

BETWEEN-US

VOL. 31 ISSUE 4

APRIL 2023

August 1973

My Alcoholic Twelve Steps

By: J. E. | Charlotte, North Carolina

A period of self-examination reveals the steps he lived by while drinking

THROUGH the grace of God, by working this program, sobriety has been mine to enjoy for the past four years and ten months. However, during the first few months of dryness, I did little or no work on the Twelve Steps. Intellectually, I could see the value of them and the wisdom in other people's use of them. But at that point in time, I was unable, emotionally or spiritually, to see that the Steps could and would work in my life. Consequently, I avoided getting into this program.

But I made a fortunate mistake: I complained that I was not receiving the so-called fringe benefits (promised on pages 83-84 of the Big Book). And I was told, "Stop treating AA like a spectator sport. Get off your fanny and come on down to the field and get into the game." I was also extremely fortunate to acquire the best sponsor in AA (in my opinion, at least). He helped me to realize that this program *could* and *would* work by helping me to take a good, hard look at myself and my problems.

During this period of self-examination (Fourth Step), it dawned on me that this program of recovery was, in one way, like the progress of my disease. I had lived by a very similar set of twelve steps during the nineteen years of my drinking. The following are my Twelve Steps of Alcoholism.

1. I admitted that I was powerless over myself and my drinking had become unmanageable.

I had never wanted to get sick and into trouble. I just wanted to drink and feel happy, have a good time, relieve bad feelings, etc. But once I started, I couldn't stop. Never was I able to guarantee my sobriety.

2. Came to believe that a power greater than myself--namely, alcohol--could lead me to sanity.

Being a very mixed-up person, unable to live comfortably with myself or others, I had found out at an early age (fourteen) that a chemical (ethyl alcohol) would do the trick. It would remove fear and feelings of inadequacy and insecurity. It would enable me to be "normal," like other people, I

thought.

3. Made a decision--conscious or otherwise--to turn my will and my life over to the care of my god, alcohol.

My entire life became alcohol-oriented. No meal could be eaten without being preceded by a couple of drinks. No dates with girls could be enjoyed without the benefit of alcohol. The working day was not completed without stopping for a few. No weekend could be endured without a couple of jugs in the cabinet, and if the refrigerator supply ever got below a six-pack--panicsville!

4. Made many fearful and superficial inventories of myself. Although many of these were taken on my knees over an oval, white, porcelain fixture, they were nevertheless taken. Each drunk was analyzed to find out "where I made my mistake." Then the inevitable conclusion: "I'll never do it that way again! Next time, it'll be different."

5. Admitted to other people (bartenders or drinking buddies) the exact nature of my great wisdom, accomplishments, and conquests.

I was willing to talk with anyone about anything as long as I could put on a big-shot front.

6. Was entirely ready to have everyone else recognize my great lack of character defects.

With a desperate need for other people's approval and a strong streak of perfectionism in me, I did all I could to court flattery and then was sick enough actually to believe it when I managed to get it.

7. Boastfully acknowledged no shortcomings and asked God to remove everyone else's.

I couldn't even face me and had to blame all my problems on someone else.

8. Kept track of everyone who had done me harm (real or imaginary) and waited to get even.

Since I felt that everyone else was to blame for my increasing troubles, why naturally, I had to settle these scores.

9. Frequently reminded people that amends were due me, whether they had injured me or not.

My entire world revolved around me (complete self-

(My Steps Continued on page 2)

25¢ | 

Published monthly by Greater Milwaukee Central Office, Inc., 7429 W. Greenfield Ave.,
West Allis, WI 53214, (414) 771-9119 Visit our website at: www.aamilwaukee.com

centeredness), and everybody "owed me." They owed me their attention, time, loyalty, a loan if wanted, everything. When people didn't do this (and healthy people won't), I felt that they owed me amends for their failure to oblige.

10. Continued to keep track of everyone else's inventory, and when they were wrong, promptly let them know it. Oh, I just gloried in this. Inside, hating myself, but not being able to face that fact, I really worked at tearing other people down.

11. Sought through frequent and constant meditation for means by which to improve my relationship with my god, alcohol, seeking only a better way to drink without penalties.

Hours and hours were spent meditating (if it could really be called that) about the increasing and pyramiding consequences of my drinking. Answers were provided, too: changing drinks (only Scotch and water or no more hard liquor, only beer); going on the wagon for a few days or weeks and "getting straightened out"; moving to a new location; finding new friends; and so on, *ad infinitum*.

12. Having found out what alcohol would do for me, I tried to carry the message to others--"Come on and have a few drinks"--and I certainly tried to practice this principle in all my affairs.

No amplification needed for any alcoholic.

Others, I realize, may not feel that their active alcoholism

paralleled these steps. But if they do, and if they have had any of the difficulties that I once experienced in *really believing* that the Twelve Steps of AA were possible for me, let me share one final thought.

When I came into the AA program, I hated the way I was living and feeling. And yet I could not picture any other way. I also thought I was so far down, had so little feeling of self-growth as a human being, that this program was an impossibility for me. When I realized that it called only for redirection of my existing life and for reliance on the proper Power, then the Steps really opened up for me. In the early stage of my sobriety, I had been unwilling to place reliance on a Power greater than myself. But I finally understood that I had been doing exactly that for nineteen of my thirty-three years. Now, it was not so much a question of being *able* to rely on a power outside myself. The question was simply this: Would I continue to misplace my reliance with the wrong power?

I have had a wonderful life the last four-plus years--certainly not trouble-free, but truly wonderful. I am able at last to say that I am fortunate to be an alcoholic in AA. The marvelous Al-Anon to whom I'm married agrees with me and considers herself fortunate, too. I do not regret a single drink I took or drunk I was on. If that amount of grief, misery, and hell was necessary to make possible what I have today, then it was worth it. Today's rewards far outweigh yesterday's penalties.

Reprinted with permission AA Grapevine, Inc. August 1973

January 1974

Me? the Best Pal I Ever Had?

By: L. E. L. | Sonoma, California

She was scared of that Fourth Step inventory--it might mean making some changes

ONE OF THE most frightening periods in my AA life came just before my Fourth Step inventory. I considered suggesting to my sponsor that it might be immoral to write a fearless moral inventory if one was scared. There was something in her eyes that discouraged that maneuver. And I entertained myself for a while wondering whether some people could be afraid to be fearless and whether I was one of them.

Finally, I had to admit that for some reason I simply was scared to sit down and write the thing. After all, what would I find? Did I really want to spend a couple of hours writing about my rat-like tendencies, even if I didn't intend to show the result to anyone? Life was hard enough! What if I looked at myself and saw a formless thing that oozed into spaces left by others, with no direction and no control? Could a sweet, sensitive person live forty years and be a nothing? Others could, maybe. Why not me? What had happened to the best football player on the block, the idealistic student? I had drunk a lot in the past year trying to figure that out.

But this was now. Even though *now* slipped back or forth a lot, I

managed to figure out that this no-good inventory should probably be written at a desk. So I sat at mine, looking passively at the mimeographed guide my sponsor had given me. There were suggestions of what to write about, taken from *Alcoholics Anonymous*. There was even a list of fears to discuss. And there was my sponsor's own touch--the seven virtues and seven "sins."

It felt good to express "officially" (written right *there*) what I believed and felt about these things. I wrote for *more* than a couple of hours and stopped only a few times, for private compliments on the fact that I was *doing* it, and it wasn't bad at all. Though the process itself was enjoyable, it wasn't until I was nearly finished and was writing about my fear of God that I became aware of a pattern in my attitude toward authority and my way of dealing with it--passively negative, spiced with active negativity. That was enlightening.

And I was happy, too, to discover that there were, after all, some good things to say about myself. There were also obvious improvements that had taken place during my six months in AA. And I *was* something, neither so bad and hopeless as I sometimes feared, nor so wonderful in that special way that only I, apparently, understood. This discovery was both a relief and a disappointment. Before my progressively fearless moral inventory, there had always been just a *chance* that I was, possibly because of unusual sensitivity, quite special, waiting for discovery. Instead, I was--somewhere in the middle.

