

The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

Welcoming Newcomers and Aiding AA Groups in Our Community.

March 2015

Danger, Construction Ahead

By: Jim D. | Toledo, Ohio

While his brain tried to grasp the mysteries of the universe, his sponsor just chuckled

Chapter Four of the Big Book speaks directly to me with its title "We Agnostics," because I am one. I do not have a traditional religious belief in God. However, I don't disbelieve in God. I simply don't know about God. I leave disbelief to the atheist.

This lack of belief slowed me down during Steps Two and Three, but it had no impact on me staying sober during the three years it took me to get to Step Four—thanks to my first sponsor, Frank O'B.

When I read in Step Two that I should come to believe in a power greater than myself, and then read in Step Three that I should turn my will and life over to this thing called God, my busy alcoholic mind started constructing a philosophy and theology to do this. That was certainly a difficult task for an agnostic!

But Frank simply chuckled at my efforts and kept me focused on Step One. He kept saying to not drink today no matter what. He predicted that I'd never solve the mysteries of the existence of a Higher Power, the nature of God, or any of the other "deep" conundrums I was dredging up. He just kept telling me that I didn't have to drink, no matter what the answers to these weighty questions were.

He gave me a few simple guidelines: 1) He said Step Two asked me to find a power greater than myself. It did not require me to find the greatest power in the universe. Whiskey was a power greater than me, and that got me here. The rooms of AA were a greater power, and they could keep me sober. 2) Step Three did not require me to work out a total theology, just to have enough understanding to work the rest of the Steps. He said that was how any God of my understanding would want me to live: sober.

These guidelines have been enough to keep me sober for more than 30 years now, without requiring me to have either the unshakeable faith of the atheist or the solid belief of the traditionally religious.

Frank taught me that I don't have to drink no matter what the answers to the question of faith and Higher Power are. Whether the

answer is yes, no, maybe or I don't know, I do not have to drink. The Steps of AA will keep me sober. Everything else is icing on the cake.

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July 2005

An Atheist Sticks Out His Neck

By: Kurt S. | Port Angeles, Washington

An AA discovers you can't go forward if you stay in your shell

When I came to AA, I was forty-seven years old and had been drinking for about thirty years. While I was in my early twenties, I suspected I was an alcoholic, but I always resented it if anyone else said that I was. Years later, toward the end of my drinking, I was baffled, disgusted, and depressed by my inability to quit, even when I tried. Often I would find myself with a drink in my hand and a hole where my chest was supposed to be, thinking things like: "What's the use?" or "I've started now, so I may as well continue."

I remember trying to explain to my first sponsor that the reason I drank all the time wasn't so much to get drunk as it was just to "take the edge off things," and that my getting drunk was, therefore, accidental. After listening to me repeat that nonsense a few times, he interrupted to ask, "Take the edge off of what?" and I didn't have an answer. I wasn't ready to admit that the real reason I drank was because I was a full-blown, chronic alcoholic who had to drink in order to deal with life.

Sometimes I would wonder how other people were able to not drink or use drugs, and I was secretly jealous of them for being able to do so. Life for me was either too boring or harshly unpleasant not to want to alter reality. I lived in a fantasy world where, when I drank, I could pretend to be, or have attributes of, people I admired. Inside, I felt like a fraud and a phony. I considered myself to have high values, but despised myself for continually falling below the moral expectations I had for myself. The self-loathing, fear, anger, sense of impending doom, and the overall meaninglessness of my life finally drove me to admit that I needed help. So, without much hope, I decided (at the suggestion of others) to give AA a try.

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Prior to AA, I had no religious upbringing, and I didn't believe that God existed. I considered people who believed in God to be either too stupid to figure things out for themselves, or hypocrites who didn't practice what they heard preached on Sundays. I spent a great deal of time criticizing and ridiculing those who had faith, and resented anyone who I felt was trying to cram beliefs down my throat.

