



The Communicator

January | 2014

Green Bay Area 74 District 01
newsletter@greenbayaa.org
www.greenbayaa.org
HOTLINE - 920-432-2600

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

30th Anniversary Alcoholics Anonymous International Convention-Toronto, Canada (July 1965)

"WHY DO I DRINK"

"Men have cried out to me in sincere and despairing appeal: 'Doctor, I cannot go on like this! I have everything to live for! I must stop, but I cannot! You must help me!'"

According to Dr. William D. Silkworth, "...Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

We doctors have realized for a long time that some form of moral psychology was of urgent importance to alcoholics, but its application presented difficulties beyond our conception. What with our ultra-modern standards, our scientific approach to everything, we are perhaps not well equipped to apply the powers of good that lie outside our synthetic knowledge.

On the other hand—and strange as this may seem to those who do not understand—once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.

"The Doctor's Opinion" Alcoholics Anonymous (www.aa.org/bigbookonline)

"A LETTER TO ANYONE NEW"

Thank you for your interest in Alcoholics Anonymous. You will see that the first and most important step in our program is admission by the alcoholic that he or she is powerless over alcohol, and that life has become unmanageable. It is often helpful for the alcoholic to talk with an A.A. member, because it may make it easier to understand the nature of the illness, and to accept A.A. help.

Alcoholics Anonymous is a program of a new way of life without alcohol, a program that is working successfully for millions of men and women throughout the world, and in all walks of life. The experience of A.A. members is that alcoholism is a progressive illness that cannot be cured, but which, like some other illnesses, can be arrested—by staying away from the first drink, one day at a time.

We would encourage you to get in touch with the nearest A.A. Central Office or Intergroup to get further information on Alcoholics Anonymous, speak to an A.A. member or find local A.A. meetings. Many of these offices have web sites and email.

A.A. members, as volunteers, are happy to offer help by sharing their experience, strength and hope in staying sober. One of the ways members stay sober is by helping other alcoholics to achieve sobriety.

Best wishes, General Service Office (GSO)

www.aa.org

**"We admitted we were powerless over alcohol—
That our lives had become unmanageable."**

Heard At A Meeting (aagrapevine.org) "...if you spot it....you got it...if it makes you mad, you got it bad !" ~Norm

Recovery

Julee

She joined A.A. at 16

"I hated myself terribly." I was a teenage alcoholic, a 14-year-old girl who desperately wanted to become a woman. I despised authority, ran from the pain of my childhood, and sought thrills no matter what the cost.

I aspired to be every boy's fantasy and every girl's best friend. I wanted to be the best—the prettiest girl, the best dressed, the best basketball player. Instead, I found a skater boyfriend, lost my virginity, and skipped tryouts to drink cheap wine with the girls in the neighborhood.

Those first few drinks brought me peace and a feeling of belonging to the human race. I sold my soul to alcohol, threw away my dreams, and broke all promises to everyone, including myself. When I drank, the boys liked me, I had more confidence, and I feared nothing.

Quickly, though, my newfound solution became my worst nightmare. When I drank, I blacked out and came to with people I didn't know, came to in backyards and in strange homes on the other side of town. I was sexually assaulted a few times as a result of being so intoxicated.

I started taking other drugs. I was worn out, and at 16 attempted suicide. Finally, my family put me through rehab, which is where I first learned of A.A. I went through the same treatment center three times that year. I was too young to be an alcoholic, I thought. But soon I realized that every time I put alcohol in my system, horrendous things happened.

I began to see how I had destroyed my life. I hated myself and decided to try this A.A. thing. I went to meetings with some other 16-year-old sober girls. Eventually I got a sponsor, and she took me through the Steps. I found a home group, which I am convinced to this day is what saved my life. I had to stick with the winners, as some of the young people were starting to go back out and drink. I started doing service, and one day I realized I did not want to die anymore, that I did not want to drink anymore. I learned that if I did what the people in A.A. told me to do, I would probably stay sober.

I just turned 30, and I have thirteen and a half years of continuous sobriety. Sobriety has given me my life, and it has given me that inner peace. I was told at my first meeting to expect a miracle, and I am glad I believed that, because it happened and continues to happen for me.

Young People and A.A. pamphlet
www.aa.org

Resources-Keeping Recovery in Your Head

Short stories of Recovery: www.aagrapevine.org
Family & Friends of Alcoholic: www.al-anon.alateen.org
AA Speakers Online/Download: www.aaspeakers.org

Tangled in the Bushes

Tony B., San Antonio, Texas

A newcomer learns from a furry friend how to let his Higher Power lead the way

I had just moved into a sobriety house with two roommates and a pit bull named Otto. Otto was dumb as hell, and I loved him. At the time, I was struggling with surrendering to a Higher Power. I was following my sponsor's guidance and praying for the openness and willingness, even though I didn't really understand it deep down.

