

# "BETWEEN-US"

VOL. 22 ISSUE 7

JULY 2014

## What's the Hurry? You've got the rest of your life to work this program

FOR THE FIRST few years of sobriety, I kept comparing myself with those who seemed to have a good amount of serenity peace of mind, and I wished I felt that way, too. Until one day, after about three or four years, a thought struck me: "No way am I ever going to know what it feels like to be sober ten years until I'm actually sober ten years."

The thought gave me a sense of relief. Most of the people I'd been envying and comparing myself with had ten years or more on the program. I might *guess* how it felt to be sober that long, but I would never really *know* until I'd actually put in the time. So why be in a hurry?

One night when I was all uptight, an old-timer looked at me and said, "How long do you expect to be around here? You've got *the rest of your life* to work this program." He helped me to slow down.

("Hurry" Continued on page 6)

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## Baby On Board Driven to surrender

When I was a boy, I daydreamed myself out of the real world as often as possible. If I wasn't daydreaming, I acted out as the class clown. My grades were average, but at the bottom of every report card was the same notation: "He lacks self-control."

By the time I reached high school, I had discovered music, something I was good at and enjoyed. I won awards, performed with several groups, and discovered drinking along the way. When I drank, I felt at ease with others, especially girls. Drinking let me drift off to the same foggy places I visited when I daydreamed, and it became my number one hobby and leisure activity.

A serious car accident did not deter me from my course. A gravel truck going at sixty-five miles per hour slammed into the back of my car and ripped the back off. My car spun into a cornfield with three drunken buddies and myself inside. We received slight injuries, a small fine, and had to pay for repairs to my dad's car. At a party two days later, the four of us retold the story and got drunk.

I went to college in 1970 for three reasons: a student deferment kept me out of the military draft for Vietnam, students did a lot of drinking at the

("Baby" Continued on page 7)

10:25 AM  
06/03/14  
Accrual Basis

Greater Milwaukee Central Office AA

Profit & Loss

May 2014

	May 2014
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
4000 · Literature Sales	9,375.99
4050 · Between us	164.25
4070 · Contributions	4,060.54
4080 · Gratitude boxes	60.00
4130 · Personal Contri.	130.72
4150 · Coffee, Soda, Candy	253.48
4170 · Interest Income	0.07
4600 · Merchandise Sales	22.00
4830 · Sales Discounts	10.00
52500 · Purchase Discounts	27.04
48900 · Shipping and Delivery Income	53.75
<b>Total Income</b>	<b>14,157.84</b>
<b>Cost of Goods Sold</b>	
5000 · Literature	5,266.37
50000 · Cost of Goods Sold	21.95
52900 · Purchases - Resale Items	10.02
<b>Total COGS</b>	<b>5,298.34</b>
<b>Gross Profit</b>	<b>8,859.50</b>
<b>Expense</b>	
51100 · Freight and Shipping Costs	653.38
59900 · POS Inventory Adjustments	19.70
6045 · Coffee/Soda/Candy Expense	60.00
6050 · Credit card fees	287.96
6500 · Office	3,482.78
6600 · Payroll	8,333.52
6800 · Printing	2.66
<b>Total Expense</b>	<b>12,840.00</b>
<b>Net Income</b>	<b>-3,980.50</b>
CD Prudent Reserve	84,359.71
Savings Account	39,537.33
Checking	3,848.20

### AREA 75 EVENTS CALENDAR

1. Go to Area 75 website at: [ar-75.org](http://ar-75.org). 2. Look for the Area 75 Events Calendar on the right side of the page. 3. Events listed are color coded according to the area office that listed them. 4. Click on the small down arrow at the top right hand corner of the Events listing for the color "key" to the area's events. 5. Click on the small down arrow in the middle (next to the date) to view a specific date or just use the scroll button to move up and down through the days listed.

### AA Groups Need Your Support

- **Jim's Sun Night 1st Step**, Roger's Hospital, 11101 W Lincoln Ave West Allis Sun at 6pm
- **Women's 12 x 12 Gp.** Mondays at 6:00 p. Grace Bible Church, 2643 S 117th St West Allis WI 53227
- **All Welcome Gp, Mondays & Thursday at 1:30 p.** Bethesda Community Center, 2845 W Fond du Lac Ave, Milwaukee WI 53210
- **Gp 10-17, Wednesdays at 11:00 a.m.,** St Veronica's School, 353 E Norwich, Milwaukee 53207

## Secretary Meeting, June 10, 2014

Groups represented: 7, 23 Wed, 33, 59, 88, 132 Women, 153, 200, 201, 232, A New Day, A Vision For You, All Welcome Mon, All Welcome Thursday, Another Chance Tuesday Night, Badger, Big Book Readers, Daily Reprieve Men's, Depends On You, Early Bird Roger's Memorial, Elm Grove Living Sober, Fireside, Helping Hand, Honest and Able, Mayfair Women Mon & Fri, Mayflower, Monday Nooners, New Berlin Big Book Tues, New Berlin Fri Night, Saturday Morning Big Book, Sunday Night Surrender, Thursday Night AA St Anskar, Tosa Blue Chippers, Trust Through Fellowship, Tue Night Grapevine, Tuesday Night Hales Corners Step Topic, Waukesha Wed Nooners, Well Big Book. I'm sorry if I have missed anyone that was in attendance.

Kathy S opened the meeting at 7pm

**Bank balances** on May 31, 2014

Business Checking: \$3,848.20

Savings Account: \$39,537.33

Prudent Reserve CD's: \$84,359.71

**New secretaries** introduced themselves.

**Renew Between-U's** subscriptions now. \$9 yr. for 3 copies/mo. or

\$18 yr. for 6 copies/mo. **NEW subscriptions welcome.** Subscriptions run to the END of DECEMBER. Look at the address label for a clue.

**Jamboree Sat., Sept. 20, 2014,** at Serb Hall, 5101 W Oklahoma Ave Milwaukee, tickets for sale NOW. Sit Down dinner \$25.00 Our speaker Rob S. from Nashville TN

**Volunteer's** needed to cover the hotline during hours when the Central Office is closed. 1 year sobriety, sponsor and home group required. Contact Kathy S at Central Office 414-771-9119.

**Today is Alcoholics Anonymous** 79th Birthday. Happy Birthday AA!!

**The 75th anniversary edition** of the Big Book: Available now at the Central Office \$13.00 each.

The meeting closed with the Lord's Prayer at 7:25 p.m. The next meeting is Tuesday July 8, 2014, 7 pm.

# Orientation for GSR's

Second Tuesday of each month, 6:30 p.m. prior to the secretary's meeting, at the Milwaukee Central Office. Or, call Ken G. 608-221-2891, [sherwood1@charter.net](mailto:sherwood1@charter.net), to arrange for G.S.R. orientation at your district or workshop.

