

"BETWEEN-US"

VOL. 28 ISSUE 4

APRIL 2020

The Coronavirus has affected us all in some way. During this time when most if not all meeting places have been closed, many have started "online" or "telephone" meetings to fill the need. I have listed those I know of on our office website: aamilwaukee.com use the drop down menu at "Codes" and click on "online meetings available". Follow the links and use the passwords if any. Good luck.

Close to the Edge

By: Robert J. | Sacramento, California

My life hadn't become unmanageable, it had become crazy. . . . That was my moment of clarity.

It was a clear fall day in September 1982. The leaves in the park behind my home had turned gold and crimson, but their beauty eluded me. I sat on the edge of my bed holding two silver-plated .357 Magnums, fully loaded, hammers cocked, one in my mouth and one pointed at my temple. They promised the escape I could no longer find in alcohol. Alcohol, my best friend, had deserted me and I couldn't imagine living any longer.

I had been attending AA meetings for four years, and it simply hadn't worked for me. It was true that I had been going to AA to learn how to control my drinking. I believed that I wasn't as bad off as those that needed to abstain totally from alcohol. I was sure of that, and I think the members knew it too--they weren't as nice to me now as they once were. I felt they simply didn't understand me. There were too many differences between me and those AAs.

(Continued on page 10)

A TIMELY MESSAGE FROM A COUPLE OF OUR READERS:

Dear Fellowship,

With these challenging times, with meeting places closing and events being cancelled, AA Central Office needs to reach out to more and more people. That doesn't happen easily or without funding.

If you are not attending meetings, and we know you're not going to the Spring Thing, please consider sending a check to the AA Central Office. We may not be gathering as we usually do, however the work of AA goes on.

Members of the Fellowship,

John and Ruth H.

STEP FOUR AT A GLANCE

My sponsor, wisely, did not allow time for fear to develop before writing my Fourth Step. He pointed out that the Big Book indicates that we are to begin Step Four "at once!" (p. 64) It seems like only seconds after we prayed the Third Step Prayer that he laid out four sheets of paper with respective headings of Selfishness, Dishonesty Resentment and Fear. I was to write: "*God help me I am writing my inventory*" under each of these words. I was informed that I was not capable of enough honesty to do this alone. I needed God to help me. (After all a week or so before I had marched into a bar and **almost** spoke out: "*Gin and tonic, please—Thank God I didn't*"). Obviously, my mind lied, so I did, indeed, need Gods help! The Oxford Group called this 'automatic writing.' If the words did not come from deep within, I was not to write them. No thinking allowed! I believe more honesty landed on those papers in a few minutes than many weeks out of my good-keen-intellectual-alcoholic-mind.

Selfishness
Dishonesty
Resentment
Fear

Grosser handicaps

This was not *exactly* Step Four, but it brought about

(*"Selfishness" Beyond* Continued on page 9)

Greater Milwaukee Central Office AA
Profit & Loss Prev Year Comparison
October 2019 through February 2020

	Oct '19 - Feb 20	Oct '18 - Feb 19	\$ Change	% Change
Ordinary Income/Expense				
Income				
4000 - Literature Sales	56,052.68	50,063.46	5,989.22	11.96%
4050 - Between us	488.00	2,524.00	-2,036.00	-80.67%
4070 - Contributions	32,718.15	29,653.03	3,065.12	10.34%
4080 - Gratitude boxes	25,244.19	22,742.43	2,501.76	11.0%
4090 - Open Meeting / Dinner	0.00	4,050.00	-4,050.00	-100.0%
4100 - Memorials	100.00	700.00	-600.00	-85.71%
4130 - Personal Contri.	6,098.75	984.97	5,113.78	519.18%
4150 - Other Income	669.61	1,425.52	-755.91	-53.03%
4170 - Interest Income	342.44	1,261.57	-919.13	-72.86%
4190 - Discrepancies	-162.80	0.00	-162.80	-100.0%
4200 - Bounced Checks Income	11.00	0.00	11.00	100.0%
4600 - Merchandise Sales	0.00	303.40	-303.40	-100.0%
4830 - Sales Discounts	29.27	49.99	-20.72	-41.45%
48900 - Shipping and Delivery Income	693.14	315.70	377.44	119.56%
Total Income	122,284.43	114,074.07	8,210.36	7.2%
Cost of Goods Sold	33,742.70	30,588.25	3,154.45	10.31%
Gross Profit	88,541.73	83,485.82	5,055.91	6.06%
Expense				
51100 - Freight and Shipping Costs	332.98	342.85	-9.87	-2.88%
59900 - POS Inventory Adjustments	-41.72	290.07	-331.79	-114.38%
6000 - Advertising and Promotion	1,062.50	0.00	1,062.50	100.0%
6040 - Bank Service Charges	11.00	0.00	11.00	100.0%
6045 - Coffee/Soda/Candy Expense	297.16	278.66	18.50	6.64%
6050 - Credit card fees	904.37	1,164.66	-260.29	-22.35%
61200 - Cash Payouts from Drawer	1.55	0.00	1.55	100.0%
6170 - Computer and Internet Expenses	281.00	0.00	281.00	100.0%
6200 - Conferences & conventions	50.00	84.94	-34.94	-41.14%
6345 - Open Meeting/Dinner	0.00	3,692.90	-3,692.90	-100.0%
6500 - Office	17,679.49	18,855.57	-1,176.08	-6.24%
6600 - Payroll	41,525.72	43,007.50	-1,481.78	-3.45%
66900 - Reconciliation Discrepancies	-21.05	6.99	-28.04	-401.14%
6700 - Professional Fees	1,290.00	1,000.00	290.00	29.0%
6800 - Printing	6,275.16	0.00	6,275.16	100.0%
Total Expense	69,648.16	68,724.14	924.02	1.35%
Net Ordinary Income	18,893.57	14,761.68	4,131.89	27.99%
Other Income/Expense				
Other Income	5.01	0.00	5.01	100.0%
Other Expense	0.00	0.00	0.00	0.0%
Net Other Income	5.01	0.00	5.01	100.0%
Net Income	18,898.58	14,761.68	4,136.90	28.03%

Secretary Meeting March 10, 2020

Groups represented: Another Chance Tuesday Night, Big Book Friday, Big Book Readers, Brown Deer Monday, Common Solution, How It Works Big Book, Just Do It, Koala, Mayfair Women's Mon/Fri, New Berlin Big Book Tuesday 7p.m., Reality, There Is a Solution/Pewaukee, Tuesday Night Grapevine, Wanderer's Gp, Written For Us Big Book, Yes We Can, Only 16 groups were represented. I'm sorry if I have missed anyone that was in attendance.

Nancy S. opened the meeting at 6:30 p.m. with a moment of silence followed by the Serenity Prayer.

Bank Balances on left of this page.

New secretaries introduced themselves, and made announcements.

Beginning March 10th, the Secretary meeting will begin at 6:30 p. And, from then on will only meet bi-monthly on the 2nd Tuesday at 6:30 p.m. New schedule is Jan, Mar, May, July, Sep. and Nov. Start time will always be 6:30 p.m.

