



# The Communicator

October 2022

AA Donation  
Information

**AA District 1**  
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Green Bay WI  
54307-1421

**AA Area 74**  
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Manistique, MI  
49854

**General Service  
Office**  
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AA HOTLINE  
920-432-2600  
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Green Bay AA District 1  
PO Box 11421  
Green Bay, WI  
54307-1421



I might have another drunk left in me,  
but do I have another recovery?

## DISTRICT MONTHLY MEETING

(HYBRID)

October 13, 2022

### Attendance

DCM	Lauren P.		
Alt. DCM	Mike N.		
Secretary	Donna Y.	Alt. Secretary	Cheryl R.
Treasurer	Katie D. – absent		
Newsletter/Webmaster	Doug F.		
Grapevine	Sherry W. – absent		
Corrections	Eric-Men/Lindy H.-Women		
Bridging the Gap	Open position		
PI/CPC	Open position		
Archives	Jeff – absent		
Accessibilities/ Hot Line	William W		
District Events	Lynn L		

GSRs: Mary M., Melissa, Mike N., Paul W., Donna, John S., Cheryl, William, Lynn, Linda, Duffy, Polly, Dani, and Lauren Z.

Visitors: Eric, Sean, and Matt

### GSR Reports

Mike N – Early Risers – Meets Saturday 8 a.m. @ St. John the Baptist Church. *The end of vacation time and the closings of "up north Chateau's" finds the Early Risers Group vibrant and ready to head into the holiday season with glee, not glum.*

*Early Risers meets every Saturday of the year, rain, snow, shine and holidays bringing "willingness to go to any lengths" forward as a core value at St John the Baptist Church in Howard. Currently we are looking to fill the positions of Alt GSR, Literature and Grapevine Chairs.*

*September saw us initiate a 12x12 study and hour before the regular that was met with enthusiasm and continues to lure AAs for recovery and fellowship.*

Linda V. – Zoom into Recovery – Meets 7 days a week @ 3pm on Zoom. *Attendance continues between 10 to 29 people. The group is a great mix of newly sobriety and long-term sobriety which makes a great discussion group. Zoom into recovery invites anyone who would like to attend.*

*Meeting information is posted on the website.*

Donna Y. – Letting Go – Meeting Thurs. 1 p.m. @ 218 – *Attendance is growing and have a blend of newcomers – 1 months to 30 + years.*

Cheryl – BYOBB – Meeting meets Tuesday at 7:00pm at St John the Baptist in Howard. *We have regular attendance of around 10 people and had a newcomer join us this past month. The solution is in the book.*

Mary M. – Women in the Present (in-person) – Meets from 7:00pm – 8:15pm on Thursdays@ The Bridge.

*We continue to have 12-16 women in attendance each week, with newcomers & out-of-towners joining us almost every week. Since implementing our Newcomer Packet, that includes a coupon that*

*can be redeemed when they attend our meeting for a 2<sup>nd</sup> time, we have had the opportunity to gift some of the women that return with a brand-new AA Big Book!*

*At our September Business Meeting, Lauren Z. was unanimously approved as our new, Alternate GSR. Our next Business Meeting is scheduled for Thursday, October 27<sup>th</sup>, immediately following the regular meeting.*

*Melissa – Saturday Sober Sisters – Meets every Saturday via Zoom, 8:30-9:30 am. Attendance has been a little lighter these past 2 weeks, but there have been newcomers. Continuous strong meeting.*

*Paul – The Serenity Now Group of AA – Meets at Calvary Lutheran Church in Green Bay every Monday, Wednesday, and Friday from 12:00 a.m. to 1 p.m. – Attendance has been strong totaling between forty-two and sixty members, visitors, family members, and new-comers at each meeting. The Serenity Now Group will be co-hosting an inter-group meeting with the Sturgeon Bay members on October 22<sup>nd</sup>. The goals are to exchange ideas and promote group interaction. The social calendar remains very busy through the fall months with several opportunities for various activities...*

*Lynn B. – Eye Opener Group, St. Matt's, Saturday 10:00 am. – ATTENTION all fellows who presently attend or have previously attended the St. Matt's meeting but have been away for a while. We will be having a business meeting on Saturday January 7, 2023 after the regular meeting.*

*I am told that attendance at the St. Matt's meeting has, historically, been large. This has not been the case since COVID and we are looking for ways to increase attendance. Therefore, we have decided it is important for us to re-visit the previous common practices that were in place for this long-standing group (BEEN AROUND FOR 45 YEARS!) and we would love to have input from everyone. We chose the January meeting to allow the October, November and December reports/newsletter to include this notice so there is ample notice to all.*

*Things we will be discussing include: funds allocation, collection specific to corrections, mask policy, monthly anniversary meeting, phone list updates, big books to newcomers, treats. Please consider attending this business meeting or communicate your opinion to anyone you know who regularly attends this meeting.*

*John v S. – Never on Sunday – Bridge @ 9:30am Sunday. – Nothing new to report. Never on Sunday. 9:30 am Sunday at the Bridge. Attendance is strong with 15-30 a week. A good mix of short-, medium-, and long-term sobriety.*

