

BETWEEN-US

VOL. 31 ISSUE 7

JULY 2023

STEPS SIX AND SEVEN:

A GOOD START

After relating Step Four information with my sponsor, I had a much better understanding of my defects and shortcomings. I began to realize what aspects had been blocking me from sobriety for all those years (“*Quitting forever*” just landed me back in the drunk tank!). Steps Four and Five afforded a much better understanding of the “*bondage of self*” I had asked to be removed in Step Three.

There they were—but was I *willing* to ask God to remove them? Well, for me that was a no-brainer because I was rightfully terrified. Just two weeks before I had marched into a bar room with gin and tonic on my lips. Thank God I didn’t order but I was terrified! Yes, I was willing to ask God to remove whatever my sponsor suggested! I haven’t been tossed into a drunk tank since.

My sponsor followed the “*AA 12-Step timetable*” which allowed *no time to think it over*. Too much time may have diminished my fear of drinking along with my Six Step willingness! The Big Book tells us to do Step Four **at once**, Step Five at **first opportunity** and Step Six “**then**” (Not later).

The Big Book tells us to pray Step Seven “*when ready, and of course I was*. Although I had learned a good bit about my bondage of self, I still asked God to take away what was not useful to Him and my fellows. Page 77 tells us: “Our real purpose is to is to “*fit ourselves to be of maximum to God and the people about us.*”

This quest was [is] for me certainly progress, not perfection, but as my sobriety continues, I will always be grateful to Steps Six and Seven for getting me off to a good start.

Bob S.

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October 1973

Hurting?

By: H. M. K. Jr. | Amarillo, Texas

The longer you work the Steps, and the more you practice them, the sooner you can be happy again

A NEW MEMBER burst into the meeting room and, as soon as he got his coffee, said, "I've been more upset today than I have been any time since I came into the program, a few months ago. In fact, I'm *more* upset than I was when I was drinking. People tear me up in my office. I lose my temper. I don't even *like* people! Man, I didn't know I had so many emotions. Why isn't AA working for me any more?"

An older man, in khaki work clothes, came over and sat down by the well-dressed newcomer. He said, "I'm sure glad you came here tonight and said how it is with you. I felt the same way about fifteen times today."

"But you're not hurting like I am, are you?" the new man blurted.

"No," said the older man, "but sometimes I still hurt, all right. I just get over it quicker than you do."

"But I don't want to get over it temporarily! I don't want to have emotions like I had today, not at all, ever again," protested the newcomer. "I'm afraid if I do, I'll get drunk."

"Well, those kind of emotions did get me drunk a few times," the older member admitted. "It's human nature to have them—but if we keep them, instead of getting rid of them, we *are* sure to get drunk."

"You mean I'm heading for a drunk right now?"

"Not necessarily. There's always God, you know. He did create us all to be happy, I believe. If we're upset, He can make us happy again, and that's what the Twelve Steps are all about. I'm human, so I get loused up emotionally. But I know humans can work the Twelve Steps any time, anywhere, and find God. The longer you work the Steps and the more you practice them, the sooner you get over these upsets. You've made a pretty good

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running start on the Steps by coming down to the meeting to admit your upset to us. *Now all you have to do is ask God to remove the destructive emotions*, be willing to make amends to anybody you harmed today, and you can be happy and free with life again," concluded the older member.

"You mean I'll still get upset even though I'm in AA, but the trick is, not whether I'm upset or not, but how fast I get over it?" the newcomer asked.

"Well, we aren't saints--that's what it says in the Big Book--and it's important for new members to tell older members how it is with them. We identify with you, and we remember it was God--not our human nature and our egos--that made us happy and sober today. Thanks for coming tonight."

The meeting went even better than usual, and there was a happy glow in the room that night. The new member left about as noisily as he had entered, but with enthusiastic laughter and handshaking. As he walked out, he slapped the older member on the back and said, "Pops, I'm so darned happy I could burst."

The older member just smiled and nodded.

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February 1973

My Very Own Twelve Steps

By: N. P. | Grand Prairie, Texas

How one enthusiastic member works our suggested program

AS MY FOURTH year in AA approaches its end, I sit and reflect on how the program principles have worked for me. Right from the beginning, the program worked in reverse for me. AA promised me one thing--*sobriety!*--if I worked the program to the best of my ability. Sobriety I've got. . . .

The principles are called Steps. Let us commence to ascend these simple, steep Steps, *my way!*

One: "We admitted we were powerless over alcohol. . . that our lives had become unmanageable." I took the Step in complete acceptance and surrender. Before AA, I couldn't do anything without a few snorts or beers (coupled with tranquilizers and barbiturates in the last three years of boozing). And then I could do less than anything, so I just drank and complained about the cruelties of life and all the stupid people in it.

Now for most beginners, that first step of acceptance is difficult. I gave myself a gold star. It was a snap!

Two: "Came to believe that a Power greater than ourselves could restore us to sanity." Well! In reviewing my one continuous drunk of nine years, twenty-four hours a day, for however many days that is, I had to admit I certainly had done some weird, dumb, crazy things that the average person wouldn't dream of. Take the time I decided to be judge, jury, and hangman.

I had it in for a former brother-in-law, a very slimy individual

indeed. Sam must be punished. I received fast, instructions on the use of a .22 target pistol, loaded it and myself. Then, behind the wheel of that big old Lincoln, I braved the pouring rain to drive the 100 miles to his house. I took the through-way, driving as any drunk would--fast. Even when the wipers quit and I had to put my head out the window to see that I couldn't see, I sped on. Justice will be done! The plan wasn't to kill him, just to damage him enough to teach him a lesson.

The rain stopped shortly before I did, in front of Sam's house, under the streetlight, at 2:00 AM. Gun in hand, I went to the door and leaned on the bell, being too drunk to stand up without aid. The bell binged and bonged. The neighbors had to hear it, too. Lordy, it did make a racket in the still hour. I seemed to have waited ages. No response.

One of two things had to be going on in that house: Either he and the little woman were passed out drunk or they had looked out and seen the car and wouldn't open the door, thank God! For I know what the end result could have been: (1) I would have missed my aim, and killed him; (2) everybody would have been missed, and he would have beaten the day-lights out of me; (3) worst of all, I would have shot myself in the foot and been beaten up, too.