ALL MEETINGS listed in our meeting directories should routinely contribute to the AA Service Entities; [Milwaukee Central Office 50%](#), [GSO in New York 30%](#) and [Area 75 Committee 10%](#) and [to your Districts 10%](#).

Between-Us monthly Newsletter is free for all through Email. **New subscribers** should send an email to: dan@aamilwaukee.com.

BIRTHDAY CLUB! We celebrate birthdays, and we'd like to help you celebrate yours! See the form on page four.

Volunteers are needed for the helpline, some overnight and some Saturdays (9-1 or 1-5). Some in-office hours available now. You need to have at least 1 year of sobriety, a Home Group and Sponsor. Call Nancy or Dan.

Gratitude Boxes: all should be returned now.

The meeting closed with the Lord's Prayer at 7:30 p.m. Next meeting may or may not occur on May 12, 2020, at 6:30p.

Account Balances:

Checking: 4,762.66
Savings Account: 71,000.00
Prudent Reserve: 163,805.25

What is the Prudent Reserve?

The A.A. guideline document produced by A.A. World Services, Inc., suggests a prudent reserve for a central office or intergroup be fixed somewhere between one and twelve months' operating expenses. The prudent reserve is not available for everyday use. It is only meant for startup and twelve months of operating expenses, in an emergency.

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: milwareadeafaccess@gmail.com

Southern Wisconsin Deaf Access Committee (SWDAC)

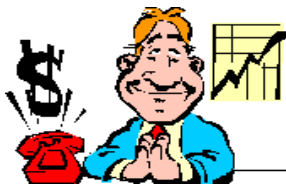
February 2020

Balance: \$8,263.86 *
Contributions: \$0,620.06
Interpreter: \$ 490.00
Awareness Event N/A
Expenses: \$22.00
Donations: N/A
Annual Cost of interpreters for 3 meetings a week @\$160 per meeting is \$24,960
* Transferred \$1,852.45 to Prudent Reserve Jan. 18, 2020.
Leslie P. with questions: brylerandme@gmail.com

Meeting Space Available

• [Christ United Methodist Church](#), 5200 S 48th St. Greenfield WI 53221. Wheelchair accessible space available. Contact: Jo, 414-421-0202 or email: christumc1@sbcglobal.net

2 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](#)



DISTRICT MEETINGS

DISTRICT INFO ON THE WEB:

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

1. JACKSON, LaCROSSE, MONROE, VERNON, & TREMPPEALEAU;
2 & 18 GREEN LAKE & MARQUETTE CNTY'S & PART OF WAUSHARA;

8 & 30 ROCK ; 9. CRAWFORD, GRANT, IOWA and LAFAYETTE; 19 & 37. RICHLAND & SAUK;

20, 21 & 26 DANE; 31. COLUMBIA CNTY; 35. GREEN; 37. JUNEAU CNTY'S

(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. Feb. Apr. June. Aug. Oct. and Dec. only, Walworth Alano Club, 611 E. Walworth St., Delavan

7. KENOSHA CNTY 3rd Sun. of month, 4:00 p., Kenosha Alano Club, 630 56th St.

10. Spanish District. Contact: Salvador G. at 414-446-0158. Meets every 2nd & 4th Sunday 9 a.m. to 11 a.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 (1 of 3) 1st Sun. of month, 1:00 p, St. Matthias Church, 111 E. Main, Waukesha

14. MILWAUKEE CNTY (1 of 6) 4th Wed. of month, 7:00 p, Milwaukee Central Office 7429 W Greenfield Ave., P.O. Box 13011, Wauwatosa WI 53226

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

17. RACINE CNTY (1 of 2) 3rd Sun. of month, 1:00 p, Grove Club, 1037 Grove Ave., Racine

23. DODGE CNTY 1st Wed of month at 7:00 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., Peltz Center for Jewish Life, 2233 W Mequon Rd. Mequon

25. FOND du LAC CNTY 2nd Tue. of month, 6:30 p., Gratitude Club, 295 Ruggles St., Fond du Lac

27. MILWAUKEE CNTY (1 of 6) 3rd Wednesday of month, 7:00 p.m. Covenant Lutheran Church, 8121 W Hope Ave, Milwaukee WI 53222

28. MILWAUKEE CNTY (1 of 6) 1st Mon. of month, 7:00 p, Bay View United Methodist 2772 S Kinnickinnic Ave. Bay View, WI 53207

29. MILWAUKEE CNTY (1 of 6) 1st Mon. of month, 7:00 p, Luther Memorial Church, 2840 S 84th St., West Allis, WI 53227

32. WAUKESHA CNTY (1 of 3) 4th Tuesday of month, 6:30 p, Bethlehem Evangelical Lutheran Church, 470 Oak Crest Dr., Wales WI.

34. WAUKESHA CNTY (1 of 3) 1st Tue. of month, 6:30 p, Northwest Alano Club, N88W17658 Christman Rd., Menomonee Falls

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

38. MILWAUKEE CNTY (1 of 6) Last Sunday of month 4:30 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

CORRECTIONAL INSTITUTIONS

TAYCHEEDAH CORRECTIONAL, Meetings are held 1st, 2nd & 4th Tuesday and on the 3rd Thursday at 5:45 -7:30 p.m., Gloria K. (920) 921-2395

FEDERAL CORRECTIONAL INSTITUTION, P.O. Box 1085 Oxford, No Meeting!

FEDERAL CORRECTIONAL Satellite Camp, New Path Group, P. O. Box 1085 Oxford, WI. Meetings Wed. at 1:30 p.m.

OAK HILL AA GROUP, OAK HILL WCI 5212 Hwy M, P.O. Box 140 Oregon, WI 53575 Meetings Wednesday at 7:00 p.m. and Sunday at 6:30 p.m. Contact: Rick B. (608) 235-5154

THOMPSON FARM, RT. 2 DEERFIELD, WI., Closed meeting Tuesday at 8:00 p.m. Contact: Tom Dickert, (608)764-5755

ROBERT ELLSWORTH CORRECTIONAL, 21425A Spring St., Union Grove, 53182 Call for AA Meeting times: Contact Jennifer H. 262) 237-1294 or Cheryl P. (262) 914-3970.

KETTLE MORAINE CORR., Box 31, W9071 Forrest Dr., Plymouth, AA Thr. at 6:00 p.m. Contact Mike L (920) 898-4782.

WAUPUN CORRECTIONAL INSTITUTION AA Meeting Sat. , 8:00a.m.-9:30 a.m. Dale C. 920-387-4229 after 5 p. clearance.

MILWAUKEE COUNTY HOUSE OF CORRECTION, 8885 S. 68th St. Franklin WI.

MILWAUKEE COUNTY JAIL 9th & State Milwaukee WI.

MILWAUKEE SECURE DETENTION CENTER, 1015 N. 10th St. Milwaukee

Milwaukee Women's Correctional Ctr. 615 W Keefe Ave. Milwaukee

FOX LAKE CORRECTIONAL, Box #147, Fox Lake, WI 53933 Closed meetings Tue. & Fri. from 6:00 -8:00 p.m.