(Best Pal, Continued on page 3)

(Best Pal, Continued from page 2)

In our Fifth Step discussion, my sponsor helped me understand more about the nature of the problems I had become aware of through the Fourth. It took some effort to put aside my pride and listen to someone suggest that I might have too much pride and that I could, if I wanted to, do something about it. This involved trust and faith both in my sponsor and in God as I had come to understand Him. This faith had worked for my own good in the past six months, but still it was frightening to think that I actually had to change. Me, the best pal I ever had. . . most of the time. The Sixth Step was difficult, because my pride had got me through a lot in life, I thought. I had just kept going, right on through. No-Moss-Mary, I called myself--inaccurately, since my name wasn't Mary.

Now I had to ask my Higher Power to remove a shortcoming that was really closer than the alcohol problem had been. It took a few days to get ready for that, even though the common sense of it was evident. I had a newly developed understanding of God. I knew He had helped with my drinking problem and could help with some fears if asked; but overabundant pride is a complex problem, and asking for the removal of a shortcoming that I didn't clearly understand myself seemed risky. There were times when I thought of God as an *equal* power or even as a slightly lesser power with special talents. I was comfortable with the idea of God Jr. Still, I had experienced good from His special talents; if I took the Seventh Step, there was a fair possibility that no harm would come to me, and very likely some further good. I gave Him a try.

We've been partners in the two years since. Every now and then, I find a "new" problem has come; every now and then, I find an old one has gone. There is little question these days of who is junior. Mostly, I just take it easy.

Reprinted with permission AA Grapevine, Inc. January 1974

November 1974

Me and My Traditions

By: C. L. B.

Sometimes passed over all too lightly, our Twelve Traditions are designed to protect YOU, the individual member of AA - From the October 1969 Grapevine

MOST OF US tend to slide over the Twelve Traditions, because we feel they have to do with "organization." Since our primary concern is our own sobriety, most of us couldn't care less about "organization." If we take a really good look at the Traditions, however, it will be revealed to us that the structure they set up has but one ultimate objective--the welfare of the individual AA member.

In the past few years, I've had the feeling that for me the Traditions are really an extension of the Steps. They affect, not only my activities as a member of an AA group, not only my daily work in an AA service job, but also my efforts as an individual to relate satisfactorily with other people. In other words, I feel the Traditions are additional tools to help me fulfill the last part of the Twelfth Step: trying to practice these principles in all my affairs.

Together with the Steps, they have helped me learn what little I know about staying out of the way--my own and other people's. They have taught me:

To try to put the common welfare first, rather than just my own--by being willing to yield, even when may heartily disagree.

2. To put faith in the group conscience, and to try to believe that it represents God's will for us today--if not forever.

3. To remember that the most significant experience of my life was becoming a member of AA, that AAs had room for me even before I wanted to join, and that they gave me the time to develop the desire to stop drinking, though at first I didn't have one.

4. To remind myself that nothing is really good for me unless other people are considered, too.

5. To take whatever extra time is needed to keep the primary purpose primary--to put first things first.

6. Not to be beguiled into activities and involvements, no matter how worthy or how attractive, that might undermine the primary purpose.

7. To carry my own weight in economic matters, and to support those things in which I believe.

8, 9. To remind myself that I am simply one of many trusted servants, with no special training or talent beyond my desire to serve, responsibly and to the best of my ability, those people who have trusted me.

10. To be aware of the fact that, as an individual, I am entitled to hold any opinions which seem right to me and to defend them in the appropriate places.

11. To try to be prudent and not promote or oversell even my most cherished beliefs and ideas. If they are all I think they are, they will have made sufficient difference in my own life and performance to carry their weight in that way. I am reminded not to seek personal credit for anything that I may do, and not to feel that I deserve it.

12. To remember that the principle expressed is the important thing--not the person who is expressing it.

The wonderful thing about our Fellowship is that we are a society of equals; the famous, the handsome, the wealthy, the articulate, the glamorous are no more representative of us than is the most obscure member. Alcoholism is no respecter of persons; it strikes the famous and the obscure, the rich and the poor, the educated and the ignorant, male and female, black and white, young and old alike. No matter what our position in life may be, in our Fellowship we participate as equals in sharing our experience, strength, and hope with one another in an atmosphere of love and caring. In my book, that is a spiritual idea, and the Traditions that keep us united therefore must be spiritual, rather than merely organizational.

Reprinted with permission AA Grapevine, Inc. November 1974

September 1975

Fault-finding

By: B. M. | Saratoga, California

When we cannot suffer others, we are the ones who suffer MY TENDENCY to find other people irritating and objectionable because they have faults has long been a source of discomfort to me. I am annoyed even when those faults are causing me no real inconvenience. I seem to take noticeable personality flaws--not only those of my intimate associates, but those of casual acquaintances--as a personal affront, which I resent.

On first reading the Big Book, I noted the advice about looking upon people who behaved badly toward oneself as "sick" persons. But my answer to the implied question "You wouldn't get angry at a sick person, would you?" was a resounding "Yes, I would!" I not only would; I often did. My feeling was that other people's being sick was a nuisance, often to *me*, and making trouble for me constituted sheer naughtiness. My intellect saw reason in what the Big Book said; there was no rational argument against the proposition that one ought not to get mad at people because of their emotional deformities and afflictions, any more than for their physical weaknesses. It went back to a much older quotation, "To understand all is to forgive all."

But, until recently, my theoretical comprehension of these passages in the Big Book had little apparent effect on the feelings entrenched by the habits of a lifetime. Now a long sea voyage has helped to bring my emotional responses into focus. For three months, I have traveled on two different ships, each carrying no more than twelve passengers. At times, there have been no more than six or eight persons aboard, and as some debarked and others came on, there have been frequent changes in the composition of our "family."

I have become very fond of and enjoyed greatly a few of these two dozen or so shipmates; some have aroused practically no reaction; and a few still bring a tightening of the lips, a drawing together of the brows, and a mean feeling. Not, you understand, that any of these unfortunate souls committed any foul deeds or inflicted any injury upon me. All they did was clutter up the atmosphere with their imperfections.

One pair was crude and uncultured and gross; in addition, the female of it made the mistake (without knowing I was a member of AA) of speaking derisively about a friend of theirs who had joined Alcoholics Anonymous and had immediately (according to the narrator) tried to stop everyone else from drinking. As time went on, I saw why the friend had, in his newness on the program, tried to "help" this couple!

Another man aroused my critical intolerance by bringing a brandy bottle into the lounge after dinner every evening, brandishing it about, and urging everyone to partake of it. When he said one day, "I'm going to make a drunken cruise out of this yet!," he went on my enemies list. Immoderate drinking habits are the shortest cut to landing on this list.

But just plain flaws of any kind can do it. One pair was so vacuous, so dumb, so boring that I felt cross every time I looked at them. One woman was so soft and squashy and unrealistically sentimental and affected that I felt like being unnaturally coarse to counteract her. Another has a taut, sharp-tongued, I-have-to-

be-right-all -the-time air, which makes me glower and try to think up ways to put her down.

As a result, I suppose, of years of continuous (though often dilatory) taking of my own inventory, I have begun to recognize what I am doing when I become angry because people among whom I have to live are not what I would like them to be. I have even perceived the damage I do to my own mental condition by being constantly annoyed at the deficiencies of others. Perhaps I have finally seen this more clearly because I know that my present relationships are only for a limited period, which I want to enjoy and which I won't if I am in poor physical or mental health. I have tried to glimpse what I do that prevents me from getting the most out of the pleasurable circumstances available in this circumscribed amount of time.

Life here is reined in to a slower pace, narrowed to a handful of people, and shut off from the confusing and frightening larger scenes of community and world affairs. (In the middle of the Pacific Ocean, we don't even get news.) So it has been easier for me to recognize what the particular reactions I have recounted *are*, and to accept the need for change. If I had not had this long and leisurely respite from the hurried, busy, demanding situations of ordinary working life on shore, it might have taken more time and effort to see even this much about my life-style of constant anger at people who have the effrontery to parade around in front of me in ugly psychological apparel.

Actually, what harm does it do me personally if, for instance, some people drink so much that they never see the sun set or the moon rise on the sea? I can appreciate those sights, whether *they* do or not. If they are boors or bores, vapid romanticists or mean-tempered cynics, what is it to me? Are they not, by their very shortcomings, providing an absorbing spectacle of human nature in action?