## DISTRICT MEETINGS

### DISTRICT INFO ON THE WEB:

<http://www.area75.org/district.html>

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

4. MILWAUKEE CNTY (1 of 9) 2nd Thr. of month, 6:00 p., Alano Club, 1521 N. Prospect Av.

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, at large. Contact Ernesto N. at 414 645-8591. Meets every Tue. at 5:00 p., 1663 S. 6th Street, Milw.

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

12. WASHINGTON CNTY 1st Wed. of month, 6:00 p., Jansen Family Park, Schuster Dr. West Bend

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

14. MILWAUKEE CNTY (1 of 9) 4th Wed. of month, 7:00 p., Milwaukee Central Office 7429 W Greenfield Ave., P.O. Box 13011, Wauwatosa WI 53226

15. MILWAUKEE CNTY (1 of 9) Last Sunday of month, 5:30 p., Milwaukee Room 933 E. Center St. Milwaukee

16. MILWAUKEE CNTY (1 of 9) 1st Wed. of month, 7:00 p., Faith United Methodist Church, 400 S. 91st St.,

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

22. MILWAUKEE CNTY (1 of 9) 2nd Thr of month, 6:00 p., Alano Club, 1521 N. Prospect Ave.

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 9) 3rd Sat. of month, 9:00 a.m. 12 Step Club, 4102 W. Townsend

28. MILWAUKEE CNTY (1 of 9) 3rd Mon. of month, 7:00 p., Bay View United Methodist 2772 S Kinnickinnic Ave. Bay View, WI 53207

29. MILWAUKEE CNTY (1 of 9) 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

**SEND ADDITIONS AND CORRECTIONS TO:**  
7429 W. Greenfield Ave, West Allis, WI 53214,  
[dan@aamilwaukee.com](mailto:dan@aamilwaukee.com)

### AA Groups Need Your Support

- **New Hope Brookfield, Wednesdays at 8:00 p.m.** Trinity UCC, 4435 N Calhoun Rd Brookfield 53005
- **Chicks at Six, 6:00 p.m. Wednesday,** Alano Club 1521 N Prospect Ave Milwaukee, WI 53202 **CHILD CARE available.**
- **Thursday at 12:15 pm. and Wednesday 5:30 pm. Topic** at St. John's Cathedral Complex, 831 N. Van Buren St. Milwaukee 53202
- **Friday Night Candlelight, 8:00 pm.** St Anskar Episcopal, N48W31340 Hill Rd Hartland WI 53029 (Hwy's 16 & 83)
- **When All Else Fails, Saturday at 7:00 pm.** St Matthias Church, 111 E. Main St. Waukesha 53186

### Deaf, Deaf/Blind and Hard of Hearing AA Meeting List, ASL Interpreter available

- Thursdays at 8:00 p. St John Vianney Parish 1755 N. Calhoun Rd, Brookfield WI. **Open AA Meeting for everyone—Third Thursday of Month,** Wheelchair entrance available.

Meetings are weekly closed AA meetings, except where otherwise noted. All meetings Non-Smoking. **ASL Interpreter available, \$\$**

Contact John R. through Voice Relay Service 800-973-8024 / 414 -546-3246 TTY/Voice.

E-mail at: [johnres-ke9@yahoo.com](mailto:johnres-ke9@yahoo.com)

Contact George B. through Video Relay Service 866-483-1938 / 414-903-8905 TTY/VP

## A Buck In The Basket... Really? Maybe it's time for a raise!



**"Every AA group ought to be fully self-supporting, declining outside contributions."**

**Tradition Seven, Twelve Steps and Twelve Traditions,**  
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# CORRECTIONAL INSTITUTIONS

**TAYCHEEDAH CORRECTIONAL,**  
Meetings are held every other Tuesday,  
5:30 -7:30 p.m., Deb L-H. (920)238-7414

**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 COR-  
RECTION,** 8885 S. 68th St. Franklin WI.

**AA Women's** Saturday 10:00 a.m. Kristin  
L. 414-731-8572 or **AA Men's** on Sunday at  
7:00 p.m. Dennis D. 414-372-8324

**MILWAUKEE COUNTY JAIL** 9th & State  
Milwaukee WI. Clearance needed at both  
facilities. **AA Women's** Sat. at 5:00 p.m.  
Felisa C. (414) 672-6724. **AA Men's** Thr. at  
7:00 p.m. John A. at (414) 915-9512

**MILWAUKEE SECURE DETENTION CEN-  
TER,** 1015 N. 10th St. Milw. Sunday  
Nights from 6:30 p. to 7:30 p., Men & Wom-  
en, Call Dave C. 414-xxx-xxxx for infor-  
mation

**Milw Women's Correctional Ctr.** 615 W  
Keefe Ave. Milw. Contact: Karelyn P 414-  
975-6701. Meetings on Monday & Friday.

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

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

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

**MILWAUKEE COUNTY CORRECTIONS COMMITTEE:** Meets at 6:30 p. on the 3rd  
Wednesday of every other odd month at Faith United Methodist Church, 400 S. 91st St (91st &  
Adler). All Milwaukee County Corrections donations should be sent to: **MCCC, PO Box  
270544, Milwaukee WI 53227-0544.** Call coordinator: Kris WL at 414-731-8572, with questions.  
Treasurer Bill E. at 414-433-3507. 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, So. WI,  
Calendar of Events 2014**  
Madison Senior Center  
(MSC), 330 W. Mifflin St.,  
Madison, WI, except where  
otherwise noted.

- July 25-27, East Central  
Regional Conference in  
Perrysburg, OH
- October 19, Fall Service  
Assembly

- Milwaukee Central Office:** 7429  
W Greenfield Ave, West Allis, WI  
53214 [dan@aamilwaukee.com](mailto:dan@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 Sta-  
tion, New York, N.Y. 10163
- Area 75 Corrections, Bridging  
the Gap and Treatment write  
to:** PMB # 170, 5464 N Port  
Washington Rd., Glendale WI  
53217

(“Hurry” Continued from page 1)

Growth takes time. I was like a plant  
wanting to grow a foot a day. And I  
couldn't, and I felt frustrated. Now, I  
realize that a plant has an almost fixed  
rate of growth. The right quantity of  
water and sun will help it, but it won't  
grow faster than it's supposed to grow.  
Today, I feel like that plant; growth  
and change take time, and I can't hurry  
the process.

Now, after ten years, I know what it  
feels like to have put in ten years of  
sober living--it feels so fine, I want to  
sing with joy at times. Some days, I  
hurt or get depressed, and that's okay.  
I don't have to live life perfectly--only,  
as the Big Book says, strive to "grow  
along spiritual lines."

