



The Communicator

December 2022

AA Donation
Information

AA HOTLINE
920-432-2600
greenbayaa.org

Green Bay AA District 1
PO Box 11421
Green Bay, WI
54307-1421

AA District 1
PO Box 11421
Green Bay WI
54307-1421

AA Area 74
PO BOX 171
Manistique, MI
49854

**General Service
Office**
PO BOX 2407
James A. Farley
Station,
New York, NY
10116-2407



The only requirement for A.A.
membership is a desire to
stop drinking

**DISTRICT MONTHLY MEETING
(HYBRID)
November 10, 2022**

Opened with the Serenity Prayer, I am Responsible and the 12 Traditions.

Attendance

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

GSRs: Cheryl R, Alt Lynn L, Melissa C, Dani B, Mark D, Duffy M, Paul K, Mary M, Alt Lauren Z, John v S, Bruce K, Sam J

Visitors: Andy H

GSR Reports

Mark D – Recovery Crusaders held at Nativity of Lord Church at 8:00am. *No written report*

Mike N – Early Risers – Meets Saturday 8 a.m. @ St. John the Baptist Church. *Greetings to all!*

The Early Risers Group of Alcoholics Anonymous meets every Saturday morning at 8am at St. John the Baptist Church, corner Cardinal Ln. and Glendale Ave. in Howard. In dedication to the willingness to go to any length for sobriety the group meets 52 weeks of the year regardless of holidays or whatever Mother Nature throws our way. After all, it never stopped us from drinking.

Since September 10th in addition to the regular meeting there has been an enthusiastic group in sobriety that meets at 7am in the old chapel to do a meditative study on the 12x12. This has been an informative and restorative adventure for all involved regardless of length of sobriety.

One of the founding members of this group would say "wherever there is a coffee pot and a resentment a meeting of AA can be held. The coffee pot is a permanent fixture, find a resentment and join us!"

Yours in service;

Linda V. – Zoom into Recovery – Meets 7 days a week @ 3pm on Zoom. *Not present. No written report*

Donna Y. – Letting Go – Meeting Thurs. 1 p.m. @ 218. *Not present. No written report*

Cheryl – BYOBB – meets on Tuesdays at 7:00pm at St John the Baptist in Howard. *This is a Big Book Meeting. Meeting attendance is staying study at around 10. We recently read the beginning of Chapter 3, More about Alcoholism, which is always a good reminder of what it was like. I participated in the Service Workshop on 10/22 in Sturgeon Bay on GSR panel about what is like being a new GSR. It was a good experience. I have a receipt for \$6.71 for the Hello labels I purchased for the registration table. The solution is in the book. Come join us.*

Mary M., Lauren Z. Alt GSR – 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 also joining us on a fairly regular basis.*

The attendance at our monthly Business Meetings has continued to grow. At our October Business Meeting, we began working on verbiage to add to the meeting "introduction/welcome," read by the Chairperson, that addresses when males occasionally show up for the meeting (a Group Conscience was taken some time ago and it was decided that our group would welcome ANYONE that shows up for/is needing a meeting, regardless of gender), so that everyone in attendance is aware of the decision that was made. We are also working on a "process" to deal with intoxicated persons attend the meeting – especially as it relates to transportation issues that may arise. In addition, we are working on establishing a weekly meeting format for each month (i.e., Speaker, Grapevine, Step-of-the-Month, Chairperson's Choice, etc.).

On Saturday, November 5th, ten women from WITP and AA got together for a "Porch Pot and Snacks" party. In just over 2 hours, we'd created some very festive porch pots for the holidays, munched on some delicious snacks and enjoyed some great fellowship together!

Due to Thanksgiving, our next Business Meeting is scheduled for Thursday, December 1st, immediately following the regular meeting.

Submitted In grateful service

Melissa C, Alt Lynn L - [Saturday Sober Sisters](#) – Meets every Saturday via Zoom, 8:30-9:30 am. *No written report*
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. – *The Serenity Now Group of AA meets at Calvary Lutheran Church every Monday, Wednesday, and Friday from 12 a.m. to 1 p.m.*
Attendance has been strong averaging between 48 and 60 members with a mix of new and returning members joining our group.

