

"BETWEEN-US"

VOL. 23 ISSUE 12

DECEMBER 2015

Anxiety

Most of us can't hold on to two thoughts at the same time--a prayer might replace that fear you feel

AFTER PROLONGED deliberation and search for guidance from my Higher Power, I flew off to Florida alone. Over the years, many old and dear friends from various cities have settled on both coasts. After too long a lapse, we all wanted reunion. A few, like me, have joined AA. But others are now finding themselves enmeshed in the arguments, inertia, defiance, and blurred gray states with which we are all only too familiar.

This was my first trip anywhere alone for many years. Certainly, it was my first trip ever alone *and* sober. A year ago, I could not have made it. To return to nostalgic haunts, among all those palms and turquoise seas, and to be surrounded by loved ones who each had a Bloody Mary in hand would have felt too risky. But this year, after

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A Terribly Lonely Christmas

Her first sober holidays were taut and cold. Was a drink the answer, or was there another way? . . .

I HAD been sober in AA about three months when Thanksgiving rolled around. At two in the morning of Thanksgiving Day, I finished stuffing and trussing a large turkey. The rack which held it stood on a big, flat cookie sheet, and moving the whole arrangement to its place of rest for the remainder of the night was going to be an adventure in balance. For the hundredth time that night, I gave silent thanks for being sober; then I picked up the cookie sheet, steadied its load nicely, and turned to cross the kitchen with it. As I turned, the corner of the cookie sheet bumped a two-quart pitcher nearly full of milk. The turkey never waivered on its precarious perch, but the pitcher spun crazily, spewing milk with tentative glee, and finally, in total, joyous abandon, it fell to the floor, spattering milk clear up onto the ceiling.

Everything inside me seemed to freeze tight and hard. I put the turkey down, and in some kind of icy calm, I cleaned the ceiling, walls, cupboard doors, refrigerator and floor in that end of the kitchen. Still taut and

("Lonely" Continued on page 9)



October 2015, Profit and Loss

Ordinary Income/Expense	
Income	
4000 · Literature Sales	10,223.51
4050 · Between us	319.50
4070 · Contributions	5,396.90
4130 · Personal Contributions	180.64
4150 · Coffee/Soda/Candy	373.47
4170 · Interest	1.71
48900 · Shipping and Delivery	79.15
TOTAL INCOME	16,574.88

Cost of Goods Sold	
5000 · Literature	5,311.03

Expenses	
6000 · Promotion/Gratitude Box Production	2,372.56
6045 · Coffee/Soda/Candy	399.15
6050 · Credit Card Fees	172.34
6260 · Shipping and Freight	59.59
6500 · Office	3,445.88
6600 · Payroll	8,478.55
TOTAL EXPENSE	14,928.07

NET INCOME -3664.22

Bank Balances -
 Regular Checking: \$1,092.55
 Savings Account: \$38,580.30
 CD, Prudent Reserve: \$84,420.81

Total Income	\$16,574.88
Minus Total COGS	5,311.03
Minus Total Expenses	14,928.07
Equals Net Income	\$-3,664.22

Meeting Space Available

- **Aurora West Allis Medical Center**, 8901 W Lincoln Ave, West Allis. Meeting space available. Contact Terese @414-328-7521 or email: terese.beauchamp@aurora.org
- **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
- **Galano Club-LGBT Friendly** at 7210 W Greenfield Ave. West Allis, has meeting space available for recovery groups. Plenty of free parking. Contact Deb S. at 414-759-7149 or Email: galanoclub@gmail.com

Secretary Meeting, November 10, 2015

Groups represented: 7, 22, 43 Big Book, 60, 82 Elm Grove, 232, A New Day, A Vision For You Big Book Study, Another Chance Tuesday, Badger Gp, Big Book Readers, Brown Deer Monday, Comin Back, Common Solution, Daily Reprieve Men's, Depends On You, Early Bird Roger's, Friday Big Book Discussion, Grupo Five Conceptos, Hardcore Gp 80, Honest and Able, Honesty Gp, HOW It Works B/B 12x12 Disc., Jim's Sunday Night First Step, Jump Start, Mayfair Women Mon and Fri, New Beginnings Oconomowoc, Oak Creek Friday Night, Participation Gp, Pizza Not Perfection, Real Needs Real Help, Saturday Morning Women's Freedom, Saturday Night 1st Edition Big Book, Sussex Friday Night Action, T-N-T Gp, The Meeting Place Gp, Thinking Outside The Bottle, Today's Choices, Trust Through Fellowship, Tuesday a.m. Big Book, Twelve Promises Discussion Gp, Wanderer's Gp, WELL Big Book, Women's Recovery Group. I'm sorry if I have missed anyone that was in attendance.

Kathy S opened the meeting at 7pm

Bank balances on page 2, to the left of this page.

New secretaries introduced themselves.

ALL MEETINGS listed in our meeting directories should be contributing regularly to the AA Service Entities; Milwaukee Central Office 50%, GSO in New York 30% and Area 75 Committee 10% and to your Districts 10%.

Renew Between-Us subscriptions now. \$9 yr. for 3 copies/mo. or \$18 yr. for 6 copies/mo. **NEW subscriptions welcome.**

BIRTHDAY CLUB! We celebrate birthdays, and we'd like to help you

celebrate yours! Send us a donation of \$1 for each year - or more if you'd like - and we'll send you a copy of that month's Between-Us, and we'll print your birthday. Include your Home Group, and we'll print that too! Just fill in the form found on page 6 of this newsletter.

Volunteers are needed for the helpline, some overnight and some Saturdays (9-1 or 1-5). You need to have at least 1 year of sobriety, a Home Group and Sponsor. Call Kathy.

Guest Speaker: Todd U. talked about the proposed plan to combine several of the district in the Milwaukee area. Districts 4, 22, 15 agreed to work together on a one year trial basis. Also, Districts 14, 16 and 27 will work together. Districts 28 and 29 will remain independent. It was agreed that quarterly meetings will be set up to discuss this arrangement.

