

DISTRICT 01 NEWSLETTER

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

MAY 2006

DISTRICT 01 PO BOX 0632 GREEN BAY WI 54305

www.greenbayaa.org

GSR and District Service Meeting

May 18 The Bridge
Third Thursday 2514 Jenny Lane
6:30 pm 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.

Remember that you are unique
just like everyone else.
Practice tolerance.

District 01 Committee Officers

District Committee Member (DCM)	Bruce K.	498-9750
Alternate DCM	Bob L.	309-1160
Secretary	Debbie S.	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!

In Alcoholics Anonymous
individual freedom is of
enormous importance.

Twelve Concepts for World Service, p. 22

Support our new Group

Come and visit the

Serenity Now Group Calvary Lutheran Church

1301 So. Ridge Rd.
(9th St & Ridge Rd)

Monday • Wednesday • Friday
Noon - 1pm

Open AA Meeting Non-smoking
Contact: Tim S. 360-3869

The 45 Minute Group has changed to a Closed Meeting.

Pilgrim Congregational Church (side door)
991 Pilgrim Way, Green Bay

Meets: Mon - Wed - Fri at 12:15pm
Non smoking - Discussion Format

Contact: God Pays Good

Leadership in A.A.: Ever a Vital Need

Minutes of the GSR and Committee Service Meeting

March 16, 2006

Bruce K. DCM
Debbie S. Secretary
Lynn L. Treasurer
Brian S. GSR Fri. 5:30pm N/S @ 218 Club
Glenn F. Corrections chair
John S. GSR "AA Today"
Stacey M. GSR Thurs. "Women in the Present"
Barb R. GSR Tues. women's 1:00pm
Jim D. Hotline chair
Elizabeth F. GSR "New Hope" shelter
Jeff P. GSR Mon. 8:30am BB mtg. @ 218 club
Jayne B. Alt. GSR "Early Risers" Flintville
Pat P. GSR Tues. men's group @ Bellin
Chris B. GSR Sat. "Eye Opener" @ St. Matthew's
Craig M. Alt. GSR "Eye Opener" @ St. Matthew's
Eddie A. Bridging the Gap chair
Keith J. GSR "Step'n Up Group" Sun. 7pm
Michael V. GSR "Eyes Wide Open"/ newsletter edit.
Marty S. Alt. GSR "Fisherman's Paradise"
John Bridge

The meeting was opened with the Serenity Prayer.

Committee Reports

DCM- Bruce gave a report on the Area Committee meeting. The Area 74 guidelines will be in draft form for the Spring Assembly with copies available for the DCM's and GSR's to take to the groups for review. Michigan Corrections needs a chairperson. This position has been vacant for a long time. Area 74 is to sponsor the Unity Conference planed for July 7-9, 2006. The DCM budget will be \$300 this year. That is \$100 down from 2005 budget.

NEWSLETTER- Michael apologizes for not having April's newsletter. The computer crashed and lost all of March's data. A motion was carried to withdraw April's newsletter. There was a discussion on the cost difference between a 6 or 8 page newsletter. The newsletter budget will be \$530 which is up \$50 from last year.

TREASURER- Lynn reported last month the balance was listed incorrectly at \$986.54. The correct balance as of 02/16/06 is \$968.54. The district is asking groups to support your district. There was only one deposit this month. Bruce and Lynn will be asking groups if they can visit their meeting to briefly explain and answer questions on how the district works.

PUBLIC INFORMATION- not present

BRIDGING the GAP- Eddie informed us his volunteer list is dwindling. He has been getting requests from women in Huber and B.C. jail. BTG definitely needs volunteers. The BTG visit at Jackie Nitschke went very

2 well. Three people were matched up. BTG is also working with the county and social services to match up people waiting to get into treatment. This year's budget will be \$150.

ARCHIVES- not present

GRAPEVINE- not present- Kelly J. did inform Bruce to let people know he has old Grapevine issues. If anyone is interested in using these contact Kelly.

CORRECTIONS- Glenn reported GBCI and Sanger B are good on volunteers at this time. The rest of corrections needs help. Ten people did get cleared for Brown County jails; only two went through with the orientation process. There is a 3-4 hour training session volunteers need to do. The budget will stay at \$500.

CPC- not present

HOTLINE- Jim reported last month's bill as \$140. This year's budget will be \$2000.

INTERGROUP- not present

SPRING CONFERENCE- Mickey B. will NOT be speaking. He had to cancel. Michaeline F. will be the main AA speaker. She is from San Diego, CA. About forty registrations are in.