Many years ago, I read some advice given to aspiring writers to the effect that they ought always to look upon the human scene in terms of "All is grist that comes to my mill," and that intolerance and indignation should give way to fascinated observation. I have forgotten the source, but the author then said something like "Suppose Shakespeare had gone around wasting his energy by disapproving of the human race, instead of concentrating on accurately recording its behavior?"

As the above ideas have emerged, in circumstances where I have had the leisure and energy to think about them, I have found myself experiencing a little more compassion for some of those creeps that I mentioned; I am less agitated by their faults than I would have been a few years ago. Occasional shafts of forgiving light have even been thrown across the behavior of some of those nearest and dearest to me. Their weaknesses are more detestable than those of casual companions, because the faults of our loved ones may be a real practical threat to our well-being.

I suppose it does not take normal human beings years to perceive such obvious, everyday truths. They already know all that I have been saying. But I seem to have managed to avoid seeing the obvious throughout a long lifetime, even during the past eleven years, during which I have ceased to drug my mind with alcohol.

Reprinted with permission AA Grapevine, Inc. September 1975

September 1969

The Hand of AA Was There!

By: R. H. | California

When he needed it most - Personal troubles multiplied after he joined AA but the warmth of the Fellowship saw him through

I TOOK MY first drink at fourteen from a gallon jug of red wine. I passed out cold, but never let go of the neck of that jug. For years after this, the pattern was the same: never letting go of my bottle until it was empty. By the time I was twenty-five, I did most of my drinking in the corner of my own living room. I still had a family--a wife and two children--a home, a good job. Only God knows how, since I drank both on and off the job.

On Thursday morning, May 17, 1945, I went off to work after having my usual drinks to get going. At seven o'clock that morning I took a drink from the bottle of a fellow worker, and my friends on the job told me that at noon, after I'd made the run to the liquor store twice, they'd had to put me up in a truck. All afternoon I lay on some boxes hanging on to the neck of a fifth. When they would try to take it away from me, not wanting the boss to find me, I raised so much hell they let me have it. My wife told me that at seven o'clock that night she answered the door and I fell across the floor to the chair in the corner, where I continued to drink. She said she got me to bed at four o'clock in the morning, after I had started on the second fifth that I brought home.

Friday, I missed my first day's work due to drinking. My wife told me she brought me a few drinks and some black coffee during the day, as I couldn't get out of bed. Friday night, I dozed off and on. When I awoke at twenty minutes of six Saturday morning, I was scared. I knew that as surely as I got out of bed I was going to do it all over again, and for the first time in my life I truly didn't want to. I remembered a neighbor of mine, a member of AA, and things he had talked about. Saying some sort of prayer for help, I went to the phone and called him. In twenty minutes he was sitting on the edge of my bed with a coat and a pair of pants over his pajamas. He talked to me for a little while, asked if I would go to a meeting that night. I said yes. I was sick, and shaking very badly. I heard very little, yet I remembered the words of one of the speakers, who said, "If you're sick and tired of being sick and tired, all you have to do is not take the first drink." And I thought, oh yeah? But then he said, "If you don't want to take the first drink, all you have to do is give up, all you have to do is surrender and turn it over to a power greater than yourself." I thought, oh my God, it's just that simple.

That was twenty-three years ago. I haven't needed a drink since. I have let God keep me away from it, one day at a time. Not that it has been easy, any more than my life has been easy.

My first year in the program was spent, I guess, like the majority of new members'. I attended an average of six and a half meetings a week, and I was certainly on that AA honeymoon so many talk about. When I received my first-year cake, I realized that for the first time in fifteen years I had gone 365 days without a drink. When the second year began I looked around and saw that my family was deeply involved in my progress. My wife

had attended most of the meetings with me. I did not want to give up this wonderful thing I had found, but I felt my wife had a right to live a normal life. So I began to take more interest in my home. I worked in the yard, I painted the house, I took my family out to dinner once in a while. Yet I didn't want to get off that AA honeymoon, so I kept averaging about five meetings a week that year.

In my third year I began to really feel like a part of the human race again. We had sold our house, and bought one in the suburbs, a larger one, in a better area for the children. I began to act more like what I imagined a husband and father should be. Then our fourth child was born (the second since I had been sober). I became interested in my neighbors and in civic affairs, yet I still went to two or three AA meetings a week. I was working with newcomers, taking an active part in my home group, serving on committees, and also helping out at our AA clubhouse. My wife still attended an occasional meeting with me, taking our two older children with us. She always went to the dances with me, and the children went to some of the occasions.

My wife's mother had been living with us for many years and I was very fond of her. Our AA friends came to my house often to play cards. They were very fond of my wife and her mother and the feeling seemed to be mutual. For my fifth AA birthday we had a big party at my house, AAs and non-AAs, friends, neighbors, fellow workers. My whole family seemed to be happy and proud. Inside I felt humble and very grateful to God and to AA. Life was wonderful!

Then without warning, six months later, disaster struck. I came home from work one day and my wife's mother told me that my wife had left me. I could not understand it. Neither could her mother. Our children were still young, so my mother-in-law agreed to remain with us. The following day I was served with papers for divorce. I almost fell apart from shock. I called my AA friends; they surrounded me with whatever help they could give, God bless them. A few days later, I was ordered by the court to move out of my home and let my wife have it. I was hurt and angry and I refused. I fought it to the point of almost destroying myself. My friends tried to advise me, but I wouldn't listen. Then I had an accident at work which caused temporary blindness. I knew I had come to the end. I was incapable of taking care of my children. I knew I was going to get drunk, and I could not help myself. Thank God, I remembered what I'd heard at my first meeting, that if I didn't want to take the first drink all I had to do was give up. All I had to do was to surrender and turn it over to a power greater than myself.

Well, somehow I did just that. I called my wife's attorney and told him to have her come home. I backed out of my driveway at nine o'clock at night; I had sixteen miles to go to get to my home group before the meeting was over. With the injury to my eye, and crying in desperation, I had to stop my car ten times to regain my sight enough to go on. When I got to the North Hollywood Group, a few minutes after ten, my fellow AAs gathered around me. For the first time in days, I was able to calm down a little. I was among my own people. I did not feel alone any more.

(Hand of AA, Continued on page 6)

They helped me get to a motel that night. Exhausted, I fell asleep. When I awoke in the morning, a miracle had happened. I could see as clearly as I ever could. There was no sign that anything had been wrong with my eye. I went to the doctor I had seen the day before. He looked into my eye, stepped back, and said almost in disbelief, "I have witnessed a miracle. Yesterday you had a chunk out of your eyeball. Today, there is no sign of anything ever having been wrong with it." He could not understand, but I think I can. As the years have passed, I can look back and see where, in spite of me, God looked out for me. He started me back on the road I am supposed to travel. I never want to forget that experience.

Within a year the divorce came up in court. I tried to talk my wife out of it many times. I made no progress. Unhappy as I was, I made myself be very active around AA. I signed everything over to her and took all of our bills even though my work had changed and I was not earning the money I used to. The judge gave the custody of the four children to her. I had child support and alimony to pay.

At the beginning of my seventh year in AA, it seemed like all I had was my sobriety. I was in debt, with scarcely enough left of my paycheck to live on. But during this period I became involved with five people who had been around AA for some time and just didn't seem able to stay sober. I was constantly with one or the other of them who was drunk, and believe me, they kept me sober! Finally, I went back to work in the studios and again earned good money. I was grateful and looked forward to a pleasant Christmas that year. But a week before Thanksgiving I fell from a truck and broke a bone in my wrist. It was in a cast for sixteen and a half weeks. The workmen's compensation was not enough to pay my alimony and child support, much less my own expenses. God only knows why, but I started to do some work fixing up our AA clubhouse. That, along with the five people I was working on, kept me busy.

