



**Friday Night Couples in Recovery  
Open Meeting  
Friday, February 9<sup>th</sup>, 2018**

Fellowship with snacks and refreshments: 7:00 to 7:30

Speakers: 7:30 to 8:45

**Al-Anon Speaker: Lisa S.**



**AA Speaker: Ben S.**



**St. Pius Church  
2520 N. Wauwatosa Ave. (76<sup>th</sup> St.)  
Just north of North Ave.**

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



# "BETWEEN-US"

VOL. 26 ISSUE 1

JANUARY 2018

## Cowboy Boots and First Names

An AA considers the tradition of anonymity

I came into Alcoholics Anonymous in October 1977. I went to two-to-three meetings a day and grouped up with some very wonderful members in the program. During that time, anonymity was held to the highest standards. We were taught early on never to use last names. The result was that many of us didn't know each other's last names and only had each other's phone numbers.

Many years ago, a group of us from the Valencia Street meeting in San Francisco, Calif. went to the hospital to visit our beloved fellow member, Bob.

When we got there, we asked the woman at the information desk what room Bob was in.

"What's Bob's last name?" She asked.

We all looked at each other and our hearts fell to the floor.

We didn't know. All we could do was leave. We were all heartbro-

*("Anonymity" Continued on page 8)*

## THE YIN AND YANG OF ALCOHOLICS ANONYMOUS

The exciting fellowship was a God-given necessity when I first entered the doors of AA in Santa Monica, California, during nineteen seventies. I was in such bad mental and emotional shape that a small gang picked me up because they weren't

sure I could find my way around Los Angeles. Later, they told me that I looked very mean, but then, they could easily see that I was just crazy—what love! I am so glad that I attended meetings obsessively, because, otherwise, I might not have been given the blessing of continual sobriety. They say that surviving on the fellowship is

"untreated alcoholism," but I was not capable of anything else those first several months.

I felt as though the fellowship was the program of action and sort of short-shrimped the Big Book Steps. A near slip and a new sponsor brought me to believe that the AA fellowship was

*("Yin" Continued on page 10)*



Greater Milwaukee Central Office AA  
 Profit & Loss  
 November 2017

Ordinary Income/Expense

Income	
4000 · Literature Sales	6,535.24
4050 · Between us	307.00
4070 · Contributions	5,346.67
4080 · Gratitude boxes	3.54
4130 · Personal Contri.	252.58
4150 · Coffee, Candy, Soda	140.18
4150 · Charge Card Cash Reward	950.00
4600 · Merchandise Sales	2,681.65
48900 · Shipping and Delivery Income	59.46
<b>Total Income</b>	<b>16,276.32</b>
Total Cost Of Goods Sold	
	5,277.39
Expense	
51100 · Freight and Shipping Costs	69.03
59900 · POS Inventory Adjustments	-27.96
6050 · Credit card fees	137.99
6500 · Office	2,910.63
6600 · Payroll	7,098.44
<b>Total Expense</b>	<b>10,188.13</b>
Net Income	810.80

Account Balance	
Checking Account	5,525.67
Savings Account	27,953.08
Prudent Reserve CD	163,805.25

Total Income	16,276.32
Minus Total COGS	5,277.39
Minus Total Expenses	10,188.13
Equals Net Income	810.80

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 situation.

Meeting Space Available

- **Chase Commerce Center Bldg 28**, 3073 S Chase Ave at Oklahoma. Contact: craig.bergland@gmail.com for more information.
- **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
- **Galano Club-LGBT Friendly** at 7210 W Greenfield Ave. West Allis, has meeting space available for recovery groups. Plenty of free parking. Contact Deb S. at 414-759-7149 or Email: galanoclub@gmail.com

**4<sup>th</sup> Annual Crooked Women's Retreat  
 AA and Al-Anon**



**Come Celebrate Recovery and Have Fun**

**TOPIC: Letting Go**

**WHEN** January 26, 27, 28 Friday 6 pm- Sunday at Noon

**WHERE** Redemptorist Retreat House  
 Oconomowoc

**COST** \$200.00 or \$110.00 (no overnight stay)

**Partial Scholarships are available**

**Donation for Scholarships Welcome at:**

<https://www.gofundme.com/aa-alanonretreatwi>

For questions email: danann0043@yahoo.com

New Meeting  
**Primary Purpose Gp**  
 (Big Book)

**Wednesdays at  
 7: 00 p.m.**

First United  
 Methodist Church  
**121 Wisconsin Ave**  
 Waukesha WI

**CHILD CARE  
 AVAILABLE**

**\*\*\*WE'VE MOVED\*\*\***

Women's 12 and 12  
 Mondays at 6 p.m.  
 Formerly at  
 Wesleyan Church

**\*\*\*NOW MEETS AT\*\*\***

**Holy Trinity  
 Lutheran Church,**  
 11709 W Cleveland Ave.  
 West Allis WI 53227

(Use North Entrance)

**SEE YOU SOON!**





**Saturday January 13, 2018 at Noon**

**Noon Risers Twelve Steps and  
Twelve Traditions Study Group**

**Please join us for our 10th Anniversary Open  
Meeting Luncheon and Speakers**

**AA Speaker: Sean K. from Slinger**

**10 Minute Speaker: Craig Z. from West Bend**

**Doors open at 12:00 for lunch  
Speakers at 1:00**



Located at Still Waters United Methodist Church 3617 Scenic Road  
Jackson, WI Scenic Road is located of Highway 60 between Highway 41  
and Highway 45 in the town of Polk

## Secretary Meeting, December 12, 2017

Groups represented 7, 48, 100, 124 Our Gang, 232, 394, 4094, A New Awakening, Another Chance Tue Night, Back To Basics 12x12, Badger Gp, Big Book Readers, Came To Believe, Common Solutions, Mayfair Women's Mon/Fri, Participation Gp, Primary Purpose, Real Needs Real Help, Reality, Restore Us To Sanity, Saturday Night 1st Edition Big Book, Spiritual Solutions, Sunday Morning Sunlight, There Is a Solution/Waukesha, Today's Choices, Tuesday Morning Sunshine, Tuesday Night Grapevine, Turning Point Sunday Night, Wanderer's, Waukesha Sunday Night, Way of Life, We Need Sanity, WELL Big Book, Women's Friday Night Kick-Off Gp. I'm sorry if I have missed anyone that was in attendance.

