

# The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

*Welcoming Newcomers and Aiding AA Groups in Our Community.*

## Carrying the Message

By: L. R. | Winnipeg, Manitoba | October 1964

Confusion!

When I attended my first meeting it was almost disastrous. My mind was still fuzzy from a hangover from the night before and when our chairman was reading the Preamble I wasn't able to grasp all his words.

The panic and confusion came when he read "There are no dues or fees." In my confused state of mind I thought he had said "There are no Jews or thieves" and since I fit into both categories my heart sank into my shoes as I thought I would not be permitted to practice the program. Fortunately our chairman put me straight after the meeting.

This Friday will mark a few weeks of sobriety for me thanks to the wonderful fellowship of our Sargent Group.

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By: B. H. | October 1964

Growth in Germany

The two Air Bases of Bitburg AB and Spangdahlem Air Base are located about twelve miles apart. The nearest city of any size is Trier, Germany, about eighteen miles from Bitburg.

Rather than have two very small groups we have combined the members from both bases into one group. Due to rotations and transfers our group membership fluctuates rapidly. At the present time we have five members that make practically all of the meetings, another five who show up now and then. Also we have some Twelfth Step work in progress which will probably increase the membership soon.

We have splendid working relationships with several doctors and chaplains from both bases and they put us in contact with many who really need help. Unfortunately, most of those we have contacted still think they can handle the stuff. We feel sure though, that the seed has been planted and many of them will seek AA

when they hit bottom.

We have two meetings a week, one at Bitburg on Monday night at eight and one at Spangdahlem on Friday night at eight.

Three of our regulars are scheduled to return to the States. I hate to see them go, but I know they are solid. Those of us, like myself, who expect to remain here for another year or so will continue to do the best we can, and hope and work for bigger and better attendance at our meetings.

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By: V. B. | St. James

. . .and in Trinidad | October 1964

You may be interested to know how AA is getting on here. We have about twenty groups with an average of 250 active members.

I am a member of the House of Refuge Group at St. James, Port of Spain. This Group was really formed for the inmates and personnel of the Institution, but we fortunate alcoholics of the district can become members and attend their meetings.

I am sure no doubt that you will be happy to learn that I have been greatly helped in maintaining my sobriety by reading the wonderful articles in the Grapevine.

We here in Trinidad know the seriousness of the program. To us it is life or death. Death to those who do not follow the program thoroughly, and life with a sincerity of purpose, for those of us who do.

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By: J. C. T. | Manhattan, New York | October 1964

The Courage Prayer

It seems that a young man who had had a real problem with alcohol--and found his way back through AA--said that the word serenity was all right for those in their fifties and sixties--but the name he had for the Serenity Prayer was the Courage Prayer, and he thought all young people liked to think of it that way.

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October 1973

## That 'First Drink' Trip

By: W. W. G. | Oconomowoc, Wisconsin

**For an alcoholic, the journey to oblivion begins at that mood-changing moment when alcohol first hits the brain**

A TANTALIZING cliché mocks the sanity of an alcoholic at the verge of temptation: "One little drink never hurt anyone." It seems so reasonable, so logical in its simplicity. After all, we remind ourselves, we have at times had one or two or even three little drinks and got by without trouble. Maybe, just this once . . . special occasion . . . just one . . . when nobody's around . . . Anyhow, everybody knows, "One little drink never hurt anyone."

An alcoholic who is to have daily peace of mind and contented sobriety must bury this deadly saying once and for all, beyond resurrection. It holds no danger for those who accept *without reservation* the contrary AA statement "It's the first drink that gets you drunk." But me--I slipped on the "one little drink" banana peel with deliberate regularity. That was how each short period of sobriety ended. It took first a doctor's statement and then a personal, almost clinical analysis of what happened to me with one drink inside me to rid my mind of this saying.

The doctor's statement was simply this: "Alcohol is a mood-changing, mind-altering drug."

My self-analysis was more complicated. Keeping it simple is not my strong point, although it always boils down to that eventually, with an ensuing lesson in humility and ego-reducing. You will see what I mean by following "the anatomy of one drink" as applied to this particular alcoholic.

*First Drink:* For whatever reason, it burns, bites, feels cool, tastes good; and then comes a spreading warmth that takes the edge off tension and tiredness. I feel better. Instant reward. One more can't hurt.

*Second Drink:* Oh boy! What a feeling of relaxation! Troubles start to melt away; can't really concentrate, don't really care; what a wonderful feeling. My spirits are picking up; almost feel happy. One more, and that's all.

*Third Drink:* Now this is the way I should feel, want to feel. I can even start thinking about my problems, rationalizing solutions, putting my world together as it should be. How simple and right it all is as I see it, even my drinking. One more? Why not!

*Fourth Drink:* King again! How foolish I was to doubt myself, to let others frustrate me. They just don't understand. It isn't my fault; it's the way society is today. If only people would listen to me--I know I'm right! I am really a wonderful person. I'll even buy one for this poor fellow next to me.

*Fifth Drink:* Hail friend, well-met! What a feeling of friendship and comradeship I am about to bestow upon you. How lucky can you get, to be the object of my generous, witty, wise, and sage personality and conversation? Let's have another, and I'll tell you what I think.