Just before Christmas I received a number of anonymous donations from, I guess, other AAs, and I was able to do some things for my family for Christmas. My ex-wife invited me to come up Christmas morning to be with the children. I was there until about 2:30, when she had dinner on the table. I guess I thought she was going to have me for dinner, so when she asked me to leave I went outside. Although I did not think of a drink, I felt very lonely, probably lonelier than I had ever felt in my life. With no place to go, I started off in my car and ended up walking into the North Hollywood Club. There sat one of the five people I had been working with for the past year. He was all alone in that building, but he was sober. I think that is when I took a good look at myself. He was in old clothes, and when I asked him, he said he was broke. I had a suit on. I had just come from a wonderful morning with my children. I reached in my pocket and I still had a few dollars left. I took him up to the corner drugstore and we had a turkey dinner together at the counter. When we returned to the clubhouse, there were a number of people there. They were enjoying themselves. One of the fellows there said to me, "What are you doing tonight?"

I said, "Nothing."

He said, "Yes you are, you're coming with me."

He took me to a friend's house, a beautiful home. There were eight of us, and the spread of food for Christmas was fit for a king. We had a wonderful evening, and when I went home that night all I could remember was the good things that had happened that day.

For the next five or six years there were many changes in my life and my work. My circle of friends changed; my financial condition improved so I was able to pay off my debts, yet I still had enough for a decent car, good clothes, and money for extra things for my children on the weekends we were together. Once in a while my children would ask to go to an AA meeting with me, and I would take them.

The night before New Year's Eve in 1957, while I was getting things ready for our holiday dance at the club, my ex-wife called. She asked to talk to me as soon as possible. I reached the house about 1:00 AM, and she came out to the car. She said she had only a few weeks or months to live. The doctors at the City of Hope had told her that her heart was worn out. She asked me to take over the full custody of the children. Then she said, "Because of the way of life you have found in AA, I am sure they will be all right." When I moved into the house with my children, there was a long period of adjustment that was hard for me, but I am sure it was much harder for my children. I had to change my work pattern; that cut my income in half. Then I had to move all of us into town, and arrange for their schools. Again, I had to go deeply in debt, yet somehow, in spite of many problems, God has seen me through them one day at a time. Not one of my children has caused me one bit of serious trouble. They have given me many happy hours in the last eight or nine years. They have maintained a great interest in AA and have attended many meetings with me. My two youngest love to help me decorate the club for a dance or help me prepare dinner for a group of AAs.

My oldest son, who is twenty-seven now, has given me a wonderful daughter-in-law. My daughter, who is twenty-four, has given me a wonderful son-in-law and a grandson, too. My other son, who is not quite twenty-three, is in New Zealand on a mission for the Mormon Church. In each of his letters he asks about my AA activities. My youngest, just turned twenty (he was born after I had been sober three years), is in the Army and is in Vietnam. He also gave me a wonderful daughter-in-law and a grandson born three weeks after my son arrived in Vietnam. But even in Vietnam he takes time to discuss AA in his letters to me.

Now that my children are all grown, I am back to living by myself, but I never know what it is to be lonely. I pray that I shall always remember that "There but for the grace of God go I." I owe my life, my sanity, and my sobriety to God through AA, and nothing He may call on me to do for the one who still suffers can be too much of a task. "And for that: I Am Responsible."

Reprinted with permission AA Grapevine, Inc. September 1969

3 Bucks In The Basket... Make it a Reality, not just a dream!



“Every AA group ought to be fully self-supporting, declining outside contributions.” Tradition Seven, Twelve Steps and Twelve Traditions, Reprinted with permission AA World Services, Inc. [Seventh Tradition Checklist](#)

Use **VENMO** on your smartphone to contribute.

Or Contribute using **PayPal** or your **Credit Card** from our website.



MILW. CENTRAL OFFICE

- **E-mail us at:**
dan@aamilwaukee.com
- Hours:**
M - F 9 a.m. to 4:30 p.m.
Sat. 9 a.m. - 12 p.m.
- **Board of Directors Meeting**, in-person.
Wednesday following 2nd Tuesday (odd months) 6:30 p.
- **A. A. Meetings**, Sun. at 9 a., Mon.- Fri. at 12:15 p., Sat. 9:15 a., & 10:30 a.
- **Dist. 14 monthly meeting**, 4th Wed. at 7 p.m.
- **Dist. 16, 1st Wed. at 6 p.m.**

Spanish Speaking Meetings:

Meeting at English Speaking Clubs

- Pass It On Club, 6229 W. Forest Home Av, Milw. GRUPO 5 CONCEPTOS, 7:00 P.M. Saturdays, Upstairs. And Viajeros Wisconsin, 7:00 P.M. Saturdays, in lower level.
- GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Watertown, on Tuesdays and Fridays at 7:00 PM and on Sunday at 11:00 AM
- GRUPO FE Y ESPRONZA, Gratitude Club, 295 Ruggles St. Fond du Lac WI on Wednesday at 7:00 PM and Sundays at 4:00 PM

All the groups listed in our meeting directory, should be contributing regularly to the support of your Central Office. We want to be here when anyone reaches out for help. A big thank you to everyone, for all you do.

Need to make a group or personal contribution? Use our **CONTRIBUTE** button on our website: aamilwaukee.com or use our your **VENMO app** from your smartphone.

SAFETY CARD FOR A.A. GROUPS

(The General Service Office has made this optional statement available as an A.A. service piece for those groups who wish to use it.)

Suggested Statement on Safety

Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person.

Service Material from the General Service Office

Meeting Space Currently Available

- **DryHootch**, 4801 W National Ave. Space available various time of day and evening. Call Otis W. [414-336-6576](tel:414-336-6576)
- **West Allis Senior Center**, 7001 W National Ave, West Allis WI. Call Shanon at [414-302-8717](tel:414-302-8717).
- **Luther Memorial Church**, 2840 S 84th St. West Allis WI. Contact by email: prviviane28@outlook.com
- **St Peter's Episcopal Church**, 7929 W Lincoln Ave, West Allis, Contact: Steve 414-543-6040 or email: christumc1@sbcglobal.net
- **Anchor Covenant Church** 1229 Park Row, Lake Geneva WI 53147, contact Laura, office@anchorcovenant.org

Redemptorist Retreat Cen-

ter, 1800 N Timber Trail Lane, Oconomowoc, WI 53066, (262) 567-6900 Email: rrc@redemptoristretreat.org
Please call for information and schedule of retreats for recovering people. AA and AI-Anon, \$250 three nights. We discuss the 12 steps and related topics.

2023 Weekend Retreats

Jesuit Retreat House,

4800 Fahrwald Rd. Oshkosh, WI. WI 54901, call 800-962-7330

jesuitretreathouse.org

Men and Women in AA, AI-Anon

Total cost: 4 days \$390.00. Send a \$75.00 deposit with requests for specific dates to retreat house or call for info.

The **Southern Wisconsin Deaf Access Committee** needs to rotate it's members. We are searching for two AA members to act as Co-Chairs, a treasure, and a liaison person to work with Members of AA Deaf community. They can email SWDAC at: Southern-WIDeafAccess@gmail.com

Southern Wisconsin Deaf Access Committee (SWDAC) 2023

JANUARY thru DECEMBER 2022

Beginning Balance \$ 6,210.62

Contributions: \$ 8,013.17

Interpreters: \$ 4,120.00

****ENDING BALANCE: \$ 10,103.79**

The cost for an interpreter is \$50 for a zoom meeting and \$80 for an in-person meeting. Contact Kath W. with questions:

brylerandme@gmail.com

VENMO Contributions: www.venmo.com/SWDAC

Southern Wisconsin AA Deaf Access Committee

P.O. Box 1982

Waukesha, WI 53186

District Number: _____

Group Name: _____

Donation: _____

Individuals may contribute as well.

VENMO Contributions: www.venmo.com/SWDAC

DISTRICT MEETINGS

COMPLETE DISTRICT INFORMATION ON THE WEB:

<https://www.area75.org/page/districtmeetings>

1. Jackson, LaCrosse, Monroe, Vernon & Trempealeau; **2 & 18** Green Lake & Marquette Counties & part of Waushara; **7** Kenosha; **17** Racine County; **8 & 30** Rock County; **9** Crawford, Grant, Iowa and LaFayette; **19 & 37** Richland & Sauk; **20, 21 & 26** Dane; **31** Columbia County; **35** Green; **37** Juneau County.