The difference in my life today seems  
to be more concern with today--I'm  
beginning to realize some of what "a  
day at a time" means.

Rome wasn't built in a day; my life  
can't be rebuilt in a day. It's taken days  
and days of meetings and daily read-  
ings and working with other alcoholics  
to maintain the good feeling I can ex-  
perience most of the time today. I'm  
more aware that whenever I want to  
make a change in my life, I'll likely  
have to chip away at the problem a  
day at a time. Five minutes a day per-  
haps, until I make some headway.

For the first five years of sobriety, I  
went to meetings every day, and one  
day, my life did change. After a Fifth  
Step, my spiritual self did waken. I'd  
been looking hard for the magic an-  
swer but learned that the *process* is the  
answer--the process or working the  
program long enough and hard  
enough. As in another AA expression:

Bring the body and the mind will fol-  
low.

Today, I realize my life isn't going to  
change substantially from day to day--  
I mean the inner life, which is the im-  
portant one. It's a matter of daily doing  
the things that have gotten me this far.

Discipline? A word I never liked to  
hear. And I must admit that a lot of  
sticking with a job is boring. I wanted  
constant excitement. I wanted to feel  
good all the time. I don't feel good all  
of the time now, nor do I expect to. I  
can't sit back and relax and coast the  
rest of the way. But the daily working  
of the program is more familiar today--  
a comforting process rather than a  
chore, as it was in early sobriety.

I'm grateful for that. Sometimes, it  
seems God just looked down at me  
when I was struggling and said, "You  
poor dummy. I can't stand watching  
you slam your head against the wall  
anymore. Here." And the wall fell  
down.

Ten years, and what can I say? Most-  
ly, just things I heard from others. I  
feel grateful for the chance I've found  
in life to discover me. I thank God,  
and I feel like thanking the AA Fel-  
lowship for this gift of life. So thanks.  
And love.

Anonymous  
Milwaukee, Wisconsin

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September 1979, Vol 36, No. 4

*("Baby" Continued from page 1)*

local college, and a lot of nice-looking women attended the school. The student union building's rathskeller became my classroom, other nearby taverns were places to do homework, and I supported myself by playing in local nightclub bands. When school interfered with my life, I quit and became a full time professional musician.

I played my instrument, drank, slept late, chased women, and traveled. I thought this was my calling in life, although every band fired me after a few months on the road. Each told me the same thing: I was a good musician, but they could not count on me to finish an entire gig. I always passed out somewhere before the job ended.

When I was twenty-six, I tried to find conventional employment. For two years, I tried almost every kind of job imaginable and lost every single one because of my drinking. So many withholding statements were attached to my tax return; I could hardly fit them into the envelope.

While drinking in a local bar one evening, I met a beautiful girl. We hit it off and got married a year later. Soon after, she stopped drinking because, she said, she did not want to end up like me.

She became pregnant, and we moved into our first home the following year. I was barely holding onto my factory assembly job. I didn't go to work, or I went with a hangover, or I drank before I started work. My wife taught school, paid the bills, and did most of the chores at home. She stopped accepting invitations we received for social functions because I got drunk before we left or soon after we arrived.

My wife gave birth to a boy. When he

was three months old, I took him around town to show him off. I placed him in a car seat and went barhopping. The bartenders and some others we met that day all wore looks of concern.

When we left the last bar, I started the car and looked over at the passenger seat. My son was not there. I turned off the car and got out. There he was--on top of the car in his car seat. I had put him there to unlock the car and forgotten to bring him inside. Oh well, I thought, at least I didn't drive away. Today, what I did sends chills up and down my spine. I believe someone more powerful than I watched over my son that day because I was drunk.

My wife joined Al-Anon. She asked me to check into a treatment center or attend Alcoholics Anonymous. I told her that treatment was for really bad drunks--bums and street people--not people like me. AA meetings were nothing but a bunch of old drunken guys who smoked, drank coffee, and told drinking stories in dark basements somewhere. I didn't drink coffee or smoke cigarettes, and, at twenty-nine, I was too young. Besides, I said, I could control my drinking any time I wanted; I just wasn't ready yet.

One night, my wife came home from an Al-Anon meeting and confronted me. I had just celebrated my thirtieth birthday with a three-day bender. Seek treatment or go to Alcoholics Anonymous, she said. If I didn't do one or the other, she was going to leave me and take our son. I knew she meant business.

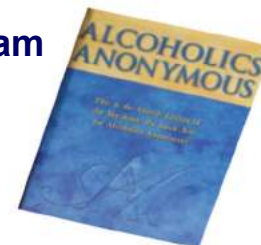
I agreed to talk with a male nurse at a local treatment hospital. As I walked into his office, something happened. Today, I believe it was a spiritual ex-

*(Continued on page 9)*

## Written for Us Newcomer's Meeting An Insight to 'How it Works' An Orientation for Newcomers!

when:  
Saturday's from **9:45 to 10:15am**

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



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

## 2014 Area 75 Archives Room

**HOURS:** Sunday's 12:00 to 3:30

**CLOSED:** All of January, July, August, December  
March 16 / April 6 & 20 May 11, 18 & 25 / Jun 15 & 22 / Oct 19

Call Nancy S. for an appointment to view the Archives the months we are closed (414) 339-3934 [anancy@att.net](mailto:anancy@att.net)

Located in the Lower Level of Holy Assumption School 7109 West Orchard St, West Allis, Wisconsin 53214 (1 block South of Greenfield)



### Meeting Space Available

- Aurora Psychiatric Hospital, "Lighthouse on Dewey" 1220 Dewey Ave., Wauwatosa 53213, has this beautiful newly renovated meeting space available, for regular meetings and special group functions, open meetings, workshops, even small group dinners. Contact: Mark P. 414-803-3464 for more information.
- Mount Olive Missionary Baptist Church, 5277 N. 36th St., Milwaukee, WI 53209, Contact Rev. John Patterson, Phone: 414-461-7755, Email: [mt.olivembc@wi.rr.com](mailto:mt.olivembc@wi.rr.com)
- Galano Club-LGBT Friendly at 315 W Court St., Milwaukee, 5 blocks north of Bradley Center, plenty of free parking has meeting space available for recovery groups, inexpensive room rent (\$12 -\$15 week). Contact Deb at the club at 414-276-6936.

# Meeting Rooms

("Baby" Continued from page 7)

perience. I had already decided that I would listen to him, thank him for his time and concern, and then go home. Instead, when I walked into his office, a warm feeling came over my entire body, as if I had walked into a sauna.

He extended his hand. I shook it, sat down in the closest chair, and started crying. I hadn't cried in a long, long time. He asked me if I wanted to sign into the treatment center. I said yes.