Focus is now on the hosting the Spring Conference and encouraging members to volunteer their time and talents to the event.

Public service announcements are scheduled to be broadcast on radio programs during the Thanksgiving, Christmas, and New Year's holidays.

Lynn B. – [Eye Opener Group](#), St. Matt's, Saturday 10:00 am. – *not present. Lynn asked that her report from last month (October) be listed in this month's minutes also.*

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. Thank you.

John v S. – [Never on Sunday](#) – Bridge @ 9:30am Sunday. – *The meeting is going strong. Attendance is averaging 15-30 people with a good mix of short-, medium-, and long-term sobriety. Still the lack of newcomers is troublesome but maybe they've all been careful!*

One thing the Bridge is planning on doing is fundraising for a new parking lot. The existing blacktop is definitely worn out. So, if anyone has ideas on a good fundraising campaign, please let it be known!

Thank you!

William – [Guest Speaker Meeting \(GSM\)](#) – Wed. 7 p.m. @ 218 Club – *the meeting is going well with attendance and speakers from Al-anon and AA that are signing up on the board at the 218 Club. The meeting set up service work opportunities to help with the flow of the meeting. There is a sign-up at the 218 Club for service work of Chairing, Greeting, Coffee Maker, and Clean up duty after.*

Polly – [Zooming Women in the Present](#) – Thurs. 7 p.m. @ Bridge – *Our meeting averages 15 attendees. We have had some newcomers join recently, which has been a wonderful addition to our group.*

Still waiting for information regarding registrar contact to get our meeting registered with GSO, as we would like to continue to grow our meeting.

Dani B – [There is a Solution @ 8 a.m. Saturday at the Bridge](#) – *no written report*

Sam J – [new meeting just started at the Micah Center on Saturdays](#). *No written report*

Duffy M – [Early Birds](#) – Sundays 7:30am at the 218 Club. *No written report*

DISTRICT CHAIR REPORTS

District Events – Lynn L – no written report. Working on Inter-group for January 21, 2023.

- ❖ November 11-13, 2022 – National Corrections Conference in Schaumburg, IL
 - ❖ November 12, 2022 – Waupaca Intergroup at Faith Community Church at 5pm
 - ❖ November 18-20, 2022 – Soberfest in Lake Geneva, WI more info at soberfest.org
 - ❖ November 18-20, 2022 – Annual Retreat for members of AA in Oconomowoc, WI
 - ❖ November 24, 2022 – Thanksgiving Gratitude Meeting at the 218 Club at 10am
 - ❖ December 10, 2022 – Area Committee Meeting via zoom 8-10am
 - ❖ December 25, 2022 – Christmas Gratitude Meeting at the 218 Club at 10am
 - ❖ December 31, 2022 – New Year's Eve Dance at the 218 Club 9pm-midnight
 - ❖ January 6-8, 2023 – WICYPAA in Eau Claire, WI more info at wicypaa.org
 - ❖ January 21, 2023 – District 1 Intergroup SAVE THE DATE
 - ❖ April 7-9, 2023 – HACYPAA in Wisconsin Dells more info at hacypaa-7.square.site
 - ❖ April 15, 2023 – Annual Moose & Goose at Emmanuel Lutheran Church in Seymour at 5pm
 - ❖ May 19-21, 2023 – Area 74 Spring conference at the Radisson in Green Bay, WI hosted by District 1
- Please contact Lauren P at if there are any other upcoming events that may have been missed. Lauren will be updating this list monthly.