JEFFERSON COUNTY JAIL 411 S. Center St., Jefferson, WI, Mtng. held on Mon. at 7:00 p.m., Contact: Scott N. 920-397-0170

RACINE CORRECTIONAL INSTITUTION for MEN Mtngs: Sun. 8:30 AM, Dane Rx Unit; Wed. 7:00 p. and two meetings on Thursday at 7:00 p. English and Spanish. Call Paul H. (262) 537-2884

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets at 5:30 p.m. on the 3rd Thursday on odd numbered months at Greater Milwaukee Central Office, 7429 W Greenfield Ave, West Allis WI 53214. Donation should be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Kota at email: mcccordinator@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.

Area 75, Southern WI., Calendar of Events 2020

Madison Senior Center, 330 W. Mifflin St., Madison, Held at Senior Center except where otherwise noted.

- Mar. 08, 2020, Delegates Workshop
- Apr. 05, 2020, Assembly
- Jun. 28, 2020, Assembly
- Sep. 13, 2020, Assembly
- Nov. 6-8, 2020, Conference Area 75 Holiday Inn, Manitowoc WI

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:** G.S.O, P O Box 459, Grand Central Station, New York, N.Y. 10163

• **Area 75 Corrections, or Bridging the Gap or Treatment write to:** PMB # 170, 5464 N Port Washington Rd., Glendale WI 53217

• **Southern Wisconsin Deaf Access Committee :** Email: milwaredafaceess@gmail.com; Mailto: Deaf Access Committee, P.O. Box 1982, Waukesha WI 53186

JOIN the BIRTHDAY CLUB!

We celebrate birthdays, and we'd like to help you celebrate yours! Send us a donation 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 donation, to:

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



\$ _____ enclosed.

I will have _____ years on ____ / ____ / ____.

Name _____

Address _____

City _____ State _____ Zip _____

Phone: () _____ - _____

Email: _____

Home Group: _____



MILW. CENTRAL OFFICE

- E-mail us at: dan@aamilwaukee.com
- Hours: M, W, Th, Fr 9 a.m. to 5 p.m. Tuesday 9 a.m. to 6 p.m., Sat. 9 a.m. - 1p.m.
- Secretary Meeting Bi-monthly beginning the 2nd Tuesday of March at 6:30 p. and each odd numbered month thereafter. Jan, Mar, May, July, Sept. and Nov.
- Board of Directors Meeting, Wednesday following Secretaries Meeting, (odd months) 6:30 p.
- A. A. Meetings, Mon - Fri at 12:15 p., Wed. & Thur at 4 p., Sat. 9:15 a., & 10:30 a.
- Service Manual Study: 2nd Thurs. of month at 6 p.m.
- Dist. 14, 4th Wed. at 7 p.m.
- Dist. 16, 1st Wed. at 6 p.m.
- Milw Cnty Corrections Committee, 3rd Thurs. at 5:30 on odd numbered months.

Spanish Speaking Meetings: Meeting at English Speaking Clubs

- GRUPO 5 CONCEPTOS, Pass It On Club, 6229 W. Forest Home Av, Milw, on Saturday at 8: p.
- 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

SERVICE MANUAL STUDY, 6 p.m.

2020 Schedule: April 9, May 21, June 11, July 9, Aug 13, Sept 10, Oct 8, and Nov 12, Dec no meeting.

Milwaukee Central Office, 7429 W Greenfield Ave, West Allis WI 53214

Find out more about the AA Service Manual. Study group is open to any AA member whether currently active in AA service work, or not.

Contact: [Nancy H at 414-801-5184 with questions.](mailto:Nancy H at 414-801-5184 with questions)



During the hardships we are all currently facing. It is becoming more difficult to attend AA meetings . Many people are forming [Online Zoom](#) meetings and telephone meetings. I'm listing them as they become know to me, at our website: aamilwaukee.com. Click on the "[Meeting Directory](#)" tab, look for "online meetings available" at the "Codes" drop down menu. If you are starting or attending an online "[Zoom](#)" meeting keep some things in mind.

During Meeting Suggestions

Secretary should mute all participants when the meeting starts, letting them mute themselves is not as effective. Unmuted ppl sort toward the top of the participant list (the host can mute them)

Praying or reciting together is hard, better to have one person do it and others follow along

Fellowship before and after seems to work well

For a participant to Indicate they want to share:

Having ppl indicate by typing "I would like to go next" in Chat seems to work well.

Some ppl figure out they can "raise hand", watch for that. They sort toward the top of the participant list

Having ppl simply unmute and talk seems to work well too

If a Troll joins, Lock the meeting and evict them. Locking will prevent new participants from joining, which the troll will become once you remove them:

"Manage Participants"

"More"

"Lock"

Remove the participant

Recommended Zoom Settings

Disable screen sharing, file sharing and recording. Anonymize phone numbers.

Log into account, choose "Settings" then look to the right and will see three tabs for "Meeting", "Recording", and "Telephone"

"Meeting"

"In Meeting (Basic)"

"Chat -> Prevent participants from saving chat" - They can screenshot if they want, but we will do what we can

"File transfer" - Disable, do not see why this would be needed for a meeting, could be used maliciously

"Screen Sharing" - Disable Screen Sharing to prevent participants from interrupting with inappropriate videos/content

"Recording"

"Local recording" - Disabled

"Cloud recording" - Disabled

"Telephone"

"Mask phone number in participant list" – Enable

'Zoombombing': When Video Conferences Go Wrong

<https://www.nytimes.com/2020/03/20/style/zoombombing-zoom-trolling.html?referringSource=articleShare>

ZOOM Meetings Protecting Anonymity & Default Settings

For Zoom users: With the rush to shift to online meetings, many of us did not take time to investigate what this meant to the spiritual foundation of our recovery – namely, anonymity. Now that online meetings are accessible, we want to pass on best practices for protecting anonymity. These have been curated from the membership and online resources.

The default Zoom settings run counter to AA's spiritual foundation of anonymity. The meetings are publicly accessible and full names and faces are often displayed. Additionally, by default all Zoom meetings are recorded to the cloud. Turning that feature off is simple, fortunately.

There are other settings in the Meeting subtab that can also be adjusted, such as disallowing remote control of devices, file transfer, data sharing with Zoom, and screen sharing.

Here are some suggested settings for your meeting to use. Please note that most, if not all, of the settings below are not the Zoom default:

Go to: Settings > Recording and click off the Local and Cloud recording features.

In the Zoom Settings section, under the Meeting subtab:

- Require Encryption for Third Party Endpoints
- Disable Auto saving chats
- Disable File transfer
- Disable Feedback to Zoom
- Disable Screen sharing
- Disable desktop/screen share for users
- Disable Remote control
- Allow Virtual background (this is the Zoom default and allows the user to use a virtual background instead of the inside of their apartment, for example)

In the Zoom Settings section, under the Recording subtab:

- Disable Local recording
- Disable Cloud recording
- Disable Automatic recording

Some websites listing many non-local online Zoom meetings.