I attended AA meetings five times a week--three meetings inside the hospital and two outside. In order to be released, I had to complete the first five Steps, obtain a sponsor, find a home group, and complete a back-to-work interview with my employer.

My first outside meeting accomplished two important things for me. First, it smashed all of my misconceptions about AA meetings, and second, it ruined my drinking.

When we arrived at the church school basement, I thought we had gone to the wrong place. Two happy, smiling people greeted us, shook our hands and said, "Welcome to our group. It's good to see you." The room was well lit and full of men and women of all ages who were smiling and laughing. Several people came over, offered us cups of coffee, and told us their names. They were genuinely happy, and I definitely wanted what they had.

After I was released, this became my home group. My first sponsor belonged to that group. Although I didn't drink coffee or smoke, I learned

how to make coffee and clean ashtrays.

When I had questions about the first three Steps and tried complicating them, my sponsor simplified them for me. He said the first three Steps were: (1) Get Ready, (2) Get Set, and (3) Go.

I became the driver of the patients from my old treatment center, for eight years, and that has been one of my biggest rewards in sobriety. Today, I have a better position at the same company that should have fired me, I am with the same wife who should have left me, I have a son who cannot remember when I drank, and I have a daughter who has never seen me take a drink. I see now that the program of Alcoholics Anonymous did not just help me stop drinking. It also gave me a design for changing my life after I stopped.

Kurt V.  
Milwaukee, Wisconsin

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February 2007, Vol. 63, No. 9

**NEW DAY CLUB**  
11936 N. Port Washington  
Mequon, (262) 241-4673  
<http://www.newdayclub.org>

**A.A. MEETING SCHEDULE**

Sun. 8:00 a. Topic  
11:00 a. Topic  
5:00 p. Young People  
7:30 p. Topic

Mon. 12:30 p. Tenth Step Gp  
5:30 p. More about Alcoholism  
7:00 p. Men's Gp  
8:15 p. Men's Gp

Tue. 10:00 a. Topic  
5:30 p. Big Book  
7:00 p. Beginners Gp  
8:00 p. Big Book Gp

Wed. 10:00 a. Topic  
2:00 p. Promises Meeting  
5:30 p. Step Meeting  
7:00 p. Women's Lifeline

Thr. 10:00 a. Topic Meeting  
1:00 p. Women's Gp  
5:30 p. Topic Mtng.

Fri. 10:00 a. Topic Meeting  
5:30 p. Step/Tradition  
8:00 p.

Sat. 10:00 a. Step Meeting  
5:00 p. Fellowship of Spirit  
7:00 p. Feelings  
10:00 p. Young People  
8:00 p. Open Meeting (held on 3rd Saturday of month only)

**AL-ANON MEETINGS**  
Monday 6:30 p. Al-Anon  
Tuesday 1:00 p. Al-Anon/ACOA  
Thursday 7:00 p. Al-Anon  
Contact club for info on other fellowships.

**PASS IT ON CLUB**  
6229 W. Forest Home Ave  
Milwaukee WI (414) 541-6923  
[passitonclub.com](http://passitonclub.com)

**A.A. MEETING SCHEDULE**

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

Mon. 10:30 a. First Step  
4:00 p. Happy Hour Step Gp.  
7:00 p. Mon. Freedom  
7:00 p. Open Introductory AA  
7:30 a. Comin' Back Gp  
10:30 a. Keep It Simple  
4:00 p. Drop the Rock  
6:00 p. Women's Step  
7:30 p. Three Legacies  
7:30 p. Double Trouble DD/O  
7:30 a. Big Book Study  
10:30 a. Pass It On  
4:00 p. Happy Hr Promises  
7:00 p. We, Us & Ours  
7:30 a. Welcome Back Gp  
10:30 a. Made Decision  
5:15 p. As Bill Sees It  
7:00 p. Gateway Topic Gp  
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  
8:00 p. Spanish Speaking  
8:30 a. Early Bird  
10:30 a. Happy Joyous Free  
3:00 p. Twelve Promises  
8:00 p. Back to Basics 12x12

**AL-ANON MEETINGS**

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

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

**A.A. MEETING SCHEDULE**

Sun. 8:00 a.  
11:00 a.  
6:00 p. Big Book  
8:00 p.

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

Tue. 1:00 p.  
4:00 p.  
8:00 p. Back To Basics

Wed. 8:00 a.  
10:00 a.  
6:00 p.  
8:00 p.

Thr. 10:00 a.  
4:00 p.  
6:00 p. Women's Group  
8:00 p.

Fri. 12:30 p.  
4:00 p.  
6:00 p. Non-smoking  
7:00 p.  
8:00 p.

Sat. 8:30 a.  
10:00 a. Big Book

**AL-ANON MEETINGS**

Mon. 8:00 p. Al-Anon  
Tue. 9:00 a. Al-Anon  
Wed. 7:00 p. Al-Anon

**OPEN SPEAKER MEETING**

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

**WAUKESHA ALANO CLUB**  
318 W. Broadway  
Waukesha, WI  
(262) 549-6541

**A.A. MEETING SCHEDULE**

Sun. 9:30 a. Sun Morn Sunlite  
11:00 a. Sun Go-To-Mtng  
(Open speaker 2nd Sunday & Breakfast)  
7:00 p. (Open Step Gp)

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

Tue. 12:00 Noon

Wed. 12:00 Noon  
5:30 p. Topic Gp

Thr. 12:00 Noon  
8:00 p.

Fri. 12:00 Noon T.G.I.F. Gp

Sat. 10:00 a. Gp 124  
7:00 p. Closed Meeting

**OPEN MEETINGS, DANCES & EVENTS**  
Call for information.

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

**AA MEETING SCHEDULE**

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

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

Tue. 10:00 a. Tuesday A.M.  
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. 3rd Wed. of month  
\*\* Open Mtng. 3rd Sunday of month (a.m.)

**SERENITY CLUB**  
3677 E. P  
Cudahy, WI  
(414) 8308  
[serenityclub.com](http://serenityclub.com)

**AA Meetings**

Sun. 10:00 a. We... Gp.  
p. Gr...

Mon. 10:00 a. ...  
8:00 p. ...

Tue. ...  
p. ...

Wed. ...  
8:00 p. 1 Day ...

Thr. ...  
8:00 p. ...

Fri. ...  
10:00 a. Gp. 4)

Sat. 10:00 a. Reliance Gp.  
7:00 p. Big Book Gp.

**AL-ANON MEETINGS**

Monday 5:30 p.  
Friday 6:30 p.