DCM – Lauren – *This past month we had a lot going on! I attended the Shawano Intergroup on October 15 and heard two amazing stories that evening and had some great fellowship. On October 22 was the Spirit of Service workshop and it was a huge success! We had about 50 people in attendance from multiple districts all across the Area. That workshop was one of the most spiritual powerful days I've ever had in the program; how each speaker shared their personal journey through service work. District 22 now has a DCM, 1 GSR and an alternate GSR! Those 2 of those ladies along with another woman came up to the Area Assembly the week after. With the success of that workshop I would like to do that again in another District! On October 29 I attended the end of the year area assembly in Three Lakes. We approved the budget for 2023 and we voted to raise the budget for 2 committees. PI was raised to \$5000 and the Treatment and Accessibilities was raised to \$6400. That committee includes ASL speakers. I asked since we are hosting the next Area conference if they would provide an ASL speaker for us. The answer was "we (the district) provides the speaker and they (the area) can help pay for them as needed". I will not be there for this months meeting, so Mike N will be leading you into victory over alcohol!*
Yours in service, Lauren P. DCM 01

Secretary – minutes were approved. Cheryl R. filling in so please email her your report by Monday 11/14/2022.

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

November 10, 2022 Treasurer's Report

Starting balance	\$8,778.61
Deposits	
Serenity Now	\$300.00
Road to Redemption	\$333.00
Oct. District Meeting	\$25.00
Letting Go	\$53.00
Total Deposits	\$711.00
Payments	
Katie Dexter (reim. For Spirit of Service Pres.)	\$(100.00)
Midwest Communications - holiday ads	\$(1,700.00)
Digicopy - Oct. Invoice	\$(27.43)
Total Payments	\$(1,827.43)
Subtotal starting balance + deposits - payments	\$7,662.18
Prudent Reserve	\$(1,300.00)
Available Funds	\$6,362.18

*** 2022 income and expenses attached as separate document

Grapevine – Sherry – *no written report.*

Corrections – Lindy and Eric – *We are going to the corrections conference Nov.11th. Going into Willow Creek.*

Bridging the Gap – ***OPEN POSITION*** – Mike N.
(temporary) Need volunteers to get a person to a meeting immediately following release from jail/prison. Please let your groups know we are looking to fill this position.

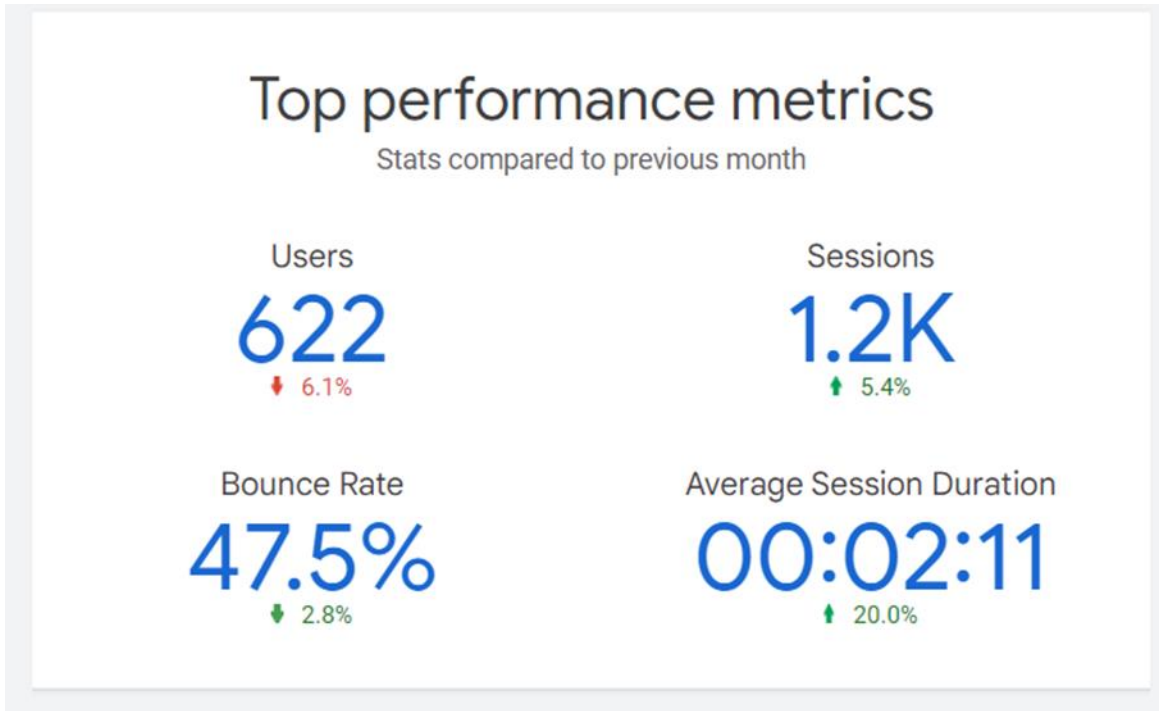
Archives – Jeff E – ***No written report***