Nancy S. opened the meeting at 7:00 p.m. with a moment of silence followed by the Serenity Prayer.

**Bank Balances** on page two.

**New secretaries** introduced themselves, and made announcements.

**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%.

**Spring Thing Open Meeting and Dinner**, April 14, 2018, will be at Meyers Restaurant, 4260 S 76th St, Greenfield, WI. Tickets will be available in February, \$25.00, proceeds to support the Milwaukee Central Office.

**Renew Between-Us** subscriptions now. \$9 yr. for 3 copies/mo. or \$18 yr. for 6 copies/mo. All subscription run through December. **NEW subscriptions welcome.**

**OPEN HOUSE**, in December was a great success. Met newcomers and oldtimers. We all enjoy a great AA speaker, Jim S., and plenty of great food. Those attending were treated to a complimentary gift and a 10% discount on all gift items.

**BIRTHDAY CLUB!** We celebrate birthdays, and we'd like to help you celebrate yours! Send us a donation of \$1 for each year - or more if you'd like - and we'll print your birthday in the Between-Us Newsletter. Include your Home Group, and we'll print that too! Just fill in the form found on page 6 of this newsletter.

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

**Gratitude Boxes:** Should be returned to Central Office in January. You can bring the box in or you can open it, count the money and send a check, or even call with a credit card. PLEASE be sure to include your group information, from the label on the box top.

**The meeting closed** with the Lord's Prayer at 7:50 p.m.. Next meeting is Tuesday January 9, 2018 at 7 p.m. (weather permitting). Next Board of Director's meeting is Jan. 10, 2018 at 6:30 p.

**Written for Us Newcomer's Meeting**  
*An Insight to 'How it Works'*

### **An Orientation for New-**

when:  
Saturday's from 9:15 to 10:15am

where:  
Greater Milwaukee Central Office  
7429 West Greenfield Avenue  
West Allis, WI 53214  
414.771.9119



**Come JOIN US & learn more about Alcoholics Anonymous**

# ORIENTATION for GSR'S

Second Tuesday of each month, 6:30 p.m. prior to the secretary's meeting, at the Milwaukee Central Office. Call before you come 414-771-9119

## DISTRICT MEETINGS

### DISTRICT INFO ON THE WEB:

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

1. JACKSON, LaCROSSE, MONROE, VERNON, & TREMPLEALEAU: 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

4. MILWAUKEE CNTY is now "District 38"

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., Jansen Family Park, Schuster Dr. West Bend

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

15. MILWAUKEE CNTY is now "District 38"

16. MILWAUKEE CNTY (1 of 6) 1st Wed. of month, 7:00 p, Faith United Methodist Church, 400 S. 91st St.,

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

22. MILWAUKEE CNTY is now "District 38"

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](mailto:dan@aamilwaukee.com)



## WORKSHOP

# HISTORY OF ALCOHOLICS ANONYMOUS

SPONSORED BY WANDERERS GROUP & GROUP 48

SAVE THE DATE: JANUARY 20<sup>TH</sup>, 2018

TIME: 1PM UNTIL 4PM

LOCATION: 1051 E RUSSELL AVE, MILWAUKEE, WI 53207

**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.



All the groups listed in your When and Where 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.

