

# BETWEEN-US

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## A Deeper Need, a Greater Strength

By: J. H. Angola, Indiana

AFTER MORE than 7,600 days of continued sobriety, and a long period of feeling smug about my AA program, I discovered I had cancer. What I've learned in the four months since then has stunned me with a knowledge of the depth of AA principles and the shallowness of my own life.

As I was leaving the hospital after the biopsy, the surgeon said, "It'll be lymphoma or lung cancer. We're pulling for lymphoma." The next day, he broke the news that it was lung cancer. He scheduled me for the specialist who treats tumors. The appointment was four days later.

My wife and I put on our boldest Al-Anon and AA front. Whatever would be would be. I was calm--and terrified.

Should I plant tulip bulbs if I wouldn't be here to see them in the spring? (Do I detect any selfishness in that question?)

Who would--could--replace me as chief executive officer of the hospital that I administered? (Poor world.)

How would Christmas be without me? (Poor me.)

Not all my thoughts showed typical alcoholic selfishness. At no time did I blame God for my cancer. That was my baby totally. I'd lived the kind of life that encouraged the cancer to develop. It was not God's will that I suffer this new malady. His will was for me to be healthy and strong. My abuse of his will was the cause of my trouble.

I felt good that I could look at it that way. But two AA friends dropped by to lend encouragement, and they suggested that whatever God had willed for me, I could endure. This was a visit of love, but it went against my grain, and I developed a flourishing resentment because they were so wrong. It was weeks before I was able to let the love of their visit override the misconception I felt they had.

The first visit to the cancer specialist was like the golden dawn of a new world. He told us how successful chemotherapy, mixed with radiation, was in treating my particular brand of cancer.

"Ninety-percent success rate," he said.

"Wow!" I thought. "That's better odds than before."

He told me that if I could establish the right relationship with God and keep a positive attitude myself, my chances were significantly improved.

"Don't worry, doc," I said. "You handle your end, and I'll take care of my part."

I glowed with pride that my AA way of life already had me in good conscious contact with God and that I had kicked out most of the old negativism from my being. But I soon found I was still playing on the surface, as I had during much of my twenty-one years of sobriety. I hadn't coped with the devils that still lurked in the deep places, a few layers down from the top.

It's easy to be brave when you feel well. Family and friends admired my spunk. But with chemotherapy and then radiation, I began to be drained of energy. My appetite disappeared, and yet I was supposed to hold my weight. There was the ever-present threat of nausea hanging in the pit of my stomach. I turned grouch, at least with my wife and son. Outside the home, I still faked it, basking in the warmth of the sympathetic smiles that spoke of my bravery.

How often at AA meetings had I heard people say they got down on their knees to pray, even big, rough laborers who didn't seem to be the knee-bending type. I had tried it a time or two but couldn't seem to remember. Besides, I was sure that God understood. I was something special, and God would overlook things in me that he might not in the common herd.

Cancer brought me to my knees. Some egos are harder to crack than others. Mine had a fifty-seven-year shell that was tough but, thank God, brittle.

I learned a little more about humility, my perspective on myself in relationship with the universe and my Higher Power. I on my knees before God seemed to be in the right relationship.

"Humbly asked" took on a new meaning. I began to sense my utter dependence on God. My problem had been that I was willing to turn the biggies over to God, but the little things I could handle myself, thank you. I began to learn to turn the whole kit and caboodle over to him.

Sapped of my strength, drained of energy, short on will, I learned that I sometimes needed God's help to make it to a chair. Forgetting myself one morning, I went outdoors in zero weather to get wood. With arms loaded, I turned to go back into the house. I was halfway to the porch when I realized I needed God's energy to make it to the fireplace. The energy came, but I had to sit exhausted before the cold hearth and realize that my conscious contact with God had taken a momentary vacation. I had done a foolish thing. Sure, I hated myself for not having any more ener-

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gy than that. And my pride took a licking as I sat there. But a deeper understanding of my need also began taking form. Early in my AA life, I had underlined the trouble words for me in the Twelve Steps. "Humbly," as in the Seventh Step's "Humbly asked," was one of those words. I was beginning to think humbly, and no longer was my pride screaming in agony over it. What did cancer teach me about some of those other troublesome words in the Twelve Steps that I had underlined so many years ago?

"Unmanageable," First Step: I've learned how truly little I have to say about my own life. What a delicate balance between health and illness, between strength and weakness, between need and ego! I have not become an expert in four short months, but I'm learning bit by bit to turn the little things, too, over to God's care.