[www.thetokenshop.com/online AA Meetings](http://www.thetokenshop.com/online-AA-Meetings), or google.com/view/aameetings

Also some updates from the GSO.

https://www.aa.org/pages/en_US/update-on-covid-19-coronavirus

https://www.aa.org/pages/en_US/options-for-meeting-online

<https://www.aagrapevine.org/we-are-here-to-help>

Additional helpful websites:

<https://www.nyintergroup.org/remote-meeting-listing/help-setting-up-online-meetings/>

MEETING ROOMS

NEW DAY CLUB
11936 N. Port Washington
Mequon, (262) 241-4673
<http://www.newdayclub.net>
A.A. MEETING SCHEDULE

Sun. 8:00 a. Topic
11:00 a. Topic
5:00 p. Young People
7:30 p. Topic

Mon. 12:30 p. Tenth Step Gp
5:30 p. More about Alcoholism
7:00 p.

8:15 p. Men's Gp

Tue. 10:00 a. Topic
5:30 p. Big Book
7:00 p. Beginners Gp
8:00 p. Big Book Gp

Wed. 10:00 a. Topic
2:00 p. Promises Meeting
5:30 p. Step Meeting
7:00 p. Women's Lifeline

Thr. 0:00 a. Topic Meeting
1:00 p. Women's AA Gp
5:30 p. Topic Meeting

Fri. 10:00 a. Topic Meeting
5:30 p. Step/Tradition
8:00 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)

AL-ANON MEETINGS
Monday 6:30 p. Al-Anon
Tuesday 1:00 p. Al-Anon/ACOA
Thursday 7:00 p. Al-Anon

Contact club for info on other fellowships.

PASS IT ON CLUB
6229 W. Forest Home Ave
Milwaukee WI (414) 541-6923
passitonclub.com
A.A. MEETING SCHEDULE

Sun. 8:00 a. Sun. Wake Up
8:00 a. 3 Legados (spanish)
9:30 a. Reliance Meeting
11:00 a. Today's choice
3:00 p. Gratitude Plus
7:00 p. Big Book Readers
7:30 a. Jump Start

Mon. 10:30 a. First Step
4:00 p. Happy Hour Step Gp.
7:00 p. Open Introductory AA
7:30 a. Comin' Back Gp

Tue. 10:30 a. Keep It Simple
4:00 p. Drop the Rock
7:30 p. Three Legacies
7:30 p. Double Trouble DD/O

Wed. 7:30 a. Big Book Study
10:30 a. Pass It On
4:00 p. Happy Hr Promises
5:30 p. Courage to Change
7:00 p. We, Us & Ours

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
7:30 a. Honesty Gp.

Fri. 10:30 a. Came To Believe
6:00 p. Women's Fri. Kickoff
6:30 p. Thoughts 4 Today
8:00 p. Broken Arrow

Sat. 8:30 a. Early Bird
10:30 a. Happy Joyous Free
3:00 p. Twelve Promises
8:00 p. Spanish Speaking
8:00 p. Back to Basics 12x12

AL-ANON MEETINGS

Sun. 11:00 a. Fri. 7:30 p.
Wed. 7:00 p. Sat. 10:30 a.
Thr. 7:00 p.
(Alateen)

LAKE AREA CLUB
N60 W 35878 Lake Dr
Oconomowoc, WI
(262) 567-9912
www.lakeareaclub.com
A.A. MEETING SCHEDULE

Sun. 8:00 a. Early Bird
11:00 a. Friendship Gp
6:00 p. Big Book
8:00 p. Gopher Sunday

Mon. 9:00 a. Positive Attitude
6:30 p. Otter Gp
8:00 p. Step/Tradition Study

Tue. 1:00 p.
4:00 p.
7:00 p. Life House

Wed. 8:00 a.
10:00 a. Back To Basics
1:00 p. Women's Meeting
6:00 p.
8:00 p.

Thr. 10:00 a.
4:00 p.
6:00 p. Women's Group
8:00 p. Grapevine Mtng

Fri. 12:30 p.
4:00 p.
6:00 p. Non-smoking
8:00 p. Old School House

Sat. 8:30 a. 11th Step
10:00 a. Big Book
5:30 p. Perfect Time B/B

AL-ANON MEETINGS

Mon. 7:00 p. Al-Anon
Tue. 9:00 a. Al-Anon
Wed. 7:00 p. Al-Anon

OPEN SPEAKER MEETING

Sat. 7:00 p. 2nd & 4th Saturdays
(AA and/or Al-Anon Speakers)

WAUKESHA ALANO CLUB
318 W. Broadway
Waukesha, WI
(262) 549-6541
A.A. MEETING SCHEDULE

Sun. 9:30 a. Sun Morn Sunlite
11:00 a. Sun Go-To-Mtng
(Open speaker 2nd Sunday & Breakfast)
7:00 p. (Open Step Gp)

Mon. 12:00 Noon
6:00 p. Beginners AA
7:00 p. (12 & 12)

Tue. 12:00 Noon
Wed. 12:00 Noon
5:30 p. Topic Gp

Thr. 12:00 Noon
Fri. 12:00 Noon T.G.I.F. Gp
7:00 Topic Discussion

Sat. 10:00 a. Gp 124 7:00 p. Closed Meeting

OPEN MEETINGS, DANCES & EVENTS
Call for information.

GALANO CLUB
- LGBT & All in Recovery -
7210 W Greenfield Ave
Suite 1, Lower Level
Milwaukee, WI 53214
(414) 276-6936
<http://www.galanoclub.org/>
galanoclub@gmail.com
MEETING SCHEDULE

Sun. 10:30 a. Step Topic
6:00 p. AA Multimedia

Mon. 7:30 p. Came To Believe

Tue. 6:00 p. 40 + Topic

Wed. 7:00 p. 12 x 12

Thurs. 7:30 p. Living Sober - ODAT

Fri. 7:00 p. Step/Topic

Sat. 7:30 p. Big Book & More

AL-ANON MEETINGS

Sun. 10:30 a. Al-anon

Meeting Space Available
See website for Club Events.
www.galanoclub.org

NORTHWEST ALANO CLUB*
N88 W17658 Christman Rd
Menomonee Falls WI
53051 (No Phone)
A.A. MEETING SCHEDULE

Sun. 7:00 p.

Mon. 7:00 p. Just Do It Gp
8:00 p. Action Gp

Tue. 10:00 a. Step
8:00 p. Topic

Wed. 7:30 p. Step/Topic

Thr. 10:00 a. Step
6:00 p. Women's

Fri. 8:00 p. Step/Topic

Sat. 10:00 a. Step
7:00 p. Simply Sober Gp

AL-ANON MEETINGS

Wed. 7:00 p. Al-Anon

Fri. 7:30 p. Al-Anon

*This Club is a Smoke-Free environment. We have ample meeting space available for 12 Step groups. Contact the Northwest Alano Club by mail.

