

"BETWEEN-US"

VOL. 28 ISSUE 5

MAY 2020

Financial News: Contributions have slowed dramatically at the Central Office. We are still paying rent and utilities. Phones are manned 24 hours a day, bills are still coming in that we need to pay. Please remember our tradition of "self-support". Keep the Central Office in mind when disbursing your group funds.

If you wish to contribute to the Central Office, you can now use [Venmo](#) from your smartphone.

@MilwaukeeCentralOffice-AA

[https://venmo.com/code?](https://venmo.com/code?user_id=2976454346276864728)

[user_id=2976454346276864728](https://venmo.com/code?user_id=2976454346276864728) ...0785 are the last four digits of the phone number associated with the Venmo account. (You will be asked for these numbers)

12-STEPS: FIRST AN EVENT—THEN A PROCESS

I view the first nine steps as primarily a short-lived **event** that teaches how to begin the lifelong **process** of the living last three steps.

The event: Steps One, Two and Three are simply admitting: I can't; God can; then asking for help. This is a prerequisite! Step Four begins "**at once**" (p. 64) which may take a week or so of writing to attain honest information to allow a sponsor to show how to "face and be rid of" selfishness, dishonesty, resentment and fear—this sponsor-help procedure often takes only an hour or so. (PP 64-71)

Step Five begins "**at first opportunity**" (p. 74) which can start about five minutes after finalizing Step Four with a sponsor. This may take only an hour or so but may vary. Step Six begins **then**, not later. (p. 76) and Step Seven begins "**when ready**." (p. 76) Steps Six and Seven are often completed in a rather short period. Most of the Eighth Step "harms to others" has been **already listed** from Step four and Step Nine begins "**Now**." (p. 76) Of course, Step Nine may last for an indefinite period as continued in Step Ten.

The Process: I view the above, Steps One through Nine, as a learning **event** that has a beginning and an end. Once this learning has taken place it is time to put what has been learned into action by following the clear-cut directions of Steps Ten, Eleven and Twelve for a lifetime. (PP 84-103) Of course, "**learning**" continues as we go along.

I view the important difference between an **event** and a **process** is the former has a timeline, of sorts, but the latter is non-ending. First, we learn how to do it—then we do it. Bob S, Richmond, IN

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Richmond Indiana

FEAR, TERROR, OR PEACEFUL APPREHENSION

The following definitions of fear, terror and apprehension are my own; probably not to be found in a dictionary—they are simply a bright idea I came up with of recent.

First let us go back to the days of when our hunter/gatherer ancestors were sometimes chased by hungry wild animals. One of these three emotions would have taken over:

Fear: Body is overcome with *extra energy* to either fight the toothy beast or take off on a fast hike—this surge is what I consider as anger. (Think about it!)

Terror: Frozen stiff and gets gobbled.

Apprehension: This emotion allowed this our cave dwelling ancestors to think clearly—maybe climb a tree, etc.

The ones who survived left an imprint on the genes* (DNA) of their offspring sapiens, e.g.: you and me! Consequently, when aroused, I automatically tend to become tense and angry and seemingly out of control. It just pops up from those genes from yore—and *it ain't going anywhere!* If I don't find some way to circumvent this inherited genealogical process, I will be running around town all day long like a wet hen or dry drunk. What to do?

Well, I can thank God for providing AA tools. I can now—at least at times—place those disastrous devils of **fear** and **anger** on the back burner and feel calm **apprehensive concern** instead. When I feel wronged, I can forgive the evil doer, see where I may have been at fault, or simply ask God to remove these two demons. (pages 67 and 68) Also, there is a prayer on page 552 which is not part of the Twelve Steps, but it has worked for me on several occasions (look it up!).

So now, when my emotions are under attack, I can enjoy a normal **calm apprehensive response** by following these clear-cut directions in the Big Book, so long as I rise above what my immediate emotions are shouting at me. I have a choice!

Bob S, Richmond, IN

**Gene: a unit of heredity which is transferred from a parent to offspring and is held to determine some characteristic of the offspring.*

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Richmond Indiana, April 2020

AN AA SOLUTION FOR IRRATIONAL FEAR!