**Club for Open Meeting & Dark**



# Meeting Rooms

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

**Sunday AA**  
10:00 a. Primitive Group  
12:00 Noon Open Speakers  
6:30 p. Delavan Discussion

**Monday AA**  
7:30 a. Delavan Sunny Side Up  
12:00 Noon Delavan Step Meeting  
6:30 p. Former Miss Americas (Women's Step Group)  
6:30 p. Delavan Men's Meeting

**Tuesday AA**  
7:30 a. Delavan Sunrise Tue  
12:00 Noon Delavan Noon Gp.  
6:30 p. Delavan 12 Step Topic

**Wednesday AA**  
7:30 a. Delavan Sunrise Wed.  
12:00 Noon As Bill Sees It Gp.  
6:30 p. Delavan IT Meeting

**Thursday AA**  
7:30 a. Delavan Sunrise Thr.  
12:00 Noon Delavan Noon Gp.  
5:30 p. Step Sisters Women  
6:30 p. Delavan Big Book Gp.

**Friday AA**  
7:30 a. Delavan Sunrise Fri.  
12:00 Noon Big Book Study  
6:30 p. Delavan Discussion

**Saturday AA**  
12:00 Noon Delavan Noon Gp.  
6:30 p. Delavan Beginners Gp.

**ALANO CLUB** 1521 N. Prospect Ave.  
Milwaukee, WI, (414) 278-9102  
<http://www.alanofoundation.com>

**A.A. MEETING SCHEDULE**

Sun. 10:00 a. Gp 17 Step  
4:30 p. Step Gp  
7:30 p. Gp 19 Step

Mon. 10:00 p. Topic Gp  
7:00 a. Early Morning  
10:30 a. Gp 72 Topic  
12:15 p. Big Book Meeting  
6:30 p. Gp 40 Big Book  
8:00 p. Gp 20 Topic  
10:30 p. Living Sober Step/Topic

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 (3rd fl)  
8:00 p. Gp 57 Topic  
10:30 p. 4th Dimension Step/Topic

Wed. 7:00 a. Men's Step  
10:30 a. Gp 9, Step  
12:10 p. Oasis Topic Gp  
6:00 p. Gp 9 Women's  
8:00 p. Gp 3, Step/Topic  
10:30 p. Step/Topic Gp

Thr. 7:00 a. Big Book Meeting  
10:30 a. Gp 97, Step  
12:15 p. Here & Now Gp  
7:00 p. LGBT Big Book  
7:30 p. Gp 26 \*12x12  
10:30 p. Peanut Gallery Step Mtng

Fri. 7:00 a. Daily Reflections  
10:30 a. Gp 21, Step  
12:15 p. Gp 65  
6:30 p. Here & Now  
8:30 p. Gp30 Tub Topic  
11:30 p. Step/Topic

Sat. 11:00 a. Second Shifters  
12:15 a. Gp 87 Step  
3:00 p. Spiritual Growth  
7:30 p. Open Speaker  
9:00 p. Here and Now  
11:30 p. Tub-Topic

**AL-ANON MEETING Sunday** 10:00 a.  
Club is smoke free. Many meetings  
break outdoors for smoking.

**H.O.W. TO CLUB**  
8930 W. National Ave,  
West Allis, (414) 543-2448  
<http://howtoclub.info/>

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

**AA MEETING SCHEDULE**

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

Mon. 11:00 a. Winner's Circle  
5:45 p. Gp 132, Women's Gp  
7:00 p. Big Book Gp.  
8:00 p. New Hope Gp.  
11:15 p. Nighthawk Gp.

Tue. 11:00 a. Willingness Group  
6:00 p. Tuesday Non-Smok  
8:00 p. 12 & 12 AA Meeting

Wed. 10:00 a. Foundations Meeting  
6:00 p. AA Beginners Gp.  
7:00 p. Women's Freedom  
8:00 p. Promises Group  
11:15 p. After Hours Gp.

Thr. 10:00 a. But For Grace Of God  
6:00 p. 6 PM Here and Now  
8:00 p. How To Get It Going

Fri. 11:00 a. Priority Group  
6:00 p. Big Book Group  
8:00 p. R.U.S. For Us  
11:15 p. Candlelight Promises

Sat. 9:15 a. Men's Topic  
11:00 a. Pioneers Group  
3:00 p. HOW IT WORKS GP  
6:00 p. 1st & 12 Topic  
8:00 p. HOW To Saturday\*  
\* (Open meeting on 3rd Saturday)  
10:30 p. Candlelight Gratitude

# Meeting Rooms

## 12 STEP CLUB

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

## A.A. MEETING SCHEDULE

Tues. 6:45 p, Gp. 79

Wed. 11:00 a. Gp. 27

Fri. 11:00 a. Gp. 61 (12x12)

Sat. 10:00 a. Beginners Gp.  
7:00 p. Gp 6

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

## FRIENDSHIP CLUB

2245 W. Fond du Lac  
Milwaukee, WI  
414. 931.7033

## MEETING SCHEDULE

### Sunday:

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

### Monday:

10:30 a. Step Gp

### Tuesday:

7:00 p. Gp 43 Big  
Book

### Saturday:

10:00 a. Gp 112 Step  
**Call for information on other types of meetings.**

**Greater Milwaukee Central Office**  
7429 W Greenfield Ave.  
West Allis WI 53214,  
414-771-9119

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

## A.A. MEETINGS

Mon. 12:15 p. & 4:00 p.

Tue. 12:15 p. & 4:00 p

Wed. 12:15 p. &

4:00 p

Thur. 12:15 p. &

4:00 p

Fri. 12:15 p. & 4:00 p

Sat. 9:45 a. Newcomer

Also 10:30 a. & 3:00 p.

# Directory Changes

**Milwaukee Group**  
933 E Center St,  
(River West)  
Milwaukee WI 53212

**A.A. MEETINGS**  
Sun. 10:00 a Open (Disc.)  
8:30 p. Big Book

Mon. 5:30 p. Big Book  
7:00 p. Open (1st Step)  
8:30 p. Topic

Tue. 7:00 p. Open (Topic)  
8:30 p. Open (Big Book)