Central Office Contributions November - 2017

64 Groups Contributed. THANK YOU!

Group Name	Group #	Amount
#008 Sane & Sober	12113	92.40
#010 Fri Gp	114446	10.56
#051 Gp	114317	50.00
#082 Elm Grove	139958	60.00
#10 17	166036	20.00
#140 Shorewood	138806	60.00
As Bill Sees It Waukesha	177080	96.00
Back To Basics	149978	50.00
Badger Gp	114429	299.54
Belgium Twelve Steppers	686411	50.00
Big Book Readers	617805	60.00
Clockwise Gp	637077	60.00
Daily Reflections Gp (Wales)	665087	80.00
Eye Opener	603117	46.20
First 164 Big Book Tue, Unity Club	719600	100.00
Fri Night North Shore	137882	313.50
Fri Noon 12 & 12	MIL-FB	78.61
Get A Life	MIL-WM	38.00
Grapevine Topic Fri 4 p.m.	MIL-FM	37.01
Halcyon Days, Salem Methodist Church	163908	60.00
Happy Destiny, Vernon Presbyterian	170533	40.00
Happy Hour Promises, Pass It On	MIL-W6	60.00
Happy Joyous and Free, Pass It On	646968	60.00
Honesty Plus, Pass It On Club	638093	76.20
Into Action Sun Morning, Waukesha	616358	100.00
Jump Start, Pass It On Club	684326	60.00
Keep It Super Simple Big Book Discussion	679397	40.00
Lake Area Wed 6 p.m.	114356	150.00
Milwaukee Professionals In AA	140231	69.00
Mon Independence	MIL-MH	88.00
New Beginnings Oconomowoc	617659	51.23
Noon Risers Steps & Traditions	675593	40.00
On Awakening	630666	150.00
One Day at a Time, Watertown Medical Center	664578	100.00
Random Lake Step Topic, St John	718300	70.00
Real Needs Real Help	715054	92.65
Reliance Meeting Open Discussion	653954	60.00
Sat Morn Gp 10 AM	138045	48.00
Seeds of Recovery/Steps	MIL-MM	30.70
Seekers of Serenity Candlelight	659700	100.00
Serenity at the Vineyard	655426	120.00
Serenity Gp Hartland	WAK-R1	243.70
Suggestive Only	647950	280.00
Sun Morning Wake Up	617656	60.00
Sun Night Men's Waukesha	129859	50.00
Sun Night Surrender Gp	145851	85.50
Thr As Bill Sees It Milwaukee	610097	60.00
Thr Simply Sober	WAS-R1	100.00
Thr Success Step	MIL-RB	74.25
Traditions 101	MIL-TM	21.00
Tue Night Bay View Big Book	698750	72.00
Tue Night Candlelight	632422	60.00
Tue Night Grapevine	665769	21.96
Tue Night Mukwonago	126398	116.34
Tue Reflections	MIL-TH	102.00
Twelve Promises Discussion Thr	MIL-RM	30.00
Wanderer's Gp	140790	20.00
Wed AM Gp 10 AM	143468	53.00
Wed Night Men's Meeting	663905	50.00
Wed Night Wisdom	145180	200.00
Wed Noon Lunch Bunch	690831	119.32
Welcome Back	667042	60.00
Women's Big Book	697839	160.00
Written For Us	717556	40.00
Total		5,346.67

# CORRECTIONAL INSTITUTIONS

**TAYCHEEDAH CORRECTIONAL,**  
Meetings are held every Tuesday, 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 MORAIN 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

**Milw 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 6:30 p.m. on the 2<sup>nd</sup> Monday every odd numbered month at All Saints Cathedral, 818 E. Juneau, Milwaukee, WI 53202.

Donations should be sent to: **MCCC, PO Box 270544, Milwaukee WI 53227-0544.** Call coordinator: Kôta at (262) 385-3443, with questions, or email: [kota2427@att.net](mailto:kota2427@att.net)  
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 2017**  
**Madison Senior Center (MSC),**  
**330 W. Mifflin St., Madison, WI, except where otherwise noted.**

**2017: Fri Nov 17th 6:30 pm - Sun Nov 19th 7:30 pm, East Central Regional Forum, Springfield IL.**

- **Milwaukee Central Office:** 7429 W Greenfield Ave, West Allis, WI 53214  
[gmco@aamilwaukee.com](mailto: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, Bridging the Gap and Treatment write to:** PMB # 170, 5464 N Port Washington Rd., Glendale WI 53217
- **Milwaukee Deaf Access Committee:**  
[www.milwdac.org](http://www.milwdac.org); Email: [MilwaukeeAreaDeafAccess@gmail.com](mailto:MilwaukeeAreaDeafAccess@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!

All request must be by the 12th of the previous month.  
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: \_\_\_\_\_

# "BETWEEN-US"

*To share, to strengthen, to deepen the Fellowship experience*  
published monthly by Greater Milwaukee Central Office, Inc., 7429 W. Greenfield Avenue, West Allis, WI 53214 (414)771-9119

Current subscription holders please note: If you do not renew by December you will not receive the January issue. Please renew or subscribe early to avoid missing any issues.  
**Please Pay Now!**

## Subscription Renewal and Order Form...

Group Name \_\_\_\_\_ Group ID \_\_\_\_\_  
(From address label if available. Not required if this is an individual subscription.)

Full Name and \_\_\_\_\_  
Address to Mail Between-Us to \_\_\_\_\_

Check One: \_\_\_\_\_ Street \_\_\_\_\_

Group \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
or

Individual \_\_\_\_\_ Total Number of copies \_\_\_\_\_ Total Amount Enclosed: \_\_\_\_\_

### SUBSCRIPTION RATES:

**INDIVIDUAL SUBSCRIPTIONS:** \$9.00 per year for 3 Copies per month.

**GROUP SUBSCRIPTIONS:** \$18.00 per year for 6 copies per month.  
Add \$9.00 for each additional 3 copies.

A subscription to the Between-Us would make a nice gift for someone who cannot afford an individual subscription. Or if your group does not have funds available an individual could subscribe in the group name (help carry the message).

Reading the Between-Us is a nice way to keep in touch with activities in the local community. Don't be left out. Subscribe Now.!

This form or facsimile should accompany your payment. Mail or return to:  
Milwaukee Central Office, 7429 W. Greenfield Ave., West Allis, WI 53214

(“Cope” Continued from page 17)

a crowded supermarket for groceries. Busy, absorbed, heedless housewives jostled my cart and reached in front of me and nudged me aside. I had to have a drink. Maybe . . . maybe two . . .

Down the next aisle was the most inviting display of alcoholic beverages it has ever been my opportunity to stand before, but my breakthrough was on the adjoining counter: stacks of those big, big chocolate bars. I took two. I thought people noticed my wolfing a half-pound of chocolate but I finished the bar and it did the trick. I was so uncomfortably full of candy I had to laugh and that was the end of the tension.

Taking two chocolate bars instead of one represented my old drinking pattern repeating: one bottle was never enough, had to have a spare, just in case--but the spare was never put in the cabinet. It didn't last that long. Good Lord! I couldn't start that with candy. True, it was better than alcohol, but transferring my dependence to food wouldn't fit into my program to lose some weight; it would only create new conflict. It was vital for me to be free, free to choose what was best for me, and not be forced into actions or situations by compulsion born of years of conditioning. I couldn't afford the inner conflict, so I turned to prayer; I depended on prayer.