**Greater Milwaukee Central Office AA
March 2019 vs March 2020 Comparison
March 1 to 31 2019/2020**

	Mar 20	Mar 19	\$ Change	% Change
Ordinary Income/Expense				
Income				
4000 · Literature Sales	5,398.07	10,296.75	-4,898.68	-47.6%
4050 · Between us	52.00	146.25	-94.25	-64.4%
4070 · Contributions	5,502.09	7,605.19	-2,103.10	-27.7%
4080 · Gratitude boxes	349.99	1,202.32	-852.33	-70.9%
4090 · Open Meeting / Dinner	0.00	3,025.00	-3,025.00	-100.0%
4100 · Memorials	270.00	0.00	270.00	100.0%
4130 · Personal Contri.	227.00	2,032.17	-1,805.17	-88.8%
4150 · Other Income	81.00	197.48	-116.48	-59.0%
4170 · Interest Income	332.05	262.45	69.60	26.5%
4600 · Merchandise Sales	0.00	4.20	-4.20	-100.0%
4830 · Sales Discounts	10.00	10.00	0.00	0.0%
48900 · Shipping and Delivery Income	43.62	71.67	-28.05	-39.1%
Total Income	12,265.82	24,853.48	-12,587.66	-50.7%
Cost of Goods Sold				
5000 · Literature	3,210.31	5,862.41	-2,652.10	-45.2%
50000 · Cost of Goods Sold	0.00	25.84	-25.84	-100.0%
52900 · Purchases - Resale Items	0.00	1.95	-1.95	-100.0%
Total COGS	3,210.31	5,890.20	-2,679.89	-45.5%
Gross Profit	9,055.51	18,963.28	-9,907.77	-52.3%
Expense				
51100 · Freight and Shipping Costs	26.68	53.09	-26.41	-49.8%
59900 · POS Inventory Adjustments	-0.01	288.31	-288.32	-100.0%
6000 · Advertising and Promotion	499.13	0.00	499.13	100.0%
6045 · Coffee/Soda/Candy Expense	101.18	78.66	22.52	28.6%
6050 · Credit card fees	109.73	206.34	-96.61	-46.8%
6170 · Computer and Internet Expenses	0.00	1,825.00	-1,825.00	-100.0%
6500 · Office	3,298.41	2,864.17	434.24	15.2%
6600 · Payroll	10,155.06	8,368.02	1,787.04	21.4%
Total Expense	14,190.18	13,883.59	506.59	3.7%
Net Ordinary Income	-5,134.67	5,279.69	-10,414.36	-197.3%
Other Income/Expense				
Other Expense				
Balancing Adjustments	0.00	0.00	0.00	0.0%
Total Other Expense	0.00	0.00	0.00	0.0%
Net Other Income	0.00	0.00	0.00	0.0%
Net Income	-5,134.67	5,279.69	-10,414.36	-197.3%

The [Southern Wisconsin Deaf Access Committee](#) needs to rotate its members. We are searching for two AA members to act as Co-Chairs, a treasure, and a liaison person to work with Members of AA Deaf community. They can email SWDAC at: milwareadeafaccess@gmail.com

Southern Wisconsin Deaf Access Committee (SWDAC)
March 2020
Balance: \$8,202.79
Contributions: \$0,178.93
Interpreter: \$ 240.00
Awareness Event N/A
Expenses: \$22.00
Donations: N/A
Annual Cost of interpreters for 3 meetings a week @\$160 per meeting is \$24,960
Leslie P. with questions: brylerandme@gmail.com

Meeting Space Available

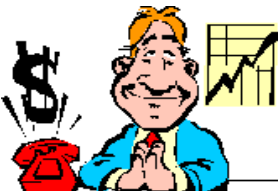

• [Christ United Methodist Church](#), 5200 S 48th St. Greenfield WI 53221. Wheelchair accessible space available. Contact: Jo, 414-421-0202 or email: christumc1@sbcglobal.net

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

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

Use [VENMO](#) on your smartphone to donate.

Or Donate using [PayPal](#) or your [Credit Card](#) from our website.

DISTRICT MEETINGS

DISTRICT INFO ON THE WEB:

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

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

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

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

(Check the web address above for meeting info.)

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

6. WALWORTH CNTY 2nd Tue. 7:30 p. Feb. Apr. June. Aug. Oct. and Dec. only, Walworth Alano Club, 611 E. Walworth St., Delavan

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

10. Spanish District. Contact: Salvador G. at 414-446-0158. Meets every 2nd & 4th Sunday 9 a.m. to 11 a.m. 1663 S. 6th Street, Milw.

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

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

13. WAUKESHA CNTY (1 of 3) 1st Sun. of month, 1:00 p, St. Matthias Church, 111 E. Main, Waukesha

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

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

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

23. DODGE CNTY 1st Wed of month at 7:00 p, Dodge Cnty Alano Club, 115 N. Lincoln, Beaver Dam, call to confirm 920-583-3142

24. OZAUKEE CNTY 3rd Tue. of month, 6:30 p., Peltz Center for Jewish Life, 2233 W Mequon Rd. Mequon

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

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

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

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

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

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

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

38. MILWAUKEE CNTY (1 of 6) Last Sunday of month 4:30 p.m. All Saint Cathedral, 818 E Juneau Ave.

SEND ADDITIONS AND CORRECTIONS TO:

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

CORRECTIONAL INSTITUTIONS

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

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

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

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

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

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

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

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

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

MILWAUKEE COUNTY JAIL 9th & State Milwaukee WI.

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

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

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

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

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

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

Area 75, Southern WI., Calendar of Events 2020
Madison Senior Center, 330 W. Mifflin St., Madison,
Held at Senior Center except where otherwise noted.