The trouble word in the Fourth Step was "searching." My inventory hadn't been very searching--just enough to get by, to maintain sobriety, to eventually take my rightful place as the senior minstrel in my AA group. Now, I began to find little blemishes in my behavior. I had delighted in making and hearing the statement "AA is a selfish program." True, it may be. But now, I had to let it go at that. I began to find little ways to give more of myself to this simple program. I learned how to squeeze a hand during the Serenity Prayer and how to hug, even another guy. I learned more about caring. The search is paying off.

"Entirely" in the Sixth Step may be the biggest stumbling block in our recovery program. The Sixth Step is a do-nothing Step. It talks about a condition, a frame of mind: "Were entirely ready to have God remove all these defects of character."

Not until I had cancer did I realize that being entirely ready may be a life-or-death matter. Cancer had meant death to me, and I was trying to face it, and I realized that if I wasn't entirely ready first, God couldn't remove my defects of body and soul. Becoming *entirely* ready means absolute surrender. It had taken me a painstakingly long time to unfurl the white flag.

Cancer, I learned, is a profusion of fast-growing, disorganized,

weak cells that crowd out the good cells. If your faith is strong and your attitude positive, the right treatment can bomb those chaotic cells and obliterate them from your system.

What was needed were direct hits. And "direct" was my trouble word in the Ninth Step's "Made direct amends." I'm learning to reduce the procrastination in my Ninth Step work. I still screw up, mostly with family. Direct amends get rid of the chaos and the guilt. They enable the good work to take place within me. "Promptly" is my trouble word in the Tenth Step. And when I become mean and grouchy, with a good case of the "poor me's," I need to promptly restore right relationships. I don't know of anything that's less fun than promptly admitting I'm wrong. But I don't know of anything more rewarding--more of that delicate balance.

On my knees, my prayer life has taken a sudden veer in the right direction. For one thing, I must admit kneeling is physically uncomfortable. So my prayer is shorter. That has helped me with my trouble word in the Eleventh Step, "only": "praying only for knowledge of his will for us and the power to carry that out." I've discovered I don't need to give my Lord his marching orders for the day in my prayers: "Oh Lord, be sure and do this. Oh Lord, don't you realize . . . ? Oh Lord, give me . . . ." Cancer has taught me to pray more with my ears than with my mouth.

In the Twelfth Step, my trouble words were "tried" and "practice": "tried to carry this message"; "practice these principles in all our affairs."

As I've stripped off various layers of pride, I've discovered that down in the deeper crevasses still lurks the old ego, waiting to help me fake it with dear ones or fake it with God. Pride wears many masks and becomes recognizable only with practice. Practicing the principles helps me discover my own stubborn pride in the deepest caverns of myself.

I'm trying to carry a message to the alcoholic who still suffers. This article is part of that trying. Before this, I've had trouble speaking from the heart. This is my attempt to completely give myself to this simple program.

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June 1984

## Power for Living

By: S. M. | Joliet, Illinois

THE MIRACLE of sobriety continues a day at a time. They told me in the treatment center, when I sobered up eight years ago, that Alcoholics Anonymous was the best way to try to stay sober. They were right. Through the program and fellowship of AA, I have lived sober in good times and bad, in spite of myself.

A lot of times when I drank it was because of something--my job, my wife, my bills--anything but me. I was the victim. It wasn't my fault. It was theirs. I was being unfairly hurt. I deserved to drink. Excuses, excuses! Toward the end of my drinking (to date), I didn't need any excuses--I *had* to drink. I had "a physical allergy coupled with a mental obsession." No matter what I did or said on any particular day, I would drink before the day ended. I had no choice, no freedom.

And in those last days of drunkenness, I would have given anything to be able to not drink. But I couldn't do it on my own. Not-drinking wasn't part of my nature. My strength had to come from outside myself.

When I completely surrendered to my absolute powerlessness over alcohol, something mystical happened. It was pure gift. I can't say it would ever come again, because I did nothing to cause it. I had tried so many times before to stop, and had always thought myself back to drinking. Sobriety had to be *given* to me by a Higher Power.

I don't know how or why I was given the gift of sobriety. But now that I have it, I want to keep it--more than anything else, more than family, friends, job, possessions. Without sobriety, I will lose all those other treasured things. Without sobriety, I will eventually die or go insane.

I have learned and experienced in the last eight years the best

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way for alcoholics to stay sober and protect their sobriety a day at a time.