At those early meetings, I would sit in the back of the room with my arms folded across my chest, rolling my eyes and groaning whenever some Goody Two-Shoes in need of choking would mention God or how wonderful his or her life was. Mine was definitely not wonderful! In fact, I was in a state of barely subdued rage most of the time. I had expected things to improve when I quit drinking, but instead they had gotten worse (a sign of a true alcoholic, I heard later.) I felt damned if I drank and damned if I didn't.

Refusing to take part in the Lord's Prayer at the end of the meetings, I felt I had ended up in the midst of naive, religious fanatics who didn't have a clue as to what life was about. The fact that I myself didn't did not enter my mind at that time. Sometimes, I would get up and leave, disgusted by all the God talk. Fuming, I would get halfway out to the parking lot, then realize I didn't have anywhere to go. I certainly couldn't go home to face my wife asking me what I was doing home so soon, so I would go back in. The sponsor I now have told me he once saw me leave a meeting four times!

I've heard it said that if you pour enough water over someone's head, some of it is bound to get into their ears. Fortunately, there were enough people at those meetings I could relate to, so I kept coming back. I'm sure there were a few who wished I wouldn't.

But even though I kept going back to meetings, had a sponsor, and was trying to do the Steps, every time I read about turning my will and my life "over to the care of God *as we understood Him*," I was stumped. I called my sponsor, once again looking at Step Three for the loophole that would allow me to get out of this mess and said, "I don't think I can do this. How can I turn my will and life over to something I don't understand?" He replied, "You don't have to understand it in order for it to work!" For a person who always felt he had to understand things and to have things make sense, this was stunning. I was able to use that statement as a starting point from which I could pray without just cynically mouthing words. Most interesting to me was the fact that I was actually getting results from doing this. There is a saying, "Behold the turtle. He makes no progress until he sticks out his neck." What was once too repugnant for me to contemplate doing, I was now doing in earnest. I discover that my head didn't get chopped off when I stuck out my neck with this prayer business, so I was able to continue. Amazed, I was beginning to get the relief from myself I so desperately needed. Words from the Big Book began to take on new meaning for me.

In the Big Book in the chapter called "We Agnostic," it states, "When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else he is nothing. God either is, or he isn't. What was our choice to be?" For me, "everything" encompasses quite a lot, to say the least. I'll never be able to understand everything, so with that realization, I was able to just let go. Certainly, if God is everything, that would have to include the God of other faiths and beliefs, and I needn't get so wrapped around the axle of intolerance by what others believe. "Live and Let Live." The words italicized and underlined and repeated again and again throughout the Big Book finally made sense to me. The "we" in "*as we understood Him*" meant that there wasn't a particular AA brand of God I had to accept. "Some of us have tried to hold on to our old ideas, and the result was nil until we let go absolutely" was true for me.

Today I believe that I have had a spiritual awakening of the educational variety built by experience. Although I still at times can be arrogant and judgmental, these traits are not nearly as bad as they used to be. Thanks to the program of Alcoholics Anonymous and its members, I am more open and willing to learn from others. Unselfishly helping others is something I need and feel compelled to do, and I benefit in so many ways as a result.

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April 2002

Should We Go Easy On the God Stuff?

By: Doug B. | Virginia

In a recent on-line AA meeting I participate in, someone posed the question, "Why do we hear, 'Go easy on the God stuff at AA meetings, so we don't scare off the new person?' " After all, he reasoned, if AA is all about God, why should we soft-peddle AA's core principle? Here's my response to this topic.

Bill W.'s first draft of the Twelve Steps--which originally numbered only six steps--spoke of God without the expansive descriptions "as we understand Him" or "a power greater than ourselves." I am convinced that if Bill had not subsequently qualified God as "a power greater than ourselves," and "God as we understood him," Alcoholics Anonymous may very well have become the alcoholic squadron of the Oxford Group instead of a worldwide movement embraced by people of all religious traditions in over 150 countries. In the 1920s, the Oxford Group counted about one million members worldwide. Try reaching the closest chapter of the Oxford Group on the phone today.