Just then I heard a strange cacophony coming from outside, and knowing Otto had been tied up out there, I went out to check up on him. When I walked out, there he was frantically attacking the bushes, yelping and barking like mad. He had tangled himself in the bushes and only needed to walk back around the other way a couple of times and he'd be free, no problem.

I stood there and laughed and realized, "Holy Crap! I'm Otto!" This was how my Higher Power must see me. It was an easy solution for Otto to be free, from my point of view. But in his doggie mind, Otto's best idea was to attack the bushes, because he didn't know any better solution. He just needed some help. Just like Otto, when I feel trapped, angry or confused, I go with the only actions I know, usually harming myself or anyone around me in a desperate attempt to be free. And just as I needed a Higher Power, Otto needed me to calm him and lead him out of the bushes. In three simple circles he was ever so thankful and playful again, his life and freedom returned.

As I smiled down at Otto looking up at me, I told him that I hoped he wouldn't get himself stuck in the bushes again. As I did, I thought about my Higher Power smiling down at me saying the exact same thing.

AAGrapevine.org - November 2013



—Dee D., Louisville, K

Green Bay Area Alcoholics Anonymous Central Office

1270 Main Street, Suite 102

P.O. Box 1791

Green Bay, WI 54305-1791

920-432-2600

www.aagreenbay.com

10:00 am - 5:00 pm Monday-Friday

10:00 am - 2:00 pm Saturday

Central Office assists individuals and groups carry the message of Alcoholics Anonymous to the alcoholic who still suffers. Alcoholics Anonymous and Al-ANON related books, pamphlets, anniversary tokens, medallions, coffee mugs, and cards. Central Office staff will also special order out of stock items.

2014 Intergroup - District 01

Food, Fellowship, And Fun
Redeemer Lutheran Church
210 S. Oneida St
Green Bay, WI 54303
Saturday, January 18th 2014
4:30 - 9:00 pm

Open Speaker Meeting
Gift baskets and recovery related items raffle.
Fellowship 4:30pm
Dinner 5:30pm
Speakers 6:30 – 9:00pm
Donation for the Meet & Eat appreciated.
Set-up and clean-up help needed

Ninth Annual Anniversary Breakfast Open Meeting

Saturday, January 11, 2014
7:00 am
Prince of Peace Lutheran Church
2330 E. Calumet St.
Appleton WI 54915
Bring a dish to pass if you like

GSR Workshop

Saturday, January 25, 2014
1:00 PM - 3:00 PM
St. Mark's Lutheran Church
140 S. Green Bay Road
Neenah, WI
Contact:
Barry (920) 470-9708

Women's Recovery Workshop

“Boundaries, Balance and Relapse Prevention”
Saturday, February 8, 2014
1:00 to 4:00 PM
The Bridge
2514 Jenny Lane, Green Bay
Child care available, snacks and refreshments
Contact:
Phyllis - (920) 609-0668
Lois G. - (920) 946-4772
Marian - (920) 366-5950
Child-Care Questions:
Aimee - (920) 530-8409

Area 74 Spring Conference

May 16-18, 2014
Best Western Premier Bridgewood
Resort Hotel & Conference Center
1000 Cameron Way, Neenah, WI. 920-729-8000
Planning Committee Volunteers Needed
Contact: Tom Y. energytom84@gmail.com

Open AA Speaker Meeting
Sunday, January 12, 10:00 am
Father Carr's the Place 2B,
1062 North Koeller St., Oshkosh WI

Open AA Speaker Meeting
Friday, January 17, 8:00 pm
Peace United Methodist
2300 Wisconsin Ave, Kaukauna WI

Open AA Meeting
Saturday, January 25, 10:00 am
209 Pearl Street, New London WI

Open AA Speaker Meeting
Sunday, January 26, 7:00
Nova Treatment Center
3240 Jackson Street, Oshkosh WI

Spaghetti Dinner & Fellowship

Saturday February 22, 2014
THE BRIDGE OF GREEN BAY
2514 Jenny Lane, Green Bay, WI
Dinner: 5:30 – 6:30 - Speaker: 7:00

Service

Green Bay Area Alcoholics Anonymous Central Office

Central Office Volunteers Needed:
Mon-Fri: 10:00 am - 1:30 pm or 1:30 pm - 5:00 pm
Saturday: 10:00 am - 2:00 pm
Terry H. at 920-432-2600

Volunteer Responsibilities Include:

Process the purchase of literature, mugs, and stickers
Answer phone including AA Hotline - Refer hotline calls to trained
volunteers

2015 Spring Conference

Tom Y. energytom84@gmail.com
Volunteers needed for conference planning committee

Bridging the Gap

1270 Main Street #102
Green Bay, WI 54302
bridging@greenbayaa.org
www.greenbayaa.org/service.html
Introduce newly released inmates to AA
Volunteers with minimum one-year sobriety & sponsor

Corrections

Bob T. 920-246-0931
Judy B. 920-347-9584
corrections@greenbayaa.org
Volunteers needed to co-lead AA meetings at Brown County
Jail. Sun, Tue, Wed Evenings.