- Jun. 28, 2020, Assembly
- Sep. 13, 2020, Assembly
- Nov. 6-8, 2020, Conference Area 75 Holiday Inn, Manitowoc WI

ADDRESSES FOR YOUR INFORMATION

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

• **Area 75 Treasurer:** PMB #167, 5464 N Port Washington Rd., Glendale WI 53217

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

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

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

JOIN the BIRTHDAY CLUB!

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

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

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

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



\$ _____ enclosed.

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone: () _____ - _____

Email: _____

Home Group: _____

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



Years Name Home Group

35 (March 13) Annette C.

19 (March 31) Fran M. Waukesha

50 (May 1) Duke X. Sun. Night Good Hope

47 (June 4) Bill G. Wed. Night Wisdom



MILW. CENTRAL OFFICE

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

Spanish Speaking Meetings: Meeting at English Speaking Clubs

- GRUPO 5 CONCEPTOS, Pass It On Club, 6229 W. Forest Home Av, Milw, on Saturday at 8: p.
- GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Watertown, on Tuesdays and Fridays at 7:00 PM and on Sunday at 11:00 AM
- GRUPO FE Y ESPRONZA, Gratitude Club, 295 Ruggles St. Fond du Lac WI on Wednesday at 7:00 PM and Sundays at 4:00 PM

SERVICE MANUAL STUDY, 6 p.m.
2020 Schedule: April 9, May 21, June 11, July 9, Aug 13, Sept 10, Oct 8, and Nov 12, Dec no meeting.

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

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

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



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

During Meeting Suggestions

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

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

Fellowship before and after seems to work well

For a participant to Indicate they want to share:

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

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

Having ppl simply unmute and talk seems to work well too

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

"Manage Participants"

"More"

"Lock"

Remove the participant

Recommended Zoom Settings

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

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

"Meeting"

"In Meeting (Basic)"

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

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

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

"Recording"

"Local recording" - Disabled

"Cloud recording" - Disabled

"Telephone"

"Mask phone number in participant list" – Enable

'Zoombombing': [When Video Conferences Go Wrong](#)

ZOOM Meetings Protecting Anonymity & Default Settings

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

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

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

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

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

In the Zoom Settings section, under the Meeting subtab:

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

In the Zoom Settings section, under the Recording subtab:

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

Some websites listing many non-local online Zoom meetings.

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

Also some updates from the GSO: [Covid-19 Updates](#)

General Service Office: [Options for Meetings Online.](#)

AAGrapevine: [We Are Here to Help.](#)

Additional helpful websites: [Setting Up Online Meetings: Help!](#)