*Sixth Drink:* You don't agree? You must be kidding! Well now, I just happen to know--No, I don't think I could be wrong. . . . I don't give a damn *what* you think. . . . Now, listen here! Aw, to hell with

you!

*Seventh Drink:* What's the use! You try to be nice to people, and look what you get. I ought to invite him outside and knock his block off. Everybody's against me--wife probably waiting to give me more hell if I go home. Damn her, damn him, damn everybody! It's a lousy, stinking', rotten world! I just want to blot it all out. Bartender, fill 'er up.

*Oblivion. . .*

Sound familiar? Fill in your own dialogue or sequence or drinks or tempo. Sometimes, I couldn't get from the first to the last one fast enough.

I hope I never forget that the second alcohol reaches my brain--yes, even "one little drink"--it alters my mood and thinking. It sets in motion a chain of emotions ingrained by years of drinking. The outcome, sooner or later, is inevitable.

So back to basics. "Keep it simple"--don't, take that first drink. The only drink I'll ever *need* is the one *after* I take the *first* one.

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October 1973

## Is There Life Before Death?

By: C. E. C. | North Hollywood, California

AA sobriety brings awareness of a lot of life to be lived by a man of seventy

DEAR FELLOW ALCOHOLIC:

It seems curiously comfortable to address a letter to myself. But you and I have become good friends ever since we quit getting drunk. I guess I really never knew you until our recovery began, at age seventy. Recovery? Arresting an addiction. . . a dependency. . . a compulsion? Whatever happens, you know at gut level that there's no *cure*. I'm glad you found out about total abstinence. It helps us think more clearly.

I want you to know I was quite pleased with the reply you made the other day when that man who must be a social drinker (although often a "pressure" drinker) asked you sincerely, "Why on earth, when you'd made it along the booze trail to seventy, did you want to quit?"

Pride tingled along my spine when you answered. It's good to experience a return of pride, inasmuch as the last thing we recovering drunks swallow before we get happily sober is not a half-pint of hooch, but that abominable false pride that has kept us from surrendering to reality.

What you said was "Well, I guess it really was a matter, not of 'Is there life after death?', as we keep hearing, but 'Is there life *before* death?'" You added seriously that if there *was* any living yet to be done by a man of seventy, you wanted your share of it. You surely never were living at all with a belly full of firewater.

I knew then that we had really made a shared choice nearly four years ago. How true it is that each person who lives is the result of every choice he has made up to any single moment of his existence.

(Life, Continued on page 3)

*(Life, Continued from page 2)*

When we are drinking, we have little choice. Really *none*. We have turned that power over to the world's most abundant, most available, and most socially-accepted drug. That would be alcohol.

But at the moment of truth for the suffering boozier, he is miraculously given the chance to make one big, and possibly last, choice: "Do I want to live? Or do I want to die?" You chose well, my good friend.

That last night. That last drink. It is obvious that every problem drinker ultimately takes his *last* drink. Thank God, you can live to remember and talk about yours. You are a loser who can truly count a lot of winnings.

You had been retired from a fast-action profession, motion-picture-studio publicity, for a couple of years when you asked for help to stop poisoning your body and your brain. You went to Alcoholics Anonymous because you found, with much horror, that you couldn't quit on your own. You are one of those people who need people, a loner who no longer wants to be alone.

Your new friends in AA, all of whom had been through what you'd survived (and most of them, a lot more), told you in a few words what you'd never grasped about alcoholism through a lifetime of avid reading. You found out you are not morally weak. You have a disease.

Your remark about "life before death" tells me you have grown in AA. Slowly, yes. But you understand realities a little better. Remember that, during your first months of recovery, you kept saying you "got to AA through a series of 'incredible coincidences.'" What a stuffy phrase for "a Higher Power"!

Everything worked far too perfectly. It was young people's night at the clubhouse. You fumbled your way through the door, and the meeting was under way. Young people being vocal and mobile. You stood just within the door, in disbelief. You'd been hooting at the activities of this kind of brat as shown on television and in the press.

You turned to leave and came face to face with a smiling youth. "My name is Frank," he said. You mumbled gruffly.

He asked where you were going, and you replied, "Home. I'm in the wrong place." When he said that was hard to believe, you growled, "Well, it's the wrong time and place. The place is full of children. An old-time boozier like me can't relate to school kids."

Still smiling, he said, "Come have a cup of coffee and listen for a while. I'm sure you'll find there's no generation gap in Alcoholics Anonymous."

That made you weaponless. And amused. You got a jolt when the girl leader thanked her parents for "bringing me to AA six months ago after my last blackout, on my fourteenth birthday."

And the young man of eighteen who had been in AA for two years sold you when he pitched, "If you're an alcoholic who's still drinking, you're never too young to have lived too long."

Wow! How about that? Right then, I think you got that idea about life before death. Those young people surely were in pursuit of it.

I'm glad you wanted it, too. Hang in there, friend.

With love,  
C.E.C.

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October 1953

## Alice in the Wonderland of AA

By: Elizabeth B. | Front Royal

ALICE in the Wonderland of AA. The comparison keeps running through my head. My name isn't Alice at all. For many years, though, I did play Elizabeth in Fogland. I am still Elizabeth and still an alcoholic.