WALWORTH COUNTY ALANO CLUB
611 Walworth St.
(Hwy. 50 & 11)
Delavan, WI 53115,
(262) 740-1888

Sunday AA
10:00 a. Primitive Group
12:00 Noon Open Speakers
6:30 p. Delavan Discussion

Monday AA
7:30 a. Sunny Side Up
12:00 Noon Delavan Step Meeting
6:30 p. Former Miss Americas
(Women's Step Group)
6:30 p. Delavan Men's Meeting

Tuesday AA
7:30 a. Sunny Side Up
12:00 Noon Delavan Noon Gp.
6:30 p. Delavan 12 Step Topic

Wednesday AA
7:30 a. Sunny Side Up
12:00 Noon As Bill Sees It Gp.
6:30 p. Delavan IT Meeting

Thursday AA
7:30 a. Sunny Side Up
12:00 Noon Delavan Noon Gp.
5:30 p. Step Sisters Women
6:30 p. Delavan Big Book Gp.

Friday AA
7:30 a. Sunny Side Up
12:00 Noon Big Book Study
6:30 p. Delavan Discussion

Saturday AA
7:30 a. Sunny Side Up
12:00 Noon Delavan Noon Gp.
6:30 p. Delavan Beginners Gp.

ALANO CLUB 1521 N. Prospect Ave., Milwaukee, WI, 53202 (414) 278-9102
<http://www.mkealanoclub.org/>
A.A. MEETING SCHEDULE

Sun. 7:00 a. AA Meeting
10:00 a. Gp 17 Step
1:00 p. Refuge Recovery
4:30 p. Life Savers

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

Tue. 7:00 a. As Bill Sees It,
10:30 a. Gp 70 Step
12:15 p. Gp 76
7:00 p. Beginners, 1st Step

Wed. 7:00 a. AA Women's meeting
10:30 a. Gp 9, Step
12:15 p. Oasis Topic Gp
6:00 p. Chicks at Six Gp
7:30 p. Yoga AA

Thr. 6:00 a. AA
7:00 a. Big Book Meeting
10:30 a. Gp 97, Step
12:15 p. Here & Now Gp
7:00 p. Sober and Out

Fri. 7:00 a. Daily Reflections
10:30 a. Gp 21, Step
12:15 p. Gp 65
6:30 p. Here & Now
11:59 p. Second Shifters (Sat.)

Sat. 7:00 a. AA Meeting
11:00 a. Gp 87 Step
3:00 p. Spiritual Growth
7:30 p. Open Speaker
9:00 p. Here and Now

AL-ANON MEETING
Sunday 10:00 a. Al-Anon

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.

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

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.

Tue. 11:00 a. Willingness Group
6:00 p. Topic Gp
7:00 p. Sign for Sobriety AA
8:00 p. 12 & 12 AA Meeting

Wed. 10:00 a. Foundations Meeting
6:00 p. AA Beginners Gp
7:00 p. Women's Freedom
8:00 p. Promises Group
11:15 p. After Hours Gp

Thr. 10:00 a. But For Grace Of God
6:00 p. Here and Now
8:00 p. How To Get It Going

Fri. 11:00 a. Priority Group
6:00 p. Big Book Group
8:00 p. R.U.S. For Us
11:15 p. Candlelight Promises

Sat. 9:15 a. Men's Topic
11:00 a. Pioneers Group
6:00 p. 1st & 12 Topic
*8:00 p. HOW To Saturday
*(Open meeting on 3rd Saturday)

24 HOUR CLUB
153 Green Bay Rd.
Thiensville, WI
[Web and Facebook Info](http://www.24hourclub.org)
A.A. MEETING SCHEDULE

Sun. 8:00 a. Topic
10:00 a. Step/Topic
5:00 p. Step

Mon. 6:30 a. Topic
10:00 a. Topic
8:00 p. Men's

Tue. 6:30 a. Topic
10:00 a. Step/Topic
5:30 p. Big Book

Wed. 6:30 a. Topic
10:00 a. Big Book
5:15 p. Women's

Thr. 6:30 a. Topic
10:00 a. Topic
5:30 p. Step/Topic/Trad
8:00 p. Men's 12 & 12

Fri. 6:30 a. Topic
10:00 a. Step/12 & 12
5:30 p. Principles
8:00 p. Step

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)

AA Groups Need Your Support

- Sundays at 6 p. Sense of Belonging Open AA**, 11th Step prayer and Meditation, 4040 N Calhoun Rd. Brookfield WI 53005
- Wednesday 11 a.m. Gp 10-17**, St Veronica's 353 E Norwich, Milwaukee 53207
- Wednesday 6 p.m. Women's Big Book**, Martin Luther Church, 9235 W Bluemound Rd. Milw. 53226
- Thursday at 12:15 p.m. and Wednesday 5:30 p.m.** St. John's Cathedral Complex, 831 N. Van Buren St. Milwaukee 53202
- Thursday 8:30 p.m.** Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave, 53213
- Friday at 7 p.m., NCIC Gp 24**, NCIC Church 2328 W Capitol Dr, Milwaukee WI 53206
- Friday at 7 p.m. "Yes We Can AA Mtng"** Brentwood Church, 6425 N. 60 St., Milwaukee WI
- Friday at 7 p.m. First Things First**, St Margaret Mary, 3930 N 92nd St. Milw 53222
- Friday 9:30 p.m. Big Book**, Martin Luther Church 9235 W Bluemound Rd. Milw. 53226
- Friday 8 p.m. Candlelight**, St Anskar Episcopal, N48W31340 Hill Rd Hartland WI (Hwy's 16 & 83)
- Saturday 11 a.m. Big Book**, St. Pius X Church, 2506 Wauwatosa Ave. Wauwatosa WI 53213

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
8:15 p. Step Gp
Thr. 10:00 a. Big Book
7:00 p. EZ Dozen12x12
Fri. 10:00 a. Step/Topic Gp
8:00 p. * Step Gp.
Sat. 10:00 a. Here & Now
7:00 p. Big Book

AL-ANON & ALATEEN MTNGS

Saturday 9:00 a. Al-Anon
Thursday 7:15 p. Al-Anon
* Open Mtng. Last Friday of month
** Open Mtng. 3rd Sunday of month (10:30 a.m.)

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

Email:
friendshipinc@sbcglobal.net

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
[Face Book Link](#)

A.A. MEETING SCHEDULE

Wednesday:
11:00 a. Gp. 27

Friday:
11:00 a. Gp. 61(12x12)

Saturday:
10:00 a. Beginner's
7:00 p. Gp 6

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

MILWAUKEE GROUP
933 E Center St. (River West)
Milwaukee WI 53212

A.A. MEETINGS

Sun. 10:00 a. Open (Disc.)
8:30 p. Big Book
Mon. 5:30 p. Big Book
7:00 p. Open (1st Step)
8:30 p. Topic
Tue. 7:00 p. Open (Topic)
8:30 p. Open (Big Book)
Wed. 7:00 p. Open (Big Book)
8:30 p. Topic
Thur. 6:30 p. Open (Topic)
8:30 p. Step
Fri. 7:00 p. Beginner's
8:30 p. Open (Big Book)
Sat. 8:30 p. Topic

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

A.A. MEETINGS

Mon. 12:15 p
Tue. 12:15 p
Wed. 12:15 p, 4:00 p
Thur. 12:15 p, 4:00 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
Tuesday
6:00 p. 11th Step Meditation
7:30 p. Professionals
Wednesday
7:30 p. Big Book
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. Big Book Topic

All Saint's Cathedral

818 E Juneau Av Milw 53202
Monday:
7:30 p.m. Sane & Sober
Tuesday:
10:30 a.m. Men's meeting
Wednesday:
7:30 p.m. Men's meeting
Thursday:
7:00 p.m. Men's meeting
Friday:
7:30 p.m. Big Book
Saturday:
10:30 a.m. Men's meeting

Directory Changes

NEW MEETINGS

Sundays 6:00 p.m. Galano Club, 7210 W Greenfield Ave, West Allis. "Multimedia Sunday Night AA Meeting"

Mondays 7:30 p.m. First Unitarian Society, 1342 N Astor St. Milwaukee, "We Agnostics".