My prayer is the way I think about what I'm thinking about. Anyway, I believe in God, only I call Him by another name: Higher Power. I'm convinced the life in me is some part of that power and that power is in me.

So I said or thought a prayer for help and my mind received from memory the tale of another time when things weren't going so well. For some reason I'm not aware of to this day, I let

go of my troubled thoughts and replaced the trouble with an inventory of some of the good things in my life. I started with things I could see in the room around me, things I could touch, even the shoes on my feet. Gradually I felt better. My thoughts gained strength and took on a glow, so I tackled the intangibles of my life wherever I could sincerely find soil for the planting of a thank-you. I remember I felt better and because of this I was able to face whatever it was I had to do--yes, now I remember, get a new car, that was it. I had very little money--and things worked out fine. I got the car with bank financing. A miracle? No, an answer, just a logical answer.

For me this prayer business isn't a lot of malarkey but rather an opportunity. Yet I had to learn how so I wouldn't be slapping it down as fast as I put it up; I had to learn, and I'm still learning, how to get inside the inner guilt and rejection patterns to that inviolate inner mind which I feel and know is part of the Big Mind running the whole show. That's the way I see it.

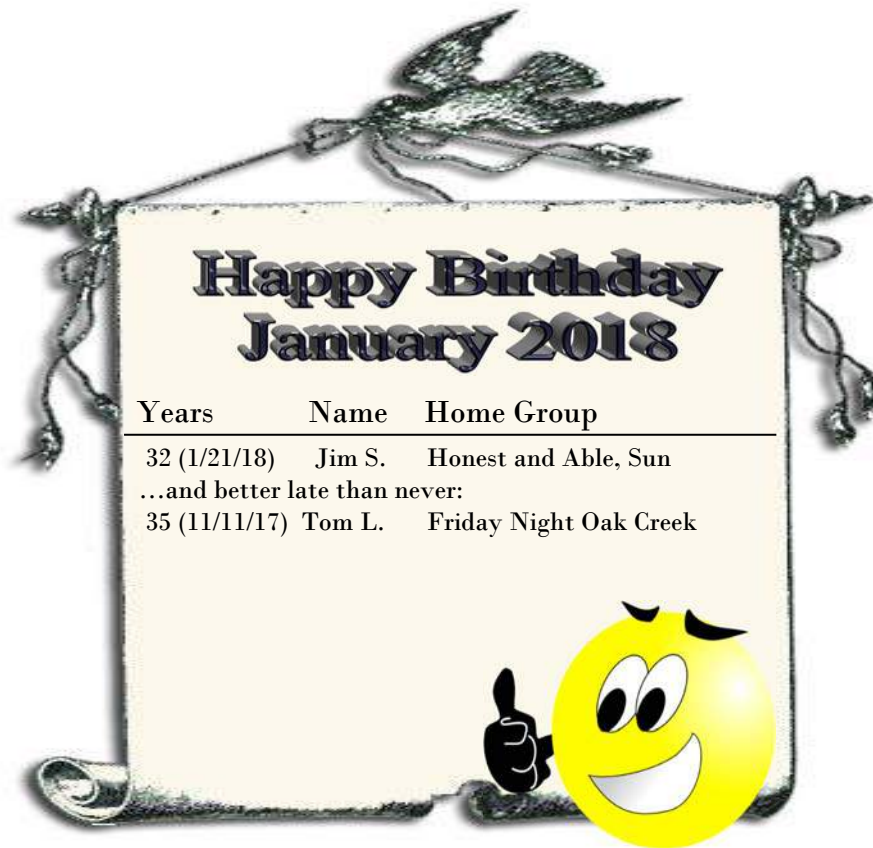
Conditioning and habit keep that same old record player and its dismal, angry song of frustration alive in my mind, but now I'm not afraid. I can meet it on its own terms. I don't get looped. I don't stuff on candy. Tension dissipates when I deliberately start getting grateful and accomplish gratitude. I talk to the man inside and for me it works.

I asked help of AA and got it. I prayed for answers and things and was led into learning how to pray. I got some of the answers, a few of the things.

Thank you, God.

-- R. C.  
Malibu, California

Reprinted w/permission  
AA Grapevine, Inc January 1959



## Happy Birthday January 2018

Years	Name	Home Group
32 (1/21/18)	Jim S.	Honest and Able, Sun ...and better late than never:
35 (11/11/17)	Tom L.	Friday Night Oak Creek

### AA Groups Need Your Support

- **Mondays at 7 p.** Group 29, St Catherine Church, 5101 W Center St, Milwaukee WI 53210
- **Wednesday 11 a.m.** Gp10-17, 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
- **Wednesday 8 p.m.** Menomonee Falls, Gloria Dei Church, W180N7863 Town Hall Rd. 53051
- **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.** 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

(“Anonymity” Continued from page 1)

ken.

The next day our “very tall friend who always wears cowboy boots,” named Mike H., from the meeting got all of us together and said we are going to have to share our last names with each other so this could never happen again.

We wrote everyone’s name down in our phone books. Before, we used to identify people by personal traits or details such as the example I gave above.

I wish you all a simple day.

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August 2014



## How to Cope With a Bad Day

YOU know how it is, one crummy irritation after another. Well, I’d slipped into the habit over the years of letting little things bother me, and nursing the resentment because I wasn’t aware of what I was doing to myself. I thought it was bad breaks, special, for me; particularly me. After it was all over I’d look back and see how it happened; the few drinks I belted somehow turned into a few bottles. Afterwards, full of regret and strong intentions, I’d be quite objective. Naturally I flattered myself for being that smart, though I had considerably less respect for myself each time; I could not seem to stop. But there was a breakthrough.