Wed. 7:00 p. Open (Big Book)  
8:30 p. Topic

Thur. 6:30 p. Open (Topic)  
8:30 p. Step

Fri. 7:00 p. Beginner's  
8:30 p. Open (Big Book)  
11:30 p. Topic

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

## NEW MEETINGS

**Monday Night 7:pm,**  
Chabad-Lubavitch,  
3109 N Lake Dr (corner  
of Lake Dr and Ken-  
wood Blvd)

**Tuesdays at 12:15 pm,**  
Cathedral Center, 831  
N Van Buren St, Milw.

**Tuesday 8:30 a. Women,**  
St. Luke's Church,  
Greendale 53129

**Thur 7:00 p.m. Stoney**  
Hills Presbyterian,  
N112 W17655 Mequon  
Rd, Germantown,

**Thursday 9:15 a.m. All**  
Saints, 818 E Juneau  
Ave, Milwaukee.

**Friday 7: pm. Ash-**  
tanga Circle Yoga Cen-  
ter, 3805 N Oakland  
Ave, Shorewood

**Saturday 8: a.m. Res-**  
urrection Lutheran,  
12400 W Cold Spring  
Rd, New Berlin WI

**Saturday 6 p. Christ**  
the King Lutheran, 4600  
Pilgrim Pkwy,  
Brookfield 53005

## DISBANDED GROUPS

**24 HOUR CLUB**  
153 Green Bay Rd.  
Thiensville, WI  
(262) 242-9999

## A.A. MEETING SCHEDULE

Sun. 8:00 a. Topic  
10:00 a. Step/Topic  
5:00 p. Step

Mon. 6:30 a. Topic  
10:00 a. Topic  
12:00 p. Women's  
8:00 p. Men's

Tue. 6:30 a. Topic  
10:00 a. Step/Topic  
5:30 p. Big Book

Wed. 6:30 a. Topic  
10:00 a. Big Book  
5:15 p. Women's

Thr. 6:30 a. Topic  
10:00 a. Topic  
5:30 p. Step/Topic/Trad  
8:00 p. Men's 12 & 12

Fri. 6:30 a. Topic  
10:00 a. Step/12 & 12  
5:30 p. Principles  
8:00 p. Step

Sat. 6:30 a. Topic  
8:30 a. Living Sober  
10:00 a. Big Book

**8:00 p. Open Speaker Mtng.**  
**(1<sup>st</sup> Saturday Only)**

**GALANO CLUB**  
- LGBT Friendly -

315 W. Court St. Suite 201  
Milwaukee, WI 53212-3825

(414) 276-6936

<http://www.galanoclub.org/>

[mail@galanoclub.org](mailto:mail@galanoclub.org)

## MEETING SCHEDULE

Sun. 10:30 a. Step Topic  
6:00 p. Big Book Study

Mon. 7:30 p. Came To Believe

Tue. 5:30 p. 40+ Topic

Wed. 7:00 p. 12 x 12

Fri. 7:00 p. Step/Topic

Sat. 7:30 p. Topic

## AL-ANON MEETINGS

Sun. 10:30 a.m. (Co-ed.)

**Meeting Space Available**  
**See website for Club Events.**

[www.galanoclub.org](http://www.galanoclub.org)

**NORTHWEST ALANO CLUB\***

N88 W17658 Christman Rd  
Menomonee Falls WI  
53051 (No Phone)

## A.A. MEETING SCHEDULE

Sun. 7:30 p.

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

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

Wed. 8:00 p. Step/Topic

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

Fri. 8:00 p. Step/Topic

Sat. 10:00 a. Step  
7:00 p. Simply Sober Gp

## AL-ANON MEETINGS

Wed. 8:00 p. Al-Anon

Fri. 8:00 p. Al-Anon

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

All Peoples Church 2600 N 2nd St. Milw. Met on Thur. 11:30 a.m.

Tuesday 11th Step, met at Elizabeth Ann Sefon 12700 W Howard Ave, New Berlin on Tue at 6:45.

DryHootch, met on Sat at 6pm. 1030 E Brady St. Milwaukee

### OTHER CHANGES

**Gp 82 Elm Grove**, Sundays at 8pm, formerly at St Edmund's 14625 Watertown Plank **NOW** meets at Elm Grove Ev Lutheran Church, 945 Terrace Dr. Elm Grove

**Gp 10 Sunday** at 9 am, formerly at 72<sup>nd</sup> and Orchard, **NOW** meets at Lamplight Inn, 7400 W Greenfield Ave. West Allis WI 53214.

**Jewish Recovery**, formerly at 1300 N Jackson St, **now meets** at Shul-East, 3030 E Kenwood Blvd, Milwaukee Tuesdays at 6:30 p.m.

**ARO Tue Night** previously at Aro Counseling, **NOW** meets at St Mark's Lutheran, 424 Hyde Park Ave. Waukesha Tue at 8:00 PM

**Gratitude Gp.** Tuesday at 8 p.m. formerly at Serenity Club **now meets** at St Luke's Episcopal 3200 S Herman St in Bay View.

**Fireside**, formerly at Brookfield Presbyterian, 1485 N Brookfield Rd, **now meets** at Brookfield Lutheran, 18580 W Burleigh Rd on Wednesdays at 8pm.

**Gp 23 Wednesday** at 8pm, formerly at 72<sup>nd</sup> and Orchard, **NOW** meets at 1<sup>st</sup> Lutheran Church, 7400 W Lapham St. West Allis WI 53214 still at 8 p. on Wednesday.

**Gp 67 Elm Grove**, meets on Thursday at 8 p. moved to Community United Methodist, 14700 Watertown Plk Rd Elm Grove.

**Gp 10 Friday** at 7:30 pm, formerly at 72<sup>nd</sup> and Orchard, **NOW** meets at Lamplight Inn, 7400 W Greenfield Ave. West Allis WI 53214.

### OPEN SPEAKER

**Weekly & monthly open speaker meetings listed in January 2014 When & Where**

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

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

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

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

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

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

**1st Friday only 8:00 p.** St. Lukes Church, 300 Carroll St., Waukesha

**1st Saturday 7:00 p.** Dist. 15 Open Meeting at Milwaukee Group 933 E Center St. Milwaukee 53212

**1st Saturday 8:00 p.** 24 Hour Club Open Meeting, 153 Green Bay Rd, Thiensville,

**2nd 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

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

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

**3rd Saturday 8:00 p.** HOW To Club 8930 W. National Ave, W.Allis

**3rd Saturday 8:00 p.** New Day Club 11936 N. Port Washington Rd, Mequon, WI

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

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

Contact the Central Office via email: [dan@aamilwaukee.com](mailto:dan@aamilwaukee.com), before the 12th of the month prior to your meeting so that it can be listed here under the special Open Meetings.

Looking for a **NO Nonsense STEP Meeting**, Look no further.

Come check out our **TUESDAY NIGHT STEP MEETING**

at **St Jude Day Care Center** in Wauwatosa

**Tuesday Nights at 7:00 pm**  
**822 Glenview Ave**  
**Wauwatosa, WI 53213**

Enter in **BACK** of Daycare Building.  
Meeting is **Upstairs**.

(“Perfection” Continued from page 15)

Always remember, as a friend of mine once put it: "Nobody can do as good a job of feeling sorry for you as you."