OPEN HOUSE, Central Office Saturday December 5, 10am to 2pm. Free food. See the flyer in this newsletter.

The meeting closed with the Lord's Prayer at 8 p.m. Next meeting is Tuesday December 8, 2015 at 7 pm. Guest will be announced.

AREA 75/Central Office EVENTS CALENDAR

1. Go to Area 75 website at: area75.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.

ASL Interpreter

**Available:
Meeting for
Deaf and Hearing
Impaired.**
Tuesday 6:30
P.M., Emmanuel
Lutheran
Deaf Church,
2306 S 98th St.
West Allis WI
53227

ORIENTATION for GSR'S

Second Tuesday of each month, 6:30 p.m. prior to the secretary's meeting, at the Milwaukee Central Office.

DISTRICT MEETINGS

DISTRICT INFO ON THE WEB:

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

1. JACKSON, LaCROSSE, MONROE, VERNON, & TREMPLEAU; 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, Chabad-Lubavitch, 3109 N Lake Dr. Milw, 53211

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, 5:30 pm. "Odd" months at Friendship Club, 2245 W Fond du Lac

Ave, Milwaukee, "Even" months at Milwaukee Gp. 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, Chabad-Lubavitch, 3109 N Lake Dr. Milw, 53211

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

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 Tuesday, 5:45 -7:30 p.m., Gloria K. (920) 921-2395

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

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

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

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

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

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

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

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

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 CENTER, 1015 N. 10th St. Milw. Sunday Nights from 6:30 p. to 7:30 p., Men & Women, Call Dave C. 414-xxx-xxxx for information

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 Thursday of every other odd month at Salem Lutheran Church (East Side) 2400 N Cramer St. Milwaukee. All Milwaukee County Corrections donations should be sent to: **MCCC, PO Box 270544, Milwaukee WI 53227-0544.** Call coordinator: John B. 414-530-3481 or email: john.william.bowden@gmail.com, with questions. Treasurer Bill E. at 414-852-3815. Corrections volunteers must go through the committee to get AA literature to take into the various facilities. Milwaukee Central Office no longer handles the funds.

Area 75, Southern WI, Calendar of Events 2016
Madison Senior Center (MSC), 330 W. Mifflin St., Madison, WI, except where otherwise noted.
2016: Jan 8-10 WICYPPAA XXIII
Madison Marriott West, 1313 John Q Hammons Drive, Middleton, WI 53562,
Jan 17, Winter Service Assembly
Mar 13, Delegates Workshop
Apr 12, Pre-Conference Assembly
May 20-22, Area 75 Annual Conference
Olympia Resort, Oconomowoc. WI
Jun 26, Summer Service Assembly

- Milwaukee Central Office:** 7429 W Greenfield Ave, West Allis, WI 53214 gmco@aamilwaukee.com
- Area 75 Treasurer:** PMB #167, 5464 N Port Washington Rd., Glendale WI 53217
- General Service Office:** G.S.O, P O Box 459, Grand Central Station, New York, N.Y. 10163
- Area 75 Corrections, Bridging the Gap and Treatment write to:** PMB # 170, 5464 N Port Washington Rd., Glendale WI 53217

JOIN the BIRTHDAY CLUB!

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

All request must be by the 12th of the previous month.
Late arrivals will appear the following month.

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

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



\$ _____ enclosed.

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

Name _____

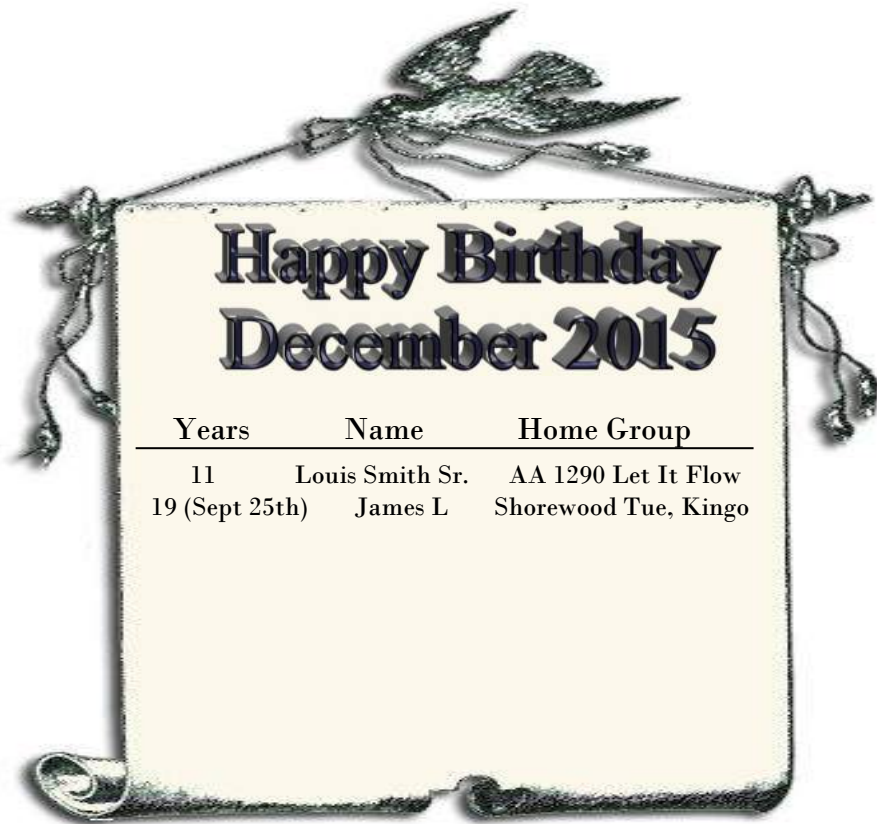
Address _____

City _____ State _____ Zip _____

Phone: () _____ - _____

Email: _____

Home Group: _____



A Christmas K.I.S.S.