The best way is *belonging* to the Fellowship of Alcoholics Anonymous and continually working and reworking the Twelve Steps of the AA program. Belonging to AA means following the suggestions of the Twelve Steps as set forth in the fifth chapter of the Big Book. "Here are the steps we took, which are suggested as a program of recovery." Earlier on, it says, "With all the earnestness at our command, we beg of you to be fearless and thorough from the very start."

Why bother with the Steps if you belong to the AA Fellowship? Over the years, I've seen alcoholics lose the gift of sobriety sooner or later because they didn't actually practice and work the Steps. Working the Steps, all the Steps, on a continuous basis has given me freedom from selfishness I never got anywhere else.

Back when I was drinking, I thought things outside myself made me drink. I now believe it was things inside myself, specifically my character defects, that made me powerless over the first drink. I am also powerless over my character defects without help from my Higher Power. Any freedom from my character defects has come from conscious contact with God, as I understand him, through working all the Steps. I have experienced change, gradually. I have become able to do things I could not do before.

I learned from others who had done this type of work on the Steps. They showed me what to do--one drunk helping another. "Just do what the Steps say to do (when all else fails, follow the directions), and let the results follow."

Practicing the Third Step involved saying the Third Step prayer from the Big Book. "Say this prayer with other AAs," I was told. Also repeat it out loud, alone, and on the telephone with others. Use the Serenity Prayer in the same way. Turn it over--get out of the driver's seat. Let go and let God. Practice the presence of God.

Next it was suggested that I write out a thorough Fourth Step inventory, using page 65 of the Big Book as a guide. The most important thing was to put everything into it, especially making sure to include things I wouldn't want anyone else to know. A list of character defects was suggested that included resentments, dishonesty, false pride, greed, fear, anger, lust, selfishness, self-pity, sloth, intolerance, envy, and gluttony.

Trusting what I was told, I wrote out the inventory. Just by inventorying my thoughts and actions on paper, I gained a certain freedom.

I was then advised to share the inventory with someone I trusted, and that possibly he would share his inventory with me. It's called swapping a Fifth Step. It was described as being similar to taking the lid off a boiling pot: Pressure is released; freedom from selfishness, dishonesty, and guilt occurs. Overpowering thoughts become harmless, for I can see through the dishonesty that is always a part of them. Thoughts of others come more often. Genuine peace of mind begins to occur.

All the Steps are ego-reducing when we work them, and Step Five is one of the best at that. It takes a certain amount of effort and

courage to do Steps Four and Five, but the benefits are well worth it. A greater hold on sobriety is achieved, because we admit to the character defects we all have as humans, which caused us to drink when we desperately denied having any defects at all.

Step Six involves willingness to have the defects removed, not by my power or ability, but by God as I understand him. The best way to show this willingness, I was told, is to practice all the rest of the Steps on a repeated basis a day at a time.

Step Seven leads us to another prayer, the Seventh Step prayer from the Big Book. We humbly ask God to remove all the defects that stop our usefulness to God and our fellows. I was taught to work Step Seven by sincerely repeating this prayer.

Steps Eight and Nine bring additional concrete work on the program, which gives continued sobriety, freedom, and sanity, a day at a time. For a long time I believed that I was making amends just because I was sober. Then I heard an AA relate his experience in working Steps Eight and Nine.

Step Eight has us make a written list of *all* people and institutions harmed at any time in our lives. People who have died since the harm was done are included on the written list, even though the amends cannot be made. Names of others harmed are placed on the list even if harm would occur to them *if* I made amends. The name is listed, but the amend is not made, because of the harm it would cause to others. This written list also includes people who harmed us more than we harmed them. The key is that I harmed them. I am not part of the "others" mentioned in Step Nine. I wouldn't be able to make all the amends I should make if I was always considering whether I would injure myself.

Next it was suggested that I go out to the various people or businesses on the written amends list, in person if nearby, on the phone otherwise, and say something like: "I have been thinking of our past relationship and apologize for any harm or injury I ever caused you." Any material debt should be repaid, all at once if possible, and by installments otherwise, telling the party what arrangement is necessary and of the sincere intent to follow through.

Step Ten is the practice of daily inventory of my conduct toward others and quick admission of fault for wrongs done. This means not only examining my words and actions myself, but honestly telling others in the Fellowship (like my sponsor) what is going on in my life.