MEETING ROOMS

<p>NEW DAY CLUB 11936 N. Port Washington Mequon, (262) 241-4673 http://www.newdayclub.net A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Topic 11:00 a. Topic 5:00 p. Young People 7:30 p. Topic</p> <p>Mon. 12:30 p. Tenth Step Gp 5:30 p. More about Alcoholism 7:00 p.</p> <p>8:15 p. Men's Gp</p> <p>Tue. 10:00 a. Topic 5:30 p. Big Book 7:00 p. Beginners Gp 8:00 p. Big Book Gp</p> <p>Wed. 10:00 a. Topic 2:00 p. Promises Meeting 5:30 p. Step Meeting 7:00 p. Women's Lifeline</p> <p>Thr. 0:00 a. Topic Meeting 1:00 p. Women's AA Gp 5:30 p. Topic Meeting</p> <p>Fri. 10:00 a. Topic Meeting 5:30 p. Step/Tradition 8:00 p.</p> <p>Sat. 10:00 a. Step Meeting 5:00 p. Fellowship of Spirit 7:00 p. Feelings 10:00 p. Young People</p> <p>8:00 p. Open Meeting (held on 3rd Saturday of month only)</p> <p>AL-ANON MEETINGS Monday 6:30 p. Al-Anon Tuesday 1:00 p. Al-Anon/ACOA Thursday 7:00 p. Al-Anon</p> <p>Contact club for info on other fellowships.</p>	<p>PASS IT ON CLUB 6229 W. Forest Home Ave Milwaukee WI (414) 541-6923 A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Sun. Wake Up 8:00 a. 3 Legados (spanish) 9:30 a. Reliance Meeting 11:00 a. Today' choice 3:00 p. Gratitude Plus 7:00 p. Big Book Readers 7:30 a. Jump Start</p> <p>Mon. 7:30 a. First Step 4:00 p. Happy Hour Step Gp. 7:00 p. Open Introductory AA 7:30 a. Comin' Back Gp</p> <p>Tue. 10:30 a. Keep It Simple 4:00 p. Drop the Rock 7:30 p. Three Legacies 7:30 p. Double Trouble DD/O</p> <p>Wed. 7:30 a. Big Book Study 10:30 a. Pass It On 4:00 p. Happy Hr Promises 5:30 p. Courage to Change 7:00 p. We, Us & Ours</p> <p>Thr. 7:30 a. Welcome Back Gp 10:30 a. Made Decision 5:15 p. As Bill Sees It 7:00 p. Gateway Topic Gp</p> <p>Fri. 7:30 a. Honestly 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</p> <p>Sat. 8:30 a. Early Bird 10:30 a. Happy Joyous Free 3:00 p. Twelve Promises 8:00 p. Spanish Speaking 8:00 p. Back to Basics 12x12</p> <p>AL-ANON MEETINGS Sun. 11:00 a. Fri. 7:30 p. Wed. 7:00 p. Sat. 10:30 a. Thr. 7:00 p. (Alateen)</p>	<p>LAKE AREA CLUB N60 W 35878 Lake Dr Oconomowoc, WI (262) 567-9912 www.lakeareaclub.com A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Early Bird 11:00 a. Friendship Gp 6:00 p. Big Book 8:00 p. Gopher Sunday</p> <p>Mon. 9:00 a. Positive Attitude 6:30 p. Otter Gp 8:00 p. Step/Tradition Stdy</p> <p>Tue. 1:00 p. 4:00 p. 7:00 p. Life House</p> <p>Wed. 8:00 a. 10:00 a. Back To Basics 1:00 p. Women's Meeting 6:00 p. 8:00 p.</p> <p>Thr. 10:00 a. 4:00 p. 6:00 p. Women's Group 8:00 p. Grapevine Mtng</p> <p>Fri. 12:30 p. 4:00 p. 6:00 p. Non-smoking 8:00 p. Old School House</p> <p>Sat. 8:30 a. 11th Step 10:00 a. Big Book 5:30 p. Perfect Time B/B</p> <p>AL-ANON MEETINGS Mon. 7:00 p. Al-Anon Tue. 9:00 a. Al-Anon Wed. 7:00 p. Al-Anon</p> <p>OPEN SPEAKER MEETING Sat. 7:00 p. 2nd & 4th Saturdays (AA and/or Al-Anon Speakers)</p>	<p>WAUKESHA ALANO CLUB 318 W. Broadway Waukesha, WI (262) 549-6541 A.A. MEETING SCHEDULE</p> <p>Sun. 9:30 a. Sun Morn Sunlite 11:00 a. Sun Go-To-Mtng (Open speaker 2nd Sunday & Breakfast) 7:00 p. (Open Step Gp)</p> <p>Mon. 12:00 Noon 6:00 p. Beginners AA 7:00 p. (12 & 12)</p> <p>Tue. 12:00 Noon Wed. 12:00 Noon 5:30 p. Topic Gp</p> <p>Thr. 12:00 Noon Fri. 12:00 Noon T.G.I.F. Gp 7:00 Topic Discussion</p> <p>Sat. 10:00 a. Gp 124 7:00 p. Closed Meeting</p> <p>OPEN MEETINGS, DANCES & EVENTS Call for information.</p>	<p>GALANO CLUB - LGBT & All in Recovery - 7210 W Greenfield Ave Suite 1, Lower Level Milwaukee, WI 53214 (414) 276-6936 http://www.galanoclub.org/ galanoclub@gmail.com MEETING SCHEDULE</p> <p>Sun. 10:30 a. Step Topic 6:00 p. AA Multimedia</p> <p>Mon. 7:30 p. Came To Believe</p> <p>Tue. 6:00 p. 40 + Topic</p> <p>Wed. 7:00 p. 12 x 12</p> <p>Thurs. 7:30 p. Living Sober - ODAT</p> <p>Fri. 7:00 p. Step/Topic</p> <p>Sat. 7:30 p. Big Book & More</p> <p>AL-ANON MEETINGS Sun. 10:30 a. Al-anon</p> <p>Meeting Space Available See website for Club Events. www.galanoclub.org</p>