FOR SEVERAL holidays now, I have many people in the program suffer. To some, the holidays are a painful reminder of days gone by, and they are filled with remorse or overcome by a sense of loss. To others, the holidays seem a frightening or threatening time, filled with temptation; depression runs rampant. I began to dread meetings, because I know the topic of every one will be "How to Stay Sober During the Holidays."

It seems to me the real topic of those meetings is "How to Stay Sober During the Holidays and Still Do Things Exactly the Same Way I Did When I Drank." This year, why not try something new? Look at the trouble spots, and change them.

If family gatherings are uncomfortable, search honestly for the reason you don't like going, and see if it's something you can change. If not, do the unthinkable and stay home! My best friend tried it one Christmas after six years in AA, and her only regret was not having the courage to try it sooner.

Make up new family traditions, or do traditional things a little differently. Remember, change can be growth.

For me, trimming the tree was a very stressful time. My husband became irritable, and I usually drank over his lack of "proper spirit." My first Christmas after joining AA, I started projecting disaster three weeks ahead of the fateful day. When it finally arrived, I was surprised to hear a little voice

inside say, "What can you do to change this?" I began to look objectively at what we had been doing every year. My husband always put the lights on the tree, I realized, and he always became frustrated and angry while he was doing it. That year, I put on the lights, using the one-step-at-a-time techniques taught me by the AA program. It worked. I felt a real sense of accomplishment, and my husband was able to relax and enjoy the day for the first Christmas in many years.

An AA friend of mine realized that he would sorely miss the family he had lost through drinking, so he invited several other loners from AA to his home for Thanksgiving dinner. I was told by everyone attending that it was the best Thanksgiving ever, though the turkey the host had cooked was

only half done.

The holidays should be a joyful reminder of our sobriety, not a painful reminder of the past. Probably, the easiest way to ensure that is to "Keep It Simple, Stupid."

C. T.
Everett, Washington

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AA Groups Need Your Support

- **Women's 12 x 12 Gp**, Mondays at 6:00 p. Grace Bible Church, 2643 S 117th St West Allis WI 53227
- Tuesday 9:30 A.M. Big Book/12 x 12 Study. First United Methodist, 121 W Wisconsin Ave Waukesha, WI 53186
- **Cedarburg Gp. Tuesdays** at 7:00 p.m. Advent Lutheran Church, W63N642 Washington Ave, Cedarburg, WI 53012
- **Women's Recovery, Wednesday 7pm**. St Francis Hospital 8th Floor, 3237 S 16th St. Milwaukee
- **New Hope Brookfield, Wednesdays at 8:00 p.m.** Trinity UCC, 4435 N Calhoun Rd Brookfield 53005
- **Thursday at 12:15 pm. and Wednesday 5:30 pm. Topic at** St. John's Cathedral Complex, 831 N. Van Buren St. Milwaukee 53202
- **All Welcome Gp, Mondays & Thursday at 1:30 p.** Bethesda Community Center, 2845 W Fond du Lac Ave, Milwaukee WI 53210
- **First Things First, Friday at 7:00 pm.** St Margaret Mary, 3930 N 92nd St. Milw 53222
- **Friday Big Book Discussion, 9:30 p.m.** Martin Luther Church 9235 W Bluemound Rd. Milw. 53226
- **Friday Night Candlelight, 8:00 pm.** St Anskar Episcopal, N48W31340 Hill Rd Hartland WI

("Lonely" Continued from page 1)

cold, I walked carefully in to my favorite chair in the living room and sat down. My husband and our three children had long since gone to bed; it was nearly four A.M. The silence was tense and ominous. I lit a cigarette, and suddenly I relaxed, giving way to a flood of feeling whose weight all but swamped me, and whose nature was a complete surprise. It was loneliness, and it had been building up for weeks beneath my awareness.

But they had told me in AA I needn't ever feel alone again! What was wrong? I looked at the telephone, but one doesn't call even a good AA friend at four in the morning if it is possible to avoid taking a drink any other way, and I didn't want a drink, I wanted understanding--from my husband and from our circle of cherished, long-time friends. I wanted the feeling of belonging among them again. I wanted those things on Thanksgiving Day, but they wouldn't be there, and I knew it.

It was the kindness that had been hurting. Friends and husband were all moderate social drinkers. None of them had ever come anywhere near that dreadful moment when a drinker looks at a bottle and knows that he can neither take the stuff nor leave it alone. And none of them knew that I had faced that moment. They treated my sudden, total abstinence like a whim they must indulge graciously and quietly because of their loyal affection for me. They tried hard to make me feel at home at our get-togethers. Too hard. They welcomed me too warmly. They poured my coffee too casually, and it was too fresh and too hot. With exquisite care, they avoided notice or mention of any change in me. I'd have given my soul for a wisecrack from one of them, maybe about the "Sudden Saint" in

their midst. Or a frank question, "Hey, what's with you, Sis, stomach trouble?" But there was only kindness.

Gradually I had lost the ability to talk to them. The old, easy chatter was no good anymore; it was too often without meaning or sincerity; it verged too often on thinking habits I was trying to break. And I could not talk to them about the shining new things I was learning. I tried it a time or two, but the efforts were met only with polite puzzlement.

I made it through Thanksgiving Day, but the trouble had begun, and half-way through the Christmas holiday season, it threw me. During one rather long evening of festivity, when the others had had a few more drinks than usual, my alienation was complete. The behavior around me became silly, just plain *silly*. There was no other honest word for it. And these were the people I loved! I slipped unobserved out a side door, went home alone and poured myself a double brandy. Too bad I didn't look at the telephone this time. It was right there beside that same favorite chair of mine, but I didn't see it. My last coherent thought was, "I can't stand not being like other people."