Step Eleven involves prayer and meditation. Saying the Third and Seventh Step prayers many times throughout the day, along with the Serenity Prayer and others, demonstrates a willingness to let the Higher Power into our lives to provide knowledge of his will and the power to carry it out. For me, saying these prayers with other AAs promotes the practice of praying and adds greater meaning to the prayers themselves.

After the major amends on my Step Eight list were completed, my ability to meditate increased greatly. Before making these major amends, I was able to sit only with difficulty for a short time. When these amends were done, I was able to sit for much longer periods of time with less difficulty. Some effort and discipline were required, but meditation was easier.

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*(Meditation, Continued from page 3)*

Meditation means sitting still in a quiet place with the eyes closed and repeating a word or phrase over and over again silently in the mind. This process is continued until the mind gets bored and wanders to other thoughts. These new thoughts go on for a while, and then the mind is directed back to repeating the original word or phrase again. Practicing meditation for five to ten minutes is a reasonable amount of time in the beginning. The time can be increased as the practice goes on.

The real benefits derived from regular prayer and meditation are not determined by the results of our efforts. The main benefit is to continue these practices, as what we may consider a "bad" meditation may actually benefit us to a great degree just because we have made the effort. Step Eleven doesn't automatically promise conscious contact with the Higher Power, but the experience of others who have repeatedly worked the Step shows us that we achieve freedom from self and from insanity to the degree we *seek* God's will by actually practicing this Step.

The more time I spend meditating, the greater is my freedom from worry, anxieties, and depression, and the clearer my thinking. It's like taking a spiritual bath; the process of meditation, just about to the degree I actually spend time on it, washes away

a lot of my insanity.

When meditation is combined with sincere repetition of the Third and Seventh Step prayers, plus the Serenity Prayer, I am moving toward God's will simply by the willingness my actions demonstrate.

Step Twelve involves talking with others about working the Steps in the way I have described. Do this over and over, and the result is increased freedom from the bondage of self and greater ability to deal with ongoing relationships. Peace of mind occurs more often and lasts longer. Everyday mistakes are sometimes laughable, believe it or not. Every passing moment isn't so gut-wrenchingly serious. The phrase "Easy Does It" takes on greater meaning. Problems still exist, but are not overpowering or insoluble. The thought that life is worth living is renewed more often.

The Twelfth Step also includes talking to other AAs about how to stay sober, and talking to active drinkers who want to quit.

The miracle continues. The gift of sobriety remains a day at a time, through *belonging* to the Fellowship of AA, working all Twelve Steps thoroughly and continuously, and letting the results follow.

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June 1994

## Doing What We Do Best

By: Bill H. | New York, New York

TRADITION 6 - An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose

The early history of Alcoholics Anonymous includes classic examples bearing directly on the formation of the Sixth Tradition: the offer made our co-founder Bill W. to ally himself with a hospital as an "AA counselor"; those education binges when we succeeded in confusing the public (and ourselves) as to just who we were and what it was we were trying to do.

That's the past. What about today?

This Tradition was brought into focus for me when a newcomer I was sponsoring became fascinated with it. He read the chapter in *Twelve Steps and Twelve Traditions* and then started asking questions--as I should have when I was a newcomer.

I was so fogbound for years after coming in that, even though I heard and read about our policy of nonaffiliation, there seemed to be no question but that AA was tied in with hospitals and prisons. Every time I went, trembling, to visit or to speak at an AA group in an institution, I was strongly aware of the courtesy and the kind familiarity on the part of the authorities. In my mind, their attitude translated into affiliation. If I'd had a sponsor in the beginning, this and many other matters might have been gotten into a truer perspective.

"What about the AA boat ride? asked the newcomer. "Isn't that a case of AA endorsing an outside enterprise?"

A local AA group was sponsoring a boat ride on the river for recreation, to raise funds to defray group expenses, and also to make a contribution to our local intergroup. Was AA endorsing the line that owned the sightseeing boat? No. The group was simply paying for use of the boat, as it does for meeting quarters. The misunderstanding in the newcomer's mind was the result of hearing the activity constantly referred to as "the AA boat ride."

What is a newcomer to think? And if those of us who have been around for a while keep repeating such terms, what will we eventually think ourselves?

We still hear references to "AA clubs." Our early experience with them and with AA groups that meet under the same roof had a lot to do with the forging of the Sixth Tradition. When I came into the Fellowship in 1960, I started attending meetings at the Old 24th Street Clubhouse. It had just moved to its new home, one block south, on 23rd Street. I was told it was an AA clubhouse. That was the way I thought of it and the way I spoke of it. It was a long time before I understood that it was actually a clubhouse for AAs.