*William – Guest Speaker Meeting – Wed. 7 p.m. @ 218 Club – No written report*

*Polly – Zoom into the Present – Thurs. 7 p.m. @ Bridge – We continue to have a steady average of 15 attendees. We have had some newcomers join us. We look forward to getting our meeting registered to attract more women.*

*Duffy – Early Risers – 7:30 a.m. Sunday – Attendance is still strong, averaging in the mid-30's with a nice mix of new sobriety and longevity. Coffee is being served again, because of the large numbers the meeting does run over an hour. People that need to leave early are encouraged to do so quietly.*

*Dani – There is a Solution @ 8 a.m. Saturday at the Bridge – The meeting is going well with 15-20 people in attendance each week and often has newcomers and new attendees each week. On October 15 we held a breakfast workshop/panel discussion on what it means to be a sponsee that was very successful! 30+ in attendance with many newcomers. Our group plans to host community events four times a year to reach out to other AAs and newcomers. Also, you can add that our group is now listed with GSO.*

## **DISTRICT CHAIR REPORTS**

## District Events – Lynn L –

- ❖ October 15, 2022 – Fall Shindig hosted by District 4 in Amherst, WI 8 am – 7 pm
- ❖ October 15, 2022 – Bonduel-Shawano Intergroup, District 9 @ Presbyterian Church in Shawano at 4 pm
- ❖ October 22, 2022 – Service Workshop at Hope United Church of Christ in Sturgeon Bay, WI. 9am – 4pm
- ❖ October 29, 2022 – Area Assembly in Three Lakes, WI 9 am – 4 pm
- ❖ October 29, 2022 – Halloween Dance at the 218 Club 9pm – midnight
- ❖ October 29, 2022 – Area 74 PI Committee Workshop on District Websites at 3 pm via Zoom
- ❖ November 11–13, 2022 – National Corrections Conference in Schaumburg, IL
- ❖ November 18–20, 2022 – Soberfest in Lake Geneva, WI
- ❖ December 10, 2022 – Area Committee Meeting via zoom – 8–10 am
- ❖ December 31, 2022 – New Year’s Eve Dance at the 218 Club 9 pm – midnight
- ❖ January 6–8, 2023 – WICYPAA in Eau Claire, WI
- ❖ April 7–9, 2023 – HACYPAA in Wisconsin Dells
- ❖ May 19–21, 2023 – Area 74 Spring conference hosted by District 1

**DCM – Lauren – Hello all! *This past month I attended our area assembly via zoom. I was glad for the option of hybrid, but I much prefer in person. There’s lots of awkward pauses and never sure if technology froze on you or not. Anyways, still got a lot out of it! There were a few motions that were brought to the assembly, one in particular that the \$1000 seed money for conference be changed to \$3000 and that passed. Since this was passed after we already got our seed money going, I asked if we could get another \$1000 and they wrote out a check for us at the end of the day! We have future conferences coming up that will be hosted by District 5 in fall 2023 and District 13 in spring of 2024. Super exciting that districts are coming forward to host conferences again! Also, this past Sunday we had another planning meeting for the upcoming service workshop in Sturgeon Bay. We made a final schedule or the day of the order of readings. We would also like to pass around a signup sheet to get an idea of how many people might come so please pass that on to your groups! We have all of our panels filled with speakers and we’re looking forward to a fun filled Saturday! I will also be attending the Area Assembly on October 29 in Three Lakes. Again, GSR are highly recommended to come, you have the right to vote and if you’re unable, your alt GSR can vote in your place. Lots going on in the month of October!***

**Secretary – Donna – Voted on and approved. Please make sure to send reports to Cheryl also for the new 2 months (I will not be able to attend the November District meeting and she will be doing minutes then. Her email is [czuraski@new.rr.com](mailto:czuraski@new.rr.com).**

**Treasurer – Katie D. – Voted on and approved.**

Starting balance

Deposits

Zoom Into Recovery

Sisters In Sobriety

Early Risers

BYOBB

218 Speaker Meeting

Recovery Crusaders

Total Deposits

Total Payments

Adobe AcroPro (newsletter) Autopay – October

Digi copy – \* Sept. & Oct.

\*Last payment was for July/August, NOT Aug. Sept.

Subtotal starting balance + deposits – payments

Prudent Reserve

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Available Funds

Newsletter/Webmaster – Doug.