Mondays 6:30 p.m. Uhles Cigar Shop (LL) 114 W Wisconsin Ave, Milw 53203. Cigar smoking allowed. No wheelchair access.

Thursday at 6 p.m., St Matthew CME, 2944 N 9th St, Milwaukee 53206

Thursday at 7 p.m. Men's Gp, All Saint's Cathedral 818 E Juneau Ave, Milw. 53202

Fridays at 7p.m., Primary Purpose, St James Catholic Church, W220N6588 Town Line Rd, Menomonee Falls WI 53051

Saturday 8:30 a.m. Step Meeting Lumen Christi Catholic Church, 2750 W Mequon Rd, Mequon WI 53092

Saturday 7:30 p.m. 7210 W Greenfield Ave, West Allis 53214

DISBANDED GROUPS

Tuesday 8:00 p.m. Treat Yourself Tue. Christ Church, 5655 N Lake Dr. Whitefish Bay WI

Tuesday 8:30 a.m. Home At Last, met at St Luke's Lutheran, 6705 Northway, Greendale

Wednesday 1:30 p.m. Bridges of Milw. Rehab and Care Center, 6800 N 76th St. Milwaukee.

Wednesday 8 p.m. Menomonee Falls, Gloria Dei Church, W180N7863 Town Hall Rd.

OTHER CHANGES

WELL Beginners and WELL Big Book, Tuesdays in Wales, **NOW** meets at: New Vision Bretheren-Christ Church, N14W27995 Silvernail Rd, Pewaukee WI 53072

OPEN SPEAKER

Weekly & monthly speaker meetings listed in December 2018 When & Where

aamilwaukee.com/directory.html

Sundays at 10 a. Milwaukee Gp. 933 E Center St, Milwaukee WI, 53212

2nd Sunday at 11:00 a. Alano Club 318 W. Broadway, Waukesha,

3rd Sunday Open 11 a., Friendship Club, 2245 W Fond du Lac Ave, Milw

Sundays at 7:00 p. VA Hospital 5000 W National Ave 3rd Floor Unit 3A

1st Tuesdays in Jan, Apr, July and October at 7:30 p. Acceptance Gp. First Congregational Church, 1111 N Chicago Ave So. Milwaukee.

Last Wednesday 7:30 p. Gp 23 First Lutheran Church, 7400 W Lapham St, West Allis

Wednesdays at 7:00 p. Salem United Meth-

odist Church, 541 Hwy. 59, Waukesha

3rd Thursday, 7:30 p. St John Vianney, 1755 N Calhoun Rd, Brookfield WI

Every Friday 7:00 p. Christ the King, 1600 N Genesee Rd Delafield

4th Friday 8:00 p. Imago Dei Church, 2327 N. 52nd St., Milwaukee 53210

1st Saturday 8:00 p. 24 Hour Club Open Meeting, 153 Green Bay Rd, Thiensville.

1st Saturday at 7:00 p. Dist.12, Living Word Lutheran Church, 2240 Living Word Ln., Jackson WI 53037

2nd Saturday at 7:00 p. Dist. 34, St. Francis Episcopal Church, N84 W16525 Menomonee Ave, Menomonee Falls, WI

3rd Saturday 7:30 p. HOW To Club 8930 W. National Ave, West Allis

3rd Saturday 8:00 p. New Day Club 11936 N. Port Washington Rd, Mequon,

5th Saturday 3:00 p. How To Club, 8930 W National Ave, West Allis

Every Saturdays 7:30 p. Alano Club 1521 N. Prospect, Milwaukee.

Contact the Central Office via email:
gmco@aamilwaukee.com, with changes

**Central Office Contributions
63 Groups Contributed February 2020
Thank You!**

Group Name	Group #	Amount
#002 Twelve and Twelve Disc	114283	20.00
#010 Sun	121542	30.00
#018 Sat	114294	120.00
#051 Sicker Than Most	114317	100.00
#059 Gp	117184	60.00
#125 Gp	145828	55.00
#140 Shorewood	138806	60.00
#164 and More	707675	168.50
12 Step Couples in Recovery	MIL-FA	100.00
About 10	149809	50.00
Airport Group	159599	100.00
As Bill Sees It Waukesha	177080	48.00
Badger Gp	114429	500.00
Big Book and 12 Steps Gp	715113	67.50
Brown Deer Monday AA	140227	50.00
Each Day A New Beginning	147336	30.00
Early Bird	613662	60.00
Early Bird Rogers Memorial	624742	21.00
Fabulous 44	158188	180.00
First Step	635840	60.00
Fri Morning Gp 10 am	138531	36.00
Fri Noon 12 & 12	MIL-FB	121.71
Gateway	631316	60.00
Get A Life	MIL-WM	23.00
Happy Joyous and Free	646968	35.40
Hartford Wed Night Step/Topic	140516	45.00
Just Do It, Northwest Alano Club	174350	150.00
Keep It Simple Men's	610707	97.50
Lake Area Fri Non Smokers	687967	25.00
Mayflower	161712	30.00
Mayville Mon Night	114121	21.00
Mon Independence	MIL-MH	162.40
Mon Night Cigar Gp	MIL-M3	50.00
Mon Night Fox River	689144	150.00
Mon Night Gp, Watertown	JEF-M1	25.00
Never Give Up Womens Gp	703134	25.00
New Hope Gp Plymouth	120845	50.00
Oak Creek Fri	114112	150.00
Old School House Group 309	163906	90.00
Out From Under	665771	100.00
Positive Attitude	695371	96.50
Real Needs Real Help	715054	60.00
Reliance Meeting	653954	50.00
Sat am Here & Now	640450	30.00
Sat Morning Big Book	136286	50.00
Sat Night Feelings Gp	164467	80.00
Sat Night Live Open Speaker	130689	166.20
Serenity Gp Hartland	WAK-R1	311.11
Service Manual Study		22.00
Sober Living Big Book Study	717750	50.00
Terrific Tuesday	166339	196.84
Thinking Outside the Bottle	719338	14.00
Thr Nooners Waukesha	136140	60.00
Thr Simply Sober	714366	50.00
Thr Success Step	MIL-RB	136.61
Tue Night San Camillo Step Mtng	MIL-T2	30.00
Tue Reflections	MIL-TH	145.50
Twelve Promises Discussion	MIL-RM	61.00
Twelve Steps To Serenity	172406	75.00
Victory Group	163882	40.00
Wed Night Men's Meeting	663905	162.50
Wed Noon Lunch Bunch	690831	74.50
Written For Us	717556	50.00
TOTAL		5,338.77

("Selfishness" Continued from page 1)

honest information for the upcoming Fourth Step function.