Sometime after I’d publicly acknowledged I was an alcoholic and asked for help I ran into a bad day. It was a particularly bad day because what took place was trivial but it started an old, old record playing in my mind and I almost failed to recognize it was playing.

I had to telephone a man but couldn’t get through for over an hour and by that time I had to leave the house. I drove into the city and tried again from different phone booths between errands, when I could find a booth not occupied or out-of-service or when someone did not walk into the booth one step ahead of me. To top it, at one point an agile, elderly woman dashed ahead of me to the only public phone, put her hand on the instrument and scowled. I retreated. Then she settled comfortably for a long winter’s chat. My

teeth were clenched and my jaw ached. Eventually I completed my call to the man’s office but his girl said he had just stepped out. I had a feeling everything was against me and the old record played louder in my mind.

The funny and wonderful part of this episode was, for the first time in my life, I was consciously aware of my feelings heating to a simmering rage; the inane recording inside started automatically and I was forced to listen until it ran its course. But I didn’t go along for my usual mad dance to the insane music. I was frightfully, and I mean just that, interested to experience and observe the tension and watch the little monster gestate.

When the song had run its course I’d won a major victory, enough for those few hours on that particular day. *I didn’t drink.* And I’d gained a source of courage for “today” which was about all I could handle. It wasn’t easy.

This is skipping a bit fast so let me back track. While I was still mad my restraint threatened to slip its hawsers and I knew shoals were on all sides. Suppressed anger rumbled toward the explosion it cunningly knew would be ricocheting inside my skull. Old guilt and self-deprecation got into the act. I didn’t like myself at all, and I knew it. I was frightened so I hated the world but dared to glare only at the people around me; then resented the antagonism I reaped. I was on my way home and had stopped at

(“Cope” Continued on page 18)

## The Outside Issues Issue

A committee puts its primary purpose first

I remember, several years back, when the area service structure where I live created an Ad Hoc Committee on Primary Purpose. A bunch of us were getting nervous because there were people in our meetings talking on and on about their inner child and codependency.

General Service Representatives were asking for help with this problem. It was happening more and more. People were getting up to the podium and talking about their therapy appointments and never mentioning how they managed to not drink through all it. One woman in my home group brought in a doll that she had purchased for her inner child and showed us its new clothes. She never said anything

about not drinking one day at a time, how she got sober, the Steps, a sponsor, or anything else that a room full of alcoholics might identify with.

The first few meetings of the Ad Hoc Committee on Primary Purpose were spent sharing these examples back and forth. We were scared. We thought that AA was going to change or disappear. We carried on about the Washingtonians, and what Bill W. had said, and the Traditions. We brainstormed about what actions we could take or policies we could create in our meetings to fix this dangerous problem.

Back in my meeting, when somebody identified themselves as an alcoholic and a codependent, I would glare at them. I would send a vibe to them: You’re doing it wrong. I’m lucky I didn’t get drunk with all of the fear and resentment I

(“Issues” Continued on page 9)



**ASL  
Interpreter**  
**Available: Meeting  
for Deaf and Hear-  
ing Impaired.**  
Tuesday 6:30 P.M.,  
Emmanuel Luther-  
an Deaf Church,  
2306 S 98th St.  
West Allis WI  
53227

**SERVICE MANUAL STUDY**  
Meets 2nd Thursday each month  
at 6:00 p.m.  
**Milwaukee Central Office**  
7429 W Greenfield Ave  
West Allis WI  
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.**

**Spanish Speaking Meetings: Meeting at English Speaking Clubs**

- GRUPO 5 CONCEPTOS, Pass It On Club, 6229 W. Forest Home Av, Milw, on Saturday at 8:00 p.
- GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Wauertown, 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

**2018 Weekend Retreats**  
**Jesuit Retreat House,**  
**4800 Fahrwald Rd. Oshkosh,**  
**WI 54901, call 800-962-7330**  
[jesuitretreathouse.org](http://jesuitretreathouse.org)

Men and Women members of  
AA, Al-Anon  
Total cost: 4 days \$360.00. Send a  
\$50.00 deposit with requests for specific  
dates to retreat house or call for info.  
**Men:** May 3-6, Nov 29 - Dec 2, 2018.  
**Women:** May 10-13, Aug 16-19, Nov 8-  
11, Nov 15-18, 2018

**Redemptorist Retreat Center,** 1800 N  
Timber Trail Lane, Oconomowoc, WI  
53066, (262) 567-6900 Email:  
rrc@redemptoristretreat.org Please call  
262-567-6900 for reservations,  
[www.redemptoristretreat.org](http://www.redemptoristretreat.org) ; **May 18-20,**  
**2018, AA and Al-Anon, \$250 three nights.**

**MILWAUKEE CENTRAL  
OFFICE**

- **E-mail us at:**  
[gmco@aamilwaukee.com](mailto:gmco@aamilwaukee.com)
- **Hours: M, W, Th, Fr** 9 a.m. to 5 p.m. **Tuesday** 9 a.m. to 6 p.m., (until 7:30 p. on 2nd Tuesday each month) **Saturday** 9 a.m. to 1p.m.
- **G.S.R. Orientation,** 2<sup>nd</sup> Tuesday 6:30 p.
- **Secretary Meeting,** 2<sup>nd</sup> Tuesday 7:00 p.
- **Board of Directors Meeting,** Wed. following Secretaries Meeting, (odd numbered months) 6:30 p.
- **A. A. Meetings,** Mon - Fri at 12:15 p. and 4:00 p.
- **A. A. Meetings Saturday** 9:15 a., & 10:30 a.
- [www.aamilwaukee.com](http://www.aamilwaukee.com)

(“Issues” Continued from page 8)

was carrying.