(Check the web address above for meeting info.)

3. MANITOWOC & SHEBOYGAN CNTY'S: 3rd Wed. of month, 6:30 p., Even numbered months at 1907 Club, 2908 N. 21st St., Sheboygan. Odd numbered months: Alano Club, 404 S 29 St Manitowoc

6. WALWORTH CNTY: 2nd Tue. 7:30 p. odd numbered months only, Walworth Alano Club, 611 E. Walworth St., Delavan

10. Spanish District. Contact: Salvador G. at 414-446-0158. Meets 1st Sunday 5 p.m. 1663 S. 6th Street, Milw.

11. JEFFERSON CNTY: Meets last Wed. at 5:30 p.m. Moravian Church, 301 College St., Lake Mills,

12. WASHINGTON CNTY: 1st Wed. of month, 6:00 p., the Jackson Community Center N165W20330 Hickory Ln., Jackson, WI. 53037

13. WAUKESHA CNTY: 1st Sun. of month, 1:00 p, St. Matthias Church, 111 E. Main, Waukesha

14. MILWAUKEE CNTY: 4th Wed. of month, 7:00 p, Milwaukee Central Office 7429 W Greenfield Ave., West Allis WI 53214

16. MILWAUKEE CNTY: 1st Wed. of month, 6:00 p, Milw. Central Office, 7429 W Greenfield Ave. West Allis WI

23. DODGE CNTY: Last Sunday of month at 6:00 p, Dodge Cnty Alano Club, 115 N. Lincoln, Beaver Dam, call to confirm 920-583-3142

24. OZAUKEE CNTY: 3rd Tue. of month, 6:30 p., Advent Lutheran Church, W63N642 Washington Ave, Cedarburg, WI 53012.

25. FOND du LAC CNTY: 2nd Tue. of month, 5:30 p., Gratitude Club, 295 Ruggles St., Fond du Lac, WI.

27. MILWAUKEE CNTY: 3rd Wednesday of month at 7:00 P.M., the Zoom ID number is [824 0616 9567](https://us02web.zoom.us/j/6870109941?pwd=YVI4SVQzU3FaSE1rc3dzVmtxdFM4QT09) the password is 869 916. Covenant Lutheran Church, 8121 W Hope Ave, Milwaukee, WI 53222.

28. MILWAUKEE CNTY: 2nd Thursday of month, 7:00 p, Prince of Peace Lutheran Church, 4419 S Howell Ave, Milwaukee WI 53207.

29. MILWAUKEE CNTY: 1st Mon. of month, 7:00 p, Luther Memorial Church, 2840 S 84th St., West Allis, WI 53227

32. & 33 WAUKESHA CNTY: 4th Tuesday of month, 6:30 p, Meeting ID: [881 8331 2739](https://us02web.zoom.us/j/88183312739), Passcode: 071956

34. WAUKESHA CNTY: 1st Tue. of month, 6:30 p, Northwest Alano Club, N88W17658 Christman Rd., Menomonee Falls. Join online at: <https://us02web.zoom.us/j/6870109941?pwd=YVI4SVQzU3FaSE1rc3dzVmtxdFM4QT09>

36. RACINE/KENOSHA: (1 of 2) 2nd Tues. month 6:00 p.m., 12 & 12 Club, 724 N Pine St., Burlington

38. MILWAUKEE CNTY: Last Sunday of month 4:00 p.m.

All Saint Cathedral, 818 E Juneau Ave.

SEND ADDITIONS AND CORRECTIONS TO:

7429 W. Greenfield Ave, West Allis, WI 53214, dan@aamilwaukee.com

[Area 75, Southern WI, Calendar of Events 2023](#)

All meeting held virtually until further notice

- Zoom Meeting Contact Area Chair: Andrew I. chair@area75.org
- **Spring Assembly** 4/16/23, **Summer Assembly** 6/11/23, **Pre Conference Assembly** 9/10/23, and the **Conference Assembly** 10/21/23

CORRECTIONAL INSTITUTIONS

In-person meetings have started back up in the Area corrections facilities. Contact Michelle, Area Corrections Chair by email; corrections@area75.org for information on days and times of meetings.

For meetings at Milwaukee Area Correction facilities contact: Emily J. at 262-364-7275 or email: mcccoordinator@gmail.com

- **TAYCHEEDAH CORRECTIONAL**, Fond du Lac, WI 54937
- **OAK HILL CORRECTIONAL INSTITUTION:** 5212 County Road M, Fitchburg, WI 53575
- **WAUPUN CORRECTIONAL INSTITUTION**, Waupun WI
- **FOX LAKE CORRECTIONAL**, Box #147, Fox Lake, WI 53933
- **JEFFERSON COUNTY JAIL** 411 S. Center St., Jefferson, WI,
- **RACINE CORRECTIONAL INSTITUTION** for MEN 2019 Wisconsin St, Sturtevant, WI 53177
- **FEDERAL CORRECTIONAL** Satellite Camp, Oxford, WI.
- **THOMPSON FARM**, RT. 2 DEERFIELD, WI.,
- **ROBERT ELLSWORTH CORRECTIONAL**, Union Grove, 53182
- **KETTLE MORAIN CORRECTIONAL**, Forrest Dr., Plymouth,
- **MILWAUKEE COUNTY HOUSE OF CORRECTION**, 8885 S. 68th St. Franklin WI. Emily J. by Email: mcccoordinator@gmail.com
- **MILWAUKEE COUNTY JAIL** 9th & State Milwaukee WI. Emily J. by Email: mcccoordinator@gmail.com
- **MILWAUKEE SECURE DETENTION**, 1015 N. 10th St. Emily J. by Email: mcccoordinator@gmail.com.
- **MILWAUKEE WOMEN'S CORRECTIONAL CENTER**, 615 W Keefe Ave. Emily J. by Email: mcccoordinator@gmail.com

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON. Contact Emily J. at 262-364-7275 or email: mcccoordinator@gmail.com for date and location. Donation can be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Email: mcccoordinator@gmail.com with questions.

Corrections volunteers must go through the committee to get AA literature to take into the various facilities. Milwaukee Central Office no longer handles the funds.

ADDRESSES FOR YOUR INFORMATION

Milwaukee Central Office: 7429 W Greenfield Ave, West Allis, WI 53214 gmco@aamilwaukee.com

- **Area 75 Treasurer:** PMB #167, 5464 N Port Washington Rd., Glendale WI 53217
- General Service Office, P.O. Box 2407, James A Farley Station, New York, NY 10116-2407
- Area 75 **Corrections**, **Bridging the Gap** or **Treatment** write to: PMB # 170, 5464 N Port Washington Rd., Glendale WI 53217
- **Southern Wisconsin Deaf Access Committee :** Email: milwareadeafaccess@gmail.com; Mailto: Deaf Access Committee, P.O. Box 1982, Waukesha WI 53186