That is one example of zillions of insane happenings. No, I couldn't return to sanity alone. All those happy people in AA had recovered. AA was the chosen power to help me. Most of us had been to shrinks and psychiatric wards, and they couldn't help. AA could. Another gold star on Step Two.

Three: "Made a decision to turn our will and our lives over to the care of God *as we understood Him*," I'm a maverick, belonging to no organized religion. I had my concept of God. We had a very personal relationship.

Openly surrendering, as sincerely as I knew how, I embraced the God of my understanding. I spoke to Him daily, hours at a time. I entered into an evangelistic stage. I was ready to get up into the pulpit and announce I was the Virgin Mary returned (me with three children and not even a Catholic!), when I received a surprise letter from J. C., saying he was walking on the water, embracing the AA program. J. C. was a former husband. If *he* was going to be J. C., I wanted no part of being his mother. Having once been his wife was enough for me.

Again I returned to sanity and to embracing the God of my understanding. Let me tell you what happened. First, after almost four years, He hasn't acknowledged or heard one damn word! Not one word of love, "Thank you," "Hi," request for guidance, or "Cool it" has He heard. Not one word. Second, He is a lousy business partner.

With fourteen months' sobriety behind me, it was time to leave the heart area of AA (Cleveland-Akron, Ohio) and head for the climate of the great Southwest. He (God) selected the place, one I had never heard of before and later wished I hadn't at all. His choice should have told me something. Alas, it didn't. I charged on, in blind faith. People told me how brave I was.

Packed into my big, new, expensive, beautiful car were myself

(12 Steps, Continued on page 3)

and odds and ends. My household goods of value were shipped ahead. Releasing my one dependent child to her own chosen path, off I went to the land of enchantment, where everything was going to be beautiful, I thought.

Housekeeping was set up. A business venture was in the planning. And I let myself be conned into marriage. This was my error. I take responsibility here. It was a marriage to another evangelistic type, J. C. the second. My strong belief made me feel all would be well. After six weeks of wedded hell, half of my serenity and money were gone. The other half of my money was sunk into walls and merchandise. Money was borrowed for him to go, too. He did. Fifty dollars was borrowed for the cashbox to open my lovely little shop. Immediately, the town had a big work shutdown. Money wasn't being spent. Still, I felt secure. Didn't I have the best Business Partner?

The car was sold. I borrowed on my insurance. The furniture was being sold, a piece at a time. I learned to walk and enjoy that which one doesn't see from a car. I couldn't get a loan. Fifteen months later, I liquidated. Materially, I became a has-been. From materialism to spirituality--was that His plan? (After lengthy prayer and meditation, this *has* been accepted as His plan. Accepted as fully as I am able.)

But how much could one tolerate? I rebelled. No job, no money, miles from everywhere, miles from nowhere. I shouted, "Enough!" and stopped talking to God, to anyone. A total shutout, a full blank. Then a message came through, so distinct, I would have sworn someone was in the same room. No one was there. The message was "Keep quiet and wait." I'm waiting. There isn't another thing I can do. Everyone else in the program, after taking the Third Step, now has bills paid, a car, home, money. What happened to me?

Four: "Made a searching and fearless moral inventory of ourselves." Inadvertently, I did an immoral inventory. It was very, very long and very, very time-consuming. The Fourth Step was reread. This time, a very short list was written, and it still took a very, very long time. After collecting garbage for nine years, one has to really hoe out that stuff in order to find the jewels of self. Would you believe it? I found a couple! I barely passed Step Four.

Five: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." Since I was still speaking to Him at that time, the first part was easy. The last wasn't. I had no human confidant. I had a problem. But I had chosen to work the Steps because I was interested, willing, curious to find self.

For the Fifth Step, I decided to drop bits and pieces here and there till it was all hanging out. The elated feeling afterward was like just having taken a long, luxurious bath. Wow, what a great feeling!

Six: "Were entirely ready to have God remove all these defects of character." I was ready. I forgave myself and everyone I felt had hurt me. Had we known any better? Had I expected that which I hadn't any right to? Had I wanted you to alter yourself to suit me when I should have altered myself?

Yes, the defects were seen, removed, amended, but did God hear

me, too? No, He doesn't even listen to me. Mull that one over. In AA, they shout, "God is loving. He is forgiving. Look at that which He has given to me," blah, blah, blah! To you, brother, not to me.

Seven: "Humbly asked Him to remove our shortcomings." Recall "God helps those who help themselves"? Well, I do feel the Old Boy is truly there. He just hasn't gotten around to me yet. But I tackled the Seventh Step anyhow. "Take my temper." *Someone* had to--it was terrible! Only through concentrated effort and awareness was I able to master the ugly monster. In truth, if you get your head together, it's quite easy to be without temper and all those other "good" things.

However, some new shortcomings are developing that I never had before. I have laid them out on an AA table, selecting the elders and the wise of the group to dissect them. After much deliberation, they say such things as "You are working the program right," "There isn't anything wrong," "Give it time," and "This, too, shall pass." They can't understand why it has worked as it has for me. Neither can I. On to . . .

Eight: "Made a list of all persons we had harmed and became willing to make amends to them all." Oi!

It said "became willing," that's all. In the early months of sobriety, the list was made, short but necessary. I had done sonic really rotten things. The list was set aside. I was just willing--not ready.

Nine: "Made direct amends to such people wherever possible, except when to do so would injure them or others." Much thought needs to be applied here, and I did do a great deal of thinking. After two years, some of the direct amends were made. Today, not a one of those people speaks or writes to me. I am injured. Everyone else in the program is forgiven, told they don't owe any apology, embraced, and returned to the fold. What goes? Let's try Ten. . . .

Ten: "Continued to take personal inventory and when we were wrong promptly admitted it." Whenever this is done. I feel I'm all right. Before coming into AA, I was never wrong. Right or wrong, I was right! Once this fact was understood, I got along line with anybody. Maybe I should return to my old attitude on that and command attention.

Eleven: "Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out." A real gas!