OLD BUSINESS- Marty volunteered to get in touch with the District 01 webmaster.

NEW BUSINESS- nothing new to report.

Closed with the Lord's Prayer

Respectfully submitted by

Debbie S.

AA DISTRICT 01 TREASURER'S REPORT

March 16, 2006

BALANCE AS OF 02-16-06	\$ 968.54
DEPOSITS:	\$ + 51.28
Spiritual Axiom Group	51.28
CHECKS:	\$ - 213.21
The Bridge (Rent)	15.00
Marty S. (Newsletter)	55.00
All City Communications (Hotline)	140.21
Check Image Fee	3.00
BALANCE AS OF 03-16-06 (includes \$650.00 prudent reserve)	\$ 806.61

Respectfully submitted,
Lynn Lade, Treasurer

**At each level of service, authority
should be equal to responsibility.**

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?"

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

Corrections

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: Jim D.** 468-8141

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

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 May 10th for the June 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

3 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:

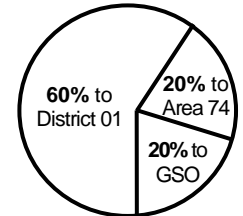
Dean H., Treasurer
PO Box 0632
Green Bay, WI 54305
Payable to: District 01 Treasurer

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



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.

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 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	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!

Alcoholics Anonymous
2006 Spring Conference
Green Bay, Wisconsin
May 19, 20, 21

Sponsored by Area 74 – District 01
at

Comfort Suites Conference Center
1951 Bond St., Green Bay, WI

Theme:

**SPONSORSHIP • SERVICE
SELF-SUPPORT • CHANGING WORLD**

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!

FRIDAY

2:00 pm Registration starts
Skit
Ice Cream Social
(sponsored by Tuesday Men's Group)
Alkathon

SATURDAY

7:30 am Registration starts
8:00 am Delegates Report
AA and Al-Anon Panels
3:30 pm Al-Anon Speaker – Susan H. CA
6:00 pm Banquet
7:30 pm Speaker Mickey B., Santa Monica, CA
Fellowship Dance and Alkathon

SUNDAY

8:30 am Breakfast & Spirituality Speaker

**Registration \$13
Saturday Banquet/Speaker \$14
Sunday Breakfast \$9**

Register by May 1st to reserve your spot.
You may register for all or any portion of the
Conference you choose.

Make checks payable to:

DISTRICT 01 – AREA 74 SPRING CONFERENCE
TREASURER, PO Box 0632, Green Bay, WI 54305

Questions? Contact:

Greg Szatori 920-265-2944
email: gszatori@excite.com

Lynn Lade 920-362-3455
email: mllade@msn.com

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Spiritual Experiences

July 1962

It is the intention of the Grapevine to carry occasional accounts of spiritual experiences. To this interesting project I would like to say a few introductory words. There is a very natural tendency to set apart those experiences of awakenings which happen to be sudden, spectacular, or vision-producing. Therefore any recital of such cases always produces mixed reactions. Some will say, "I wish I could have an experience like that!" Others, feeling that this whole business is too far out on the mystic limb for them, or maybe hallucinatory after all, will say, "I just can't buy this business. I can't understand what these people are talking about."

As most AAs have heard, I was the recipient in 1934 of a tremendous mystic experience or "illumination." It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of his presence. At first it was very natural for me to feel that this experience staked me out for somebody very special.

But as I now look back upon this tremendous event, I can only feel very specially grateful. It now seems clear that the only special feature of my experience was its electric suddenness and the overwhelming and immediate conviction that it carried to me.

In all other respects, however, I am sure that my own experience was not in the least different from that received by every AA member who has strenuously practiced our recovery program.

How often do we sit in AA meetings and hear the speaker declare, "But I haven't yet got the spiritual angle." Prior to this statement, he had described a miracle of transformation which had occurred in him – not only his release from alcohol, but a complete change in his whole attitude toward life and the living of it. It is apparent to nearly everyone else present that he has received a great gift; and that this gift was all out of proportion to anything that might be expected from simple AA activity, such as the admission of alcoholism and the practice of Step Twelve. So we in the audience smile and say to ourselves, "Well, that guy is just reeking with the spiritual angle – except that he doesn't seem to know it yet!" We well know that this questioning individual will tell us six months or a year hence that he has found faith in God.

Moreover, he may by then be displaying "spiritual qualities" and a performance that I myself have never been able to duplicate – my sudden spiritual experience notwithstanding.