Now, well along in my second year of sobriety, I can see that much of that loneliness I felt was imaginary. And the rest of it, the real loneliness, was a clue to all my major problems--the ones I would have to tackle first and hardest in living AA's principles.

Chains are the tightest and they cut the deepest just before they break. Loneliness for me was, first, the pain of breaking with a lifelong mistaken idea that it was essential to be like other people. I was suffering the pain of individuality which was trying to be recognized and respected at last. Here

("Imaginary" Continued on page 10)

("Imaginary" Continued from page 9)

was, for me, the beginning of honesty.

Next, loneliness for me was emptiness. I had always read and thought much about life and how to live it, but I had never tried living anything I thought or read. I had a head full of ideas, but not a conviction in the whole contradictory mess. I had approached AA, only intellectually at that point; I understood it, I believed it, I talked it. But I never really applied it.

And again, loneliness for me was boredom. I was in a vacuum between old ideas and new, unable to go backward and unwilling to go forward. I had not even attempted to replace the illusory pleasures of drinking with wholesome new fun. I had almost forgotten how to laugh.

Last--and this was the hardest to take--

loneliness as I fought it and clung to it at the same time--was self-pity.

With this much clear, my job was cut out for me, and the place to begin was evident: AA and the Twelve Steps.

Anonymous

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All Groups should have received GRATITUDE BOXES. Many boxes were mailed to the church address, look for them there. Please be sure to **pass them at every meeting in November and December.** This money comes directly to the Central Office, for support of the office. The money collected is a huge and important part of our annual budget. We want to always be here for the still suffering alcoholic. We need everyone's support. **PLEASE DO NOT LEAVE THE BOXES SITTING AROUND THE MEETING ROOMS. THE SECRETARY OR TREASURER SHOULD CARRY THEM TO AND FROM THE MEETING.**

I Just Can't Get Christmas-ish

TIME was, in days of yore, and I was warmed by the Gulp Stream, when I could give you as loud a Merry Christmas as the next fellow and maybe something about New Year's too, but even then it was more of a swish than a wish and I really didn't give a hoot-hoot. But now since AA and all these changes (I have taken to black clothes and try to look saintly) I have become a little perturbed about my attitude to Christmas. . . now that the blessed season is open.

My thoughts (ha ha) run something like this: if AA tells me to go out and give a fellow a hand and I do and thus become happier, more satisfied and get a better life than I ever knew was possible from such things as that, then it seems to me if I could get this Yule business straightened out it might help things to get better still. And when it comes to die good things in life I want to get all I can.

So, somewhere I have heard that Christmas deals, at least in part, with "good will towards men" and that's that old love-your-neighbor stuff. In my life there was room for only one love affair: that was with the daughter of Bacchus who lives in a wine bottle down by the railroad track. One love affair, I said, but I meant only one of those gay, giddy, romantic, all-the-world-loves-a-lover type.

But it seems there is another kind of love and it's a demanding, agonizing, can't eat, don't want and can't do without type of love--and this is the kind I have come to understand lately. It is not at all bad--only when you fight it--but has more to do with satisfaction than elation, with appreciation than emotion; and somehow I think I had to lose to win, as in AA I had to lose to booze to win sobriety.

This is the kind of love I can understand a bit and go along with. I know I can't get lovey-dovey with my neighbor, but I also know I can't get along without him. He is important to me now; AA has shown me that, and although my motive may not be the best I will try to give him a fair shake if only for that reason. So maybe I'll never become a Santa Claus or croon carols under a lamp-post or let my affection show. . . but that doesn't mean I want to give someone a knock and if I try not to give out the knocks then I must be giving a boost now and then.

So don't go away mad if I don't seem to have the spirit! In fact, I will break down right now and wish, from me and mine to you and yours: may it be a really Swell Noel.

J. V. B.
St. Johns, New Brunswick

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"Quick, Henry! Who did this to you?"

MEETING ROOMS

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. Topic 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. Topic
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

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
Mon.	7:30 a. Jump Start 10:30 a. First Step 4:00 p. Happy Hour Step Gp. 7:00 p. Open Introductory/AA 7:30 a. Comin' Back Gp
Tue.	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
Wed.	7:30 a. Big Book Study 10:30 a. Pass It On 4:00 p. Happy Hr Promises 5:30 p. Courage to Change 7:00 p. We, Us & Ours
Thr.	7:30 a. Welcome Back Gp 10:30 a. Made Decision 5:15 p. As Bill Sees It 6:00 p. How It Works Disc. 7:00 p. Gateway Topic Gp
Fri.	7:30 a. Honesty Gp. 10:30 a. Came To Believe 6:00 p. Women's Fri. Kickoff 6:30 p. Thoughts 4 Today 8:00 p. Broken Arrow 8:30 a. Early Bird
Sat.	10:30 a. Happy Joyous Free 3:00 p. Twelve Promises 3:00 p. How It Works Big

Book

8:00 p. Spanish Speaking	8:00 p. Back to Basics 12x12
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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

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 Stdy
Tue.	1:00 p. 4:00 p. 8:00 p. Back To Basics
Wed.	8:00 a. 10:00 a. Back To Basics 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. Big Book 8:00 p.
Sat.	8:30 a. 10:00 a. Big Book

AL-ANON MEETINGS

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

OPEN SPEAKER MEETING

Sat.	7:00 p. 2 nd & 4 th Saturdays (AA and/or Al-Anon Speakers)
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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 Rd
West Bend, (262) 338-3500
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. Last Friday of month
** Open Mtng. 3rd Sunday of month (a.m.)

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.