The present-day newcomer didn't get the distinction. "Isn't that all just a lot of semantics?" he said. "You know what people mean when they say that."

No, I don't always know what people mean if they don't tell me. So I explained that the term "AA club" would imply AA ownership--thereby involving AA in "problems of money, property, and prestige." That's why it has been found wise to incorporate clubs for AAs as separate entities, not owned by any group or collection of groups. If a group wants to meet in such a clubhouse, it pays rent as it would to a church or a civic hall.

The Sixth Tradition alerts us to the dangers of the appearance of

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affiliation. A few years ago, an AA group in my area was obliged to move from quarters it had occupied for many years. Against the recommendation of several of its members, the group voted to move into a center for drug rehabilitation. The rehab center was advertising to encourage the use of its facilities by civic and social groups. The group did not affiliate with the center but did hang its AA sign directly under the drug program sign. The impression of affiliation, if not endorsement, was created.

At least, the group did not change its name and take the name of the rehab center. Our General Service Conference has reminded central offices and intergroups, as a guideline, that it is a good idea for new groups not to name themselves after the facility or institution where they hold their meetings. Too often, impressions endure longer than facts.

"Tell me," the newcomer said, with a touch of defiance in his voice, "how an AA group might finance an outside enterprise."

I remember an AA member's soliciting groups for bail money for an AA friend of his who had been arrested and charged with a serious crime. Only an insignificant amount was raised, because there were enough informed members around to resist having their AA groups finance the bail bond business. Without the Sixth to guide them, however, even that handful of members might have viewed the bailout action as a charitable one and set aside their groups' primary purpose.

"Are you saying that we have to be on our toes all the time? That we have to watch everything we think and say?"

Yes, and what we write, too. A friend of mine once innocently sent AA members a note that concerned a local intergroup activity but was written on his company business letterhead. There were no repercussions, but the impression could very easily have been created that the intergroup office and his office were affiliated.

The number one intent of our Traditions, of course, is to guide our groups and our Society as a whole in the ways of unity. And they serve a further end as well. For example, another aspect of this Tradition is the opposite of endorsement, namely, criticism. How easy it would be for the AA movement to point out to the proliferating alcoholism rehab programs just where we think they are going wrong. It also happens that criticism is one of the gravest of my old character defects. It is still the easiest thing for me to criticize a fellow AA for not working the program the way it should be worked; to criticize a group for not running its meetings the way I think they should be run; to criticize the operation of our General Service Office.

"You make it sound like the Fourth Step," the newcomer said, and he visibly drew back. "You make it sound just like an inventory."

That is pretty much what the Traditions come down to--an ongoing inventory of the who, why, what, when, and where of groups and of AA as a whole. The Sixth is warning us against a natural tendency to embrace all manner of causes, noble or ignoble. It warns us to be aware of our limitations: AA cannot

be everything to everyone. It reminds us to be ever on guard against three major shortcomings: (a) the crusader's ardor, (b) the one-sidedness of the zealot, and (c) perhaps the villain of the piece, the savior complex.

"None of that is going to happen to me," said the newcomer, as he walked away, "now that I know about it."

I sincerely hope not. I've been done in by all three.

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July 2022

## Forgiving Dad

By: Troy J. | Boscobel, Wis.

I couldn't understand why, if he loved me, he continued to abandon me. After I got involved in AA in here and worked the Steps, I found the answer.

I've been incarcerated for going on nine and a half years for a drunken mistake I made at age 19.

Like me, my father was a drunk. He was never a part of my life when I was growing up, which left me feeling very confused and abandoned. Drinking helped restore the feeling of confidence that I lacked, but only temporarily. Once the effects of the alcohol wore off, I was once again a lost, scared boy.

In 2009, after I was sentenced to a term in state prison for my drunken crimes, my father somehow found me. To this day I have no idea how he found out that I was in jail. But find me he did. When I got his letter, I felt a mixture of feelings, including curiosity and joy. Yet it fueled my long-held resentment. I was newly sober at the time and these feelings flooded my mind. But I wrote back to him because, at the end of the day, I love him. I desired a father-son relationship with him more than anything else. Like me, he was also incarcerated often.

Over the years, we kept in contact. I noticed that every time he was released from prison, I wouldn't hear from him until he was locked up again. After multiple times of him abandoning me when he was not in prison, I felt a lot of that old resentment against him, as well as brand-new ones, fill my mind. I couldn't understand why, if he loved me, he continued to abandon me like this. After I got involved in AA in here and worked the Steps with an outside AA brother, I found the answer to my question.