<p>NORTHWEST ALANO CLUB* N88 W17658 Christman Rd Menomonee Falls WI 53051 (No Phone)</p> <p>A.A. MEETING SCHEDULE</p> <p>Sun. 7:00 p.</p> <p>Mon. 7:00 p. Just Do It Gp 8:00 p. Action Gp</p> <p>Tue. 10:00 a. Step 8:00 p. Topic</p> <p>Wed. 7:30 p. Step/Topic</p> <p>Thr. 10:00 a. Step 6:00 p. Women's</p> <p>Fri. 8:00 p. Step/Topic</p> <p>Sat. 10:00 a. Step 7:00 p. Simply Sober Gp</p> <p>AL-ANON MEETINGS Wed. 7:30 p. Al-Anon</p> <p>*This Club is a Smoke-Free environment. We have ample meeting space available for 12 Step groups. Contact the Northwest Alano Club by mail.</p>	<p>WALWORTH COUNTY ALANO CLUB 611 Walworth St. (Hwy. 50 & 11) Delavan, WI 53115, (262) 740-1888</p> <p>Sunday AA 10:00 a. Primitive Group 12:00 Noon Open Speakers 6:30 p. Delavan Discussion</p> <p>Monday AA 7:30 a. Sunny Side Up 12:00 Noon Delavan Step Meeting 6:30 p. Former Miss Americas (Women's Step Group) 6:30 p. Delavan Men's Meeting</p> <p>Tuesday AA 7:30 a. Sunny Side Up 12:00 Noon Delavan Noon Gp. 6:30 p. Delavan 12 Step Topic</p> <p>Wednesday AA 7:30 a. Sunny Side Up 12:00 Noon As Bill Sees It Gp. 6:30 p. Delavan IT Meeting</p> <p>Thursday AA 7:30 a. Sunny Side Up 12:00 Noon Delavan Noon Gp. 5:30 p. Step Sisters Women 6:30 p. Delavan Big Book Gp.</p> <p>Friday AA 7:30 a. Sunny Side Up 12:00 Noon Big Book Study 6:30 p. Delavan Discussion</p> <p>Saturday AA 7:30 a. Sunny Side Up 12:00 Noon Delavan Noon Gp. 6:30 p. Delavan Beginners Gp.</p>	<p>ALANO CLUB 1521 N. Prospect Ave., Milwaukee, WI, 53202 (414) 278-9102 http://www.mkealanoclub.org/ A.A. MEETING SCHEDULE</p> <p>Sun. 7:00 a. AA Meeting 10:00 a. Gp 17 Step 1:00 p. Refuge Recovery 4:30 p. Life Savers</p> <p>Mon. 7:00 a. Early Morning 10:30 a. Gp 72 Topic 12:15 p. Big Book Meeting 6:30 p. Gp 40 Big Book</p> <p>Tue. 7:00 a. As Bill Sees It, 10:30 a. Gp 70 Step 12:15 p. Gp 76 7:00 p. Beginners, 1st Step</p> <p>Wed. 7:00 a. AA Women's meeting 10:30 a. Gp 9, Step 12:15 p. Oasis Topic Gp 6:00 p. Chicks at Six Gp 7:30 p. Yoga AA</p> <p>Thr. 6:00 a. AA 7:00 a. Big Book Meeting 10:30 a. Gp 97, Step 12:15 p. Here & Now Gp 7:00 p. Sober and Out</p> <p>Fri. 7:00 a. Daily Reflections 10:30 a. Gp 21, Step 12:15 p. Gp 65 6:30 p. Here & Now 11:59 p. Second Shifters (Sat.)</p> <p>Sat. 7:00 a. AA Meeting 11:00 a. Gp 87 Step 3:00 p. Spiritual Growth 7:30 p. Open Speaker 9:00 p. Here and Now</p> <p>AL-ANON MEETING Sunday 10:00 a. Al-Anon</p>	<p>H.O.W. TO CLUB 8930 W. National Ave, West Allis, (414) 543-2448 http://howtoclub.info/ M, W, F, Sat. 9 a. -11 p, Tue Thur 9a. - 9p., Sun 8a to 9p.</p> <p>Sun. 8:00 a. Eye Opener AA Gp. 10:00 a. Grass Roots (Steps) 4:30 p. Drop the Rock 6/7 Step 6:00 p. Restore Us To Sanity 8:00 p. Sun. Sober & Serene</p> <p>Mon. 11:00 a. Winner's Circle 5:45 p. Gp 132, Women's Gp 7:00 p. Big Book Gp. 8:00 p. New Hope Gp.</p> <p>Tue. 11:15 p. What's The Point 11:00 a. Willingness Group 6:00 p. Topic Gp 7:00 p. Sign for Sobriety AA 8:00 p. 12 & 12 AA Meeting</p> <p>Wed. 10:00 a. Foundations Meeting 6:00 p. AA Beginners Gp 7:00 p. Women's Freedom 8:00 p. Promises Group 11:15 p. After Hours Gp</p> <p>Thr. 10:00 a. But For Grace Of God 6:00 p. Here and Now 8:00 p. How To Get It Going</p> <p>Fri. 11:00 a. Priority Group 6:00 p. Big Book Group 8:00 p. R.U.S. For Us 11:15 p. Candlelight Promises</p> <p>Sat. 9:15 a. Men's Topic 11:00 a. Pioneers Group 6:00 p. 1st & 12 Topic *8:00 p. HOW To Saturday *(Open meeting on 3rd Saturday)</p>	<p>24 HOUR CLUB 153 Green Bay Rd. Thiensville, WI http://www.24hourclub.org Web and Facebook Info</p> <p>A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Topic 10:00 a. Step/Topic 5:00 p. Step</p> <p>Mon. 6:30 a. Topic 10:00 a. Topic 8:00 p. Men's</p> <p>Tue. 6:30 a. Topic 10:00 a. Step/Topic 5:30 p. Big Book</p> <p>Wed. 6:30 a. Topic 10:00 a. Big Book 5:15 p. Women's</p> <p>Thr. 6:30 a. Topic 10:00 a. Topic 5:30 p. Step/Topic/Trad 8:00 p. Men's 12 & 12</p> <p>Fri. 6:30 a. Topic 10:00 a. Step/12 & 12 5:30 p. Principles 8:00 p. Step</p> <p>Sat. 6:30 a. Topic 8:30 a. Big Book/Steps 10:00 a. Big Book 8:00 p. Open Speaker Mtng. (1st Saturday Only)</p>

