Neenah, WI, Dinner at 6:30 pm • Speakers will begin at 7:30 pm • Tina H and Brian H both from Green Bay will speak • For more info **contact: Roger W.** 920-788-0529.

25th Sat **Dist 22, Door and Kewaunee Co. Intergroup**, United Methodist Hope Church, 141 So. 12th Ave., Sturgeon Bay, WI • Summer Cookout w/brats and potato salad • Registration 3:00 pm • Program begins at 4:00 • Dinner at 5:30 • Open AA Meeting 6:30 • Dick C. from Minnesota will speak • The Hope Church is located on the corner of Michigan and 12th Ave. • A \$5 donation is requested • Contact Pete 1-920-487-3778

April

1st Sat **Area 74 Spring Assembly**, Three Lakes Community Senior Center, 1858 Michigan St., Three Lakes, WI 8:30 am to 4:45 pm Central Time.

8th Sat **AA: Women to Women**, The Pass It On Club, 6229 W. Forest Home Ave., Milwaukee, WI See ad on page 4 for more info.

21st Fri **Moose & Goose Annual Fundraiser for Corrections Literature**, Ascension Lutheran Church, Navarino, WI. See ad on page 4 for more info.

May

19, 20, 21 Fri Sat Sun **2006 Spring Conference, Sponsored by AREA 74, District 01 Green Bay "SPONSORSHIP / SERVICE / SELF-SUPPORT / CHANGING WORLD"** Comfort Suites Conference Center, 1951 Bond St., Green Bay, WI 54303 Conferences are a chance for all of us to gather for fellowship and to further help carry the message to the still suffering alcoholic. • This is an open conference - **all are welcome!** • Al-Anon Speaker - Susan H. CA • AA Speaker Mickey B. - Santa Monica, CA • Fellowship Dance and Alkathon • AA and Al-Anon Panels • Ice Cream Social • Alkathon • Skit • Registration \$13 • Saturday Banquet /Speaker \$14 • Sunday Breakfast \$9 • Register by May 1st to reserve your spot. • Make checks payable to: District 01 - Area 74 Spring Conference Treasurer, PO Box 0632, Green Bay, WI 54305. **Contact: Greg Szatori** 920-265-2944, e-mail: gszatori@excite.com or **Lynn Lade** 920-362-3455, e-mail: mllade@msn.com

See you there!

God as I understand Him
... a power greater than myself.