The answer is that we're sick. My father is an alcoholic. I am an alcoholic. We have a disease that causes us to literally be incapable of fulfilling our promises while we are still actively drinking. Only by turning our will and our lives over to a power greater than ourselves, by accepting that we are powerless over an incurable disease and working the program daily, can we hope to live up to the promises we make to those we love. But we must want desperately to get help to make a true start.

With this understanding I finally found a way I could let go of this hurt. My resentment about my father began to melt away. I would never hold resentments toward somebody battling cancer. So why would I do so toward a poor man battling alcoholism?

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August 1987

## How to Make a Wheelchair Fly

By: B. N. | New York, New York

From time to time under this heading we will present stories that illuminate the journey some AAs make toward sobriety--often against considerable odds

I am in a wheelchair for the rest of my life as a direct result of my alcoholism. And yes, there are still times when the disease tells me I am not an alcoholic. This disease is indeed cunning, baffling, and insidious and truly a disease of denial. Alcoholism kills and it also paralyzes. I am living proof of that.

I drank for over twenty years and was involved in many car accidents while intoxicated, yet I always seemed to walk away unharmed. On the night of December 23, 1976, however, I was in another accident. Once again I was in a blackout, but I didn't walk away from this one. I severed my spinal cord.

Two months after the accident I was drinking again. I never once said to myself I was in this wheelchair because of booze. I drank and drugged for eight years after the accident--in and out of hospitals, surgery, psychiatric wards, suicide attempts. Institutions were my home, but I would never admit it.

By the grace of God, in September of 1984 I was admitted for detox and rehab at the Bronx VA hospital. I was the first wheelchair patient to go through rehab. I was still unique.

I chose my sponsor while in rehab, and he is still my sponsor today. I have a special relationship with him and I love him. I can say that today about another man and not feel like a sissy.

My first experience with AA outside of an institution was at a

meeting which was totally accessible to my wheelchair. But the next outside meeting was held in the bottom floor of a brownstone in Manhattan. I had to be carried down the steps and it was very frightening. I had to admit total powerlessness over the situation and turn it over to God. One day at a time, I made meetings all around the city, some accessible, some not so accessible.

I have a home group now, and I'm very proud of it. I get carried up and down a whole flight of stairs every Monday. There are times when fear rears its ugly head, but I've come to realize that if I fall I'm supposed to fall. I go after my sobriety with everything I have inside--the same way I went after a drink. That's the only way it works for me. I'm grateful to be alive and I'm grateful to be sober.

Service is an important part of my recovery. I chair two institutions meetings and work one day a week at intergroup answering phones. I know I have to give this precious gift away in order to keep it. Alcoholics Anonymous has given me the life I was always searching for in a bottle or a pill. It has also given me a God of love. I'm never alone anymore.

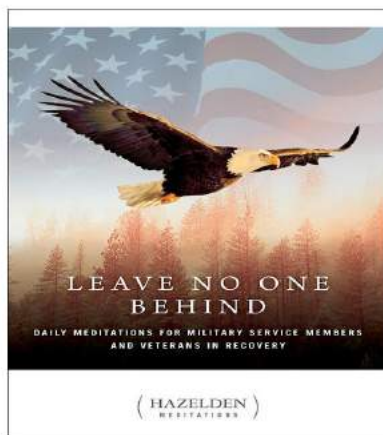
In closing, I'd like to share that if there is anyone reading this article who is in a wheelchair or has some other physical challenge, this program works. Meetings are my medicine. I strongly suggest you take the positive action and get to one today. Asking for help doesn't come easily to an alcoholic, but when I reached out people responded.

If you're thinking about drinking, please remember that it might just put you in a wheelchair for the rest of your life. You don't have to do it. I did it for you.