I am equally convinced that a twelve-step program based exclusively on Christianity, or with any similar sectarian underpinning, would be of limited value to the still-suffering alcoholic. Organized religion, especially in the West, cannot help being structurally sectarian because it must distinguish between its ultimate truths and the beliefs of other faiths.

Several years ago, an alcoholic told me that he had stopped attending AA meetings because our program felt like recycled Christianity. I think that this person's spirituality was rooted in Hinduism, or at least in Raja Yoga, and he was put off by the frequent references to the Christian deity in meetings. At the time, I took exception to the idea that AA was a Christian organization, but I have come to appreciate how he formed such an opinion.

Where I live, in southeastern Virginia, it seems that the people in meetings most interested in talking about their God are fundamentalist Christians--many of whom fervently believe they possess the exclusive ticket to salvation, and that you are doomed unless you share their beliefs. Fundamentalists feel compelled to witness in the hope of saving those who might otherwise miss the salvation express. Their parochial presentation of God lacks the ecumenical view outlined by Bill W. that is the foundation of Alcoholics Anonymous.

While the Hindu tradition has literally hundreds of gods, there are other widely held spiritual beliefs that are nondeistic--they do not put forth belief in a deity as essential to the faith. Taoism and Buddhism are two such examples. Our basic text, *Alcoholics Anonymous*, talks about people from different religious and spiritual traditions in Chapter 4, "We Agnostics":

"When, therefore, we speak to you of God, we mean your own conception of God. This applies too, to other spiritual expressions which you find in this book."

(God Stuff: Continued on page 3)

In chapter 7, "Working With Others," the Big Book gives sage advice that directly speaks to the question of what to tell newcomers about God and spirituality:

"Tell him exactly what happened to you. Stress the spiritual feature freely. If the man be agnostic or atheist, make it emphatic that he does not have to agree with your conception of God. He can choose any conception he likes, provided it makes sense to him. The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles."

All that AA suggests is that someone be willing to believe in a power greater than one's self and be willing to live by spiritual principles. The Big Book outlines our straightforward choice: "To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face." If AA had required that I believe in the God of my childhood, I would have been thoroughly screwed because, for me, that notion of God died long ago. Thanks to AA, my personal spirituality is the vital center of my life today. I believe that there are innumerable paths to God—including all the sects of the Christian faith.

Bill W.'s personal story in the Big Book informs us that, after reading William James's *Varieties of Religious Experience*, he was still unable to make the essential spiritual connection due to lingering antipathy for his childhood God. It was only when Ebby suggested what seemed like a novel idea—"Why don't you choose your own conception of God?"--that Bill W. was open to receive the sunlight of the spirit: "That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last."

"It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend. Would I have it? Of course I would!"

Like Bill W., when I came into the Fellowship, I was just barely capable of sweeping generalities about a higher power, like Universal Mind, Spirit of Nature, or First Cause; however, these limited conceptions were sufficient to establish a beachhead from which to start the spiritual journey of recovery. If I were to come to AA today for the first time and hear a lot of talk about Jesus versus a power greater than myself, I don't know if I'd stay around for the miracle. Thanks for encouraging me to follow my personal spiritual path since 1982.

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December 2016

"I Heard You Don't Drink"

By: Rodney D. | Fort Lauderdale, Florida

There's nothing like an anonymity break to ruin a lovely, hot summer beach day

After settling down on my towel, ready to check out the endless parade of guys on this humid, scorching Miami afternoon, I was caught a little off guard. Not by some of the sights on the beach, although there were a few of those too, but by the conversation I was having with a somewhat gregarious acquaintance of mine named Luca. We always say hello when we see each other, but for the most part our conversations are quite superficial—movies, TV shows or new restaurants—just small talk mainly. But on this day, he had something a little more substantial on his mind.

"Hey Cole, how's it going?" said Luca, as he walked up. "I was

just talking about you the other day."

"Oh really?" I responded, somewhat surprised.

"Yeah, I hear you don't drink," he said.