Neither did I come to the Wonderland of AA as did Alice, a "child of the pure, unclouded brow and dreaming eyes of wonder." Quite to the contrary, nothing about me was unclouded and my eyes had been dreaming for so long that they were entirely unaccustomed to focusing upon realities.

Nevertheless, I did resemble little Alice in that I looked with great wonder upon the folk who made up the small group of AA into which I first stepped some years ago.

These were--and are--I thought, the most remarkable and unusual people who ever lived. I watched and listened to the incredibly amazing histories of widely different lives. The whole program of AA, its powerful simplicity, and the people who were weaving it into their own and others' lives, overwhelmed me in its drama.

Like Alice, I looked on in wonder. I looked, championing and cheering at the self-termed stumble bums now all slicked up, holding good jobs, sober and wanting to share their hope; at the professional people who had gone down into a bottomless pit of confusion, fear, hatred and filth and stumbled across a truth that had made a ladder back to the sun and good clean earth; at the women who, despite the breath of stigma that clung to such an action, stood straight and proud and in honesty admitted the obsession and allergy to alcohol that had thrown them into sanitariums and situations horribly unlike the lives they had dreamed of and hoped for. I felt that none had sunk so low, spiritually and morally, as I had.

I saw men and women from every walk of life meet and merge on the common ground of need and hope and help.

Watching them, indeed, I felt quite like Alice in Wonderland. I thought, in my panicked and despairing soul, that if I did not have what these wonderful people had--and quickly--so that I too might become one of them and be safe and secure and sure in their love and concern, I must die and be done with it.

You know what the Fogland is, don't you? Do you know about the horror of living all your remembered life in constant fear of one thing or another? Of never feeling needed or wanted? Running from one thing to another trying to establish oneself in the world with other people? I wonder if you found, one day, when you had grown up physically, that alcohol, like some magic brew, took beautiful care of all those dreadful fears and frustrations and their progeny that wormed in your mind like maggots. Of course you know how, much too soon, the alcohol flowered into the most horrifying devil of all and there you were, trapped in your own inescapable hell.

By the time I reached this stage I had acquired a husband and three sons to whom I must somehow explain how I had come to get into this trap. I couldn't find the proper words. Everything

*(Wonderland, Continued on page 4)*

sounded all wrong when I got it said and if I were drunk when faced with my sins and misdeeds--well, my tongue grew irrational, bitter and vicious. My family had little trouble explaining it, though. To husband it was just a plain case of having no sense or will power about drinking. To him, God bless him, it was as simple as that. I have never been able to make him understand it, but I no longer lie sleepless brooding over this. I remember that he remained with me at times when he must have despised me. He didn't have to.

To the boys, who were pre-adolescent at the time, it was simply that Mother Was Sick. They were wonderfully understanding and thoughtful at the bad times. I think perhaps God knew that I could not have borne their derision and hatred and so did not impose it. Well, the story's old and threadbare. You know it anyway.

Let's go back to me in the first flush of AA Wonderland. I wanted so desperately to be a part of the miracle of AA. I automatically and determinedly set about to do all the book said. My AA group gave me all of themselves that they could. God did indeed hear me but I had difficulty hearing him. I asked his forgiveness but could not feel forgiven, ever. I strove to be honest in all things but unspeakable and terrifying secrets and pretensions out of the past blurred the honesty; I loathed myself so bitterly that I could not be rid of self-obsession; I was afraid to assume the responsibility of sharing what little I had of the program because I felt unfit to claim as mine the beauty of this program. But--*be a part of this wonder I would.*

I ceased the effort really to be what I wished to be and began working toward convincing others that I was indeed what they wished me to be and thought I was. There is only one end for this sort of journey up Dynamite Hill--the inevitable explosion. Now I had added to the madness of mental confusion, for I tried very hard to turn this binge into an avenue of permanent escape. It didn't work. The results were pretty degrading. What I felt I had to face if I ever wanted back into the Wonderland of AA made me cringe to consider. But would you believe it? I *wanted* to crawl back and be among all the beloved characters in my Wonderland.

I look back now and half smile at the attitude of my AA people toward me and my trouble. Nobody punished me in any way. Nobody implied that I had slipped, faltered, stumbled or whatever. I was simply accepted warmly and given a boost back up again. It was so practical and unassuming. Just as the duchess said to Alice, "Tut tut, child. Everything's got a moral if only you can find it."

After a while I began to realize that when I looked, like an Alice, into the mirror of AA I saw not a great host of other people but just--myself.

Here, and only here, I realized, must my efforts be concentrated. We each differ from the other and I must use my own bootstraps to start my own rise. I must calmly face all facts and work at them--moment by moment if necessary--but never beyond twenty-four hours at a time. God would help me as I needed to be helped, and he would direct others to help me if I needed it; I was now face to face with Elizabeth and the job was partly hers,

too.

I knew, standing there and looking at just me, that that is exactly what I was--just *me*. It struck me that this different, separate quality lay within each of us and that each of us must use, freely and generously, in his own way, all the good he has within him and simply pray that God will take away the bad. I have found that this bad decreases within me as I search always for the good in others. This I believe to be a way of God's forgiveness. And I believe in utter faith that He is with me in all things, large and small, so long as my motives are from good toward good, and according to His will. How humbly grateful I am to have come to believe this. How gladly will I share it.