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### A New Meditation Book Dedicated to Service Members and Veterans

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• 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, Reprinted with permission AA World Services, Inc. [Seventh Tradition Checklist](#)

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

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



#### MILW. CENTRAL OFFICE

- **E-mail us at:**  
[dan@aamilwaukee.com](mailto: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 2<sup>nd</sup> Tuesday (odd months) 6:30 p.
- **A. A. Meetings**, Sun. at 9 a., Mon.- Fri. at 12:15 p., Sat. 9:15 a., & 10:30 a.
- **Dist. 14 monthly meeting**, 4th Wed. at 7 p.m.
- **Dist. 16, 1st Wed. at 6 p.m.**

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

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

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

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

#### SAFETY CARD FOR A.A. GROUPS

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

#### Suggested Statement on Safety

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

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

Service Material from the General Service Office

#### Meeting Space Currently Available

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

#### Redemptorist Retreat Cen-

**ter**, 1800 N Timber Trail Lane, Oconomowoc, WI 53066, (262) 567-6900 Email: [rrc@redemptoristretreat.org](mailto: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](http://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](mailto: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](mailto:Anthony.Scott.0615@gmail.com)  
VENMO Contributions: [www.venmo.com/SWDAC](http://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](http://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](mailto: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](mailto: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](mailto:corrections@area75.org) for information on days and times of meetings.

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

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

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

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

## ADDRESSES FOR YOUR INFORMATION

**Milwaukee Central Office:** 7429 W Greenfield Ave, West Allis, WI 53214 [gmco@aamilwaukee.com](mailto: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: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](http://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  
7:30 a. Big Book Study

Wed. 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](http://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

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

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

Wed. 8:00 a.  
10:00 a. Back To Basics  
2:00 p. Women's Meeting  
6:00 p.  
8:00 p.  
4:00 p.

Thur. 10:00 a.  
4:00 p.  
5:00 p. Woman's Way 12 Steps

Fri. 8:00 p. Grapevine Mtng  
12:30 p.  
4:00 p.  
8:00 p. Old School House

Sat. 10:00 a. Big Book

**OPEN AA/Al-Anon SPEAKER MEETING**  
Sat. 7:00 p. 2<sup>nd</sup> & 4<sup>th</sup> 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](mailto: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 ALANO CLUB\***  
N88 W17658 Christman Rd  
Menomonee Falls WI  
53051 (No Phone)  
**Room 202**  
**A.A. MEETING SCHEDULE**  
(V)=Virtual, (IP)=In-person, (V & IP)=Both

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

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

**Sunday AA**  
10:00 a. Primitive Group  
12:00 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  
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

7:30 p. We Agnostics

Thur. 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 Thru 9a. - 9p., Sun 8a to 9p.

Sun. 8:00 a. Eye Opener AA Gp.  
10:00 a. Grass Roots (Steps)  
4:30 p. Drop the Rock 6/7 Step  
6:00 p. Restore Us To Sanity  
8:00 p. Sun. Sober & Serene

Mon. 11:00 a. Winner's Circle  
5:45 p. Gp 132, Women's Gp  
7:00 p. Big Book Gp.  
8:00 p. New Hope Gp.

Tue. 11:00 a. Willingness Group  
6:00 p. 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

Fri. 6:00 a. Early Risers Big Book  
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.24hourclub.info/)

**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. (1<sup>st</sup> 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

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

**AA MEETING SCHEDULE**

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

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

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

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

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

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

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

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

• Open Mtng. 3rd Sunday of month

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

Email:  
[friendshipinc@sbcglobal.net](mailto:friendshipinc@sbcglobal.net)

**AA MEETING SCHEDULE**

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

Monday  
10:30 a. Step Gp

Tuesday  
7:00 p. Gp 43 Big Book

Saturday  
10:30 a. Gp 112 Step

Call for information  
on other types of  
meetings.

Email:  
[friendshipinc@sbcglobal.net](mailto:friendshipinc@sbcglobal.net)

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

**A.A. MEETING SCHEDULE**

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

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

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

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

**MILWAUKEE GROUP**  
933 E Center St, Milw WI 53212.

**A.A. MEETINGS**

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

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

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

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

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

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

Sat. 8:30 p. In-Person

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

**A.A. MEETINGS**

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

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

**LIGHTHOUSE ON DEWEY**  
1220 Dewey Ave.  
Wauwatosa WI

**AA MEETINGS**

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

**Monday**  
7:30 p. Laughs/Leisure

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

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

**Thursday**  
7:30 p. Alumni No 12

**Friday** 7:15 p. Gp 74

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

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

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


**JOIN the BIRTHDAY CLUB!**

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

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

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

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



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

\$ \_\_\_\_\_ enclosed.