I looked at him. "Is that a statement or a question?" I asked.

Luca hesitated then said, "Well ..."

Feeling a little annoyed, I responded, "No, I don't drink!"

"Why not?" he asked. "You used to."

"Where did that come from, Luca?" I said. "What do you know about what I used to do? I didn't used to know you."

"I remember seeing you out at the bars years ago," he said. "I never had the nerve to talk to you then. Anyway, I'm just asking. My friend Hector saw you and me talking the other day and asked how I knew you. He's in AA and thinks he's seen you at some meetings."

"Oh really?" I said, surprised. "That's interesting. Whatever happened to, 'What you hear here, who you see here, let it stay here?'"

"What does that mean?" he asked.

"Oh, never mind," I said.

"What's the big deal, Cole?" he responded. "Is there a problem?"

"No," I replied. "No problem. But if I had a drink, there would be a problem cause I'd probably be cussin' you out right now. As for your friend Hector, I don't even want to think about what I would have said to him for violating my privacy. Yes, I was out of control when I drank. I got loud and obnoxious. So no, there's no problem as long as this alcoholic doesn't drink."

Luca looked puzzled. "Alcoholic?" he said. "Don't you think that's a bit harsh? I mean, to call yourself an alcoholic, Cole?"

"It may be harsh for you," I said, "but for me, it is what it is."

That's where the conversation ended, as Luca became distracted by a group of guys waving and yelling his name. It was the perfect time to exit.

After he left, I sat there on the sand, smirking yet fuming inside. On the one hand, I was a little proud of being so candid and honest about my alcoholism, but also ticked off that a "friend of Bill" had so nonchalantly given up my anonymity. Aren't the rooms supposed to be a safe place to share our experiences as drunks without the fear of being exposed? I take the "anonymous" in AA very seriously.

Alcoholism is still very much a stigma in many professional settings and can be career-limiting for many in the rooms. There have been a few occasions since I got sober when my not drinking raised questions by curious colleagues. In those situations I could still get a little anxious, but after six years of sobriety, I've learned to handle them better. If someone offers me a drink, I simply say, "Thank you, but I don't drink," with the kind of confidence that says, "I don't drink and don't ask me why." Usually that's enough.

However, there was that time when one of my colleagues, Risa, had too much to drink at our company Christmas party. Seated at the table with me and about seven other coworkers, Risa kept digging and whining. "Cole, I don't understand why you don't drink," she said loudly. "Why? Just have a drink with me!"

Finally I said, "Risa, I don't drink because I'd be acting like you are right now, slurring my words, stumbling around the room and yelling across the table." Needless to say, all of my colleagues burst into laughter and Risa quickly got up and left, staying away from that side of the restaurant the rest of the evening.

I've had many situations where my "not drinking" has been questioned, and given the circumstances, I've chosen different responses. "I" is the operative word here. It's not always possible to be forthcoming about being an alcoholic. For friends and family, breaking my anonymity hasn't been an issue. But in business—or even dating—when or if I divulge my alcoholism can be a little tricky. One thing for sure, in order for all of us to feel safe, especially newcomers, anonymity must be respected. It's part of our common welfare.

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October 2015 | On the Cover

Who Took My Wallet?

—Lori T., Grand Prairie, Texas

I had noticed the new young couple when I walked into my AA meeting. She was very thin, poorly dressed and seemed jittery. He was also very thin but appeared much more relaxed than she did. I noticed neither of them answered the "silver chip" call, which is how we invite brand new members to our group. They said they had joined the night before. During the meeting she jumped up frequently and ran outside to talk on her phone. She did not share at all but he stated they were both trying to get sober and had problems with drugs as well.

After the meeting I made it a point to greet her and I was surprised when she told me she did not have alcohol or drug issues; she was just there to support her boyfriend. She did tell me that at one time she had used but did not anymore and had been clean for several years. She was agitated as I spoke to her, and her body language told me she was eager to get away from me. Suddenly, she jumped up and called to her boyfriend and said, "Let's go. Now!"