The ad hoc committee would come up with one idea after another about what to do to save the meetings we represented. Finally, thank God, we realized that we were doing exactly what we feared “those people” were doing. We were alienating the newcomer. We were so fearful that we had become irrational. After meeting for at least a year, maybe more, we figured out a couple of things. We realized we had no right to tell anybody what they could and could not share in a meeting. We decided that the only thing we needed to do was to set a loving example and make ourselves available for sponsorship, so that we could teach the vital importance of our singleness of purpose to newcomers. Then, they could make an informed decision about what they wanted to focus on when they shared. We all agreed that the last thing we wanted to do was make somebody feel unwelcome in a meeting of Alcoholic Anonymous. The Ad Hoc Committee on Primary Purpose disbanded and individually we got busy on the Public Information and the Cooperation with the Professional Community committees, where we could be genuinely useful!

I was taught that any time we tell our story, we have an opportunity to light that magic spark of identification and perhaps plant a seed of hope. If I get up at a meeting and use my opportunity to talk only about being a vegan, or what it was like shooting cocaine with the Marines in the barracks, or coming out as a lesbian, or what it means to be a Sagittarius, that can be a lot of fun for me and perhaps very enter-

taining. I might make one or two people in the room feel very validated. But the only way I can be absolutely sure that I am carrying the message of hope to the alcoholic who still suffers is to talk about how I live in this world without drinking. I don't need to keep these “special” things about me a secret, I have no secrets here. But if I am going to reach another alcoholic the way that you all reached me when I got here, I have to make certain I concentrate on the one thing I know we have in common, my alcoholism and my recovery from it.

What about when somebody comes to AA by mistake? Can that even happen? Where does God go when these people show up? I don't believe anybody arrives at a meeting by mistake. They may not be there to get sober, but I believe it's still my job to lovingly extend the hand of AA. Remember what it says in our responsibility pledge: “When anyone, anywhere, reaches out for help . . .” So, I say a quick prayer for an open heart and an attitude of love, not fear, and then I listen.

Maybe I can help them to a meeting that will better serve them. Maybe I can take them coffee and tell them about our Fellowship and how we are trying to keep AA here for the next generation of alcoholics. I handle each opportunity the way my Higher Power tells me to. As long as I possess an attitude of love and gratitude instead of fear and judgment, I will not miss my opportunity to be helpful.

-- Laurie O.

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AA Grapevine, Inc, August 2008

(“Yin” Continued from page 1)

one thing, but the AA program of action (The 12-Steps), was another. They co-exist like yin and yang; one is no good for continual sobriety without the other. A lesson well learned: “Don’t drink and go to meetings was not my answer!”



At six months sober my new sponsor rocketed me into and through the first seven steps and had me begin making amends from the Eighth Step list. I felt more confident, but still that

mental obsession plagued me; anxiety was a daily companion. When was I to find relief? I began to have my doubts, but “I hung in there, like a tick on a hound dog,” as an old timer tagged “Ala-bam,” from the Studio City Club, used to say to the newcomers. The result: At about a year sober, as I continued to connect the fellowship (yin), concurrently with the Program (yang), I experienced a blessed release from that dreadful mental obsession, and it has yet to return. Thank you, God!

Bob S, Richmond, IN  
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(“Sickness” Continued from page 11)

the same way: go through the mechanical motions of charity in AA whether you want to or not--whether you feel right or not--whether you believe they will help you or not. You know what the basic charitable steps are in AA: (1) ask God to keep you sober today and you help 200,000 other alcoholics prove that the program works one day at a time; (2) go to as many AA meetings as you reasonably can in a week and you help every other person who attends these meetings; (3) talk before your group or any group or simply to another alcoholic--thus sharing your experiences, your charity is at work; (4) do what you can to put something into your group--if it is only your good will and a simple prayer that God bless your group, its members and their families.

Sacrifice is getting into stronger spiritual medicine. This I would not want to say much about, for the simple reason that I do not know enough about sacred offerings to speak with any authority. I do know this: if I want something very much and I pass it up for God’s sake, this is real sacrifice. If someone upsets me or someone hurts me, my natural instinct is to hit back;

but it is a very beautiful sacrifice if, instead of following my natural inclination, I ask God to bless him, to incline to ask God over and over to bless him until the hurt turns to perfect joy.

The very heart of our newfound way of life in AA is giving--of ourselves, our talents, our experiences and our material possessions. When we give to the brotherhood of man we give to God. And when we give to God there is an automatic return heaped up and running over of the graces and blessings that are good for us.

All of these things you already know--have already experienced. These words are not penned in order to teach or to preach. My only thought was to make a serious effort to review the situation: to review how we got out of the hole we were in when we first came to AA, and to express my faith and my belief that you will, by the Grace of God, and through the medium of Alcoholics Anonymous, come out of this ordeal calmer, stronger and happier than you have ever been in your life . . .