Accessibility/Hot Line – William W – *The hotline is going smoothly. Looking for an Alt Accessibility Chair if anyone is interested. If anyone is interested, please contact accessibility@greenbayaa.org or call me at (920)327-0717.*

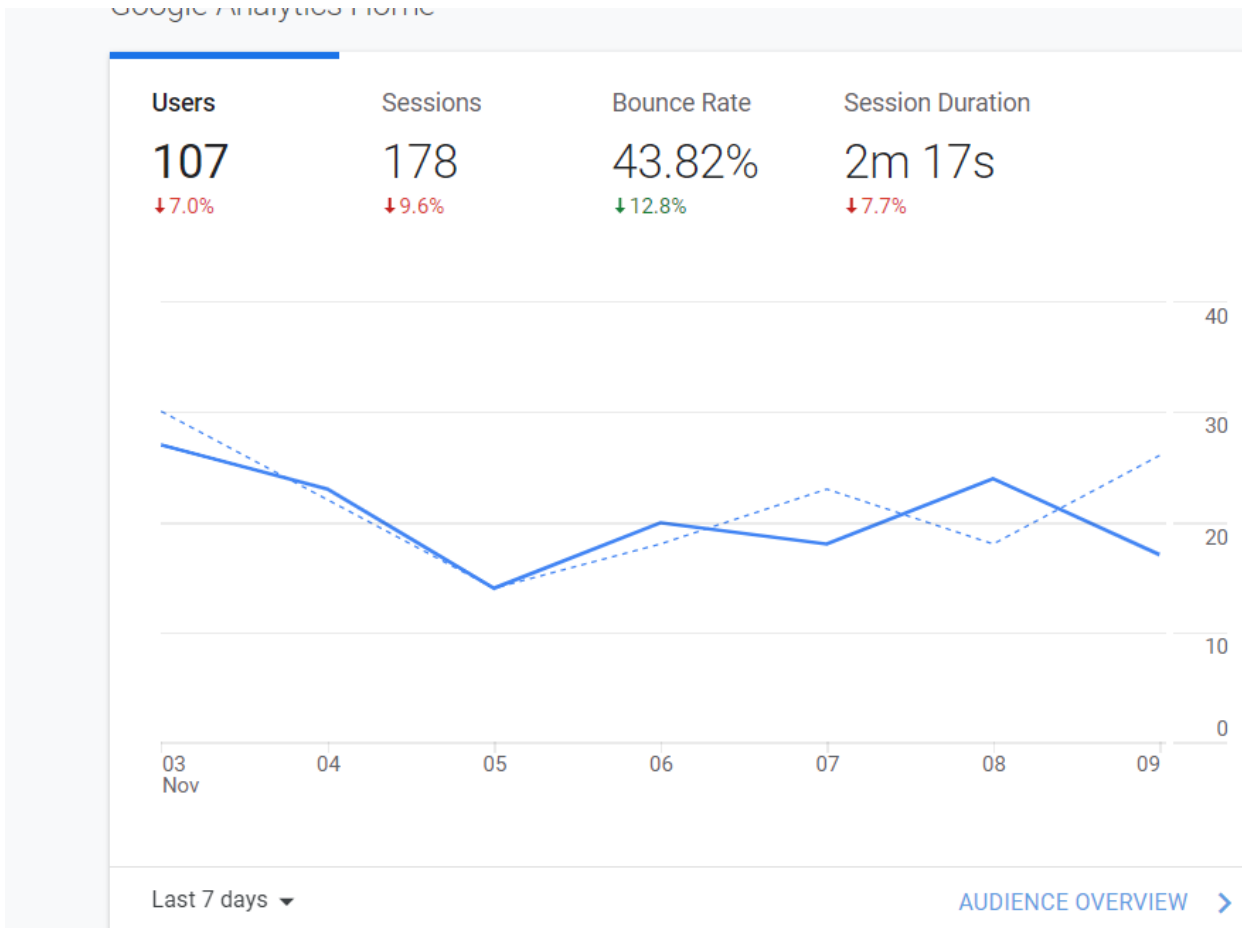
Newsletter/Webmaster – Doug. Website/Newsletter Report November 2022