MEETING ROOMS

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

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

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. Eye Opener
10:00 a. Big Book

8:00 p. Open Speaker Mtng.
(1st Saturday Only)

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
10:00 p. Topic Gp

Mon. 7:00 a. Early Morning
10:30 a. Gp 72 Topic
12:15 p. Big Book Meeting
6:30 p. Gp 40 Big Book
8:00 p. Gp 20 Topic
10:30 p. 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
8:00 p. Gp 57 Topic
10:30 p. 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 91 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. Sober and Out
7:30 p. Gp 26 12x12
10:30 p. Step Meeting

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
12:15 a. Second Shifters

Sat. 11:00 a. Gp 87 Step
3:00 p. Spiritual Growth
7:30 p. Open Speaker
9:00 p. Here and Now

AL-ANON MEETING
Sunday 10:00 a. Al-Anon

GALANO CLUB

- LGBT & All in Recovery -
7210 W Greenfield Ave
Suite 1, Lower Level
Milwaukee, WI 53214
(414) 276-6936

[http://www.galanoclub.org/](http://www.galanoclub.org)
galanoclub@gmail.com

MEETING SCHEDULE

Sun. 10:30 a. Step Topic
Mon. 7:30 p. Came To Believe
Tue. 6:00 p. 40 + Topic
Wed. 7:00 p. 12 x 12
Thur. 6:00 p. Living Sober
Fri. 7:00 p. Step/Topic

AL-ANON MEETINGS

Sun. 10:30 a. Al-anon
Meeting Space Available
See website for Club Events.
www.galanoclub.org

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
6:00 p. 1st & 12 Topic
*8:00 p. HOW To Saturday
*(Open meeting on 3rd Saturday)
10:30 p. Candlelight Gratitude

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. Beginner's
7:00 p. Gp 6

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

MEETING ROOMS

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
10:30 a. Gp 112
Step
Call for information on other types of meetings.

LIGHTHOUSE ON DEWEY

1220 Dewey Ave.
Wauwatosa WI
AA MEETINGS

Sunday
5:30 Back to Basics
7:30 p. Gp 78

Monday
7:30

Tuesday
6:00 p. 11th Step
7:30 p. Professionals
7:30 p. Gp 77

Wednesday
7:00 p. Diana Gp
7:30 p. Big Book
8:00 p. "RES-IPSA"

Thursday
7:30 p. Alumni No 12

Friday
7:15 p. Gp 74

Saturday
10:00 a. Gp 59
7:00 p. Topic

1907 CLUB

2908 N 21st ST.
Sheboygan, WI 53083
(920) 457-9633

AA MEETING SCHEDULE

Sun. 7:00 p. As Bill Sees It
Mon. 6:30 p. Old Timers
7:30 p. Women's
8:00 p. Beginners

Tue. 6:00 p. Big Book

Wed. 9:30 a. Back To Basics
8:00 p. WITTSS

Thr. 6:00 p. Topic Meeting

Fri. 8:00 p. Good Fight Gp

Sat. 9:30 a. Non-Smoking
6:30 p. Grapevine Gp

Open Meeting 1st & 3rd
Saturday of month at 7:30 p.

Al-Anon Meetings
Wednesday 9:30 a. Al-Anon
Saturday 9:30 a. Al-Anon
Saturday 9:30 a. Ala-teen

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

Greater Milwaukee Central Office

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

(amilwaukee.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. 9:15 a. Newcomer
10:30 a
3:00 p

Directory Changes

NEW MEETINGS

Monday 6:30 p. Salem Lutheran Church 2400 N Cramer St, Milwaukee 53211, 1st Things 1st, Beginners

Tuesdays 12 Noon, Mt Zion 12012 W North Ave Wauwatosa 53226

Tuesday 7pm, St Anthony's on the Lake, W280N3101 Prospect Ave, Pewaukee WI 53072

Wed. at 1:30 p.m. Bridges of Milw Rehab/Care Ctr. 6800 N 76 St, Milwaukee 53223

Wed. at 6:00 p.m. St Riverworks, 3372 N Holton St. Milwaukee WI 53212 Ring

The "Clubs" and "Rooms" listed here are not A.A. Clubs. A.A. DOES NOT HAVE CLUBS! A.A. neither endorses nor opposes such clubs. These are social clubs established by groups or individuals who are themselves recovering alcoholics. The A.A. group meeting at the club is available to any alcoholic - club member or not. The group is separate from the club and pays a fair rent for the use of the club facilities. Even though the group meets in a club that may be composed exclusively of A.A. members, and many members of the group may be club members, too, the relationship of the A.A. group itself to the club should be the same as it would be to a church, hospital, school, etc., in which it might rent space for its meetings.

111 to enter.

Women's Thursdays 12 Noon, Mt Zion 12012 W North Ave Wauwatosa 53226

SLINGER WI, Cedar Springs Church, 3128 Slinger Rd. **Monday** 10 a.m., **Wednesday** 7:30 a.m., and **Friday** 10 a.m.

DISBANDED GROUPS

Introductory Gp, met at 4pm on Tuesday at the VA Hospital..disbanded.

Spiritual Light, **Galano Club** 7210 W Greenfield Ave West Allis, met on **Saturday night** at 7:30 p.

OTHER CHANGES

New Beginnings Sunday at 7:30 formerly at 216 Main St Mukwonago. **NOW meets at St James Catholic Church** 830 Cnty Rd NN E, Mukwonago WI 53149

Brookfield Unity Mondays at 7:30 p. previously at Brookfield Presbyterian, **now meets at Christ King Lutheran** 4600 N Pilgrim Rd, Brookfield 53005

Women's AA Group, Monday's at Zion Episcopal Church in Oconomowoc, previously met at 7:30 **NOW meets at 6:30 P.**

United We Stand, Tuesdays at 8:00 p. formerly at Unity Church, 1717 N 73 St, **now meets at Wauwatosa Congregational** 1511 Church St Wauwatosa

Thursday Night St Anskar's, Hartland, met at 7:30, **NOW meets at 7:00 P.M.**

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

Happy Hour Oconomowoc, 1st Congregational Church on Concord Rd, met at 8 p.m. **NOW MEETS on Friday At 7 p.m.**

OPEN SPEAKER

Weekly & monthly open speaker meetings listed in September 2015 When & Where

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

1st 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 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, Menomonee Falls, WI

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, West Allis

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

5th Saturday 3:00 p. How To Club, 8930 W National Ave, West Allis

4th Friday 8:00 p. Pilgrim Church, 2327 N. 52nd St., Milwaukee 53210

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

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

Contact the Central Office via email: 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**.