So nowadays when AAs come to me, hoping to find out how one comes by those sudden experiences, I simply tell them that in all probability they have had one just as good – and that theirs is identical excepting it has been strung out over a longer period of time.

Then I go on to say that if their transformation in AA extending over six months had been condensed into six minutes – well, they then might have seen the stars, too!

In consequence of these observations I fail to see any great difference between the sudden experiences and the more gradual ones – they are certainly all of the same piece. And there is no sure test of them all: By their fruits, ye shall know them."

This is why I think we should question no one's transformation – whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experiences suggests that we are apt to receive whatever may be the most useful for our needs.

*Language of the Heart, Bill W's Grapevine Writings, p. 274-6,
with permission.*

Live and let live is the rule.

“WORDS POWERFUL---POWERFUL WORDS”

NEUROPATHY (med) n. Any of several diseases of the nervous system. (fr.GK neuron/nerve & patien..to suffer)

What it means to me... I heard the word at a meeting and was captivated by the context by which it was said. Other than that, I don't have a clue.

REDEEM V.T. To get back full possession of, esp. by repaying the sum of money secured by the thing recovered. (to redeem a pawned ring) [] To change or convert (bonds etc.) into cash [] To fulfill (promise) [] To recover from captivity, by ransom [] (theology) To free from the bondage of sin [] To save from being a total failure..(this quality redeemed him in her eyes)

What it means to me... Even in the most evil and bad of anything, one must be assured that they have some redeemable qualities. Often times others see them when we don't.

CHRONIC adj. (of disease) Long lasting; deep-seated (cf. ACUTE) [] constant, inveterate n. (a chronic smoker) Br. pop./ Very bad. (a chronic performance) of disease./ The state of or quality of being chronic.

What it means to me... Those of us alcoholics who were thought of ourselves as being chronic alcoholics and without hope were for the “Grace of God” shown a solution through the program of ‘Alcoholics Anonymous’!

INSPIRATION n. (theology) Divine influence, seen as the working of the Holy Spirit in the human soul [] The creative impulse of an artist, often seen as a supernatural prompting [] A person who or thing that inspires [] An inspired idea [] A breathing in. inhale

What it means to me...Inspiration comes to me often if I am spiritually healthy and look for the Goodness around me. People, words, scenery of life itself can inspire.

J.W'S THOUGHTS

5TH STEP

“Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”

What good does doing an inventory of our wrongs and putting them on paper and then just leave them in the notebook? First we have to find someone to tell out faults to. Someone who will keep it confidential, usually your sponsor or priest or even your doctor or psychologist. Why do we have to tell someone?

When we wrote our list, haven't we already admitted to ourselves our wrongs? Telling someone is a very humbling experience. We are letting go of our

5 pride and egos. Remember, we are building a relationship with our ‘Higher Power’ and by doing so can walk a free man.

Now, let us look at our list again. Did we omit anyone or anything? Look deep in your heart and let everything come out. We don't want to leave anything out. If you have anything so embarrassing or hideous that we don't want anybody to know about, we will eventually drink over this hidden past. Make sure you don't leave Anything out!

It seems that we are now ready. We tell the person we had chosen to tell and we pick a time and place. NO EXCUSES...The sooner we complete the vital step the better. After we have completed this process we will feel like a great weight has been lifted off our shoulders. The feeling for the need to drink will slowly disappear. Now we go home and find a quiet place to “Thank God” for the courage and our relationship with him. You will not believe how good you will feel after you have done an honest and thorough 4th and 5th Step. You are truly on your way to a free and sober life.

I hope God will give you the strength to accomplish this great feat. It's spring and a good house-cleaning is good for the heart. You will come to “Trudge the road to happy destiny.” (p. 164 in the Big Book)

God Bless you and keep you sober until next month.

Jim W.

To all those celebrating a sobriety anniversary this month...Congratulations! Every day sober is a milestone! And...as always...Happy Birthday to all those born this month...The birthstone for May is the ‘Emerald!’

“QUOTABLE QUOTES”

On duration... by anonymous

“Youth is when you think you'll last forever; Middle age is when you wonder how you've lasted so long.”

On duty... by Mark Twain

“Do something every day that you don't want to do; that is the golden rule for acquiring the habit of doing your duty without pain.”

On disguise... by anonymous

“During hunting season, hunters would be safer if they disguised themselves as deer.”

On discipline...by anonymous

“A disciplinarian can train his child to almost anything, except to run into his arms when he comes home.”