The Coronavirus has affected us all in some way. During this time when most if not all meeting places have been closed, many have started "online" or "telephone" meetings to fill the need.

I have listed those I know of on our office website: aamilwaukee.com use the drop down menu at "Meeting Name or Location" and type the word "Online" or "Telephone" to find virtual meetings online or on the phone. Or, go to the "Codes" field and click on "online meetings available". Follow the links and use the passwords if any. Good luck.

MEETING ROOMS

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

AA MEETING SCHEDULE

Sun. 10:30 a. ** Gratitude Gp.
8:00 p. Candlelight Gp.
Mon. 10:00 a. Monday A.M.
7:00 p. Men's
7:00 p. Women's
Tue. 10:00 a. Tuesday A.M.
7:30 p. Beginner's
8:00 p. Step Gp
Wed. 10:00 a. Promises
1:00 p. Steps/Promises
8:15 p. Step Gp
Thr. 10:00 a. Big Book
7:00 p. EZ Dozen 12x12
Fri. 10:00 a. Step/Topic Gp
8:00 p. * Step Gp.
Sat. 10:00 a. Here & Now
7:00 p. Big Book
AL-ANON & ALATEEN MTNGS
Saturday 9:00 a. Al-Anon
Thursday 7:15 p. Al-Anon
* Open Mtng. Last Friday of month
** Open Mtng. 3rd Sunday of month (10:30 a.m.)

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

Email:
friendshipinc@sbcglobal.net

MEETING SCHEDULE

Sunday
10:00 a. Friendship
11:00 a. Third Sunday
Open Meeting
Monday
10:30 a. Step Gp
Tuesday
7:00 p. Gp 43 Big
Book
Saturday
10:30 a. Gp 112 Step

Call for information
on other types
of meetings.

Email:
friendshipinc@sbcglobal.net

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

A.A. MEETING SCHEDULE

Wednesday:
11:00 a. Gp. 27
Friday:
11:00 a. Gp. 61(12x12)
Saturday:
10:00 a. Beginner's
7:00 p. Gp 6

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

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

A.A. MEETINGS

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

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

A.A. MEETINGS

Mon. 12:15 p
Tue. 12:15 p
Wed. 12:15 p, 4:00 p
Thur. 12:15 p, 4:00 p
Fri. 12:15 p
Sat. 9:15 a, 1st Step
10:30 a

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

LIGHTHOUSE ON DEWEY
1220 Dewey Ave.
Wauwatosa WI
AA MEETINGS

Sunday
6:00 p. Jim's First Step
7:30 p. Gp 78
Tuesday
6:00 p. 11th Step Meditation
7:30 p. Professionals
Wednesday
7:30 p. Big Book
8:00 p. "RES-IPSA"
Thursday
7:30 p. Alumni No 12
Friday
7:15 p. Gp 74
Saturday
10:00 a. Gp 59
7:00 p. Big Book Topic

All Saint's Cathedral

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

Directory Changes

NEW MEETINGS

Sundays 6:00 p.m. Galano Club, 7210 W Greenfield Ave, West Allis. "Multimedia Sunday Night AA Meeting"
Mondays 7:30 p.m. First Unitarian Society, 1342 N Astor St. Milwaukee, "We Agnostics".
Mondays 6:30 p.m. Uhles Cigar Shop (LL) 114 W Wisconsin Ave, Milw 53203. Cigar smoking allowed. No wheelchair access.
Thursday at 6 p.m., St Matthew CME, 2944 N 9th St, Milwaukee 53206
Thursday at 7 p.m. Men's Gp, All Saint's Cathedral 818 E Juneau Ave, Milw. 53202
Fridays at 7p.m., Primary Purpose, St James Catholic Church, W220N6588 Town Line Rd, Menomonee Falls WI 53051
Saturday 8:30 a.m. Step Meeting Lumen Christi Catholic Church, 2750 W Mequon Rd, Mequon WI 53092
Saturday 7:30 p.m. 7210 W Greenfield Ave, West Allis 53214

DISBANDED GROUPS

Tuesday 8:00 p.m. Treat Yourself Tue. Christ Church, 5655 N Lake Dr. Whitefish Bay WI
Tuesday 8:30 a.m. Home At Last, met at St Luke's Lutheran, 6705 Northway, Greendale