I waved her goodbye and encouraged them both to come back. Later, I stood talking to some other members and we commented among ourselves about their odd behavior, but then we reminded each other that newcomers frequently get jittery and uncomfortable. We learned that none of us had obtained a phone number from either of them and they had both refused ours.

I finished giving and getting my hugs and went back for my purse, which I had left sitting on a table near my chair. My wallet was gone! Immediately, other members remembered the young lady hovering around my purse, stating that she had dropped a cigarette and was looking for it. Members began emptying trashcans, moving furniture, and searching the restrooms—but no luck. My wallet had mysteriously vanished from my purse. I remembered that I had taken it out of my purse during the collection but had not put it back in my purse. Someone said, "They're still outside."

I turned to one of the members and asked him to come with me to their car. He gathered some more members, stating "Lori needs us," and together we marched across the parking lot. We surrounded the car and asked them if they happened to see my wallet during the meeting. They denied having any knowledge of it. Finally, we just walked away. Someone suggested calling the police, but they had driven off. I said, "What if they were innocent and never come back because they feel we treated them badly?" One member replied, "If they were innocent, they had nothing to worry about."

Two members offered to stay with me if I wanted to wait for the police to arrive. Another one offered me cash in case it took a while for me to become solvent again. Another hugged me. They each expressed their sympathy and said they were sorry about what had happened. Tears were in my eyes as I left. I decided to go straight to the police station and report the theft, then go to the

bank. I called my husband, cancelled my credit cards, and began the long process of replacing the stolen items.

By the time I finally got home, my heart was heavy. Why me? I had tried to be a good AA member, reaching out to newcomers with love to welcome them. I felt betrayed. For eight years I had sat in that room, feeling like it was my home.

Members who heard what had happened called and texted me that night, and the next day I got a text that the young couple had come to the group the following afternoon. My once relaxed meeting place had suddenly become tense. People were becoming very much aware of the recent theft and were all talking about it.

The next day, I reviewed and reviewed again my actions from the night before. What had I done wrong? I had reached out to help someone in need. I had been so happy going into the meeting that night. That Sunday was our sobriety birthday celebration, and I would be celebrating eight years. How was I going to face my group and be "happy, joyous and free" with this shadow on my heart? When my husband came home he found me sitting in the dark and he was concerned. I told him I had been praying and searching for answers.

As I prayed some things became clear to me. In reality, I had lost nothing. I reported the credit cards so quickly that nothing was charged. My bank account was safe. Yes, I would need to get a new driver's license and a few other nuisance items but there was no actual cash in my wallet. The wallet itself cost about \$15. So why was I so depressed? This depression was leading me to resentment against that poor tortured young lady.

Remembering something my sponsor once told me, I decided to "be quiet and listen" as I meditated. Instead of whining about my minimal loss, I began to feel grateful for the support and love I had received from the members. I remembered everyone rushing to my aid that night and all the texts and messages that were offering me help and support. Then I was grateful that it was not me who had to steal to support an addiction. There had been a time I would have done anything for a drink, and stealing probably would have been the least of it. Finally, I recalled another thing my sponsor had taught me as she patiently took me through the Steps. She said that when we have a resentment, it's important to acknowledge our part of what had happened. When I reviewed the incident again, this time with my "pity blinders" off, I realized that I had left my wallet on my chair unattended. I was partly responsible for the theft and had to acknowledge that. Sure, I had the right to expect privacy, but I reminded myself of a saying I use sometimes with my sponsees when they ask me about their "rights." I tell them, "You have the right to remain sober."

I was able to pray that the young lady would be safe, and I prayed for her health, wealth and prosperity. The next time I went to a meeting I made a public statement about all the love I had been shown. By my birthday night, the depression and resentment were gone and I was once more happy, joyous and free as I shared with my beloved group yet another life lesson AA had taught me. Together our group learned to keep our valuables, and our serenity, secure.