AA is still my very real Wonderland, and my eyes still widen with wonder at all I see and hear; but the greatest wonder of all is that I belong and am a part of all this.

The habit of mentally recalling past failures, fears, and disgraces can still be a little upsetting at times but I find the queen's advice in *Alice in Wonderland* is excellent:

"The horror of that moment," the king went on, "I shall never forget!"

"You will, though," the queen said, "if you don't make a memorandum of it."

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October 1963

## Conscience

By: A. K. T. | Montreal

### A close look at its meaning for AAs

IN AA we are much concerned with slogans, and rightly so. Many of those we use are very effective in channeling our thinking in the right direction.

In our enthusiasm for new and original phraseology, however, let us not forget some of the fundamental maxims and rules for living that have come down to us through the years from the great philosophers and thinkers of the past. Sayings that, by the very fact of their universal acceptance as basic truths, have become so familiar as to lose much of their significance.

A little reflection on some of these gems of wisdom is time well spent. What, for instance, could be more basic to peaceful and harmonious human relationships than the aptly named Golden Rule: "Do unto others as you would have them do unto you," or more truthful than "Whatsoever you sow, so shall you reap"?

Think of the untold benefits that could accrue to mankind if only these rules were conscientiously applied and adhered to in world affairs today.

On a more personal plane, however, there is one particular saying that, to this writer, since joining AA, has taken on entirely new meaning and value: "Let your conscience be your guide." Surely here is the most all embracing rule for rightful human behavior in our language.

(Conscience, Continued on page 5)

This new conception of it came, I think, in contemplation of the Steps, particularly the fourth, tenth, eleventh and twelfth, when I realized how important my *conscience* was in making an honest "moral inventory" of myself.

When the true spiritual aspect of the word *conscience* becomes clear to us, the adage "Let your conscience be your guide" takes on a significance that confounds our previous indifferent acceptance of it as a saying to be casually thrown at the *other fellow* when we wanted *him* to do the right thing.

Our personal moral inventory brought this point home to us very forcibly and led to further reflection on the word *conscience*.

What else can our conscience be but that part of our non-physical, hence spiritual, make-up, that keeps contact with our Maker? This all-important link is established at birth and is a permanent, indestructible portion of our being.

As children, we follow its guidance more or less instinctively, as do all of God's creatures. It is only as we grow up in this so-called civilized world that we learn how to compromise with it and rationalize its message, to suit our worldly needs.

For some purpose, beyond our concept, our Maker has endowed us with reasoning power and a measure of free will. Thus, although the instinctive messages distinguishing "right" from "wrong" never cease, we may choose to listen, or not to listen; to obey, or not to obey. The one thing we can't do, however, is break off communications entirely without destroying the whole machine.

Our conscience is that line of communication. Instinct is our receiving set and prayer is the transmitter.

When the system is working properly, free of interference from our vaunted reasoning power and free will, we are living right.

This means placing conscience above all, as the very essence of our Higher Power.

How often have we prayed and sat back waiting for a miraculous answer when all we had to do was "tune in" on our conscience and the answer was right there all the time?

The full appreciation of this fact has been to me the spiritual awakening mentioned in the Twelfth Step.

The realization that I have within me, and always have had, a readily available means of communication with the Higher Power, is truly a spiritual experience.

That the conductive properties of this line have not suffered from many years of neglect, and only needed an injection called AA, at the receiving end, is something for which I must be truly grateful, because to this fact I owe my present happy state of contented sobriety.

All I have to remember is to keep listening in to my conscience and tuning out the interference of insidious material thinking for this happy state to continue from day to day.

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December 1984

## The Clean Underwear Caper

By: T. S. | East Templeton, Massachusetts

I DON'T REMEMBER my first kiss or my first drink, and I'm not quite sure whether the following qualifies as my first Twelfth Step experience.

To start at the end of my story (if you follow me, you're reading the right magazine), I was visiting a treatment facility and was surprised to see someone I knew from AA meetings. At this time, I was very green in sobriety, and this was a new situation. I felt inadequate, not knowing what to say to my friend. I wanted to help, to say and do the right thing so he might find his own path back to AA and live the full, rich life.

Words on my part weren't necessary. My friend was a talker, and how he did ramble! He talked and talked. I listened. Many times since, I've heard variations on his themes of denial, cop-out, bewilderment, and inability to stay sober. Today, I offer only three words of advice to a newcomer: "Meetings, meetings, meetings."

Anyway, everything he said went into my ears and when the patient would come up for air, I would nod or grunt. At the end of our one-way dialogue, he grabbed my hand and thanked me profusely.

"For what?" Truly, I hadn't spouted one word of wisdom.

"You really helped me. It was your drunkalog. You know--the story you tell about your underwear . . ."

Now, to start at the beginning. When the world was much younger, my mother cautioned me every day to change my underwear. "Suppose you get run over by a car, sonny," my mother would admonish. "What would the doctor, the priest, the undertaker think?"

Never mind what I would think! For years, I carried a mental picture of row upon row of little boys standing at the pearly gates in spanking-white underwear, waiting for the roll to be called up yonder.