SERVICE MANUAL STUDY

Meets 2nd Thursday each month at 6:00 p.m.

Milwaukee Central Office
7429 W Greenfield Ave
West Allis WI

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

Contact: Nancy H at 414-801-5184 with questions.

Spanish Speaking Meetings: Meeting at English Speaking Clubs

- GRUPO 5 CONCEPTOS, Pass It On Club, 6229 W. Forest Home Av, Milw, on Saturday at 8:00 p.
- GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Wauwatertown, 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

2015 & 2016 Weekend Retreats
Jesuit Retreat House,
4800 Fahrwald Rd. Oshkosh,
WI 54901, call 800-962-7330
jesuitretreathouse.org

Men and Women members of AA, Al-Anon
Total cost: 4 days \$360.00. Send a \$50.00 deposit with requests for specific dates to retreat house or call for information.

2015 Men: December 3-6, 2015

2016 Women: May 12-15 and Aug. 18-21, Nov. 10-13, and Nov 17-20 2016

2016 Men: May 5-8 and Dec. 1-4 2016

Redemptorist Retreat Center, 1800 N Timber Trail Lane, Oconomowoc, WI 53066, (262) 567-6900 Email: rrc@redemptoristretreat.org Please call 262-567-6900 for reservations.
November. 20 - 22, 2015 \$200.00

MILWAUKEE CENTRAL OFFICE

- **E-mail Director Dan F.** at: 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**, 2nd Tuesday 6:30 p.
- **Secretary Meeting**, 2nd 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

Dr. Carl Jung's Solution for Alcoholism

Bob S., Richmond, IN

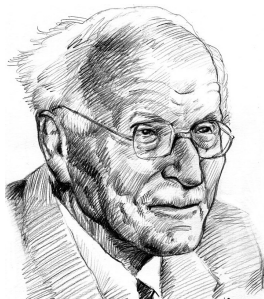
It only takes one shot of whisky to whisk me on an uncontrollable drunken spree. Dr. Silkworth describes this as an abnormal allergy of the body, but that does not explain why I would guzzle down that first drink, knowing very well the result may be disastrous. I believe Dr. Carl Jung had the answer for such puzzling lack of judgement. He writes about subconscious influences (archetypes) which spasmodically control my conscious decisions, leaving me *without choice* in the matter of drink (mental obsession).


Jung explains: Certain archetypal influences compulsively strive for exotic experiences, or at least some form of emotional meaningfulness. Although this presents no problem for most normal people, it left me with an emotional vacuum yearning to be filled. This filling, of course, took place at the local tavern. Alcohol was my salvation, my *higher power!*

Dr. Jung points out that from antiquity, gods generally resided *high* up on mountains or clouds. The Greek God of wine, Dionysius, who lived on mount Olympus, is often thought as being a drunkard, but not so—he provided the *wine of spiritual joy* to the expectant Achaean society below. Dr. Jung stated: "*When Mt. Olympus was dismantled, we turned the gods into symptoms.*" In other words, alcoholics, like me, suffer from a lack of spirit (spirituality). Dr. Jung used the Latin expression, "*Spiritus contra spiritum,*" to further explain that my alcoholic obsession is really a low grade attempt to obtain a spiritual experience. On page 27 of the Big Book, Dr. Jung revealed the solution to Rowland H.'s

alcoholism: "*Here and there, once in a while, alcoholics have had what are called vital spiritual experiences.*" This statement turned out to be the AA solution for alcoholism!

AA's Twelve Steps have upgraded my drunken low-grade spiritual search to a *high-grade* spiritual *Higher Power* which has brought about a personality change sufficient to bring about recovery from alcoholism—at least for now. Thank you Dr. Jung! Thank you God!





DISTRICT 29
ROUND ROBIN OPEN MEETING

SUNDAY
DECEMBER 13, 2015
7:00 PM
Fellowship at 6:30 PM

EMANUEL UNITED CHURCH OF CHRIST
10627 WEST FOREST HOME AVENUE
HALES CORNERS, WISCONSIN 53130

HOSTED BY *Three Legacies*

AA SPEAKERS – Ken G. and Nancy G. from
Madison

Join us for a great message and fellowship

(“Anxiety” Continued from page 1)

twenty months within our fabulous Fellowship, with compulsion and desire miraculously long since vanished and my sobriety within the program stronger with every swiftly passing 24 hours, I felt confident that my God would let no passing stewardess slip a glass of free champagne into my hand. This confidence was not misplaced.

Once safely in Fort Lauderdale, I went to four meetings in the first five days. Fortunately, a most hospitable AA friend from Cleveland guided and entertained me beyond my wildest hopes. The "Fort Liquordale" (local pet name) meetings charmed me. After arriving out of a Boston blizzard and a winter of drab, heavy apparel, what joy to enter these warm, friendly groups which seemed like flocks of birds in festive summer plumage! I also liked the reading in unison of the Serenity Prayer at the start of every gathering, the lack of obscenity and foul language, and the high quality of several fine speakers.

Thanks to the third meeting, a startling and marvelous new technique has transformed my life once again. This occurred during a question-and-answer period. One slip of paper, chosen by the panel of three experienced old-timers, read: "How do we handle fears and anxieties?"