That one I absolutely work to death--and conclude that I have *no* contact with God. He ignores my very existence. And it is very clear that my understanding of Him is total misunderstanding. Or is it that He has no will for me to carry out? Who knows? And last but not least. . .

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

Man! I had a spiritual awakening. I was gung-ho to help every drunk that yelled "Help!" Even the very faintest call, and I was there, taking them to hospitals, visiting the alcoholic wards, carrying them to meetings, listening to their tales of woe. sharing my

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own story. I lost sleep, didn't cat properly or rest properly. Know what? I got sick.

Then I got well again and did more work with my sister drunks. I took them into my home, shared my bed, board, purse, heart, soul, compassion, and empathy. And do you know what happened? Most of them returned to the bottle! The few that remained sober became aloof, discussed *my* failings while exchanging gossip, or just plain ole ignored me totally. That's okay. Whatever it takes to keep them sober, let them do it.

Is it that I'm a jinx? Recently, I married one of the finest people to enter my life, also in AA. There isn't a dishonest or mean molecule in his entire being. Before marriage, his home life was miserably lonely; his business, great. Now, he says, "My home life is great, and business is lousy." And it is! We are living so badly that if we had a dog, he would leave home, and we would understand. I shop at the supermarket most frugally. Our main diet is hog jowls and red beans, corn bread and mustard greens, and I'm a Yankee!

Just between us, I know God is there. I hope He comes forth soon and reveals His will for us before I dissolve into a grease spot in our uncooled garret.

Well, there it is--the summation of almost four years of practicing the AA principles, as I understand them. You know, the longer I'm sober, the dumber I get!

But AA *has* kept its promise of sobriety. It has given me a way of life I *love*. I love the members of the group, too. Until someone can show me a better way, I'm hanging in there.

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September 1980

Ego

By: R. M. | Orlando, Fla.

On the inside, his life was a complete shambles

IN ONE YEAR, 1965, I spoke at more than 200 AA meetings throughout northeast Ohio. On an average, I was speaking at four meetings a week. Every time I spoke, I would get three more offers to speak. I don't know how it started, but by the end of that year, I had abandoned everything that did not cater to the insatiable appetite my ego had developed.

I had already had one eight-year experience in this Fellowship, from 1951 to 1959. After two years of experimenting with my "right to drink," I came back into AA in 1961. By 1964, I was ready to share my experience, strength, and hope with other suffering alcoholics. On the outside, my life was in perfect order. On the inside, it was a complete shambles. I was very deeply into what I have come to recognize as a dry drunk.

During the first few weeks of this marathon speaking engagement, I stuck pretty close to my own story. But it began to wear on me. It lacked substance and authority. So I armed

myself with books, other literature, compendiums from every available source dealing with the problem of alcoholism. Gradually, I added some of the more impressive statistics to my talk until, within a few months, I had become a self-styled expert on the drinking problems of the world. I mastered this talk with such dexterity that in addition to speaking before AA groups, I was invited to speak before civic associations and business functions. I could tell you instantly and unequivocally how to solve your drinking problem, what caused it, and what surely would happen if you continued. I could take your inventory (and I would) at the drop of a hat. I had found an audience upon which to vent my own frustration, and the proof of my success was the frequency of my speaking engagements.

But something was happening. Something I could not see or would not look at, although a voice was whispering at me inside. My wife and children, who rarely saw me anymore, began to drift away from me. I had no time for them. After all, I was doing something positive about my drinking problem, wasn't I? There was no time for me to attend meetings to listen and learn; I was always too busy preparing my next talk or basking in the compliments of admirers I had carefully cultivated over the months.

In swift succession, I lost my wife of over sixteen years and the love and respect of three beautiful children, took a position far above my capabilities in another city, and married again. Knowing as much as I did about alcoholism and not being inclined to get involved with AA in this new city, I decided to rest on my laurels for a little while.

Only a few short months passed before I treated my new bride to the realities of what she had married. I came home from a road trip drunk. Not only was I drunk, but I had immediately stepped back into character as an uncontrollable alcoholic, not wanting to be that way, but powerless to stop. My God, how could this have happened? The authority on alcohol, the one to whom others looked with admiration and envy --drunk. What a crushing experience for an incredible ego!

I was to spend several years going through the endless tunnel of drinking, trying to get sober, trying to hold on to my new life, and losing the battle. I tried to justify my drinking by pointing to all the pressures around me, and I upheld my right to drink by deceiving myself with the belief that I was different from other alcoholics. The tunnel of darkness grew deeper. I went through various detox centers, talked to psychiatrists, went to doctors with my physical ailments, whose real base was in alcohol, and occasionally slipped into a back seat at an AA meeting to see whether there was something I had missed. There was, but the torturous route I had to travel still lay ahead of me. I had to learn surrender and humility first. These lessons did not come easily or in time to save yet another failing marriage. The tangent of self-delusion I had taken had led me so far from the world of reality that only a miracle could turn me off the path to destruction.

But somehow, that miracle did occur. After I had beaten myself into moral, physical, and spiritual bankruptcy, had lost all my material possessions, and had alienated every person I

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(Ego, Continued from page 4)

had ever loved or cared about, it happened. It was my second day at the last of a succession of detox centers. I sat at a picnic table in a grove of oak trees, barely able to hold a cup of coffee with both hands, and I surrendered. In the most undramatic way, this hurt and broken human being came to believe that a power greater than himself could restore him to sanity. I admitted I was powerless over alcohol and that my life had become unmanageable. And I asked for help. Tears of relief began to fill my eyes. I still had my life but knew I couldn't run it. So I asked my higher power to run it for me. More than ten years had passed since my marathon speaking engagement, and now, at last, I was ready to listen and learn.

Today, I speak rarely. When I do, it is with great difficulty. Gone are the statistical references and the dynamic presentation with which I had become identified. I keep it simple. I keep my primary purpose primary and stick to basics. I attend meetings, contribute what I am able to the work of the program, and keep a diligent guard against the pitfalls of self-indulgence that so often swallowed me up before. I have little of life's material objects today, but a fortune in AA friends and a life of genuine happiness that I could never have dreamed possible. The very thing I sought came to me only after I had given up trying to create it for myself.