But the lesson learned at my mother's knee must have stayed with me. After my last drunk, my doctor ordered me to go to an alcoholism hospital. In my drunken fog, as I put my kit together, a voice from the past penetrated, and--you guessed it--I packed clean underwear. One set. I knew the end of my life was near, so why carry excess baggage? I was ready.

Now, back to my friend in the hospital. "This time my wife was so angry at me, she made me do everything myself," he said. "I had to call the hospital, arrange transportation. I even had to pack my own bag, and I remembered your story. I'm only staying a week, so I packed eight sets of clean underwear." His arithmetic escaped me, but he pumped my hand again.

I've carried the message many times in many ways since then; but on the drive home, I basked in a warm glow, knowing that words of mine had reached out and helped a sick and suffering alcoholic. Very early in my recovery, I learned to laugh again. Though I haven't seen my friend in years, I trust he is sober in the Fellowship--and wearing clean underwear.

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### 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

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

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

##### Suggested Statement on Safety

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

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

Service Material from the General Service Office

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

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

#### Meeting Space Currently Available

- DryHootch**, 4801 W National Ave. Space available various time of day and evening. Call Otis W. [414-336-6576](tel:414-336-6576)
- West Allis Senior Center**, 7001 W National Ave, West Allis WI. Call Shanon at [414-302-8717](tel:414-302-8717).
- Luther Memorial Church**, 2840 S 84th St. West Allis WI. Contact by email: [prviviane28@outlook.com](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 Center

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

# CORRECTIONAL INSTITUTIONS

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:** 2nd Sunday 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 53214

**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 Tuesday of month, 6:30 p, Northwest Area Alano Association, N88W17658 Christman Rd., Menomonee Falls. Join online at: <https://us02web.zoom.us/j/6870109941?pwd=YVI4SVQzU3FaSE1rc3dzVmtxdFM4QT09>

**36. RACINE/KENOSHA:** 2nd Tuesday of the month 6:00 p.m., 12 & 12 Club, 724 N Pine St., Burlington

**38. MILWAUKEE CNTY:** Last Sunday of month 4:00 p.m. Milwaukee Group Meeting Room, 933 E Center St. Milwaukee WI 53212

SEND ADDITIONS AND CORRECTIONS TO:

7429 W. Greenfield Ave, West Allis, WI 53214, [dan@aamilwaukee.com](mailto:dan@aamilwaukee.com)

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: [mcccordinator@gmail.com](mailto:mcccordinator@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: [mcccordinator@gmail.com](mailto:mcccordinator@gmail.com)
- **MILWAUKEE COUNTY JAIL** 9th & State Milwaukee WI. Emily J. by Email: [mcccordinator@gmail.com](mailto:mcccordinator@gmail.com)
- **MILWAUKEE SECURE DETENTION**, 1015 N. 10th St. Emily J. by Email: [mcccordinator@gmail.com](mailto:mcccordinator@gmail.com).
- **MILWAUKEE WOMEN'S CORRECTIONAL CENTER**, 615 W Keefe Ave. Emily J. by Email: [mcccordinator@gmail.com](mailto:mcccordinator@gmail.com)