Thoughtfully, seriously, Connie, a tall, handsome woman with a lion's mane of graying hair, faced the group. "Always a good question. I can only try to tell you how I have handled my own fears. As most of you know, I have been a member of our magnificent Fellowship for nine years. Today, for no known reason, I was. . . afraid to go out. But over these years, I have learned that I have the type of mind which simply cannot entertain nor hold on to *two* thoughts at once. Quite early on, I discovered that when I felt a wave of anxi-

ety arise, if I said a prayer--preferably for somebody else--the anxiety was simply blotted out. So what did I do today? I said a prayer for a friend in bad trouble right now. The fear went out. And. . . I went out."

This new concept (new to me, at least) struck me like benign lightning. Although I am no longer prey to the diabolical panics and the fears of impending doom of my drinking days, I often enough experience sharp pricks of anxiety in unfamiliar circumstances. A doctor has told me that, during our alcoholic years, these patterns of anxiety grooved so deeply into our central nervous system, like a needle grinding around a worn-out record, that it does take time for the system to smooth out. This seems to be true.

However, Connie's idea appeared to me a priceless tool. As I set out for Sarasota in a strange rented car--roughly the same distance as from Boston to New York, and mostly over narrow, two-lane highways--I tried this tool. It worked. Later, one night, I was about to drive ten miles over the heavy-traffic Tamiami Trail, returning from the home of the two hard-drinking friends I had traveled chiefly to see (in the hopes of showing, rather than touting, AA). And I felt a great black surge of apprehension.

I had already learned that my own mind could not hold two strong thoughts or emotions at one and the same instant. Can anyone's? So I prayed for God's will that these dear old befuddled and belligerent friends somehow might find the safe harbor of AA. Whether or not this prayer will ever be answered, I have no way of knowing. But I do know that my own fear of setting out into the unfamiliar night simply disappeared. I reached my motel out on the keys without further qualm or incident.

(“Thoughts” Continued on page 23)

Conference Schedule

Friday, May 20

- 3-8 pm.....Registration
- 8 pm.....Conference opening
and welcome remarks
Speaker - Jackie H.
Waukesha, WI
- Ice Cream Social &
Piano Music to follow
- 10 pm-6 am.....Alkathon

Saturday, May 21

- 7 am-2:30 pm
& 4-6:30 pm.....Registration
- 9-12 am.....Area Assembly
AA/Al-Anon Panels
- 11:30-1:30.....Lunch purchase available
- 12-1:30 pm.....Old Timers Panel
- 1:30-2:30 pm.....AA/Al-Anon Panels
Service Committee Meetings
- 2:30-4 pm.....Al-Anon & Alateen speakers
- 4:15-5:15 pm.....ECR Trustee Report
- 6:30 pm.....Dinner
- 8 pm.....Speaker - Scott T.
Coldbrook, NY
- Dance to follow
- 10 pm-6 am.....Alkathon

Sunday, May 22

- 9-10 am.....Breakfast Buffet
- 10 am.....Closing AA Speaker - Kent C.
Sandusky, OH



OLYMPIA RESORT
HOTEL, SPA & CONFERENCE CENTER

1-800-558-9573
or 262-369-4999

Conference Room Rate

\$99 plus tax

standard double - 2 queen sized beds
maximum 4 people

mention Area 75 Conference
for special rate

Reserve on or before
April 29th, 2016
to receive Conference rate



For more information contact:
Judy H. nanajudy199@att.net
Steve L. bestconferenceever@mail.com



Registration Form

(Please use a separate form for each person)

PLEASE PRINT

Name _____

Address _____

City _____

State & Zip _____

E-mail _____

AA _____ Al-Anon _____ Alateen _____

Special Needs: _____ Spanish Interpreter
_____ ASL Interpreter

**Special needs requests must be made
by April 20, 2016**

Register before April 1 _____ \$20

After receive a free commemorative mug

Register after April 1 _____ \$25

Saturday dinner _____ \$27

Italian buffet includes vegetarian

Sunday Breakfast Buffet _____ \$15

Donation _____

Total _____

Meals and mail-in registration must
be received by May 31

Makes checks payable to:
2016 Area 75 Conference
P.O. Box 571
Menomonsee Falls, WI 53052

You may also register online at: www.eventbyte.com
Go to the site and type 'Area 75 2016 Conference'
in the search box. Click on the link, and that will
take you to the registration page.

Central Office Contributions

86 Groups Contributed in October 2015 THANK YOU!!

Group Name	Group ID	Amount
#010 Fri Gp	114446	20.00
#015 TAL Gp	137297	60.00
#023 Wed Gp	114447	20.00
#027 Gp	114301	5.00
#059 Gp	117184	140.00
#061 Twelve and Twelve	118495	5.00
#074 Gp	159542	80.00
11th Step Open AA Meeting	WAK-A6	120.00
Airport Group	159599	300.00
Belgium Twelve Steppers	686411	50.00
Came To Believe	617129	68.40
Coffee Pot Gp	713673	20.00
Delafield Mon Night Step Gp	607373	60.00
Depends On You	690838	40.00
Early Bird	613662	72.00
Early Bird Rogers Memorial	624742	42.00
Early Bird Sun, Lake Area Club	132470	214.00
First Step	635840	60.00
Fri Noon 12 & 12	MIL-FB	106.96
Friendship Gp, Lake Area Club	128753	60.00
Get A Life	MIL-WM	30.36
Grapevine Topic Fri 4PM	MIL-FM	40.10
Grateful, St Mark's Episcopal Church	114280	50.00
Gratitude, Serenity Club	114281	25.00
Gump Group	677493	40.00
Happy Joyous and Free, Pass It On	646968	60.00
Hartford Big Book	171403	88.20
Home At Last	714940	60.00
Home For Dinner	WAK-T4	50.00
How It Works, St Luke's Church	145640	20.00
Into Action Sun Morning	616358	50.00
Jackson Gp	172965	15.00
Keep It Simple	611725	58.80
Keep Passing It On, Pass It On	630882	80.40
Koala Group	143751	90.00
Lake Area Friday	687967	25.00
Lake Country	117305	50.00
Lake Geneva Keep It Simple	WAL-M4	15.00
Lake Geneva Kitchen Table	125465	5.00
Lake Geneva Spiritual Program	WAL-W1	15.00
Lakeshore Open Meetings		145.00
LBGT Beginner's Big Book Meeting	MIL-R7	10.00
Living Sober Wed Night	673826	60.00
Made a Decision, Pass It On Club	613456	60.00