Every day, I remind myself that if I start adding to this AA program or leaving out some key ingredient, my incredible ego will get terribly drunk, even though I have not touched a drop of alcohol.

Reprinted with permission AA Grapevine, Inc. September 1980

April 1980

Growing Up

By: J. B. | Rochester, N.Y.

He spent seven minutes on the Steps the first time and twenty-three years the second. He's still working on them

I DON'T KNOW how many times I have heard this sentence: "The point is that we are willing to grow along spiritual lines." But for some reason, it had special significance on one particular day.

I am still the same person who came to AA, only now I am not sick, in debt, unemployable, frightened, or at war with myself. In fact, I am happy all day long. I am supposed to be retired, but I am busier now than I was when I was working. How did all of this come about?

A doctor once gave me a Twelve Steps card, and when I recovered from the insult enough to get clever, I devised a means of getting the benefits of AA without being tarred

with the same brush as you alcoholics. I now had the card containing all the secrets of the organization. What was to stop me from working the Steps and reaping a harvest of spiritual splendor?

The only flaw in my scheme was that I overlooked a small detail that you people called the First Step. The way I was going at it was much like trying to sew a button on a poached egg. It just wasn't possible to do it well enough to win an Oscar. The result was inevitable--an unqualified disaster. Then, I saw myself exactly as I was--still drunk. Something had to change.

In answer to my call for help, AAs told me: "Just don't take the first drink today." I tried it. It worked! There were no other options left. I got through two whole days without a drink. There came a time when I had put two solid weeks together, and I was fully eligible for sainthood by default. I had not gotten into any trouble, and even though I was nervous as a woodpecker with a migraine headache, I was getting better.

I came to the conclusion that whatever was wrong with me would not be aggravated if I didn't drink. Surely, someone would be bound to notice my drastic improvement. As I sat looking out the window, it suddenly occurred to me that the neighbor's dog and I were running neck and neck in this spiritual race; he was not drinking, either.

Could it be that I had not yet realized my full potential for spiritual growth? Oh yes--there *were* some other Steps. The first time I saw them, it took me seven minutes to go through them all. The second time, it took me twenty-three years, and I am still working on them.

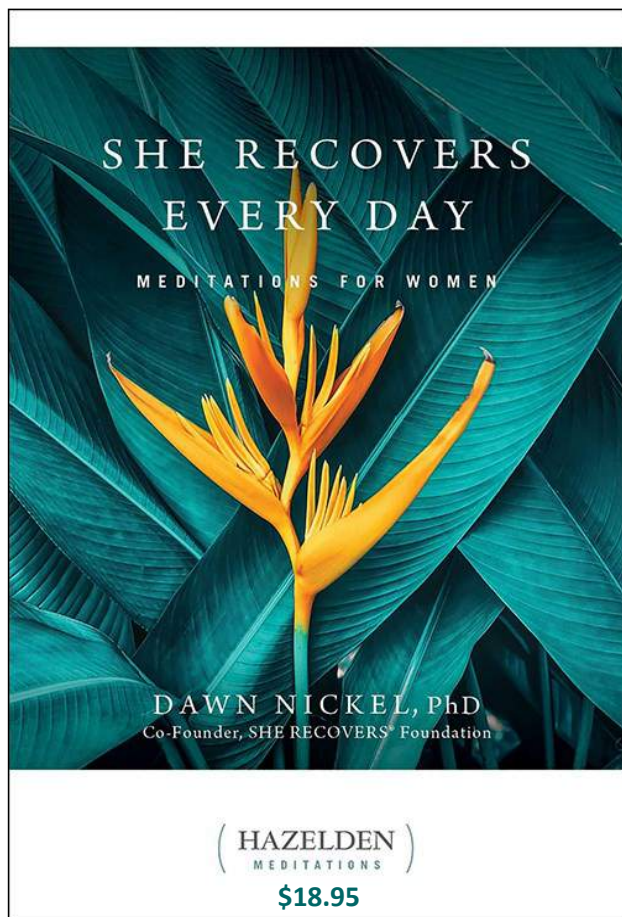
As I said, I am the same person who came to AA. I couldn't play the piano then, and I can't to this day. I have the same emotions and sensitivity and shortcomings, but there is a vast difference: All these things are put together differently now. I am sure that God loves me, warts and all. I am not hounded by fear. I was dependent then and I am dependent now, but my dependence is on my Higher Power, rather than on alcohol. I am at meetings frequently and regularly, honestly looking for answers, rather than out there looking for a drink. I can accept myself just as I am, for today. I am not obliged to judge myself or anyone else; if I do take a fling at it once in a while, someone at a meeting will put me back on the track.

I shall be eternally grateful to the doctor who started this whole thing by giving me the Twelve Steps card and to the hundreds of friends who have done so much successful research on my disease, to the point where I can be better integrated and happier than I have ever been before in my memory.

The keys are willingness and honesty. God will help you turn into what you are supposed to be.

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A new meditation book for women In recovery *She Recovers Every Day*. This will replace *Each Day A New Beginning* which is no longer available.



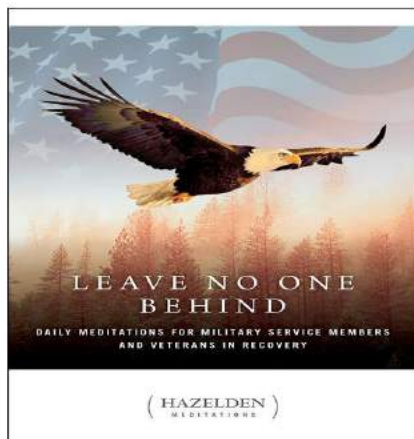
Dawn Nickel is one of the founders of the international movement and non-profit organization SHE RECOVERS® Foundation. In this book, Nickel adds her unique voice to the Hazelden meditation series.

Nickel addresses anyone who identifies as a woman in recovery or seeking recovery from one or more difficulties, whether substance use or co-occurring disorders. These inspirational meditations introduce the idea that we are all recovering from something. Nickel recognizes that there is more than one way to recover, and we all have our own paths to sobriety, even if we do not recover in the way that others expect us to.