MEETING ROOMS

<p>NEW DAY CLUB 11936 N. Port Washington Rd Mequon, (262) 241-4673 www.newdayclub.org A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Topic 11:00 a. Topic 5:00 p. Young People 7:30 p. Topic</p> <p>Mon. 12:30 p. Tenth Step Gp 5:30 p. More about Alcoholism 8:15 p. Men's Gp</p> <p>Tue. 10:00 a. Topic 5:30 p. Big Book 7:00 p. Beginners Gp 8:00 p. Big Book Gp</p> <p>Wed. 10:00 a. Topic 2:00 p. Promises Meeting 5:30 p. Step Meeting 7:00 p. Women's Lifeline</p> <p>Thr. 10:00 a. Topic Meeting 1:00 p. Women's AA Gp 5:30 p. Topic Meeting</p> <p>Fri. 10:00 a. Topic Meeting 5:30 p. Step/Tradition 8:00 p.</p> <p>Sat. 10:00 a. Step Meeting 5:00 p. Fellowship of Spirit 7:00 p. Feelings 10:00 p. Young People 8:00 p. Open Meeting (held on 3rd Saturday of month only)</p> <p>AL-ANON MEETINGS Monday 6:30 p. Al-Anon Tuesday 1:00 p. Al-Anon/ACOA Wednesday 7:00 p. ACOA Thursday 7:00 p. Al-Anon Contact club for information on other fellowships.</p>	<p>PASS IT ON CLUB 6229 W. Forest Home Ave Milwaukee WI (414) 541-6923</p> <p>A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Sun. Wake Up 9:30 a. Reliance Meeting 11:00 a. Today's choice 3:00 p. Gratitude Plus 7:00 p. Big Book Readers</p> <p>Mon. 7:30 a. Jump Start 10:30 a. First Step 4:00 p. Happy Hour Step Gp. 7:00 p. Open Introductory AA</p> <p>Tue. 7:30 a. Comin' Back Gp 10:30 a. Keep It Simple 4:00 p. Drop the Rock 6:00 p. Key To Sobriety Women's 7:30 p. Three Legacies 7:30 p. Double Trouble DD/O</p> <p>Wed. 7:30 a. Big Book Study 10:30 a. Pass It On 4:00 p. Happy Hr Promises 6:15 p. Courage to Change 7:00 p. We, Us & Ours</p> <p>Thr. 7:30 a. Welcome Back Gp 10:30 a. Made Decision 5:15 p. As Bill Sees It 7:00 p. Gateway Topic Gp</p> <p>Fri. 7:30 a. Honesty Gp. 10:30 a. Came To Believe 6:00 p. Women's Fri. Kickoff 6:30 p. Thoughts 4 Today 8:00 p. Broken Arrow 8:30 a. Early Bird</p> <p>Sat. 10:30 a. Happy Joyous Free 3:00 p. 12 Promises Group 7:00 p. Viagers Wisconsin lower level 8:00 p. 5 Concepts upstairs 8:00 p. Back to Basics 12x12</p>	<p>LAKE AREA CLUB N60 W 35878 Lake Dr Oconomowoc, WI (262) 567-9912 www.lakeareaclub.com</p> <p>A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Early Bird 9:30 a. Literature Meeting 11:00 a. Friendship Gp 6:00 p. Big Book 8:00 p. Gopher Sunday 9:00 a. Positive Attitude 6:30 p. Otter Gp 8:00 p. Step/Tradition Study</p> <p>Mon. 1:00 p. 4:00 p. 7:00 p. Life House Beginners 8:00 a.</p> <p>Wed. 10:00 a. Back To Basics 2:00 p. Women's Meeting 6:00 p. 8:00 p. 4:00 p. 5:00 p. Woman's Way 12 Steps 8:00 p. Grapevine Mtng</p> <p>Fri. 12:30 p. 4:00 p. 8:00 p. Old School House 10:00 a. Big Book</p> <p>OPEN AA/Al-Anon SPEAKER MEETING Sat. 7:00 p. 2nd & 4th Saturdays (AA and/or Al-Anon Speakers)</p> <p>AL-ANON MEETINGS Mon. 7:00 p. Al-Anon Tue. 9:00 a. Al-Anon Wed. 7:00 p. Al-Anon & Alateen</p>	<p>WAUKESHA ALANO CLUB 318 W. Broadway Waukesha, WI, 262-549-6541 A.A. MEETINGS,</p> <p>(IP)=In-person,</p> <p>Sun. 9:30 a. Sun Morn Sunlight (IP) 11:00 a. Sun Go-To-Mtng (IP) 07:00 p. Big Book Study (IP)</p> <p>Mon. 12:00 p. (IP) 6:00 p. Beginners AA (IP) 7:00 p. (12 & 12) (IP)</p> <p>Tue. 12:00 p. Wed Nooners (IP) 5:30 p. Topic Gp (IP)</p> <p>Thr. 12:00 p. Nooners (IP) 12:00 p. T.G.I.F. Gp (IP)</p> <p>Fri. 07:00 p. Last Stand at Alano (IP)</p> <p>Sat. 06:00 a. Early Morning (IP) 10:00 a. Gp 124 (IP)</p> <p>OPEN MEETINGS, DANCES & EVENTS Call for information.</p>	<p>GALANO CLUB - LGBT & All in Recovery - 7210 W Greenfield Ave LL Milwaukee, WI 53214, 414-276-6936 http://www.galanoclub.org/ galanoclub@gmail.com</p> <p>(V)=Virtual, (IP)=In-person, (V & IP)=Both In Person and Phone Meetings Phone/ Video AA Meetings, Call (978) 990-5195 Meeting Id: galano7210 Code: 1919178#</p> <p>Sunday: (V & IP) 10:30 a.m. - AA - Step / Topic Meeting (In-person/phone/video) 10:30 a.m. - Al-Anon - Papillon Group. (In-person)</p> <p>Monday: (V & IP) 7:30 p.m. - AA "Came to Believe" 12 Spirituality. (In-person/phone/video)</p> <p>Tuesday: (V & IP) 6:00 p.m. - AA Over and Under 40 Group (In-person/phone/video)</p> <p>Thursday: (V & IP) 7:30 p.m. - AA - Living Sober One Day at A Time In-person & Phone/video</p> <p>Friday: (V & IP) 10:30 a.m. AA Step & Topic</p> <p>Saturday: (V & IP) 7:30 p.m. - AA - Big Book & More. (In- person/Phone/video) The Galano Club is open one half hour before the scheduled meetings.</p>
<p>NORTHWEST ALANO CLUB* N88 W17658 Christman Rd Menomonee Falls WI 53051 (No Phone) Room 202 A.A. MEETING SCHEDULE (V)=Virtual, (IP)=In-person, (V & IP)=Both</p> <p>Sun. 10:00 a. Big Book Rm 202 7:00 p. Sun Night Gp Rm 202</p> <p>Mon. 7:00 p. Just Do It Gp Rm 202</p> <p>Tue. 10:00 a. Step 8:00 p. Topic</p> <p>Wed. 7:00 p. Step/Topic</p> <p>Thr. 10:00 a. Step 6:00 p. Women's</p> <p>Fri. 8:00 p. Step/Topic (V & IP) 5:30 p. Code 3 Mtng Rm 202</p> <p>Sat. 10:00 a. Sat Serenity Gp 7:00 p. Simply Sober Gp Rm 202</p> <p>AL-ANON MEETINGS Wed. 7:00 p. Al-Anon Fri. 7:30 p. Al-Anon</p> <p>*This Club is a Smoke-Free environment. We have ample meeting space available for 12 Step groups. Contact the Northwest Alano Club by mail.</p>	<p>WALWORTH COUNTY ALANO CLUB 611 Walworth St. (Hwy. 50 & 11) Delavan, WI 53115, (262) 740-1888</p> <p>Sunday AA 10:00 a. Primitive Group 12:00 p. Open Speakers 6:30 p. Delavan Discussion</p> <p>Monday AA 7:30 a. Sunny Side Up 12:00 p. Delavan Step Meeting 6:30 p. Delavan Meeting</p> <p>Tuesday AA 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan 12 Step Topic</p> <p>Wednesday AA 7:30 a. Sunny Side Up 12:00 p. As Bill Sees It Gp. 6:30 p. Delavan IT Meeting</p> <p>Thursday AA 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan Big Book Gp.</p> <p>Friday AA 7:30 a. Sunny Side Up 12:00 p. Big Book Study 6:30 p. Delavan Discussion</p> <p>Saturday AA 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan Beginners Gp.</p>	<p>ALANO CLUB 1521 N. Prospect Ave., Milwaukee, WI, 53202 (414) 278-9102 http://www.mkealanoclub.org/</p> <p>A.A. MEETING SCHEDULE</p> <p>Sun. 7:00 a. AA Meeting 10:00 a. Gp 17 Step</p> <p>Mon. 7:00 a. Early Morning 10:30 a. Gp 72 Topic 12:15 p. Big Book Meeting 6:30 p. Gp 40 Big Book 7:30 p. We Agnostics</p> <p>Tue. 7:00 a. As Bill Sees It, 10:30 a. Gp 70 Step 12:15 p. Gp 76 7:00 p. Beginner's Meeting</p> <p>Wed. 7:00 a. AA 10:30 a. Gp 9, Step 12:15 p. Oasis Topic Gp 6:00 p. Chicks at Six Gp, women, Child Care available</p> <p>7:30 p. We Agnostics 7:00 p. Big Book Meeting</p> <p>Thr. 10:30 a. Gp 97, Step 12:15 p. Here & Now Gp 7:00 p. AA (LGBT) All Welcome</p> <p>Fri. 7:00 a. Daily Reflections 10:30 a. Gp 21, Step 12:15 p. Gp 65 6:30 p. Here & Now 12:15 am. Second Shifters (Sat.)</p> <p>Sat. 7:00 a. AA Meeting 11:00 a. Gp 87 Step 7:30 p. Open AA Speaker Mtng</p> <p>AL-ANON MEETING Sunday 10:00 a. Al-Anon</p>	<p>H.O.W. TO CLUB 8930 W. National Ave, West Allis, (414) 543-2448 http://howtoclub.info/ M, W, F, Sat. 9 a. -11 p, Tue Thr 9a. - 9p., Sun 8a to 9p.</p> <p>Sun. 8:00 a. Eye Opener AA Gp. 10:00 a. Grass Roots (Steps) 4:30 p. Drop the Rock 6/7 Step 6:00 p. Restore Us To Sanity 8:00 p. Sun. Sober & Serene</p> <p>Mon. 11:00 a. Winner's Circle 5:45 p. Gp 132, Women's Gp 7:00 p. Big Book Gp. 8:00 p. New Hope Gp.</p> <p>Tue. 11:00 a. Willingness Group 6:00 p. Tue Topic 6pm Gp 8:00 p. New Hope Meeting</p> <p>Wed. 10:00 a. Foundations Meeting 6:00 p. AA Beginners Gp. 7:00 p. Women's Freedom 8:00 p. Promises Group</p> <p>Thr. 10:00 a. But For Grace Of God 6:00 p. Here and Now 8:00 p. How To Get It Going</p> <p>Fri. 11:00 a. Priority Group 6:00 p. Big Book Friday 8:00 p. R.U.S. For Us 11:00 p. Candlelight Promises</p> <p>Sat. 9:15 a. Men's Topic 11:00 a. Pioneers Group 3:00 p. Spiritual Growth 6:00 p. 1st & 12 Topic 8:00 p. Open Speaker 3rd Sat 8:00 p. HOW To Saturday</p>	<p>24 HOUR CLUB 153 Green Bay Rd. Thiensville, WI Web and Facebook Info</p> <p>A.A. MEETING SCHEDULE</p> <p>Sun. 6:30 a. Upon Awakening 8:00 a. 8:00 a. Topic 10:00 a. Step/Topic 5:00 p. Step</p> <p>Mon. 6:30 a. Topic 10:00 a. Topic 8:00 p. Men's</p> <p>Tue. 6:30 a. Topic 10:00 a. Step/Topic 5:30 p. Big Book</p> <p>Wed. 6:30 a. Topic 10:00 a. Big Book</p> <p>Thr. 6:30 a. Topic 10:00 a. Topic 5:30 p. Step/Topic/Trad 8:00 p. Men's 12 & 12</p> <p>Fri. 6:30 a. Topic 10:00 a. Step/12 & 12 8:00 p. Step</p> <p>Sat. 6:30 a. Topic 8:30 a. Big Book/Steps 10:00 a. Big Book 8:00 p. Open Speaker Mtng. (1st Saturday Only)</p>