Donate

GREEN BAY AREA AA CENTRAL OFFICE

PO Box 1791 Green Bay, WI 54305
(920) 432-2600
www.aagreenbay.com

AA DISTRICT 01 TREASURER

PO Box 632 Green Bay, WI 54305

AA AREA 74 TREASURER

PO Box 313 Eau Claire, WI 54703
www.area74.org

AA GENERAL SERVICE OFFICE (GSO)

Grand Central Station
P.O. Box 459 New York, NY 10163
(212) 870-3400
www.aa.org

GENERAL SERVICE REPRESENTATIVE (GSR) MEETING

December 12, 2013

District Committee Member (DCM) Report-Summary:

(Meeting Minutes Online: www.greenbayaa.org)

Dear Family;

The time has come to turn the District's duties over to the new incoming members. I leave feeling that it will be in great hands. I wish again to thank everyone in the District for their help and support in the past two years; we did get a few things accomplished. First of all, we reignited the desire for groups to sponsor and hold workshops. There is supporting evidence that the community welcomes more of these activities. Secondly, we may have found a way to elect our District Chairs that requires their commitment from the very beginning. Third, we brought an Area Conference to our District in 2015. The conference is and will be a District effort and should bring the District closer. These are not the only things we have accomplished but just a few of the highlights that come to mind. There were and are the countless deeds you have performed for the sake of our fellowship, both recognized and unseen. For that I thank you. These unselfish acts are what make our program work. Keep up the good work. Thank you for your service.

In Loving Service, Gary K. (DCM)

GSR REPORTS

Road to Recovery, Eric J. Our group is growing and will donate to 218 Club Open House Christmas Day.

Serenity Now, Jennifer A. Nothing to report.

Sisters in Sobriety, CJ D. Will put several baskets together for the raffle.

Never on Sunday, Paul K. Jack S. is our new GSR.

Road To Recovery, Benjamin W. Will be GSR for Road to Recovery

New Hope, John C. Attendance is improving.

Red Road, Marty S. We are looking for a place to meet.

It's in the Book, Pat H. Turnout good, a lot of sobriety.

Early Risers, Mark P. Making cookies from 1 to 3. Will have a workshop this Spring.

Serenity Now, Bob K. Nothing to report.

Fisherman's Paradise, Ronald M. Our membership is rebounding; am grateful to be of service to this group. Let it be recorded in the Treasurer's report and the minutes the donation of \$30 to District 01.

Flintville Early Risers, Tom Y. Doing good. Nate is our new GSR.

Julie Ann Going fine.

Women in the Present, Keely K. Report unknown.

GSR Treasurer's Report

Starting Balance 11/14/2013	\$2381.73
Expenses	-\$186.09
Donations	\$38.00
Ending Balance	\$2,233.64

To Prudent Reserve	-\$650.00
To District Events	-\$792.20
Total Funds Available	\$791.44



District 01 Committee Contact Information

District 01 Chairperson	dcmdistrict01@greenbayaa.org
Tom Y. 920-471-3502	
Alternate District Chairperson	altDCM@greenbayaa.org
Gary K. 920-362-0206	
Newsletter	newsletter@greenbayaa.org
Keely J.	
Ronald M. 920-593-2915	
Corrections Chairperson	Corrections@greenbayaa.org
Ron O.	
Meeting List Changes	MeetingList@greenbayaa.org
Ronald M. 920-593-2915	
Treasurer	Treasurer@greenbayaa.org
Pat H. 920-362-1241	
Secretary	secretary@greenbayaa.org
Marty S. 920-465-1401	
Archives	archives@greenbayaa.org
Bruce K.	
Bridging the Gap	Bridging@greenbayaa.org
Mary S. 920-217-3550	
Public Info	PI@greenbayaa.org
Paul K. 920-676-2901	
Marian K. 920-366-5950	
Grapevine	grapevine@greenbayaa.org
CJ D. 920-819-3796	
Coop with Prof. Comm. (CPC)	cpc@greenbayaa.org
Jennifer A. 920-265-9053	
Events	events@greenbayaa.org
Jason P. 920-412-3733	
Josiah P. 920-264-2107	
Webmaster	webmaster@greenbayaa.org
Jack S. 414-477-3843	

What is a General Service Representative (GRS)

In 1950, a new type of trusted servant, "group representative," was suggested to help in the selection of delegates to the newly-formed General Service Conference. By 1953, the job of 'group representative' was also seen as a good means of exchanging up-to-date information between individual groups and "Headquarters" (now the General Service Office).

General Service Representative: GSR transmit ideas and opinions, as well as facts gathered from their individual group conscience to "the collective conscience of our whole Fellowship," as expressed in the General Service Conference. Like everything else in A.A., it works through a series of simple steps.

www.aa.org/pdf/products/p-19_gsr.pdf