Throughout each meditation, Nickel reflects on her recovery journey and her experience as a cancer and domestic violence survivor. Readers can learn the value of stopping destructive behaviors and allowing healing to begin. Nickel reminds us that recovery is a process, not an event, and we should always have compassion for ourselves no matter what.

A New Meditation Book Dedicated to Service Members and Veterans

Service members and veterans who are in recovery share their words of healing and hope in daily meditations. These people are in a class of their own—they know what they experienced, they know how their recovery has been affected by their service, they know how to help themselves and they know how to help each other.



• JANUARY 4 •

Behind Me

Weed. Booze. Beer. All of that. I used all of it. Then I came home and they gave me legal drugs. I don't feel at all. Or I feel high. Anything to not think. I don't want to think. Anything to stop my ears from ringing. To relax. To not have to talk to my family. To not have to talk to my buddy's wife. My buddy's gone. I can't look at her.

I don't think I've got PTSD, I think I was just having a tough time. A rough patch. A *really* rough patch.

I was there. Behind. I had been left. I left myself.

I have to want to not be back there. Every day, I have to not want to leave myself behind. I have to suit up and show up. I have to catch up and stay caught up. I have to ask for help. I have to help others. I have to show them how it's done. Because, if I don't, I'll leave myself behind again. It's on me. It's all up to me.

And I'll do it. Because I'm a warrior.

Today, I'll suit up and show up for everything in front of me. I'm not going to leave myself behind again.

Josh O., U.S. Army, 2012-2018

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



“Every AA group ought to be fully self-supporting, declining outside contributions.” Tradition Seven, Twelve Steps and Twelve Traditions,

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[Seventh Tradition Checklist](#)

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

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MILW. CENTRAL OFFICE

• E-mail us at:

dan@aamilwaukee.com

Hours:

M - F 9 a.m. to 4:30 p.m.

Sat. 9 a.m. - 12 p.m.

• Board of Directors Meeting, in-person.

Wednesday following 2nd Tuesday (odd months) 6:30 p.

• A. A. Meetings, Sun. at 9 a.,

Mon.- Fri. at 12:15 p.,

Sat. 9:15 a., & 10:30 a.

• Dist. 14 monthly meeting, 4th Wed. at 7 p.m.

• Dist. 16, 1st Wed. at 6 p.m.

Spanish Speaking Meetings:

Meeting at English Speaking Clubs

• Pass It On Club, 6229 W. Forest Home Av, Milw. GRUPO 5 CONCEPTOS, 7:00 P.M. Saturdays, Upstairs. And Viajeros Wisconsin, 7:00 P.M. Saturdays, in lower level.

• GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Watertown, on Tuesdays and Fridays at 7:00 PM and on Sunday at 11:00 AM

• GRUPO FE Y ESPRONZA, Gratitude Club, 295 Ruggles St. Fond du Lac WI on Wednesday at 7:00 PM and Sundays at 4:00 PM

SAFETY CARD FOR A.A. GROUPS

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

Suggested Statement on Safety

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

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

Service Material from the General Service Office

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

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

Meeting Space Currently Available

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

Redemptorist Retreat Cen-

ter, 1800 N Timber Trail Lane, Oconomowoc, WI 53066,

(262) 567-6900 Email:

rrc@redemptoristretreat.org

Please call for information and schedule of retreats for recovering people. AA and AI-Anon, \$250 three nights. We discuss the 12 steps and related topics.

2023 Weekend Retreats

Jesuit Retreat House,

4800 Fahrwald Rd.

Oshkosh, WI.

WI 54901, call 800-962-7330

jesuitretreathouse.org

Men and Women in AA, AI-Anon

Total cost: 4 days \$390.00.

Send a \$75.00 deposit with requests for specific dates to retreat house or call for info.

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

Southern Wisconsin Deaf Access Committee (SWDAC) 2023

JANUARY thru DECEMBER 2022

Beginning Balance \$ 6,210.62

Contributions: \$ 8,013.17

Interpreters: \$ 4,120.00

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

The cost for an interpreter is \$50 for a zoom meeting and \$80 for an in-person meeting. Contact Anthony S. with questions: Anthony.Scott.0615@gmail.com

VENMO Contributions: www.venmo.com/SWDAC

Southern Wisconsin AA Deaf Access Committee

P.O. Box 1982

Waukesha, WI 53186

District Number: _____

Group Name: _____

Donation: _____

Individuals may contribute as well.

VENMO Contributions: www.venmo.com/SWDAC

DISTRICT MEETINGS

COMPLETE DISTRICT INFORMATION ON THE WEB:

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

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

(Check the web address above for meeting info.)

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

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

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

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

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

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

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

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

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

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

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

27. MILWAUKEE CNTY: 3rd Wednesday of month at 7:00 P.M., the Zoom ID number is [824 0616 9567](https://us02web.zoom.us/j/82406169567) the password is 869 916. Covenant Lutheran Church, 8121 W Hope Ave, Milwaukee, WI 53222.

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

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

32. & 33 WAUKESHA CNTY: 4th Tuesday of month, 6:30 p, Meeting ID: [321 751 3275](https://us02web.zoom.us/j/3217513275), Passcode: [323232](https://us02web.zoom.us/j/3217513275)

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

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

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

All Saint Cathedral, 818 E Juneau Ave.

SEND ADDITIONS AND CORRECTIONS TO:

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

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

All meeting held virtually until further notice

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

CORRECTIONAL INSTITUTIONS

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

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

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

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

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

ADDRESSES FOR YOUR INFORMATION

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

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

MEETING ROOMS

NEW DAY CLUB
11936 N. Port Washington Rd
Mequon, (262) 241-4673
www.newdayclub.org
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
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

Thur. 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
Wednesday 7:00 p. ACOA
Thursday 7:00 p. Al-Anon
Contact club for information on other fellowships.