-- L. M.  
Augusta, Georgia

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AA Grapevine, Inc January 1959

**Thursdays at 6:30 p. Big Book Study**, Promise View House, 3005 S 37th St Milwaukee 53215,

**Monday 10 a.m., Wednesday 8:30 a.m., and Friday 10 a.m.** Cedar Springs Church, 3128 Slinger Rd. Slinger WI

#### DISBANDED GROUPS

**One Day at a Time**, 1111 N. Chicago Ave South Milw. met Wednesdays at 7:30 p.

**Fri Night “Lit” Ashtanga** 3805 N Oakland Ave Shorewood met on Fri. at 7:00 p.

**Beyond Human Aid Women’s**, 12012 W North Ave, Wauwatosa, met on Thursday at 12 Noon.

**Living Sober**, Galano Club, 7210 W Greenfield Ave, met on Thursdays at 6 pm

**Women’s Big Book**, North Shore Academy of Arts, 1111 Broad St, Grafton, met on Friday’s at 12 noon.

**Spiritual Light**, Galano Club 7210 W Greenfield Ave West Allis, met on Saturday night at 7:30 p.

#### OTHER CHANGES

**Butler Sunday Night**, effective July 30, the meeting time will become 7:00 p., (old time was 8:00 p.), meets at 12801 W Fairmount, Butler WI.

**Gp 51**, met at Abiding Word, 9420 W Capital NOW meets at Covenant Lutheran, 8121 W. Hope Ave, Milw., Friday at 8pm.

**Happy Hour Oconomowoc**, 1st Congregational Church on Concord Rd, met at 8 p.m. NOW MEETS on Friday At 7 p.m.

#### OPEN SPEAKER

Weekly & monthly open speaker meetings listed in September 2017  
When & Where

[aamilwaukee.com/directory.html](http://aamilwaukee.com/directory.html)

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

**Sundays at 6:30 p.** VA Hospital 5000 W National Ave 3rd Fl Unit 3A

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

**1st Monday at 1:30 p.** Bethesda Seniors Community Center Open Meeting, 2845 W Fond du Lac Ave

**1st Tuesdays at 7:30 p.** First Congregational Church, 1111 N Chicago Ave South Milwaukee

**Wednesdays at 7:00 p.** Salem United Methodist Church, 541 Hwy. 59, Waukesha

**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

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

**3rd Sunday at 11:00 a.** Friendship Club 2245 W. Fond du Lac Ave. Milwaukee , WI

**3rd Saturday 8:00 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

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

**Last Wednesday 8:00 p.** 1st Lutheran Church, 7400 W Lapham St, West Allis

**Tuesday’s at 7:00 p.** March 29th, May 31st, Aug. 30th, and Nov. 29th, Christ the Servant Lutheran Church, 2016 Center Road, Waukesha WI 53189

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

Contact the Central Office via email: [gmco@aamilwaukee.com](mailto:gmco@aamilwaukee.com), with changes. .

# MEETING ROOMS

## 12 STEP CLUB

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

### A.A. MEETING SCHEDULE

Wed. 11:00 a. Gp. 27  
Fri. 11:00 a. Gp. 61  
(12x12)  
Sat. 10:00 a. Beginner's  
7:00 p. Gp 6

**CALL THE CLUB FOR INFORMATION ON OPEN A.A. MEETINGS, MEETINGS FOR OTHER FELLOWSHIPS and SPECIAL EVENTS.**

## Greater Milwaukee Central Office

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

([aamilwaukee.com](http://aamilwaukee.com))

### A.A. MEETINGS

**Mon.** 12:15 p  
4:00 p  
**Tue.** 12:15 p  
4:00 p  
**Wed.** 12:15 p  
4:00 p  
**Thur.** 12:15 p  
4:00 p  
**Fri.** 12:15 p  
4:00 p  
**Sat.** 9:15 a. Newcomer  
10:30 a

## LIGHTHOUSE ON DEWEY

1220 Dewey Ave.  
Wauwatosa WI  
AA MEETINGS

### Sunday

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

### Monday

7:30

### Tuesday

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

### Wednesday

7:00 p. Diana Gp  
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

## Directory Changes

### NEW MEETINGS

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

**Tuesdays 12 Noon**, Mt Zion 12012 W North Ave Wauwatosa 53226

**Tuesdays at 6pm**, Ephesians Baptist Church, 2412 N 6th St, Milwaukee 53212

**Tuesdays at 7pm**. Project Heat, 2904 W Wells St, Milwaukee WI 53208

**Tuesday 7pm**. St Anthony's on the Lake, W280N2101 Prospect Ave, Pewaukee WI 53072

**Wednesday at 7:00 p.m.** New Leaf Sober Living, 6401 W Oconto Place West Allis WI 53219

**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)  
11:30 p. Topic  
Sat. 8:30 p. Topic  
11:30 p. Topic

The "Clubs" and "Rooms" listed here are not A.A. Clubs. A.A. DOES NOT HAVE CLUBS!

A.A. neither endorses nor opposes such clubs. These are social clubs established by groups or individuals who are themselves recovering alcoholics. The A.A. group meeting at the club is available to any alcoholic - club member or not. The group is separate from the club and pays a fair rent for the use of the club facilities. Even though the group meets in a club that may be composed exclusively of A.A. members, and many members of the group may be club members, too, the relationship of the A.A. group itself to the club should be the same as it would be to a church, hospital, school, etc., in which it might rent space for its meetings.

## In Sickness and in Health

*I have often thought of AA as a kind of marriage. It doesn't take too much imagination to find the parallels . . . once in a while we come across an example of sharing so deep in its meaning and effectiveness that the image of "marriage" in its broader spiritual aspect is inescapable. I once heard a definition of marriage as "the true inward forming of each other"--it would be absurd to limit this concept to the relationship of men and women. It also applies most accurately to the creative fellowship that exists in AA. I thought of this recently when the letter below was handed to me by an AA friend. He had received it at a time of deep depression which had come upon him after many years in AA. As a result of the shared strength given him through this letter, my friend is out and away and back on the beam . . . and wants in turn to share this with the rest of us, in the hope that it might heal someone else as it did him--H. W., Staff*

DEAR JOE: I am taking this medium of trying to communicate with you. For some reason (and what that may be is not my concern that is strictly your business) you apparently have pulled away from our AA group therapy in order to concentrate on your own problems.