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

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

## 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

## [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)

Conference Assembly 10/21/23

# MEETING ROOMS

<p><b>NEW DAY CLUB</b> 11936 N. Port Washington Rd Mequon, (262) 241-4673 <a href="http://www.newdayclub.org">www.newdayclub.org</a> 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 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. 10:00 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 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 Wednesday 7:00 p. ACOA Thursday 7:00 p. Al-Anon Contact club for information on other fellowships.</p>	<p><b>PASS IT ON CLUB</b> 6229 W. Forest Home Ave Milwaukee WI (414) 541-6923 <a href="http://www.passitonclub.com">www.passitonclub.com</a> A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Sun. Wake Up 9:30 a. Reliance Meeting 11:00 a. Today' choice 3:00 p. Gratitude Plus 7:00 p. Big Book Readers</p> <p>Mon. 7:30 a. Jump Start 10:30 a. First Step 4:00 p. Happy Hour Step Gp. 7:00 p. Open IntroductoryAA</p> <p>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</p> <p>Wed. 10:30 a. Pass It On 4:00 p. Happy Hr Promises 6:15 p. Courage to Change 7:00 p. We, Us &amp; 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. 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</p> <p>Sat. 10:30 a. Happy Joyous Free 7:00 p. Vajeros Wisconsin lower level 7:00 p. 5 Conceptos upstairs 8:00 p. Back to Basics 12x12</p>	<p><b>LAKE AREA CLUB</b> N60 W 35878 Lake Dr Oconomowoc, WI (262) 567-9912 <a href="http://www.lakeareaclub.com">www.lakeareaclub.com</a> A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Early Bird 9:30 a. Literature Meeting 11:00 a. Friendship Gp 6:00 p. Big Book 8:00 p. Gopher Sunday 9:00 a. Positive Attitude 6:30 p. Otter Gp 8:00 p. Step/Tradition Study</p> <p>Mon. 1:00 p. 4:00 p. 7:00 p. Life House Beginners 8:00 a.</p> <p>Wed. 10:00 a. Back To Basics 2:00 p. Women's Meeting 6:00 p. 8:00 p. 4:00 p.</p> <p>Thr. 10:00 a. 4:00 p. 5:00 p. Woman's Way 12 Steps 6:00 p. Hybrid Meditation Mtng Zoom ID: 89239303536, PW: 999525</p> <p>Fri. 8:00 p. Grapevine Mtng 12:30 p. 4:00 p. 8:00 p. Old School House</p> <p>Sat. 10:00 a. Big Book <b>OPEN AA/Al-Anon SPEAKER MEETING</b> Sat. 7:00 p. 2<sup>nd</sup> &amp; 4<sup>th</sup> Saturdays (AA and/or Al-Anon Speakers)</p> <p><b>AL-ANON MEETINGS</b> Mon. 7:00 p. Al-Anon Tue. 9:00 a. Al-Anon Wed. 7:00 p. Al-Anon &amp; Alateen</p>	<p><b>WAUKESHA ALANO CLUB</b> 318 W. Broadway Waukesha, WI, 262-549-6541 <a href="http://www.alanoclubofwaukesha.com/">http://www.alanoclubofwaukesha.com/</a> (IP)=In-person,</p> <p>Sun. 9:30 a. Sun Morn Sunlight (IP) 11:00 a. Sun Go-To-Mtng (IP)</p> <p>Mon. 12:00 p. (IP) 6:00 p. Beginners AA (IP) 7:00 p. (12 &amp; 12) (IP)</p> <p>Tue.</p> <p>Wed. 12:00 p. Wed Nooners (IP) 5:30 p. Topic Gp (IP)</p> <p>Thr. 12:00 p. Nooners (IP) Fri. 12:00 p. T.G.I.F. Gp (IP) 6:30 p. Half Measurers (IP)</p> <p>Sat. 6:00 a. Early Morning (IP) 10:00 a. Gp 124 (IP)</p> <p><b>OPEN MEETINGS, DANCES &amp; EVENTS</b> Call for information.</p>	<p><b>GALANO CLUB</b> - LGBT &amp; All in Recovery - 7210 W Greenfield Ave LL Milwaukee, WI 53214, 414-276-6936 <a href="http://www.galanoclub.org/">http://www.galanoclub.org/</a> <a href="mailto:galanoclub@gmail.com">galanoclub@gmail.com</a></p> <p>(V)=Virtual, (IP)=In-person, (V &amp; IP)=Both In Person and Phone Meetings Phone/ Video AA Meetings, Call (978) 990-5195 Meeting Id: galano7210 Code: 1919178#</p> <p><b>Sunday: (V &amp; IP)</b> 10:30 a.m. - AA - Step / Topic Meeting (In-person/phone/video) 10:30 a.m. - Al-Anon - Papillon Group. (In-person)</p> <p><b>Monday: (V &amp; IP)</b> 7:30 p.m. - AA "Came to Believe" 12 Spirituality. (In-person/phone/video)</p> <p><b>Tuesday: (V &amp; IP)</b> 6:00 p.m. - AA Over and Under 40 Group (In-person/phone/video)</p> <p><b>Thursday: (V &amp; IP)</b> 7:30 p.m. - AA - Living Sober One Day at A Time In-person &amp; Phone/video</p> <p><b>Friday: (V &amp; IP)</b> 10:30 a.m. AA Step &amp; Topic</p> <p><b>Saturday: (V &amp; IP)</b> 7:30 p.m. - AA - Big Book &amp; More. (In- person/Phone/video) The Galano Club is open one half hour before the scheduled meetings.</p>
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<p><b>NORTHWEST AREA ALANO ASSOCIATION*</b> N88 W17658 Christman Rd Menomonee Falls WI 53051 (No Phone) <b>Room 202</b> A.A. MEETING SCHEDULE (V)=Virtual, (IP)=In-person, (V &amp; IP)=Both</p> <p>Sun. 10:00 a. Big Book Rm 202 7:00 p. Sun Night Gp Rm 202</p> <p>Mon. 7:00 p. Just Do It Gp Rm 202</p> <p>Tue. 10:00 a. Step 8:00 p. Topic</p> <p>Wed. 7:00 p. Step/Topic</p> <p>Thr. 10:00 a. Step 6:00 p. Women's</p> <p>Fri. 8:00 p. Step/Topic (V &amp; IP) 5:30 p. Code 3 Mtng Rm 202</p> <p>Sat. 10:00 a. Sat Serenity Gp 7:00 p. Simply Sober Gp Rm 202</p> <p><b>AL-ANON MEETINGS</b> Wed. 7:00 p. Al-Anon Fri. 7:30 p. Al-Anon</p> <p>*This is a Smoke-Free environment. We have ample meeting space available for 12 Step groups. Contact the Northwest Alano Club by mail.</p>	<p><b>WALWORTH COUNTY ALANO CLUB</b> 611 Walworth St. (Hwy. 50 &amp; 11) Delavan, WI 53115, (262) 740-1888</p> <p><b>Sunday AA</b> 10:00 a. Primitive Group 12:00 p. Open Speakers 6:30 p. Delavan Discussion</p> <p><b>Monday AA</b> 7:30 a. Sunny Side Up 12:00 p. Delavan Step Meeting 6:30 p. Delavan Meeting</p> <p><b>Tuesday AA</b> 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan 12 Step Topic</p> <p><b>Wednesday AA</b> 7:30 a. Sunny Side Up 12:00 p. As Bill Sees It Gp. 6:30 p. Delavan IT Meeting</p> <p><b>Thursday AA</b> 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan Big Book Gp.</p> <p><b>Friday AA</b> 7:30 a. Sunny Side Up 12:00 p. Big Book Study 6:30 p. Delavan Discussion</p> <p><b>Saturday AA</b> 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan Beginners Gp.</p>	<p><b>ALANO CLUB</b> 1521 N. Prospect Ave., Milwaukee, WI, 53202 (414) 278-9102 <a href="http://www.mkealanoclub.org/">http://www.mkealanoclub.org/</a> A.A. MEETING SCHEDULE</p> <p>Sun. 7:00 a. AA Meeting 10:00 a. Gp 17 Step</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 6:00 p. Transbenderz AA Mtng 7:00 p. Beginner's Meeting</p> <p>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</p> <p>Thr. 7:00 a. Big Book Meeting 10:30 a. Gp 97, Step 12:15 p. Here &amp; Now Gp 7:00 p. AA (LGBT) All Welcome</p> <p>Fri. 7:00 a. Daily Reflections 10:30 a. Gp 21, Step 12:15 p. Gp 65 6:30 p. Here &amp; Now 7:30 p. Fri Night Men's AA Gp. 12:15 a.m. Second Shifters (Sat.)</p> <p>Sat. 7:00 a. AA Meeting 11:00 a. Gp 87 Step 7:30 p. Open AA Speaker Mtng</p> <p><b>AL-ANON MEETING</b> Sunday 10:00 a. Al-Anon</p>	<p><b>H.O.W. TO CLUB</b> 8930 W. National Ave, West Allis, (414) 543-2448 <a href="mailto:howtoclub8930@yahoo.com">mailto:howtoclub8930@yahoo.com</a> <a href="https://www.howtoclub.org">https://www.howtoclub.org</a> Hours: 9am to 9pm daily.</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 7:30 p. Sun. Sober &amp; 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. 10:30 P. What's the Point Gp.</p> <p>Tue. 11:00 a. Willingness Group 6:00 p. Tue Topic 6pm Gp 8:00 p. New Hope 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</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. 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</p> <p>Sat. 9:15 a. Men's Topic 11:00 a. Pioneers Group 3:00 p. Spiritual Growth 6:00 p. 1st &amp; 12 Topic 8:00 p. Open Speaker 3rd Sat 8:00 p. HOW To Saturday</p>	<p><b>24 HOUR CLUB</b> 153 Green Bay Rd. Thiensville, WI <a href="http://www.howtoclub.org">Web and Facebook Info</a></p> <p><b>A.A. MEETING SCHEDULE</b></p> <p>Sun. 8:00 a. Topic 10:00 a. Step/Topic</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</p> <p>Thr. 6:30 a. Topic 10:00 a. Topic 5:30 p. Step/Topic/Trad</p> <p>Fri. 6:30 a. Topic 10:00 a. Step/12 &amp; 12 8:00 p. Step</p> <p>Sat. 6:30 a. Topic 8:30 a. Big Book/Steps 10:00 a. Big Book</p> <p><b>8:00 p. Open Speaker Mtng. (1<sup>st</sup> Saturday Only)</b></p>
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## 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