PASS IT ON CLUB
6229 W. Forest Home Ave
Milwaukee WI (414) 541-6923

A.A. MEETING SCHEDULE

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

Mon. 7:30 a. Jump Start
10:30 a. First Step
4:00 p. Happy Hour Step Gp.
7:00 p. Open Introductory AA

Tue. 7:30 a. Comin' Back Gp
10:30 a. Keep It Simple
4:00 p. Drop the Rock
6:00 p. Key To Sobriety Women's
7:30 p. Three Legacies
7:30 p. Double Trouble DD/O

Wed. 7:30 a. Big Book Study
10:30 a. Pass It On
4:00 p. Happy Hr Promises
6:15 p. Courage to Change
7:00 p. We, Us & Ours

Thur. 7:30 a. Welcome Back Gp
10:30 a. Made Decision
5:15 p. As Bill Sees It
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. 12 Promises Group
7:00 p. Viagers Wisconsin lower level
8:00 p. 5 Concepts upstairs
8:00 p. Back to Basics 12x12

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
9:30 a. Literature Meeting
11:00 a. Friendship Gp
6:00 p. Big Book
8:00 p. Gopher Sunday
9:00 a. Positive Attitude
6:30 p. Otter Gp
8:00 p. Step/Tradition Study

Mon. 1:00 p.
4:00 p.
7:00 p. Life House Beginners
8:00 a.

Wed. 8:00 a. Back To Basics
2:00 p. Women's Meeting
6:00 p.
8:00 p.
4:00 p.

Thur. 10:00 a.
5:00 p. Woman's Way 12 Steps
6:00 p. Hybrid Meditation Mtng
Zoom ID: 89239303536, PW: 999525
8:00 p. Grapevine Mtng

Fri. 12:30 p.
4:00 p.
8:00 p. Old School House
10:00 a. Big Book

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

AL-ANON MEETINGS
Mon. 7:00 p. Al-Anon
Tue. 9:00 a. Al-Anon
Wed. 7:00 p. Al-Anon & Alateen

WAUKESHA ALANO CLUB
318 W. Broadway
Waukesha, WI, 262-549-6541
A.A. MEETINGS,

(IP)=In-person,

Sun. 9:30 a. Sun Morn Sunlight (IP)
11:00 a. Sun Go-To-Mtng (IP)
07:00 p. Big Book Study (IP)

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

Tue. 12:00 p. Wed Nooners (IP)
5:30 p. Topic Gp (IP)

Thur. 12:00 p. Nooners (IP)
12:00 p. T.G.I.F. Gp (IP)

Fri. 07:00 p. Last Stand at Alano (IP)

Sat. 06:00 a. Early Morning (IP)
10:00 a. Gp 124 (IP)

OPEN MEETINGS,
DANCES & EVENTS
Call for information.

GALANO CLUB
- LGBT & All in Recovery -
7210 W Greenfield Ave LL
Milwaukee, WI 53214, 414-276-6936
<http://www.galanoclub.org/>
galanoclub@gmail.com

(V)=Virtual, (IP)=In-person, (V & IP)=Both
In Person and Phone Meetings Phone/
Video AA Meetings, Call (978) 990-5195
Meeting Id: galano7210
Code: 1919178#

Sunday: (V & IP)
10:30 a.m. - AA - Step / Topic
Meeting (In-person/phone/video)
10:30 a.m. - Al-Anon - Papillon Group.
(In-person)

Monday: (V & IP)
7:30 p.m. - AA "Came to Believe" 12
Spirituality. (In-person/phone/video)

Tuesday: (V & IP)
6:00 p.m. - AA Over and Under 40
Group (In-person/phone/video)

Thursday: (V & IP)
7:30 p.m. - AA - Living Sober One Day at
A Time In-person & Phone/video

Friday: (V & IP)
10:30 a.m. AA Step & Topic

Saturday: (V & IP)
7:30 p.m. - AA - Big Book & More. (In-
person/Phone/video)
The Galano Club is open one half hour
before the scheduled meetings.

NORTHWEST AREA ASSOCIATION*
N88 W17658 Christman Rd
Menomonee Falls WI
53051 (No Phone)
Room 202

A.A. MEETING SCHEDULE
(V)=Virtual, (IP)=In-person, (V & IP)=Both

Sun. 10:00 a. Big Book Rm 202
7:00 p. Sun Night Gp Rm 202

Mon. 7:00 p. Just Do It Gp Rm 202

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

Wed. 7:00 p. Step/Topic

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

Fri. 8:00 p. Step/Topic (V & IP)
5:30 p. Code 3 Mtng Rm 202

Sat. 10:00 a. Sat Serenity Gp
7:00 p. Simply Sober Gp Rm 202

AL-ANON MEETINGS
Wed. 7:00 p. Al-Anon
Fri. 7:30 p. Al-Anon

*This 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 p. Open Speakers
6:30 p. Delavan Discussion

Monday AA
7:30 a. Sunny Side Up
12:00 p. Delavan Step Meeting
6:30 p. Delavan Meeting

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

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

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

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

Saturday AA
7:30 a. Sunny Side Up
12:00 p. 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

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
8:00 p. We Agnostics

Tue. 7:00 a. As Bill Sees It,
10:30 a. Gp 70 Step
12:15 p. Gp 76
6:00 p. Transbenderz AA Mtng
7:00 p. Beginner's Meeting

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

Thur. 7:00 a. We Agnostics
7:00 a. Big Book Meeting
10:30 a. Gp 97, Step
12:15 p. Here & Now Gp
7:00 p. AA (LGBT) All Welcome

Fri. 7:00 a. Daily Reflections
10:30 a. Gp 21, Step
12:15 p. Gp 65
6:30 p. Here & Now
7:30 p. Fri Night Men's AA Gp.
12:15 am. Second Shifters (Sat.)

Sat. 7:00 a. AA Meeting
11:00 a. Gp 87 Step
7:30 p. Open AA Speaker Mtng

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.
10:30 P. What's the Point Gp.