In Person AA Groups NEED YOUR SUPPORT

- **Sun. 7 p.m.** Waukesha Sunday Night Beginner's, Ascension Lutheran Church, 1415 Dopp St, Waukesha WI
- **Sun. 7 p.m.** Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- **Mon. 7 p.m.** Unity Gp, 4600 Pilgrim Rd, Brookfield, WI
- **Tues. 7 p.m.** Gp 43, Friendship Club, 2245 W Fond du Lac Ave Milwaukee WI.
- **Wed. 8:00 p.m.** Helping Hand, Nativity Lutheran Church, 6905 W Bluemound Rd, Milwaukee WI
- **Thur. 12:15 p.m.** Jeanette Burnett Gp, St John's Cathedral Complex, 831 N Van Buren, Milwaukee WI
- **Thurs. 8:00 p.m.** Grateful Gp. Chabad House, 3030 E Kenwood Blvd, Milwaukee, WI
- **Thurs. 8:30 p.m.** Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave,
- **Fri. 9:30 p.m.** Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw.
- **Sat. 8 p.m.** Gp 18, St Luke's, 3200 S Herman, Bay View, WI
- **Sat. 7 p.m.** 12 Step Club 4102 W Townsend St. Milw., WI

MEETING ROOMS

UNITY CLUB
1715 Creek Rd
West Bend, (262) 338-3500
unityclub1715@att.net
www.facebook.com

AA MEETING SCHEDULE

Sun. 10:30 a.* Gratitude Gp.
8:00 p. Candlelight Gp.

Mon. 10:00 a. Monday A.M.
7:00 p. Men's
7:00 p. Women's

Tue. 10:00 a. Tuesday A.M.
7:30 p. Beginner's
8:00 p. Step Gp

Wed. 10:00 a. Promises
1:00 p. Steps/Promises
5:00 p. Happy Hour Gp In-person & Zoom: 332602852, pw: 123456
8:15 p. Step Gp

Thur. 10:00 a. Big Book
7:00 p. EZ Dozen12x12

Fri. 10:00 a. Step/Topic Gp
6:00 p. Big Book

Sat. 10:00 a. Here & Now
6:00 p. Big Book Connection

AL-ANON & ALATEEN MTNGS
Saturday 9:00 a. Al-Anon
Thursday 7:15 p. Al-Anon

• Open Mtng. 3rd Sunday of month

FRIENDSHIP CLUB
2245 W. Fond du Lac Ave
Milwaukee, WI
(414) 931-7033

Email:
friendshipinc@sbcglobal.net

AA MEETING SCHEDULE

Sunday
10:00 a. Friendship
11:00 a. Third Sunday
Open Meeting

Monday
10:30 a. Step Gp

Tuesday
7:00 p. Gp 43 Big Book

Saturday
10:30 a. Gp 112 Step

Call for information
on other types of
meetings.

Email:
friendshipinc@sbcglobal.net

12 STEP CLUB
4102 W Townsend St.
Milwaukee, WI 53216
(414) 871-0610

A.A. MEETING SCHEDULE

Friday: 11:00 a. Gp. 61
Saturday: 10:00 a. Beginner's,
7:00 p. 12 Steps Gp

Call the club for information
on Open Speaker AA
meetings, meetings for other
fellowships and for special
events.

BEAVER DAM ALANO CLUB
115 N Lincoln St.
Beaver Dam WI 53916

Sun: 10:30 a.m. & 7 p.m.
Mon: 8 a.m., 6 p.m. & 8 p.m.
Tue: 9:30 a.m. & 7:30 p.m.
Wed: 8 a.m. & 7 p.m.
Thur: 9:30 a.m. & 8 p.m.
Fri: 12 Noon & 6 p.m.
Sat : 12 Noon & 7 p.m. Open

MILWAUKEE GROUP
933 E Center St, Milw WI 53212.

A.A. MEETINGS

Sun. 10:00 a In-person
8:30 p. In-Person

Mon. 5:30 p. In-Person
7:00 p. In-Person
8:30 p. In-Person

Tue. 7:00 p. In-Person
8:30 p. In-Person

Wed. 5:30 p. Zoom
<https://zoom.us/j/8974697046> pw:0
7:00 p. In-Person
8:30 p. In-Person

Thur. 7:00 p. In-Person
8:30 p. In-Person

Fri. 7:00 p. In-Person
8:30 p. In-Person

Sat. 8:30 p. In-Person

Milwaukee Central Office
7429 W Greenfield
West Allis WI 414-771-9119

A.A. MEETINGS

Sun. 9:00 a. Gp 10 Sunday
Mon. 12:15 p.
Tue. 12:15 p.
Wed. 12:15 p.
Thur. 12:15 p.
Fri. 12:15 p.
Sat. 9:15 a. 1st Step
10:30 a.