Then from page 65 of the Big Book I learned how selfishness, dishonesty, resentment and fear had negatively affected me—and others. These were the very ingredients of the “bondage of self” I had asked God to remove in the Third Step Prayer! I needed to learn how to face and be rid of these aspects of my personality. How? I didn’t even know what they were! I believe such understanding is a vital function of this step. The Big Book refers to the above four character defects as our “Grosser handicaps.” (p. 71)

I was taught how to face and be rid of repeating thoughts of anger (resentments) on page 67. The same for irrational fears on page 68. I came to realize how dishonest and selfish I had been by my sexual conduct on pages 69 and 70. This vitally important information was necessary to adequately do Step Five with my sponsor and to be willing to ask for God’s help in Steps Six and Seven. (p. 76) Honest information from this step was even helpful in Steps Eight and Nine because I had listed my harms to others on page 70.

I was taught remain continually aware of these “Grosser handicaps” because they crop up in Step Ten all through the day and in Step Eleven before going to bed at night. Step Four is a learning process to be used in the maintenance Steps Ten, Eleven and Twelve for the rest of my life.

Bob S, Richmond, IN

Reprinted with permission Robert Stonebraker

All the groups listed in your [When and Where](#) 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.

ASL Interpreter

Available: Meeting for Deaf and Hard

of Hearing,

Tuesdays 7:00 P.M.,

H.O.W To Club, 8930 W National Ave. West Allis WI 53227

[Redemptorist Retreat Center,](#)

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.

[2020 Weekend Retreats](#)

[Jesuit Retreat House,](#)

4800 Fahrwald Rd. Oshkosh, 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.

Men: , May 7-10 2020, Dec. 3-6 2020.

Women: May 14-17 2020, Aug. 20-23 2020, Nov. 12-15 2020, Nov. 19-22 2020.

For one thing they believed in God. Sure, they euphemistically called it a Higher Power, but that was just their sneaky way of double speak. On one occasion I had tried to convince them of the rational basis of atheism. Man as a species simply did not matter to Anything Anywhere: that was my AA. We humans were alone, and like frightened children we were crying out in fear and desperation. I sought converts, support, objections, or arguments to my eloquent remarks and analysis, but when I had finished, the group sat in silence for the few seconds that seemed like hours. Then someone piped up, "Keep coming back!" A couple of other people echoed the comment, and the meeting proceeded as though they weren't even upset with me. They were a hopeless lot!

What really bothered me and had brought me to this point of demoralization was what had happened to me on the previous day. I had only been drinking beer, none of the hard stuff--I was tapering off one more time. Sure I had been drinking for six hours--well, maybe eight--but it was only beer. It was almost four in the afternoon, and I was getting hungry so I took my wife downtown for some lunch. I found a nice parking place right in the heart of the city. As I had started to back into my spot some guy in a big expensive new convertible pulled the nose of his car into my spot! Well, I was angry, and I got out of my old station wagon to talk with him. He was beautiful, he wore a silk shirt, an expensive gold chain, and looked like he had just stepped out of a movie magazine. I asked him what he was doing and he answered me with, "Do you know who I am?"

There were a number of things that really irritated me in those days. One was people that didn't play by the rules (of course, I made reasonable exceptions for myself). Another was people who tried to humiliate me. I was very sensitive about the latter. I had been a brig guard in the Marine Corps and I didn't like punks, especially those with a smart mouth. As they say in AA, I had a resentment. He had hardly asked his question when I had the tip of a knife pressed into the flesh of his neck directly behind the jugular vein. I applied enough pressure to push the skin in but not enough to break it. I wanted to make an impression, and he got the point. He drove off without saying a word. In my drug-fogged brain I decided that I had acted reasonably and was in the right. That was important since it seemed I was hardly ever right anymore.



But on the following day, as I reviewed my actions, the incident became so clear and powerful that I knew I was going crazy. I had been willing, almost eager, to kill a guy for a parking place. My life hadn't become unmanageable, it had become crazy. I was crazy! That was my moment of clarity.

The clear recognition of my personal reality was shocking. I had a gut full of rage and a heart full of hurt. My mind was filled with fantasy, delusions, and paranoia.

My life had become miserable, and I was trying to drink my way out of it. If I blew my brains out it would make a terrible mess, and it would really hurt my wife's feelings. I could imagine her eyes; they were big, brown, soft, beautiful eyes that had once sparkled but now always seemed to be filled with an unspoken hurt. I had never really wanted to hurt her, and here I was going to hurt her one more time. I thought that by

using two major caliber guns I wouldn't survive or be a vegetable. I didn't want to burden her any longer.

Then, as I sat on that bed, I experienced a second moment of clarity. If I blew my brains out I would never know if AA could work for me. However, if I did the things they said to do (like buy a Big Book and read it, get a sponsor and use him, show up for meetings on time and listen for the similarities, not the differences, don't take that first drink no matter what), and AA didn't work for me then--then I could blow my brains out with a clear conscience.

I made the noon meeting that day. I didn't have to stir the coffee they gave me; I was shaking so badly that by simply holding the spoon in the cup I stirred it. Everyone in the meeting seemed so friendly, I wondered what had changed them. I felt understood and accepted. For the next sixty days I would say, "My name is Robert and I'm an a-a-a-alcoholic." My mind wanted to live in the denial, but I had been blessed with two moments of clarity and reached a level of complete demoralization. I knew the reality of the situation, so I kept coming back to meetings. AA worked for me. I found that my acceptance of my alcoholism allowed me to live in the solution instead of perpetuating the problem.

Recently I heard on the news about a man being fatally shot after threatening another man with a baseball bat over a parking spot. Once again I realized that my life has stopped being crazy. Actually I have never been happier. I am truly grateful to AA and feel so very lucky to be able to say, "I am a recovering alcoholic!"

Reprinted with permission AA Grapevine, Inc
September 1993

In Memoriam: Lisa Wheeler, a loving and caring wife to Bruce. Passed away after a courageous battle with cancer on March 1, 2020. Lisa was only 60 years old. Lisa was very active in the program would have had 24 years on June 10th. She was a friend and mentor to many. She worked tirelessly to help the still suffering alcoholic. When asked for help she always did all she could. She attended many meetings around the northwest side of Milwaukee. She was an active member of the 12 Step Club and served on their board of directors in the past. Lisa volunteered at the Central Office for many years and also served on the Board of Director's at the office. Lisa has held many positions in the program and chaired many of the groups she attended throughout the past 24 years, and had sponsored many folks. Her loving spirit and kindness to all was a blessing to all who knew her. She will be missed. Rest in Peace, Lisa, until we meet again. Save a seat for us all.