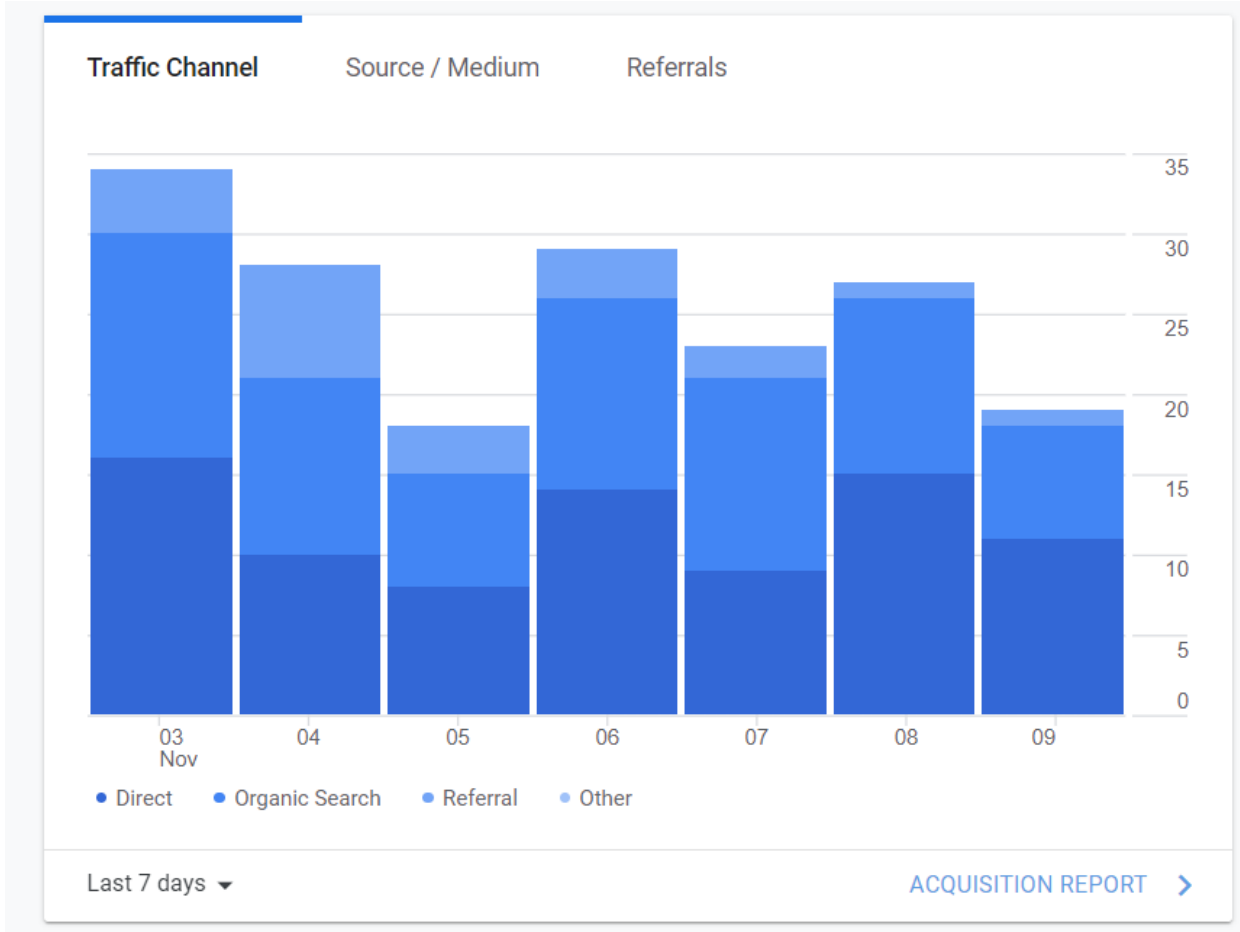
I have been busy with life and haven't spent much time on the website. The good news is that it seems to be stable and functional. I will keep updating it. The "events" page is looked at often. The document I get from Lauren gets posted to the website and has many hits. The meeting list is the most frequently page visited