R. P.  
Milwaukee, Wisconsin

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May 1976, Vol 32, No. 12

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

- GRUPO 5 CONCEPTOS, Pass It On Club, 6229 W. Forest Home Av, Milw, on Friday at 8:00 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

**2014 Weekend Retreats**  
**Jesuit Retreat House,**  
**4800 Fahrwald Rd. Oshkosh,**  
**WI 54901, call 800-962-7330**  
[jesuitretreathouse.org](http://jesuitretreathouse.org)

Men and Women members of  
AA, Al-Anon

Total cost: 4 days \$325.00. Send a \$50.00 deposit with requests for specific dates to retreat house or call for information.

**MEN:** Dec. 4-7,

**WOMEN:** Aug. 21-24, Nov. 13-16,  
Nov. 20-23,

**Redemptorist Retreat Center, 1800**  
North Timber Trail Lane, Oconomowoc,  
WI 53066, (262) 567-6900 Email:  
[rrc@redemptoristretreat.org](mailto:rrc@redemptoristretreat.org) Please  
call 262-567-6900 for reservations.  
**Nov 21-23**, Retreat for AA and Al-  
Anon Members. \$200. per person. (2  
nights, 6 meals)

### MILWAUKEE CENTRAL OFFICE

- **E-mail Director Dan F.** at: [dan@aamilwaukee.com](mailto:dan@aamilwaukee.com)
- **Hours: M-F 9 a.m. to 6 p.m. Saturday 9 a.m. to 5 p.m.**
- **G.S.R. Orientation, 2<sup>nd</sup>**  
Tuesday 6:30 p.
- **Secretary Meeting, 2<sup>nd</sup>**  
Tuesday 7:00 p.
- **Board of Directors Meeting, Wednesday**  
following Secretaries Meeting, (odd numbered months) 6:30 p.
- **A. A. Meetings, Mon - Fri**  
at 12:15 p. and 4:00 p.
- **A. A. Meetings Saturday**  
9:45 a., 10:30 a. and 3:00 p.
- [www.aamilwaukee.com](http://www.aamilwaukee.com)

## The perfection trip ...and then there is

SO YOU WANT to feel sorry for yourself. Okay. Here are a few tips for getting into self-pity quickly and efficiently. They are all based on the experience of an expert in the field--myself.

### The fantasy trip

Sit yourself down and start playing with the key words: "I wish," "if only," and "maybe." Forget about where you are in reality, and start building a stock of impossible dreams. I wish it were summer. I wish I could afford to buy a new car. I wish I could go to Florida. Wish for anything you don't have.

In moments, you'll be into: If only I had been born rich. If only my parents had loved me more, I would have had a better chance. Things were against me from the start. I never had a break in life.

This is a sure-fire pity trip. And you can stay in it with "maybe." Maybe something will happen to get me out of this. Don't take any action; just sit and ponder. Maybe if I won the sweepstakes, I'd feel good. Maybe I'd better stay home tonight and skip the meeting.

### The greed trip

Works much the same as the fantasy trip, but here you take off with the key words "I want." You've got a job; you want a better job. Whatever you have, you can want more of it. I want more money. I want more friends. I want more time to myself. I want to be alone.

Try that. Go in a corner and sulk, and think of twenty-five things you want but don't have. And remember, whatever you do have--it could be better.

### The loneliness trip

A favorite for everyone. The key is to start thinking that no one really understands you. If you're married, you have a spouse who doesn't understand; if you're not married, you wouldn't feel so lonely if you had some sex. So you do, and feel just as lonely.

Keep your feelings inside. Look around for people who seem happy (ignore those who are hurting), and soon it'll appear that everyone else in the world is happy while you're getting dumped on. God forgot all about you.

### The past-and-future trip

Start rummaging around in the past among the guilts (maybe you saved a few from the Fifth Step for just this purpose?), and you'll get upset soon enough. There must be some failures back there you can replay and not fully accept.

Or start projecting such grand projects that you can't help but fail at them. Then imagine how many future failures you'll have. Feel sorry about them.

### The perfection trip

Will work every time when you can't get going on the other self-pity trips. If you just got your latest book on the best-seller list, it isn't number one. Whatever you do, just remember it could have been done better. Strive for total perfection, and beat yourself over the head every time you miss.

You probably aren't even doing a perfect job of feeling sorry for yourself. Feel sorry about that.

Any one of these is a good way to get into the pity bag. And if you want to add some real depth to the feelings, you can tell yourself: I shouldn't be feeling like this. You are the one exception in the human race; other people *never* feel sorry for themselves.

(*"Perfection" Continued on page 14*)

<u>34th</u>	<h1>Green Lake Round-Up</h1>	<u>34th</u>			
<p><b>August 15, 16 &amp; 17th – 2014</b>                  Green Lake Conference Center – <a href="http://www.glcc.org">www.glcc.org</a>                  W2511 State Road 23                  Green Lake, WI 54941</p>					
<p><u>Open A.A. Meetings</u>                  Friday 8:00 PM Nancy M. of Minneapolis, MN</p> <p>Saturday 8:00 PM Lyle P. of Atlanta, GA                  Sunday 10:00 AM Dave S. of Rockford, IL</p> <p><u>Open Al-Anon Meeting</u>                  Saturday 6:30 PM Laurie B. of Menomonee Falls, WI</p>	<p><u>Closed A.A. Meetings</u>                  ALKATHONS                  (Pillsbury Robley Room: Fri 10pm – Sat 9am, Sat 10pm – Sun 9am)                  10:00 AM Saturday, the famous "Meeting In The Field"                  (in the field, between tennis courts and ark play area)</p> <p><u>Closed Al-Anon Meeting</u>                  Saturday 10:00 AM at the Tea House</p>				
<p><b>Bring the whole family! There's something for everyone!</b>                  (Camping, Biking, Swimming, Boating, Hiking, Golf, Volleyball, Fishing, Fellowship...)</p>					
<p><b>Saturday Special Activities</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">                     5K Fun Run/Walk                      Saturday 7:45 AM Register                      Pillsbury Hall.                      Race Starts 8:00 AM                 </td> <td style="width: 33%; text-align: center;">                     Volleyball Games                      Saturday – All Day                      At the Sand Courts.                      Show up and ask to play!                 </td> <td style="width: 33%; text-align: center;">                     Campfire                      Friday/Saturday                      After Open Meeting                      By the volleyball court                 </td> </tr> </table>			5K Fun Run/Walk Saturday 7:45 AM Register Pillsbury Hall. Race Starts 8:00 AM	Volleyball Games Saturday – All Day At the Sand Courts. Show up and ask to play!	Campfire Friday/Saturday After Open Meeting By the volleyball court
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<p>- Event Registration: <b>\$10.00</b> per person -                  All proceeds (less conference expenses) are split according to the 7<sup>th</sup> tradition to carry our A.A. message.                  Accommodations are separate from the event registration.</p>					
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"> <b>"On-site" Registration:</b> </td> <td style="width: 33%;">                     Friday 3PM to 5PM                      Friday &amp; Saturday 6PM to 8PM                 </td> <td style="width: 33%;">                     Country Store                      Pillsbury Hall                 </td> </tr> </table>			<b>"On-site" Registration:</b>	Friday 3PM to 5PM Friday & Saturday 6PM to 8PM	Country Store Pillsbury Hall
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<p><b>Pre-Registration:</b></p> <p>Make checks payable to "Green Lake Round Up"                  Mail payment and registration form to:                  Green Lake Round Up                  P.O. Box 684                  Menomonee Falls, WI 53051</p>	<p><b>Event Contacts:</b></p> <p>Tami R. (414) 202-7087                  Rich V. (262) 408-8576</p> <p>Monday Night Action Group                  Good Shepard Church, Menomonee Falls, WI                  Meets Mondays at 8pm,                  Beginners' meeting at 7pm</p>				
<p><small>* Note: We will <u>not</u> be sending confirmations prior to the Round-Up. Pre-Registrations can be picked up at the on-site registration locations.</small></p>					
<p><b>Pre-Registration helps up-front expenditures we incur. Mail it in <u>NOW!</u></b>                  -----Detach along line and mail in bottom portion-----</p>					
<p><b>Green Lake Round-Up 2014 Registration Form</b></p>		<p><b>One Person per Form Please!</b></p>			
Name: _____ Phone: _____  Address: _____ Total Enclosed \$ _____ (Registration is \$10.00 per person)  City, State Zip _____		Print Name with City, State as you'd like it to appear on your Registration Name Tag!  Name: _____  City, State: _____			
Willing to be of service? <input type="checkbox"/> Alkathons <input type="checkbox"/> Set-up <input type="checkbox"/> Clean-up <input type="checkbox"/> Misc. Contact #: _____ <input type="checkbox"/> Greeting <input type="checkbox"/> Registration					