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

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

OTHER CHANGES

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

OPEN SPEAKER

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

aamilwaukee.com/directory.html

Sundays at 10 a. Milwaukee Gp. 933 E Center St, Milwaukee WI, 53212
2nd Sunday at 11:00 a. Alano Club 318 W. Broadway, Waukesha,
3rd Sunday Open 11 a., Friendship Club, 2245 W Fond du Lac Ave, Milw
Sundays at 7:00 p. VA Hospital 5000 W National Ave 3rd Floor Unit 3A
1st Tuesdays in Jan, Apr, July and October at 7:30 p. Acceptance Gp. First Congregational Church, 1111 N Chicago Ave So. Milwaukee.
Last Wednesday 7:30 p. Gp 23 First Lutheran Church, 7400 W Lapham St, West Allis
Wednesdays at 7:00 p. Salem United Meth-

odist Church, 541 Hwy. 59, Waukesha
3rd Thursday, 7:30 p. St John Vianney, 1755 N Calhoun Rd, Brookfield WI
Every Friday 7:00 p. Christ the King, 1600 N Genesee Rd Delafield
4th Friday 8:00 p. Imago Dei Church, 2327 N. 52nd St., Milwaukee 53210
1st Saturday 8:00 p. 24 Hour Club Open Meeting, 153 Green Bay Rd, Thiensville.
1st Saturday at 7:00 p. Dist. 12, Living Word Lutheran Church, 2240 Living Word Ln., Jackson WI 53037
2nd Saturday at 7:00 p. Dist. 34, St. Francis Episcopal Church, N84 W16525 Menomonee Ave, Menomonee Falls, WI
3rd Saturday 7:30 p. HOW To Club 8930 W. National Ave, West Allis
3rd Saturday 8:00 p. New Day Club 11936 N. Port Washington Rd, Mequon,
5th Saturday 3:00 p. How To Club, 8930 W National Ave, West Allis
Every Saturdays 7:30 p. Alano Club 1521 N. Prospect, Milwaukee.

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

**Central Office Contributions
57 Groups Contributed**

**March 2020
Thank You!**

Group Name	Group #	Amount
#023 Wed	114447	50.00
#048 Gp	114315	40.00
#059 Gp	117184	60.00
#074 Gp	159542	150.00
11th Step Open AA Meeting	WAK-A6	126.00
A New Awakening	659337	60.00
Alpha Tue	114430	226.00
Anonymous		60.00
Anonymous		14.00
Attitude of Gratitude	141628	25.00
Back To Basics	149978	50.00
Brown Deer Mon AA	140227	50.00
Common Solution	704515	504.98
Courage To Change	MIL-WD	60.00
Cross Roads Gp	119518	20.00
Delafield Tue p.m. Positive	163884	120.00
Early Bird Sun Lake Area Club	132470	256.50
Elkhorn One Day At A Time	635048	50.00
Elkhorn Third & Eleventh Step	627071	50.00
Elm Grove Living Sober	665770	250.00
First Step	635840	60.00
Fri Noon 12 & 12	MIL-FB	54.83
Get A Life	MIL-WM	19.05
Gopher Sun Night, Lake Area Club	125948	42.00
Happy Hour Promises, Pass It On	MIL-W6	60.00
Hartford Women's Big Book	667036	50.00
Horicon Fri Night, Zion Lutheran	123056	87.50
Hot Potato Gp	161562	60.00
Jim's Sun Night 1st Step	719963	60.00
Lake Area Wed 6 p.m.	114356	150.00
Lake Geneva Kitchen Table	125465	50.00
Mon Independence	MIL-MH	162.00
Mon Night Action	138020	257.67
Mon Night Hingham	653695	30.00
New Beginnings Mukwonago	120519	196.20
Noon Risers Steps & Traditions	675593	130.00
Participation Open Meeting	118724	617.91
Pow Wow Group	178670	60.00
Sat a.m. Here & Now	640450	25.00
Serenity in the Woods	682880	60.00
Sober Sisters, VA Medical Cente	MIL-A2	60.00
Step Tue 700 a.m. Alano Club	MIL-T7	50.00
Sun Morning Big Book, Men. Falls	130926	75.00
Sun Night Men's Waukesha	129859	50.00
The First 164	MIL-T9	120.00
Thr Success Step	MIL-RB	80.00
Three Legacies	169269	67.20
Today's Choices Gp	614204	50.00
Tue Morning Sunshine	114357	50.00
Tue Nooners Waukesha	123133	60.00
Tue Reflections	MIL-TH	92.25
Twelve Promises Discussion Thr	MIL-RM	11.00
Wed Afternoon Happy Hour	643772	75.00
Wed Night Traveling Sheboygan	172090	100.00
Wed Noon Lunch Bunch	690831	77.00
Women's Big Book-Step	163696	10.00
Written For Us	717556	20.00
TOTAL		5,502.09

Need to make a group or personal contribution?