**We do not meet on
major holidays.**

LIGHTHOUSE ON DEWEY
1220 Dewey Ave.
Wauwatosa WI

AA MEETINGS

Sunday
6:00 p. Jim's First Step
7:30 p. Gp 78 Great Room

Monday
7:30 p. Laughs/Leisure

Tuesday
6:00 p. 11th Step Meditation
7:30 p. Professionals

Wednesday
7:30 p. Presidents Hall
8:00 p. "RES-IPSA"

Thursday
7:30 p. Alumni No 12

Friday 7:15 p. Gp 74

Saturday 10:00 a. Gp 59
7:00 p. Great Room

All Saint's Cathedral
818 E Juneau Ave. Milw 53202

Sun: 7:00 p.m. Bench Meeting
Mon: 7:30 p.m. #08 Sane & Sober
Tue: 10:30 a.m. Men's Gp.
Wed: 7:30 p.m. Men's Gp.
Fri: 7:30 p.m. Big Book Gp.
Sat: 10:30 a.m. Men's Gp.


JOIN the BIRTHDAY CLUB!


We celebrate birthdays, and we'd like to help you celebrate yours! Send us a contribution of **\$1 for each year of Sobriety**- or more if you choose- and we'll print your birthday in the Between-Us Newsletter. Include your Home Group, and we'll print that also!

Requests should be in by the 24th of the month prior to your sobriety date. Late arrivals will appear the following month.

Just fill in the form below and mail, with your contribution, to:

Payable to: "Greater Milwaukee Central Office"
Memo: Birthday Club
7429 W Greenfield Ave
West Allis WI 53214



 Payment/Contribution: using [VENMO](#) or from our website, using [Credit Card](#) or [PayPal](#).

\$ _____ enclosed.

I will have _____ years on _____ / _____ / _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (_____) _____ - _____

Email: _____

Home Group: _____



HAPPY BIRTHDAY!

<u>Years</u>	<u>Name</u>	<u>Home Group</u>
35 (2/15/23)	Irene L.	Badger Group
33 (3/12/23)	Tom W.	Turning Point Sunday Night
8 (4/24/23)	Cathy P.	Women's Friday Night Kick-Off
12 (4/9/23)	Lynn M.	Early Risers, East Side Alano
22 (3/31/23)	Fran M.	



Congratulations!



"New Meeting"

A **Women's Sunday Morning AA** meeting starting **Sunday, January 8, 2023, in Jackson, WI.** (District 12) at 10:30 am held at the Town Hall in Jackson **3146 Division Road** (Hwy G) Enter at the south doors We hope you join us - and please share!



Come Join Our Tuesday Nite Impaired Professional AA Meeting



Tuesday nights at 7:30
Holy Trinity Lutheran Church
11709 W. Cleveland Ave., Milwaukee

Not just for professionals but for anyone seeking sobriety and a better way of life by working the 12 steps and living well. Come share in the fellowship with us and start enjoying life again.

We meet in person and on Zoom. Meeting ID = 98178765495, Password = 071150.
Hope to see you there!!

It Happened to Alice, Page 23

Reprinted with permission AA General Service Office.





WE HAVE A NEW HOME!!

GROUP #63

MONDAY NIGHTS 7:00PM

**Martin Luther Church
9235 W Bluemound Rd**

Big Book topics, 12 steps discussions, and AA general topics

COME ON OVER AND MEET NEW FRIENDS!

No mask required. This is a closed AA meeting.

A Closed AA meeting is open to those who have a desire to quit drinking. If you think you may have a drinking problem, please



Friday Night Couples in Recovery

We are Back - EVERY Friday!

We welcome couples and singles interested in applying the 12 steps to both self and relationships!

We meet each Friday of the month beginning April 1st and would like couples or singles working any 12 step program to join us

At 7:30 pm



St. Pius Church

2520 N. Wauwatosa Ave. (76th St.)

Just north of North Ave.

(Enter the building on Wauwatosa Ave. Turn Left & up the Stairs)



Fox Point Group 86: Reaching Out, Join Us on Zoom Monday Evenings.

We are doing a group inventory, looking at ways in which we can be more accessible.

Current members with a wide range of sobriety, join our weekly meetings to discuss topics that impact all people in recovery thus providing a healthy balance for all.

We warmly welcome all genders, sexual preferences, ethnicities, and ages.

We meet on-line with ZOOM Monday Nights at 8:00 and will do so until we resume our "live" meetings at the North Shore Congregational Church in Fox Point.

Stop on by! We open up around 7:45 and begin at 8:00. If you are shy about "Zooming," just come on in and listen. It's *Alcoholics Anonymous*.

You will find a warm welcome to a lively and amiable group living one day at a time.

<https://zoom.us/j/8700953588>

Meeting ID **8700 953 588** no password but waiting room. **By phone dial 312-626-6799**

HAND OF AA TUESDAYS 7 PM

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

The Hand of AA Group meets in person and online Tuesdays at 7 PM CT. It is a literature meeting where a topic is taken from either conference approved literature or the AA Grapevine.

1st Week: Step
2nd Week: Open
3rd Week: Tradition
Other weeks: Topic

To join us in person: We meet at Mount Zion Lutheran Church 12012 W North Ave, Wauwatosa WI 53226. Parking and the entrance are behind the church off 120th St.



For Zoom:
Meeting ID "544 131 1866"
Password: 414

Or use the QR code to see the web page and a direct Zoom link

Brown Deer Monday Night Group

Time change:

New start time 7:30 P.M.

(Old time was 8:00 P.M.)

Starting Monday, May 1st, 2023

Location: St. Paul's Lutheran Church
8080 North 47th Street, Brown Deer, WI
(Come to Northwest door)

The meeting time for our AA Group is changing. For many years we have had our time from 8PM to 9PM. We will be changing this time to 7:30PM to 8:30PM starting Monday May 1st, 2023.



Come Join Our Tuesday Nite Impaired Professional AA Meeting

Not just for professionals but for anyone seeking sobriety and a better way of life by working the 12 steps and living well. Come share in the fellowship with us and start enjoying life again.

We meet in person Tuesday nights at 7:30 at Holy Trinity Lutheran Church at 11709 W. Cleveland Ave. as well as on Zoom. Meeting ID = 98178765495, Password = 071150.
Hope to see you there!!

Financial News: Please remember our tradition of self-support. If you wish to contribute to the Central Office, you can now use [Venmo](#) from your smartphone.

[@MilwaukeeCentralOffice-AA](#)

...0785 are the last four digits of the phone number associated with the Venmo account. (You may be asked for these numbers)

If you don't use Venmo or PayPal, you can always come visit us at the Central Office or mail a check.

Use QR Code
To Contribute
Using
VENMO



A.A.



MEN'S BIG BOOK MEETING

WHEN: Thursdays
8:00 – 9:00 P.M.

WHERE: 24 Hour Club
153 Green Bay Ave.
Thiensville, WI 53092



Open to men in recovery. Beginners most welcome!



FREE COFFEE & DONUTS



GREATER MILWAUKEE CENTRAL OFFICE
PRESENTS

SPRING THING

DINNER AND OPEN SPEAKER MEETING

SATURDAY, APRIL 22, 2023

HOSPITALITY: 5:30 PM, DINNER: 6:15 PM

AA SPEAKER: PETE K. (RICHFIELD WI): 7:30 PM

MILWAUKEE ELK'S LODGE #46

5555 W. GOOD HOPE RD, MILWAUKEE, 53222

SEATING IS LIMITED: \$35.00 PER PERSON

Tables of 8. If you want to sit together, get your tickets together.

Proceeds to support Milwaukee Central Office.

Tickets by mail, \$35.00 each. Include a self addressed stamped envelope.

Greater Milwaukee Central Office

7429 W. Greenfield Ave., West Allis, WI 53214, 414-771-9119

Call or email for more information: gmco@aamilwaukee.com

Pay by check or credit card, Visa/MasterCard/Discover, include all necessary information.

Card Number _____ Expiration Date ____ / ____

Name _____ Phone _____ CVC# _____

Address _____ Zip Code _____

E-mail Address: _____

Number of tickets ____ X \$35.00 = \$ _____

Tax deductible donation to
Greater Milwaukee Central Office..... + \$ _____

Check or Credit Card Total..... = \$ _____

Cut-off date for tickets Monday April 17, 2023

Buffet menu, with all kinds of stuff on it.

Tables of 8. If you want to sit together, get your tickets together.