I will have \_\_\_\_\_ years on \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Name \_\_\_\_\_


Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

Home Group: \_\_\_\_\_




**HAPPY BIRTHDAY!**

<u>Years</u>	<u>Name</u>	<u>Home Group</u>
31 (6/22/23)	Brad G.	Brown Deer Monday
36 (6/6/23)	Richard R.	24 Hour Club 10 am
47 (6/23/23)	Ron K.	Group 23 Wednesday





### "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!



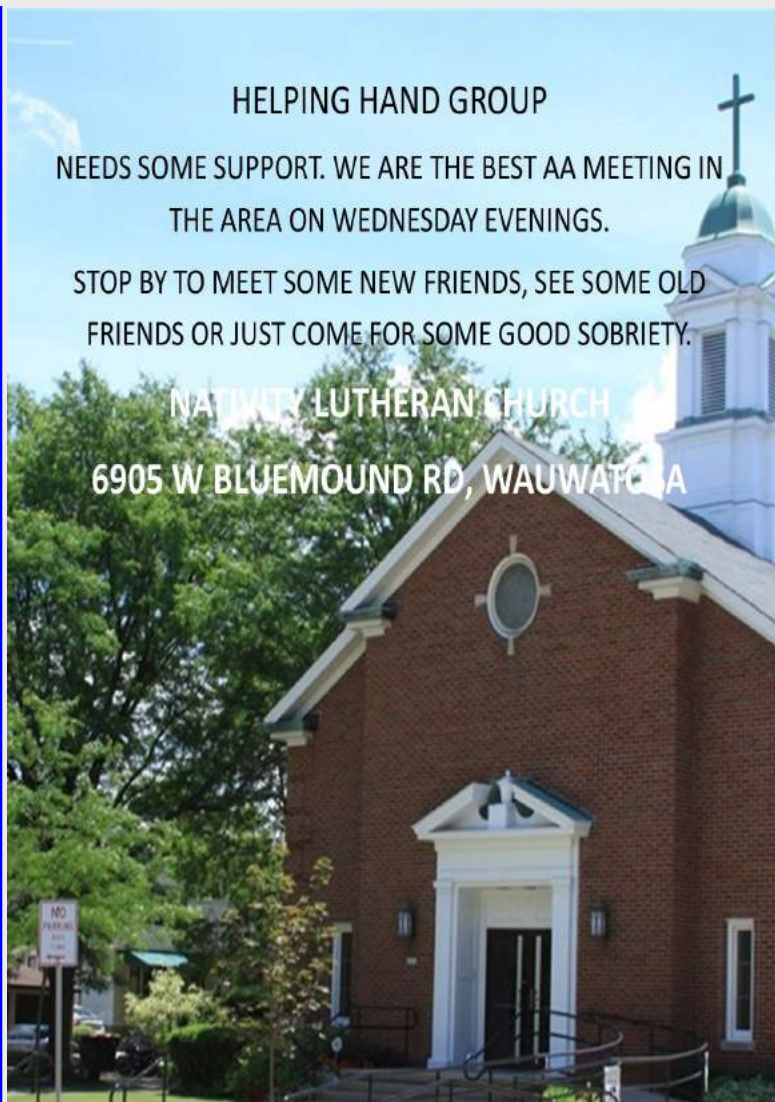
### HELPING HAND GROUP

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



It Happened to Alice, Page 25

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## CHECK UP ON YOUR OWN DRINKING

THE ANSWERS ARE NOBODY'S BUSINESS BUT YOUR OWN...

### YES TO

1.   HAVE I TRIED TO STOP DRINKING FOR A WEEK OR SO, BUT COULD NOT DO IT?
2.   HAVE I WISHED PEOPLE WOULD STOP TALKING ABOUT MY DRINKING?
3.   HAVE I CHANGED DRINKS TO TRY NOT TO GET DRUNK?
4.   DO I EVER NEED A DRINK TO GET ME GOING IN THE MORNING?
5.   DO I ENVY PEOPLE WHO CAN DRINK WITHOUT GETTING INTO TROUBLE?
6.   DOES MY DRINKING CAUSE PROBLEMS AT HOME?

### YES TO

7.   DOES MY DRINKING CAUSE PROBLEMS WITH OTHER PEOPLE?
8.   DO I TRY TO GET EXTRA DRINKS?
9.   HAVE I TRIED TO STOP DRINKING BUT STILL GOT DRUNK?
10.   HAVE I MISSED WORK OR CUT SCHOOL BECAUSE OF DRINKING?
11.   DO I HAVE BLACKOUTS-TIMES I CANNOT REMEMBER?
12.   WOULD MY LIFE BE BETTER IF I QUIT DRINKING?



## 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](https://zoom.us/j/8700953588) 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. (76<sup>th</sup> 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!