Central Office Contributions

86 Groups Contributed in October 2015 THANK YOU!!

Milwaukee Estates AA Gp	715909	5.00
Mon 5:30 PM Sanity Gp	142070	85.00
Mon Independence	MIL-MH	125.97
Mon Twelve and Twelve	687894	60.00
Never Give Up Womens Gp	703134	25.00
North Shore Big Book Sat	616803	120.00
Oak Creek Friday	114112	120.00
Oconomowoc Wed Get Over It	174427	46.20
Promises Gp 2 PM	641518	20.00
Reality Group	144329	53.09
Reliance Meeting Open Discussion	653954	60.00
Sat Big Book Study	178043	15.00
Sat Morning Big Book	136286	50.00
Seeds of Recovery/Steps	MIL-MM	35.45
Serenity in the Woods	682880	109.20
Service Manual Study		3.00
Simple Morning Meeting	715785	50.00
Solutions	652829	90.00
Sun Morning Gp 11 AM	140867	30.00
Sun Morning Hartford Gp	164282	115.50
Sun Night Candlelight	125494	96.00
TGIF /Menomonee Falls	131860	77.00
Thank God It's Monday	OZK-M2	30.00
Thr Success Step	MIL-RB	144.85
Today's Choices Gp	614204	50.00
Traditions 101	MIL-TM	26.16
Trust Through Fellowship	WAK-R2	20.00
Tue Morning Gp 10 AM	138530	30.00
Tue Night Candlelight	632422	60.00
Tue Reflections	MIL-TH	84.00
Twelve and Twelve Sat Night	602236	60.00
Twelve Promises Discussion Thr	MIL-RM	35.56
Walworth County Alano Club		150.00
Waukesha Sun Night	164804	100.95
Wed Night Take a Step/Topic	114450	10.00
Wed Noon Lunch Bunch	690831	95.75
Welcome Back	667042	60.00
West Bend Fri Night Step	615203	25.00
Wind Lake Steps & Promises	RAC-R2	120.00
Women's 12 X 12	644797	50.00
Women's Big Book	697839	117.00
Written For Us	MIL-A5	50.00
Total Contributions		5,396.90

All the groups listed in your When and Where should be contributing regularly to the support of your Central Office. We want to be here when you need us. A big thank you to everyone for all you do.



**Butler Sunday Night
Holiday Gratitude Meeting**
Sunday, December 20th, 8:00pm

**St. Agnes Church, Butler
12801 W Fairmount Ave.**



Share Your Gratitude With Us!
Fun, Food & Fellowship!

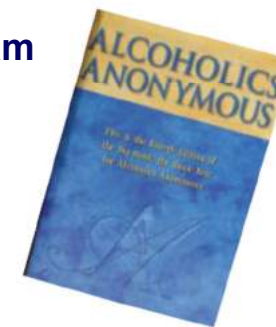
Written for Us Newcomer's Meeting
An Insight to 'How it Works'
An Orientation for Newcomers!

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

Deck the Hall



Deck the halls with members shar - ing, Fa - la - la - la - la, la - la - la - la!

**Join Us at the 2015/16 Christmas
& New Years Alkathon!**

Fill your Holidays with fellowship at around-the-clock holiday AA meetings

When: Beginning Thurs., Christmas Eve at noon until Fri., Christmas Day at 10:00 PM

Resuming Thurs., New Year's Eve at noon until Fri., New Year's Day at 10:00 PM

Where: Bay View United Methodist Church, 2772 S. Kinnickinnic Ave., Milwaukee (Enter off Clement Ave. & meet us on the lower level)

("Thoughts" Continued from page 18)

Throughout my life, I have made frequent, but singularly unenthusiastic, passenger flights: cross-country, to Europe, to various sunny islands. Mostly, I've been afraid of crashing, and even more afraid of not crashing. At the end of this latest little jewel box of a trip, as my ears started to register our descent to Logan Airport, my palms started to sweat profusely, as usual. Since we all know personally hundreds of individuals who quite desperately need all the prayers they can get, it takes only a split second to choose one of them. This time, I prayed for my beloved elder brother, who, almost totally withdrawn, sits all day staring unfocused at his TV, surrounded by beer and French wines, his excellent brain and memory destroyed at sixty-three by alcohol. He simply no longer cares, not for himself nor for anyone else alive.

My prayers for him may never be answered. But this flight ended with dry palms, with no trace of anxiety, and with deep, everlasting gratitude to God, to AA groups everywhere, and to Connie in Florida, for her invaluable, practical tool, which *works*.

Barbara B., Wellesley, Massachusetts

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November 1975, Vol. 32, No. 7



BI-ANNUAL OPEN HOUSE



WHEN
**Saturday, December 5,
2015, 10am – 2pm**

(Open Meeting: 10 to 10:30 am)

WHERE
Milwaukee Central Office

**7429 West Greenfield Avenue
West Allis, WI 53214**

REFRESHMENTS • REFRESHMENTS • REFRESHMENTS

Welcoming Newcomers and Aiding AA Groups In Our Community

**COME TOUR
YOUR
MILWAUKEE
CENTRAL
OFFICE**

**MEET YOUR
BOARD OF
DIRECTORS**

**GREET YOUR
FRIENDLY
GENERAL
OFFICE
PERSONNEL**

**SHOP FOR
HOLIDAY
GIFTS**

**SUGGESTIONS
TO IMPROVE
AA IN THE
COMMUNITY
ARE
ENCOURAGED**