Tue. 11:00 a. Willingness Group
6:00 p. Tue Topic 6pm Gp
8:00 p. New Hope Meeting

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

Thur. 10:00 a. But For Grace Of God
6:00 p. Here and Now
8:00 p. How To Get It Going
6:00 a. Early Risers Big Book

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

Sat. 9:15 a. Men's Topic
11:00 a. Pioneers Group
3:00 p. Spiritual Growth
6:00 p. 1st & 12 Topic
8:00 p. Open Speaker 3rd Sat
8:00 p. HOW To Saturday

24 HOUR CLUB
153 Green Bay Rd.
Thiensville, WI
[Web and Facebook Info](http://www.webandfacebookinfo)

A.A. MEETING SCHEDULE

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

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

Thur. 6:30 a. Topic
10:00 a. Topic
5:30 p. Step/Topic/Trad

Fri. 6:30 a. Topic
10:00 a. Step/12 & 12
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)

In Person AA Groups NEED YOUR SUPPORT

- **Sun. 3 p.m.** Gratitude Plus, Pass It On Club, 6229 W Forest Home Ave, Milwaukee WI
- **Sun. 7 p.m.** Waukesha Sunday Night Beginner's, Ascension Lutheran Church, 1415 Dopp St, Waukesha WI
- **Sun. 7 p.m.** Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- **Mon. 7 p.m.** Unity Gp, 4600 Pilgrim Rd, Brookfield, WI
- **Tues. 7 p.m.** Gp 43, Friendship Club, 2245 W Fond du Lac Ave Milwaukee WI.
- **Wed. 8:00 p.m.** Helping Hand, Nativity Lutheran Church, 6905

W Bluemound Rd, Milwaukee WI

- **Thur. 12:15 p.m.** Jeanette Burnett Gp, St John's Cathedral Complex, 831 N Van Buren, Milwaukee WI
- **Thurs. 8:00 p.m.** Grateful Gp. Chabad House, 3030 E Kenwood Blvd, Milwaukee, WI
- **Thurs. 8:30 p.m.** Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave,
- **Fri. 9:30 p.m.** Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw.
- **Sat. 8 p.m.** Gp 18, St Luke's, 3200 S Herman, Bay View, WI
- **Sat. 7 p.m.** 12 Step Club 4102 W Townsend St. Milw., WI

MEETING ROOMS

<p>UNITY CLUB 1715 Creek Rd West Bend, (262) 338-3500 unityclub1715@att.net www.facebook.com</p> <p>AA MEETING SCHEDULE</p> <p>Sun. 10:30 a.* Gratitude Gp. 8:00 p. Candlelight Gp.</p> <p>Mon. 10:00 a. Monday A.M. 7:00 p. Men's 7:00 p. Women's</p> <p>Tue. 10:00 a. Tuesday A.M. 7:30 p. Beginner's 8:00 p. Step Gp</p> <p>Wed. 10:00 a. Promises 1:00 p. Steps/Promises 5:00 p. Happy Hour Gp In-person & Zoom: 332602852, pw: 123456</p> <p>Thr. 10:00 a. Big Book</p> <p>Fri. 10:00 a. Step/Topic Gp 6:00 p. Big Book</p> <p>Sat. 10:00 a. Here & Now 7:00 p. Big Book Connection</p> <p>AL-ANON & ALATEEN MTNGS Saturday 9:00 a. Al-Anon Thursday 7:15 p. Al-Anon</p> <p>● Open Mtng. 3rd Sunday of month</p>	<p>FRIENDSHIP CLUB 2245 W. Fond du Lac Ave Milwaukee, WI (414) 931-7033</p> <p>Email: friendshipinc@sbcglobal.net</p> <p>AA MEETING SCHEDULE</p> <p>Sunday 10:00 a. Friendship 11:00 a. Third Sunday Open Meeting</p> <p>Monday 10:30 a. Step Gp</p> <p>Tuesday 7:00 p. Gp 43 Big Book</p> <p>Saturday 10:30 a. Gp 112 Step</p> <p>Call for information on other types of meetings.</p> <p>Email: friendshipinc@sbcglobal.net</p>	<p>12 STEP CLUB 4102 W Townsend St. Milwaukee, WI 53216 (414) 871-0610</p> <p>A.A. MEETING SCHEDULE</p> <p>Saturday: 10:00 a. Beginner's,</p> <p>Call the club for information on AA meetings, meetings for other fellowships and for special events.</p> <p>BEAVER DAM ALANO CLUB 115 N Lincoln St. Beaver Dam WI 53916 Sun: 10:30 a.m. & 7 p.m. Mon: 8 a.m., 6 p.m. & 8 p.m. Tue: 9:30 a.m. & 7:30 p.m. Wed: 8 a.m. & 7 p.m. Thur: 9:30 a.m. & 8 p.m. Fri: 12 Noon & 6 p.m. Sat : 12 Noon & 7 p.m. Open</p>	<p>MILWAUKEE GROUP 933 E Center St, Milw WI 53212.</p> <p>A.A. MEETINGS</p> <p>Sun. 10:00 a In-person 8:30 p. In-Person</p> <p>Mon. 5:30 p. In-Person 7:00 p. In-Person 8:30 p. In-Person</p> <p>Tue. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Wed. 5:30 p. Zoom https://zoom.us/j/8974697046 pw:0 7:00 p. In-Person 8:30 p. In-Person</p> <p>Thur. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Fri. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Sat. 8:30 p. In-Person</p> <p>Milwaukee Central Office 7429 W Greenfield West Allis WI 414-771-9119</p> <p>A.A. MEETINGS</p> <p>Sun. 9:00 a. Gp 10 Sunday</p> <p>Mon. 12:15 p. 12:15 p.</p> <p>Tue. 12:15 p.</p> <p>Wed. 12:15 p.</p> <p>Thur. 12:15 p.</p> <p>Fri. 12:15 p.</p> <p>Sat. 9:15 a. 1st Step 10:30 a.</p> <p>We do not meet on major holidays.</p>	<p>LIGHTHOUSE ON DEWEY 1220 Dewey Ave. Wauwatosa WI</p> <p>AA MEETINGS</p> <p>Sunday 6:00 p. Jim's First Step 7:30 p. Gp 78 Great Room</p> <p>Monday 7:30 p. Laughs/Leisure</p> <p>Tuesday 6:00 p. 11th Step Meditation 7:30 p. Professionals</p> <p>Wednesday 7:30 p. Presidents Hall 8:00 p. "RES-IPSA"</p> <p>Thursday 7:30 p. Alumni No 12</p> <p>Friday 7:15 p. Gp 74</p> <p>Saturday 10:00 a. Gp 59 7:00 p. Great Room</p> <p>All Saint's Cathedral 818 E Juneau Ave. Milw 53202</p> <p>Sun: 7:00 p.m. Bench Meeting Mon: 7:30 p.m. #08 Sane & Sober Tue: 10:30 a.m. Men's Gp. Wed: 7:30 p.m. Men's Gp. Fri: 7:30 p.m. Big Book Gp. Sat: 10:30 a.m. Men's Gp.</p>
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JOIN the BIRTHDAY CLUB!