# MEETING ROOMS

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

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

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

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

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



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

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

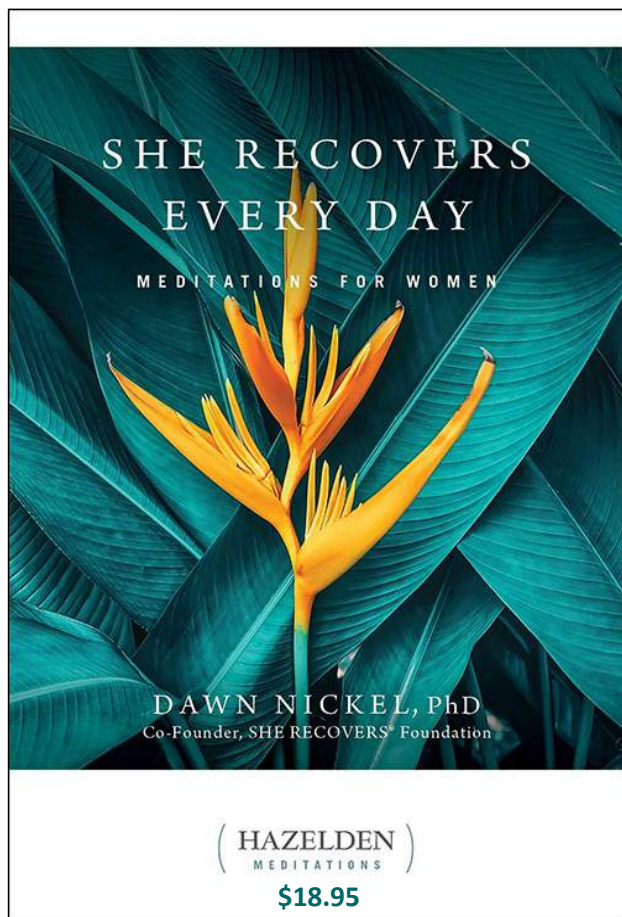
Home Group: \_\_\_\_\_



<u>Years</u>	<u>Name</u>	<u>Home Group</u>
13 (10/5)	Val S	Group 51, Sicker Than Most
35 (10/12)	John H.	un Night Hartford Big Book
39 (Oct.)	Elizabeth N.	
26 (10/9)	Richard D.	Group 60