The newsletter is starting to be easy and fun. I really enjoy finding material to pertain to the step and tradition of the month. I haven't had any feedback on the newsletter, so I will press on. (pun intended)



intended). will press on (Pun





CPC/PI – OPEN POSITION. Please let your groups know we are looking to fill this position.

Cooperation with the Professional Community (C.P.C.)

Committees focus on:

- Establishing better communication with professionals working with alcoholics
- Finding simple, effective ways of cooperating without affiliating
- Explaining clearly what A.A. does and doesn't do

Public Information (P.I.)

Committees focus on:

- Giving presentations about A.A. to schools and organizations.
- Providing information about A.A. through digital and print materials.
- Insuring local media have accurate information about A.A. through PSAs, anonymity-protected interviews and press kits.

OLD BUSINESS

- Possible area workshop with CPC/PI in February or March. Lauren contacted those chair persons and is waiting to hear back on what dates work for them.

NEW BUSINESS

- **Next Spring Conference planning meeting is either December or January**
- **Tentative schedule is out. Just waiting to hear back from the groups of what they would like to do for the Saturday evening entertainment**
- **We are in need of someone to fill the Decorations & Cake position**
- **We are in need of Alanon speakers and someone to find panelists for Alanon as well.**

William said he could help find Alanon speakers since he knows some from the open speaker meeting on Wednesdays.

- **Mary needs greeters**
- **Bill could use some help with the literature**
- **District 1 Intergroup – January 21 at Redeemer. Bonnie from Chicago will be the main speaker**
- **Reminder that next month, December, our district meeting will be ALL in person**

Discussion: two GSRs mentioned that November is Gratitude month. It was stated that the GSO is in need of donations which have been down. Needed for operating expenses. Normally literature can be sold at cost but due to donations being down, literature costs could increase to help with operating expenses. It was suggested that if every alcoholic would make just one \$10 contribution or \$1 for every year sober, AA could become solvent again. You can make a contribution directly to AA at <https://www.aa.org> and click the contribution tab on top of the page. Meetings can also put out an additional donation can specially for GSO contributions. All monies donated to the GSO, go to one central location, General Service Board, and are allocated to the different AA resources.

It was noted also that how groups handle their donations is autonomous and done at the group level.

Motion was made to close. We closed with the Our Father

Area Announcements for December 2022

- December 10, 2022 – Area Committee Meeting via zoom 8-10am
- December 10, 2022 – District 2 Intergroup at St. Pius in Appleton WI at 4pm
- December 25, 2022 – Christmas Gratitude Meeting at the 218 Club at 10am (Club open all day)
- December 31, 2022 – New Year’s Eve Dance at the 218 Club 9pm-midnight
- January 6-8, 2023 – WICYPAA in Eau Claire, WI more info at wicypaa.org
- January 21, 2023 – District 1 Intergroup at Redeemer Lutheran church - Green Bay, WI- 3pm
- February 4, 2023 – “What is AA?” Hosted by There Is A Solution at the Bridge 9:30-11am
- February 11, 2023 – Women’s Workshop at the Bridge (all day)
- March 11, 2023- Delegates Workshop
- March 18, 2023 – Came to Believe Group Celebrates 23 years – 512 McClellan St. Wausau, WI at 5:30pm
- April 7-9, 2023 – HACYPAA in Wisconsin Dells more info at hacypaa-7.square.site
- April 8, 2023 – Area Assembly
- April 15, 2023 – Annual Moose & Goose at Emmanuel Lutheran Church in Seymour at 5pm
- May 19-21, 2023 – Area 74 Spring conference at the Radisson in Green Bay, WI hosted by District 1

Please contact me, Lauren P at 01dcm@area74.org if there are any other upcoming events that I may have missed. I will be updating this list monthly.