Use our [DONATE](#) button on our website: aamilwaukee.com or use our your [VENMO app](#) from your smartphone.

All the groups listed in your [When and Where](#) directory, should be contributing regularly to the support of your [Central Office](#). We want to be here when anyone reaches out for help. A big thank you to everyone, for all you do.

ASL Interpreter

Available: Meeting for Deaf and Hard of Hearing,
Tuesdays 7:00 P.M.,
H.O.W To Club, 8930 W National Ave. West Allis WI 53227

[Redemptorist Retreat Center,](#)

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

[2020 Weekend Retreats](#)

[Jesuit Retreat House,](#)

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

jesuitretreathouse.org

Men and Women in AA, AI-Anon

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

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

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

Fifth Step Guide

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

In Step Four we made a searching and fearless and moral inventory of the acquired character defects. The inventory from Step Four details the acquired character defects which are of the false self. These defects, when the false self controls our lives, allow us to act and react in a manner that causes havoc not only to ourselves but also toward other people, places and things. It is this inventory of the acquired character defects that forms the foundation for doing Step Five.

Step Five involves the admission of the exact nature of our wrongs. Once again, the wrongs are from false self. In order to admit these wrongs, we must search in our past. What wrongs are we looking for? We are searching for the acts that we did when we caused harm toward other people. We include the problems and character defects which caused or aggravated the reactions toward others. We are after the recognition of our deficiencies. Each twist of character that has been acquired must be illuminated. Therefore, each wrong, no matter how painful, must be brought up to the surface and honestly looked at. To the extent that we are searching and fearless in finding the exact nature of our wrongs, the rest of the S.A. program will be built on this foundation.

The exact nature of our wrongs, when we have fearlessly exposed them, must then be expressed to God, ourselves and another person. Although we have admitted the exact nature of our wrongs to ourselves and God, the process of clearing away the wreckage of the past is not complete until we have shared these wrongs with another human being. It is only when we include another person in the healing process that we are able to become aware of our own self-delusion. The other person, if carefully chosen, will show us where we have not been totally honest in our digging out of our wrongs. We must be candid, to the best of our ability, with this person and lay out all our wrongs that we are aware of.

After completing Step Five, many benefits will be ready for us if we have done a thorough and honest job. Our ability to remain sober will be increased. Step Five is a part of the footwork that allows the Grace of God to enter us and expel the acquired destructive obsessions. No longer will we feel that terrible sense of isolation. The willingness to forgive, not only ourselves but also other people, will be enhanced. This healing tranquility will be greater awareness of the presence of God within our lives.

The Fifth Step should be written since most of us have many wrongs to uncover. The fact of putting the wrongs in black and white shows us that they are not as big as we had blown them up to be. Also, we need a reference from which to tell our story. The written inventory of the Fourth Step with the exact nature of our wrongs will help us in making a list of the people we have harmed.

Use the following list to help dig out the exact nature of your wrongs. Remember, you are after the destructive, acquired character defects.

WRITING EXERCISE – STEP FIVE UNCOVERING THE EXACT NATURE OF OUR WRONGS

Use the following areas as a guide to help you jog the memory in uncovering the exact nature of your wrongs. In each area, list the conflicts, distressing, humiliating or embarrassing memories, and twists of character that you have kept hidden. When possible, list the persons and your wrongs, and then identify the specific acquired character defect that caused the problem.

1. Family – parents, brothers and sisters, spouses and children, in-laws, etc.
2. Employment – supervisors and co-workers
3. Organizations – SA, hospitals, schools, churches.
4. Relationships with people – men, women, and children.
5. Distressing and humiliating facts – stealing, lying, physical harm, and sexual acting out.

Fifth Step Worksheet

Area of Life	Person or Event	Bad Memory	Defect	Comments
Family				
Job				
Organizations				
Relationship with People				
Other Distressing Facts				



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

Registration

16th Annual Spring Retreat for

Alcoholics Anonymous and Al-Anon Members

May 15-17, 2020

Name _____

Address _____

City/State/Zip _____

Phone (day) _____

(evening) _____

Email _____

Early arrival on Thursday, May 14
(+ \$50.00 per person)

I require first floor accommodations

I will share a room if necessary

I am including a donation to the

scholarship fund: \$ _____

I am willing to be a speaker for:

_____ Al-Anon _____ AA

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

\$110.00 commuter rate with meals

If payment by check, make payable to:

Redemptorist Retreat Center

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Redemptorist Retreat Center
1800 North Timber Trail Lane
Oconomowoc, WI 53066-4897

RETREAT SCHEDULE

Friday, May 15

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

Saturday, May 16

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

Sunday, May 17

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

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

May 15 - 17, 2020

Sponsored by

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



Redemptorist Retreat Center
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Oconomowoc, WI 53066-4897
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CANCELLED DUE TO COVID-19