This is not an attempt to make you out as being at fault in any sense whatsoever. I believe it is part of our continuing recovery that we have periods when the Holy Spirit seems to abandon us and we are dry in spirit. We don't have the old zeal and pep. I believe these things are permitted to happen; I do not understand them.

I only know that several times in my almost eight years of sobriety I have suffered the same loss of the old AA glowing spirit. I know I came out of each attack calmer, stronger and more

determined than ever that AA was the only way for me, the still sick alcoholic.

Please understand that I am not trying to make you work your AA program. My purpose is simple: I want you and need you walking along beside me in mutual love, in our AA group therapy and in our basic problem common to all of us of trying to find our way back to the God who created us.

It is not a question of knowledge. You have been sober yourself almost nine years. You know this program from A to Z. The problem as I see it is recapturing the real AA spirit. This I believe is a gift from God. How then can one obtain this most precious gift? It would be silly to offer God things of a material nature. The thoughts that come into my mind are: dedication--humility--charity and sacrifice.

Because I believe that AA is a miraculous agency of God's creation for us helpless alcoholics and because so much good has come into my life through the medium of AA, I have dedicated my life to serving God by serving my fellow alcoholic in AA. This is based on what Jesus said in St. Matthew's Gospel: "Inasmuch as ye have done unto one of the least of these my brethren, ye have done it unto me."

Humility is a tough one. But every once in a while, I actually try to do something the way someone else wants to do it, though it goes very much against the grain of an alcoholic's make-up. This is the only way I can stay sober. If I did everything the way I wanted, I would be right back where I started when I came into AA: a hopeless and helpless drinking drunk.

Charity is not as easy as it sounds . . . The only thing I can say is that I did it when I first came to AA and I have had to get started anew several times in

*("Sickness" Continued on page 10)*



# 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. 10:00 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](http://passitonclub.com)

**A.A. MEETING SCHEDULE**

Sun. 8:00 a. Sun. Wake Up  
9:30 a. Reliance Open Disc.  
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  
7:30 a. Big Book Study

Wed. 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  
6:00 p. How It Works Disc.  
7:00 p. Gateway Topic Gp

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

Sat. 10:30 a. Happy Joyous Free  
3:00 p. Twelve Promises  
3:00 p. How It Works Big

**Book**  
8:00 p. Spanish Speaking  
8:00 p. Back to Basics 12x12

**AL-ANON MEETINGS**

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

**LAKE AREA CLUB**  
N60 W 35878 Lake Dr  
Oconomowoc, WI  
(262) 567-9912  
[www.lakeareaclub.com](http://www.lakeareaclub.com)

**A.A. MEETING SCHEDULE**

Sun. 8:00 a. Early Bird  
11:00 a.  
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 Stdy

Tue. 1:00 p.  
4:00 p.  
7:00 p. Back To Basics

Wed. 8:00 a.  
10:00 a. Back To Basics  
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 p. Al-Anon  
Wed. 7:00 p. Al-Anon

**OPEN SPEAKER MEETING**

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

# MEETING ROOMS

**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.alanofoundation.com>

**A.A. MEETING SCHEDULE**

Sun. 10:00 a. Gp 17 Step  
4:30 p. Step Gp

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  
10:30 a. Gp 9, Step  
12:15 p. Oasis Topic Gp  
6:00 p. Chicks at Six Gp  
7:30 p. AA

Thr. 7:00 a. Gp 3, Step/Topic  
10:30 a. Big Book Meeting  
12:15 p. Here & Now Gp  
5:00 p. AA  
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  
8:30 p. Gp 30 Tub Topic  
12:15 a. Second Shifters (Sat.)

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

**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/>

Sun. 8 a.-11 p., Mon - Thr. 9 a. -11 p, Fri - Sat. 9 a. - 1 a.

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. AA Topic Group  
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.  
11:15 p. What's The Point

Tue. 11:00 a. Willingness Group  
6:00 p. Tuesday Non-Smok  
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  
5:00 p. AA  
11:15 p. After Hours Gp.

Thr. 10:00 a. But For Grace Of God  
6:00 p. 6 PM 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)  
10:30 p. Candlelight Gratitude

**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

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](mailto:galanoclub@gmail.com)

**MEETING SCHEDULE**

Sun. 10:30 a. Step Topic

Mon. 7:30 p. Came To Believe

Tue. 6:00 p. 40 + Topic

Wed. 7:00 p. 12 x 12

Fri. 7:00 p. Step/Topic

**AL-ANON MEETINGS**

Sun. 10:30 a. Al-anon

**Meeting Space Available**  
See website for Club Events.  
[www.galanoclub.org](http://www.galanoclub.org)

**NORTHWEST ALANO CLUB\***  
N88 W17658 Christman Rd  
Menomonee Falls WI  
53051 (No Phone)

**A.A. MEETING SCHEDULE**

Sun. 7:30 p.

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

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

Wed. 8:00 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. 8:00 p. Al-Anon  
Fri. 8:00 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.

**24 HOUR CLUB**  
153 Green Bay Rd.  
Thiensville, WI

**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. (1<sup>st</sup> Saturday Only)**

**UNITY CLUB**  
1715 Creek Rd  
West Bend, (262) 338-3500  
[unityclub1715@att.net](mailto:unityclub1715@att.net)

**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.  
6:00 p. 1st 164 Big Book  
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 Dozen 12x12

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  
Milwaukee, WI  
414. 931.7033

**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.**