Seven tips for staying sober, preventing relapse and avoiding the holiday blues

(Hazeledon Betty Ford Foundation)

1. Hatch a holiday escape plan, and plan to protect your sobriety

The first tip sounds like a no-brainer, but plan ahead. Holiday-themed parties and family gatherings are often soaked in alcohol, and people are likely to offer you a drink—and they might be dumbstruck when you prefer to be sober. Plan ahead for uncomfortable situations and triggering environments. What might your holiday plan involve?

- Attend a Twelve-Step meeting beforehand, or invite a sober friend to tag along
- Make plans to meet up with your sponsor or talk on the phone
- Find your own transportation, or hitch a ride with someone in your support system
- Limit your time around stressful situations and difficult people
- Prepare to politely refuse alcohol or other drugs
- Have an escape plan if things go south

Don't be surprised by a trigger. If you come prepared to protect your sobriety, you should be able to outmaneuver addiction and avoid any potential relapses.

2. Rewrite the holiday story in your head

If you become a ball of wretched energy during the holidays, perhaps your own expectations have become your downfall.

Speak with a sober friend or sponsor about the emotions and expectations you have wrapped up in the holidays—especially if you feel resentful, or if you replay in your mind old childhood experiences and memories. You need to investigate and challenge the internal monologue about what you are owed and what you are lacking—some of which might be a carryover from addiction. Then you can break down those defensive walls and forgive other people, and you can approach the holiday season with a stronger sense of gratitude.

When those feelings are left untended, people in addiction recovery often experience a buildup of stress and resentment that eventually leads to relapse. When self-identifying addicts or alcoholics* refuse to challenge those feelings of resentment and self-pity, they set the stage for relapse and disaster.

Remember, the disease of addiction is as powerful the day after a holiday as it is the day of and the day before. As we learn during addiction rehab and in the meeting rooms, recovery is a one-day-at-a-time endeavor, no matter the season.

3. Want to stay sober? Stay helpful If you want to stay sober during the holidays, look for every opportunity to be of service. Serve a meal at a homeless shelter, reach out to a newcomer at a meeting, spend time with an elderly loved one or neighbor. There are a million different ways to give back, pay it forward and be of service, and each opportunity guides you further away from resentment, self-pity and fear.

When you take the opportunity to connect with others—to see, value and honor their experience—you exercise empathy. You exist outside of yourself, and you begin to notice all the blessings your life already contains. And it doesn't get more human, or more recovery, than that.

4. Be mindful of what you're drinking—and thinking

At family gatherings and social events, tote around your favorite non-alcoholic drink. People won't feel so inclined to offer you a drink, and they won't get the chance to pester you about your sobriety.

Be mindful of asking someone else to grab you a drink. They may misunderstand you or forget that you don't intend to drink alcohol. If you do accidentally take a sip of an alcoholic beverage, don't panic. It's only a sip, and it doesn't mean you've relapsed—or that you should entertain the thought of relapsing now.

If those thoughts begin to creep in—those rationalizations about your eminent capability to now handle your liquor—shut them down immediately. Your abstinence did not, in fact, teach you how to control your drinking, because abstinence didn't rewire your brain to be non-addicted. The damage is done, and there's no going back. Instead, talk it out with your sponsor or sober friends. A mistake is not a relapse, and it's not going to land you in rehab, but those secrets might.

5. Some triggers and traps are optional

If you know Cousin Sadie is going to grill you about rehab, avoid her. If Uncle Brian is going to mix you a stiff drink, stay away from him. If the office New Year's party is really all about drinking or other drug use, make a brief appearance or don't attend. It's unrealistic in all of these scenarios to say, "I can soldier through it." That's what Step One of the Twelve Steps teaches us, right? That we don't have the power. So why put yourself in the position of having to "power through" an obstacle course of relapse triggers? Staying sober and safeguarding your recovery must always come first.