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

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

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

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



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

\$ _____ enclosed.

I will have _____ years on _____ / _____ / _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (_____) _____ - _____

Email: _____

Home Group: _____



HAPPY BIRTHDAY!

<u>Years</u>	<u>Name</u>	<u>Home Group</u>
36 (7/13/23)	Jackie J.	Grafton Area Meeting
39 (7/16/23)	Daniel B.	Men's Meeting
49 (7/2023)	Jeanne P.	Oconomowoc Area
51 (7/26/23)	Dennis O'H	Gp 51, Sicker Than Most
45 (7/26/23)	James S.	LAC Tuesday 1 P.M.
35 (7/19/23)	Delores M. K.	Unity Club Monday 10a





"New Meeting"

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



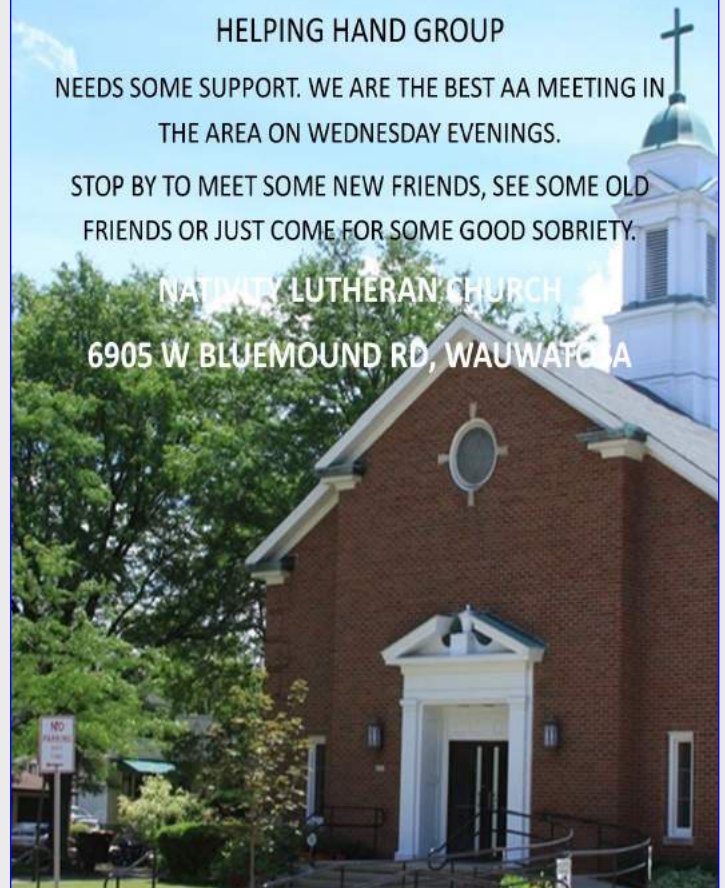
HELPING HAND GROUP

NEEDS SOME SUPPORT. WE ARE THE BEST AA MEETING IN THE AREA ON WEDNESDAY EVENINGS.

STOP BY TO MEET SOME NEW FRIENDS, SEE SOME OLD FRIENDS OR JUST COME FOR SOME GOOD SOBRIETY.

NATIVITY LUTHERAN CHURCH

6905 W BLUEMOUND RD, WAUWATOSA



Sunday Night Serenity AA Group

This is a closed meeting of Alcoholics Anonymous.

Where: Christ the Servant Lutheran Church
2016 Center Rd Waukesha WI 53189

We meet in the room across from the nursery-follow the signs at the front door.

When: 6pm

Childcare provided: suggested 5.00 per child donation

Our Format: We read from AA conference approved literature followed by individual sharing.

Coffee is provided

Contact Michelle H 414-750-3121 for information



Come Join Our Tuesday Nite Impaired Professional AA Meeting

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

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



WE HAVE A NEW HOME!!

GROUP #63

MONDAY NIGHTS 7:00PM

**Martin Luther Church
9235 W Bluemound Rd**

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

COME ON OVER AND MEET NEW FRIENDS!

No mask required. This is a closed AA meeting.

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



Looking for a great women's AA meeting?



Look no further! We'd love to meet you!

Stepping Into The Promises

First United Methodist Church
121 Wisconsin Ave, Waukesha, WI 53186

Wednesdays at 6:00pm
Meeting on lower level, Room 101

Steps! Promises! Topics!



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

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

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

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

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

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

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

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

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

HAND OF AA TUESDAYS 7 PM

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

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

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

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



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

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

Brown Deer Monday Night Group Time change:

New start time 7:30 P.M.

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

Starting Monday, May 1st, 2023

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

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



Friday Night Couples in Recovery

We are Back - EVERY Friday!

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

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

At 7:30 pm



St. Pius Church
2520 N. Wauwatosa Ave. (76th St.)
Just north of North Ave.

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

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

[@MilwaukeeCentralOffice-AA](#)

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

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

Use QR Code
To Contribute
Using
VENMO



A.A.



MEN'S BIG BOOK MEETING

WHEN: Thursdays
8:00 – 9:00 P.M.

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



Open to men in recovery. Beginners most welcome!



FREE COFFEE & DONUTS



Butler Sunday Night

is celebrating their
59th Birthday!



When: Sunday, July 16th

Where: St Agnes Church

12801 W. Fairmount St.

Butler, WI

(enter back door on playground lot)

Opening Meeting Time: 7pm

Speaker: Mike B., Wauwatosa

Fun, Food and AA Fellowship

Come Help Us Blow Out the Candles!