Joyce Johnson left this earthly realm on March 11, 2020 to meet her higher power at the age of 75. She celebrated 15 years of sobriety last May. Joyce loved YARN. People all over town from the 10:30 AM Saturday Morning women's Freedom Group to the 7:30 AM Tuesday Morning meeting in Greendale, to the 10:30 AM Saturday meeting at the Lighthouse on Dewey, and numerous meetings at the Pass It On Club, including a Friday morning meeting in her home, were all likely recipients of something lovingly created by her. Joyce's happy beautiful spirit will be greatly missed by all!

RAILROADED

By: SHAUN G. | Manteca, Calif.

Talked into service, a reluctant teen meets the AAs who convince him to stick around.

MY sobriety date is April 7, 1986. I was 17 years old in 1986. I'd had my first drink at age 8 and started to use drugs at 9. I now have a life I believe would have never happened if it weren't for Alcoholics Anonymous.

When I first came in, it was difficult for someone my age to feel accepted and to want to be a part of something so big. I went to a treatment center first, but was introduced to AA the first night there. There were no adolescent centers at the time.

I didn't have a desire to stop drinking and never thought that I would stay sober for any period of time. My counselor, for whom I will be eternally grateful, was sober in AA for seven years. She spent two hours a day with me, which was three times more than any counselor spent with any of the other clients. Trust me, I didn't want to be there! She made me read three stories in the Big Book: "Too Young," "A Teen-Ager's Decision" and "Freedom From Bondage." She explained the malady of the disease and she explained to me that I was there because I had a disease. She also said that if I could get sober and stay sober I would be able to help many more young people who were going to come to AA.

When I left to go home, I had no intention to stay sober or help anyone. I went back to a small town in the Midwest, where I was introduced to a new AA group. I wasn't welcomed very well because I am dually addicted. I would share about both addictions and they would share that they were "real alcoholics." I didn't read that part in the Big Book about a real alcoholic. I was asked to leave that group--I was physically removed--and was told not to come back until I could talk about my alcoholism.

Knowing what I have learned today about the Traditions, I wish someone had taken me aside and explained Tradition One and Tradition Two. I didn't come back to another

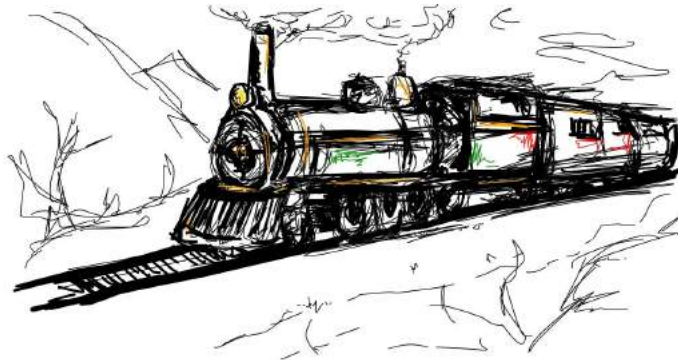
AA meeting until almost eight months later, when I moved to the Central Valley in California. I met my sponsor a few weeks later. God put a young punk kid and a grown man who didn't have a son together. For the next 20 years that man showed me the Twelve Steps and Twelve Traditions. He had me get a service sponsor for the Twelve Concepts for world service. But I didn't like AA for over a year and wouldn't admit that I was an alcoholic for that period of time.

What happened was that I was railroaded into being an alternate general service rep when I was sober for a year and a half. I was 19. At an assembly, a lady who was a district committee member gave a report, during which she said that she sobered up at 20 years old and had 10 years of sobriety. Again, God put the exact person in my life. I didn't understand anything they were talking about. All I knew was that there was a lady who'd

gotten sober young, and I was amazed. When I left that weekend I had the desire to stay sober and I was ready to admit that I was an alcoholic. In fact, I wanted what she had and I got the bug for general service. I came back home with a fire that hasn't left me. I was on a mission.

The day my counselor said to me that I could help so many young people if I stayed sober rings true every day of my life. I got involved in my home group, and started speaking at schools and at youth corrections facilities and juvenile institutions.

I still have the energy and the love for AA that was given to me by my sponsor, who passed away almost three years ago with over 30 years of sobriety. At the age of 41, I'm now almost 24 years sober and still involved in general service.



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July 2010



16th Annual Spring Retreat For Members of Alcoholics Anonymous and Al-Anon

May 15 - 17, 2020

Sponsored by

The Redemptorist Retreat Center
Facilitated by: Br. Gerry & Regina Clouse



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Optional arrival eve of Thursday, May 14th.
Meal is not provided for Thursday evening.
Additional overnight cost: \$50.00 per person.

RETREAT SCHEDULE

Friday, May 15

3 p.m. - 6 p.m. Arrival/Registration
6:00 p.m. Dinner/Dining Room
7:30 p.m. Welcome / 1st Step Meeting
Liguori Room (upstairs)
Al-Anon Speaker/AA Speaker

Saturday, May 16

7:30 a.m. Meditation in Chapel
8:00 a.m. Breakfast/Dining Room
9:00 a.m. Step 2 & 3
Al-Anon Speaker/AA Speaker
10:30 a.m. Topic Meeting
Al-Anon Speaker/AA Speaker
12:00 p.m. Al-Anon Speaker/AA Speaker
2:00 p.m. Noon Meal/Dining Room
Step 4 & 5
Al-Anon Speaker/AA Speaker
3:30 p.m. Topic Meeting
Al-Anon Speaker/AA Speaker
5:00 p.m. Mass/Chapel
6:00 p.m. Dinner/Dining Room
7:30 p.m. Steps 10 & 11
Al-Anon Speaker/AA Speaker

Sunday, May 17

7:30 a.m. Meditation in Chapel
8:00 a.m. Continental Breakfast /Dining Room
9:00 a.m. Topic Meeting
Al-Anon Speaker/AA Speaker
10:30 a.m. Brunch/Dining Room
11:30 a.m. Step 12
Al-Anon Speaker/AA Speaker
Checkout by 1:00 p.m.

Registration 16th Annual Spring Retreat for Alcoholics Anonymous and Al-Anon Members May 15- 17, 2020

Name _____
Address _____
City/State/Zip _____
Phone (day) _____
(evening) _____

Email _____
_____ Early arrival on Thursday, May 14
(+ \$50.00 per person)
_____ I require first floor accommodations
_____ I will share a room if necessary
_____ I am including a donation to the
scholarship fund: \$ _____
_____ I am willing to be a speaker for:
_____ Al-Anon _____ AA

Fee: \$200.00 per person. \$335.00 per married couple.
(2 nights, 6 meals).

\$110.00 commuter rate with meals

If payment by check, make payable to:
Redemptorist Retreat Center

Credit card: _____ Discover _____ MC _____ Visa _____ AmExp

Card number: _____

Security code on back of card _____

Expiration: (mm/yy) _____ Amt: \$ _____

Signature as printed on credit card: _____

X _____

Mail to: _____

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Oconomowoc, WI 53066-4897