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



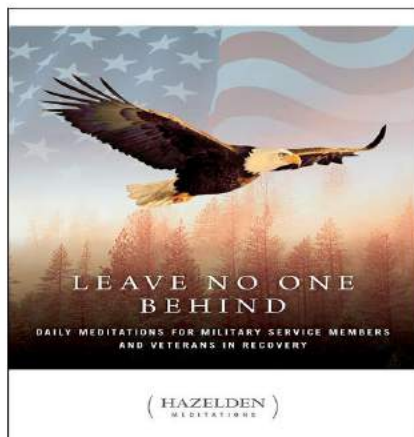
**Dawn Nickel** is one of the founders of the international movement and non-profit organization SHE RECOVERS® Foundation. In this book, Nickel adds her unique voice to the Hazelden meditation series.

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

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

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

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



• JANUARY 4 •

#### *Behind Me*

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

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

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

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

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

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

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





## Serenity Group

"The Barn"

Thursdays 7:00-8:00pm

St. Alban 's Church  
W239 N6440 Maple Ave [Map](#)  
Sussex, WI. 53089

Come join us...

New location, same great format and fellowship

\*\*February 3rd - new meeting start date\*\*

Support needed for the Helping Hand Gp.

Nativity Lutheran Church

[6905 W Bluemound Rd.](#)

[Wauwatosa, WI.](#) [Click for map.](#)

Wednesday Night at 8:00 PM



## Sunday Night Serenity AA Group

This is a closed meeting of Alcoholics Anonymous.

Where: Christ the Servant Lutheran Church  
2016 Center Rd Waukesha WI 53189 [Map](#)

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

When: 6pm

Childcare provided: suggested 5.00 per child donation

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

Coffee is provided

Contact Michelle H 414-750-3121 for information



## Come Join Our Tuesday Nite Impaired Professional AA Meeting



Tuesday nights at 7:30  
Holy Trinity Lutheran Church  
11709 W. Cleveland Ave., Milwaukee [Map](#)

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

We meet in person and on Zoom. Meeting ID = 98178765495, Password = 071150.  
**Hope to see you there!!**



## WE HAVE A NEW HOME!!

**GROUP #63**

**MONDAY NIGHTS 7:00PM**

**Martin Luther Church**  
**9235 W Bluemound Rd** [Click for map.](#)  
**Wauwatosa WI 53226**

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 [Map](#)

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

Steps! Promises! Topics!



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

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

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

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

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

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

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

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

Meeting ID [8700 953 588](#) no password but waiting room. **By phone dial 312-626-6799**



Thursday's  
7pm  
St. Peter's Episcopal Church  
7929 W. Lincoln Ave.  
Milwaukee, WI 53219  
[Map](#)

## **Spiritual Jesters** Closed Women's Meeting of AA

(Park on street, come on in through the front)



# 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)  
[Click here for Map directions.](#)

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.



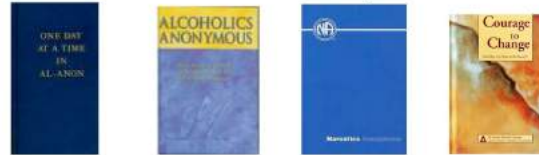
## Friday Night Couples in Recovery

### 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.

[Click here](#)  
[for Map](#)

(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

[Click here for a Map](#)



*Open to men in recovery. Beginners most welcome!*



GREATER MILWAUKEE CENTRAL OFFICE  
PRESENTS

# FALL FLING

DINNER AND OPEN SPEAKER MEETING

SATURDAY, OCTOBER 7, 2023

HOSPITALITY: 5:30 PM, DINNER: 6:15 PM

AA SPEAKER: NANCY S., 7:30 PM

MILWAUKEE ELK'S LODGE #46

5555 W. GOOD HOPE RD, MILWAUKEE, 53222

SEATING IS LIMITED: **\$35.00 PER PERSON**

Tables of 8. If you want to sit together, get your tickets together.

Proceeds to support Milwaukee Central Office.

Tickets by mail, \$35.00 each. Include a self addressed stamped envelope.

**Greater Milwaukee Central Office**

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

Call or email for more information: [gmco@aamilwaukee.com](mailto:gmco@aamilwaukee.com)

Pay by check or credit card, Visa/MasterCard/Discover, include all necessary information.

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_ / \_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ CVC# \_\_\_\_\_

Address \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Number of tickets \_\_\_\_ X \$35.00 ..... = \$ \_\_\_\_\_

Tax deductible donation to  
**Greater Milwaukee Central Office** ..... + \$ \_\_\_\_\_

Check or Credit Card Total ..... = \$ \_\_\_\_\_

**Cut-off date for tickets Monday October 2, 2023**

**Buffet menu, with all kinds of stuff on it.**

Tables of 8. If you want to sit together, get your tickets together.