*I looked at the analytics report, and it doesn't make sense to me. I think it is reporting less web hits than previous month. Most users are looking for meetings. I have had very few issues the last month. Please keep updates on meetings coming and announcements. Newsletter – Nothing new. We canceled the premium subscription to adobe. I am open to any input from others*

*Grapevine – Sherry – Last month's Grapevine was on relapse.*

*Corrections – Lindy and Eric – We are going to the corrections conference Nov.11th. We haven't heard anything from BCJ in regards to the jail meetings.*

*Bridging the Gap – OPEN POSITION – Mike N. (temporary)*

*Archives – Jeff E – No written report*

*Accessibility/Hot Line – William W – No written report*

*CPC/PI position is Open. Linda is willing to continue to help us with radio ads until. She sent an email outlining what we should do about these ads, some suggestions, & continuing to use the money allocated for ads to run for Halloween and the Holidays. The motion was made and accepted to go on with these ads.*

## OLD BUSINESS

- *Results of survey showed majority of responders wanted to keep District Meeting start time at 6:30.*

- *Decision made to continue hybrid meeting until March when contract is up. Also recommended an in-person District Meeting only for December*

## NEW BUSINESS

- *Spring Conference –Next organization meeting to be held in October 26<sup>th</sup> @ 6 pm at the Radison. Hospitality Chair- Mike discussed offering meals at Conference.*
- *Intergroup – Lynn – in January at Redeemer Church*
- *Lauren – Asked for volunteers for October 22- Spirit of Service for readers and other duties. Planning a District workshop in 2023 for CPC/PI. Lauren will investigate more.*

## MOTION TO CLOSE

## CLOSE WITH LORD’S Prayer

## Area Announcements for October, 2022

### District Events – Lynn L –

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# AA Acronyms

AA members follow their own advice by “keeping it simple” with acronyms. These sayings inspire empowerment, prevention, and a reminder of the principles that are taught in the group. **Some acronyms adopted by the AA community include:**

- **Hungry, Angry, Lonely, Tired (HALT)** – Referring to the common triggers involved in relapse. When temptation strikes, make sure you’re putting your mind and body in check.
- **Sobriety Losing Its Priority (SLIP)** – When menial issues take precedence over sobriety, this can challenge the recovery process.
- **Keep It Simple, Stupid (KISS)** – Stress and over-complication can lead to temptation. Maintaining simplicity can cut the distraction and ensure focus on recovery.

- **False Expectations Appearing Real (FEAR)** - Fear and anxiety are sometimes unfounded, but feel very real. Deciphering what is real and what is not is an important step in recovery.
- **Good, Orderly Direction (GOD)** - Guidance from a higher power is a core principle of the teachings of AA.
- **Easing God Out (EGO)** - Feeling that you can take on more than you're able can lead to relapse. By easing out your higher power, you're losing a level of support that is much needed in recovery.
- **Hang In There (HIT)** - The road to recovery is a very bumpy one. Sometimes, we need a good reminder that there are better times ahead.

When times get very rough, it may be difficult to think positive thoughts. These acronyms provide quick mental guidelines for boosting progress and thought conditioning. In recovery, you may find that these acronyms come in handy when a good reminder is needed.

## Acronyms

F.E.A.R - Face everything and recover

S.O.B.E.R. - Son of a bitch everything is real

H.A.L.T. - Hungry, angry, lonely, tired

H.O.W. - Honesty, open mindedness, willingness

F.U.B.A.R. - Fixed up beyond all recognition

G.O.D. - Good orderly direction

S.L.I.P. - Sobriety lost it's priority

F.I.N.E. - F--kedup, insecure, neurotic, and emotional

F.E.A.R. - Face Everything and Recover

## Program of Action



*Get to Work!  
Nothing Works  
Until You Do!*

*(Program of Action  
p9 BB)*

## **Steps and Traditions**

The Traditions are designed to keep the GROUP from destroying itself; the Steps are designed to keep US from destroying OURSELVES!

### **Step 10**

#### **10. Continued to take personal inventory and when we were wrong promptly admitted it.**

AA's Step 10 turns the idea of personal accountability into a consistent practice that you'll implement throughout your journey in recovery. After all, it's not enough to look at yourself in the mirror a single time and declare yourself cured.

Step 10 establishes self-examination as a healthy and routine part of your daily life. It stems from the principles of honesty, perseverance, and self-discipline—you're committing to regularly checking in with your emotional and spiritual well-being, and honestly admitting to any mistakes or triggered reactions you find there.

### **Tradition 10**

#### **10. Alcoholics Anonymous has not opinion on outside issues; hence the A.A. name ought never be drawn into public controversy**

This is a fact: AA has not been involved in one controversy and has been in existence for over 84 years!

And because of this Tradition, it is very rare to hear people in AA meetings argue about those issues that plague Thanksgiving dinners everywhere: politics, religion or reform of any kind.

I gotta remember that, next time I'm at the meeting where I see that guy wearing that stupid hat with that saying on it that drives me crazy!

I hate fishing.



## Resources

<https://www.aa.org/resources/literature>

### Meeting Guide App

**Meeting Guide is a free-of-charge meeting finder app.**

The app helps people find A.A. meetings and resources near them. A.A. service entities provide the meeting data for the app. Meeting Guide is available for iOS and Android smartphones.

#### **About Meeting Guide**

Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

#### **Meeting Guide features**

- Listing of both in-person and online meetings
- A default view that provides a list of meetings showing time, location and meeting name
- A meeting detail view that offers extra information such as meeting format and any notes provided by the group
- A search function to find meetings by location or keyword
- A daily quote feature lets users read from "Daily Reflections"
- Multiple access points that make finding local A.A. contact information easy
- A news feature with the latest from the General Service Office and Grapevine



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