**Butler Sunday Night**  
is celebrating  
their **50<sup>th</sup> Birthday!**

**Sunday, July 20**  
St Agnes Church  
12801 W. Fairmount  
St., Butler, WI

Opening Meeting Time: 8:00pm  
**Speaker: Jerry Z.**

Come Help Us Blow Out the Candles  
Enjoy Fun, Food and AA Fellowship

### Ready for a different kind of meeting?

Join the open discussion format meeting at the Charlie Stone Group.  
Cross Talk is encouraged, and we invite discussions on any topic related to alcoholism.

Mondays - 8:00 PM  
(one hour in length)  
First Congregational Church  
1511 Church Street  
Wauwatosa, WI 53213  
Enter from the North side parking lot



### Become a Volunteer

Are you available to do 12 step work?

Please fill out the following and return it to:

Milwaukee Central Office  
7429 W. Greenfield  
West Allis, WI 53214  
[gmco@aamilwaukee.com](mailto:gmco@aamilwaukee.com)  
414-771-9119

Today's date: \_\_\_\_\_

#### WE NEED PEOPLE WILLING TO:

- \_\_\_ Drive someone to a meeting
- \_\_\_ Speak at an open meeting
- \_\_\_ Be a temporary contact for someone coming out of a treatment facility
- \_\_\_ Be a 12 step caller
- \_\_\_ Be a contact for someone coming out of prison
- \_\_\_ Do you speak a foreign language?  
If so what? \_\_\_\_\_

#### WORK AT CENTRAL OFFICE ON THE HOT LINE

- \_\_\_ Weekdays, 9:00am-1:30pm
- \_\_\_ Weekdays, 1:30pm-6:00pm
- \_\_\_ Saturdays, 9:00am-1:00pm
- \_\_\_ Saturdays, 1:00 pm-5:00pm

#### AFTER HOURS HOTLINE

- \_\_\_ Weekdays, 6:00pm-10:00pm
- \_\_\_ Weekdays, 9:00pm-10:00am
- \_\_\_ Saturdays, 5:00pm-9:am
- \_\_\_ Sundays, 9:00am-9:00pm
- \_\_\_ Sundays, 9:00pm-Mon 9:00am

Full Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: Days: \_\_\_\_\_  
Evenings: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_

Sponsor Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

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

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Time Available: \_\_\_\_\_

Car Available? Yes \_\_\_ No \_\_\_

Check with Milwaukee Central Office to see if other times are Available.

OTHER: \_\_\_\_\_

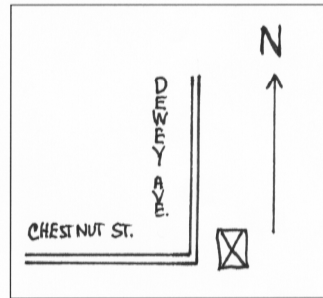
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# FUN, FOOD, & FELLOWSHIP

District # 14 Annual Picnic

Saturday August 23 12:00 noon to 5:00 pm

Location:  
The Lighthouse  
(formerly The President's House)  
Corner of Chestnut St.  
and Dewey Ave.



## Open Speaker Meeting

FRIDAY NIGHTS @ 7:00 PM

POCKET OF ENTHUSIASM

### July Speakers:

7/4. Sid B. (Woodstock, IL)

7/11. Carly P. (Madison)

7/18. Rick B. (Waukesha)

7/25. Kristy B. (Sussex)



Christ the King Lutheran Church  
1600 N Genesee St.  
Delafield, WI 53018

# JAMBOREE 2014

American Serb Hall, 5101 W Oklahoma Ave.  
**SATURDAY SEPTEMBER 20, 2014**  
HOSPITALITY: 5:00 P.M., DINNER: 6:00 P.M.  
SPEAKER: Rob S. Nashville TN. 7:00ish  
Dance follows  
Coffee, Soda and Water Available

*\$25.00* *\$25.00*

Tickets by mail, \$25.00 each. Include a self addressed stamped envelope.  
Greater Milwaukee Central Office 44<sup>th</sup> Annual City Wide Jamboree  
7429 W. Greenfield Ave., West Allis, WI 53214, 414-771-9119

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

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

Name \_\_\_\_\_ Phone \_\_\_\_\_ CID# \_\_\_\_\_

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

Number of tickets \_\_\_\_\_ X \$25.00 = Total \$ \_\_\_\_\_ E-mail Address Please: \_\_\_\_\_

MENU: Place a number in the boxes to indicate how many want meat or veggie.

Meat Option: Roast Pork Loin.

Vegetarian Option: Vegetable Lasagna.

Parking for 400 cars on site; Carpooling will be very helpful & appreciated.