6. Practice self-care throughout the holidays

Celebrate the holiday season and the fullness of your sober life by taking time for yourself. Proper nutrition, gentle exercise and restorative sleep can do wonders for your well-being. The better you feel physically, the stronger you will be emotionally. Nourish your spirit, too, through personal reflection and connection with those you love. Find some quiet time each day for relaxation and meditation—if only for a few minutes, no matter how busy you are. And let your spirit be your guide.

7. If you need treatment for addiction to alcohol or other drugs, consider going to rehab over the holidays

Some families might consider the holidays an inappropriate time to help a loved one get into addiction treatment when, in fact, it could be an ideal opportunity. For many of the reasons mentioned earlier, substance abuse tends to ramp up over the holidays. Addiction treatment initiated during the holidays could be the best gift you give to your family, your friends and yourself.

* Editor's note: We much prefer the person-first language that emphasizes a person's identity before their disease. However, in keeping with the history of AA and NA, their founding principles and the language that still exists within the fellowships, we have decided to keep the words addict and alcoholic to describe people with substance use disorders.

Our hope is merely to capture the spirit of the fellowships, and to approach people with the language they commonly use to describe the disease of addiction.

Responsibility Statement

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.

The 218 Club

Christmas Gratitude Meeting

Sunday December 25

10:00 am - ?

Doors open all day, Food & Fellowship

New Year's Dance

Saturday, December 31st, 2022

9 PM – Midnight

218 S Oneida St, Green Bay

DJ / Dancing / Bring a snack

\$4.00 Donation at the Door



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 12

11. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

“Working with Others”, Chapter 7 in the Big Book of *Alcoholics Anonymous*, addresses Step 12, but covers only the second part.

Nonetheless, it opens with these two astounding paragraphs that filled me with hope when I first read them 43 years ago:

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship group up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.” (p.89)

Tradition 12

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Tradition Twelve tells us **we must put principles before personalities**. This means we practice the principles of AA, such as honesty, humility and making amends, over personality conflicts. Personality conflicts will arise. That's part of life.

Resources – from AA National GSO

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

Meeting Guide App

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

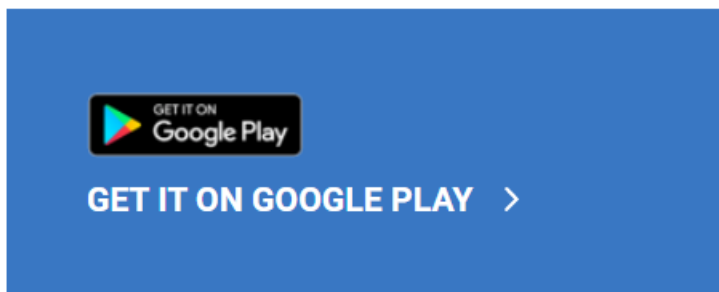
The app helps people find A.A. meetings and resources near them. A.A. service entities provide the meeting data for the app. Meeting Guide is available for iOS and Android smartphones.

About Meeting Guide

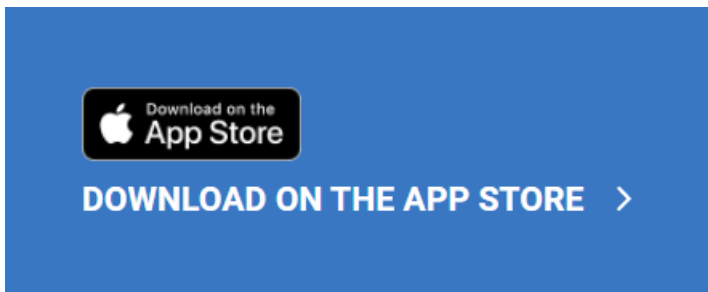
Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

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



<https://play.google.com/store/apps/details?id=org.meetingguide>



<https://apps.apple.com/us/app/meeting-guide/id1042822181>