On desperation...by anonymous

“It's better to keep your feet on the ground than your head in the clouds; especially when you're at the end of your rope.”

On democracy...by anonymous

"Democracy is a form of government where every taxpayer has complete freedom in electing officials who have complete freedom in taxing him."

Michael V. 'Gray Wolf'

CALENDAR

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 Registration \$13 • Saturday Banquet /Speaker \$14 • Sunday Breakfast \$9 • Register by May 1st to reserve your spot. **Contact: Greg Szatori** 920-265-2944, e-mail: gszatori@excite.com or **Lynn Lade** 920-362-3455, e-mail: mllade@msn.com

27th Sat **Annual Oconto Intergroup**, First American Lutheran Church, 511 Madison St. 6:00 pm Pot-luck served • 7:00 pm Speakers • Please bring a dish to pass. • All are welcome. **Contact: Tammy N.** 920-834-3375

June

16, 17, 18 Fri Sat Sun **14th Annual Sand Lake Sobriety Campout**, Menominee Indian Reservation, Keshena, WI Traditional Feast • Drum Ceremony • Sacred Fire • Sweat Lodge • Talking Circles • Panels include: Emotional Sobriety Physical Sobriety Spiritual Sobriety Mental Sobriety • Saturday night DJ - "Jamming Joe" • Youth Activities Games and races • Elder Stories • Kids Circle • Free Firewood • Lake Fishing • Swimming • Canoeing • Ropes • Rough Camping • Port a Pots • On-site security • 24-hour Coffee Pot • **Everyone Welcome** Individual \$5, Family \$20 Pre-register by May 17th Mail registration form and check to: Sand Lake Committee/Bonnie Stoneman, PO Box 13511, Green Bay, WI 54327 **Contact: Bonnie S.** 920-819-0844 Email: bstonema@oneidanation.org

July

14, 15, 16th Fri Sat Sun **10th Annual 'Keep It Simple' AA/Al-Anon Door County Washington Island Retreat**, Island Campground & Recreation, Washington Inland, WI 54264 Ph: 920-847-2622 "A weekend focused on the

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3rd & 11th Steps." Bring Musical instruments • **Friday:** 4:00 pm registration opens • 6:00 pm Casual, elective Potluck Dinner, please bring a dish to pass • Evening Welcome & AA/Al-Anon Speaker Meeting **Saturday:** 7:00 and 10:00 am AA/Al-Anon Discussion Meetings • Time to socialize: fish, swim, hike, sit, relax, read and just stare off into space • 6:00 pm Potluck Leftovers (elective) • 7:00 pm AA/Al-Anon Speaker Meeting **Sunday:** 7:00 am AA/Al-Anon Discussion Meeting • 10:00 am Open Meeting and Closing • Clean ups and good-byes. To camp at the campground we have arranged for the large group site. This is where all events will be held. Campsites are on the edge of the group site. Campsite fee: \$3.50 per person per night paid on site. Private sites available: call 920-847-2622. Dogs are welcome, but not at the meetings. All outdoor events are subject to adjustments for the weather. Ferries operate daily. For more info contact: Washington Island Ferry Line Ph: 800-223-2094 or www.wisferry.com. Retreat registration: \$20 per person. Ferry transportation, meals and lodging or camping costs are not included. Make check payable to: Island Retreat, PO Box 295, Maplewood, WI 54226-0295 Disclaimer: Any Alcoholics Anonymous & Al-Anon Groups, and the sponsors of this event, are NOT liable for any lost property or personal injuries. For information or to serve **contact: Gunter R.** 920-856-6354 e-mail: reiche@itol.com

SOME THINGS DON'T CHANGE!

Whose heart is filled with anguish and sorrow? Who is always fighting and quarreling? Who is the man with bloodshot eyes and many wounds? It is the one who spends long hours in the taverns, trying out new mixtures. Don't let the sparkle and the smooth taste of strong wine deceive you. For in the end it bites like a poisonous serpent; it stings like an adder. You will see hallucinations and have delirium tremens, and you will say foolish, silly things that would embarrass you no end when sober. You will stagger like a sailor tossed at sea, clinging to a swaying mast. And afterwards you will say, "I didn't even know it when they beat me up. . . Let's go and have another drink!"

Proverbs 23: 29 - 35, *The Book*, special edition of the *Living Bible*.

THUS WE GROW.

And so can you, though you be but one man/woman with this book in your hand.

Alcoholics Anonymous, p. 162