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June 2015

Learning to Live

By: Ronnie B. | Riverview, Florida

How AA helped one long-time inmate stay sober in prison and chart a new path

(Learning: Continued on page 5)

In a few days, I will be released from Florida State Prison. I have served a total of 27 years for a variety of convictions. My last drink was on the night of August 27, 1991. The next day, I woke in a holding-cell and asked the jailer what I had done. That arrest for burglary and assault led to my fifth conviction. All my crimes were committed under the influence of alcohol.

My first childhood memory is being raped in my home one night when I was 5. My mind could not fathom what had just occurred, so I created a “boogeyman” in my mind. I became terrified of the dark and wet the bed for years, because I refused to get out of bed in the dark.

As long as I can remember, I felt different, somehow “less-than” and vulnerable. Until, that is, I had my first drink at 11. The cheap beer tasted bad and burned my throat going down, but what a warm feeling that spread through me! I had found my new best friend. After that drink, I got the courage to challenge that boogeyman. I began sneaking out of the house at night to prowls the neighborhood. At 12, I committed my first burglary when I broke into a community center to steal beer.

My family left Florida in 1972, leaving the big city for a farm in the midwest. By then I was 13, an alcoholic and a thief. I started to become violent. When my parents, both alcoholics, divorced a few years later, I bounced back and forth between them. By my mid-teens, nobody could control me. My father kicked me out, and my mother tried to have an incestuous relationship with me. When that failed, she tried to “fix me up” with some of her girlfriends who teased me and flirted with me. But I was a virgin, and I didn’t know what to do with them.

My first felony arrest came when I was 17. In my frustration and anger over my situation at home, I tried to force myself on a woman at gunpoint while I was drunk. I stopped myself, but not before I terrified her. My parents found a good lawyer, and I beat the charge.

Somehow, I graduated from high school, joined the military, completed training and became an air traffic controller. I married a sweet girl, and we moved to Cocoa Beach, Florida. I worked in the control tower at Patrick Air Force Base and learned to surf. I flew with my pilot friends on practice bombings and strafing runs. I was living a dream.

But it all came crashing down in 1981 when my second felony arrest “happened” when I committed another drunken, violent assault. On felony probation, I went from air traffic control to a job in pest control. I tried to regroup and start over. For two years, I lived a double life. I played the part of good neighbor and good husband. I even attended church on Sundays. But at work, as a pest controller with keys to hundreds of apartments, I stole money, drugs and booze. I messed around with other women even though I had a beautiful, faithful wife at home. I was totally powerless over alcohol and sex. My life was painfully unmanageable.

In 1983, I went to prison for robbery. Florida State Prison was a bad place for a young man of 23. I survived, but I came out four years later angrier than ever, more violent than ever and determined to never commit another crime that might send me back to prison. I did many of the right things. I went to college. I worked and exercised. I stopped stealing, for the most part, but I never addressed my alcoholism. Five years later, in 1991, I woke in that holding cell and learned I had made the front-page news: “Convicted Cat Burglar, Caught Red-Handed.” That was my bottom. I have not had a drink since. By the grace of God, I came to AA and it saved my life. While the judicial system was not good to me, AA was.

When I began to serve my sentence, I was full of anger, resentment and fear. This time I ended up in the “hole,” or solitary confinement. Alone, with nothing but a Bible and a Big Book, with 16 months of sobriety and Step work behind me, I had an unexpected spiritual

experience. I was not seeking such an experience. I was not a religious person. Yet I had one, and through it I was given a new freedom—right here in prison. I began to get a passion for recovery that transcended selfish motivation.

Through the years, I’ve had the privilege to meet, sponsor and be sponsored by some of the greatest men I’ve ever known. Over time, I changed from an angry, violent thief to a man in his right mind. I can honestly say that the AA Promises have been fulfilled. I have been free, happy and content. And despite living with riots, killings, beatings, rapes and robberies all around me, I have been more fulfilled and more grateful during my 22 years of incarceration than at any other time in my life.

Looking back, I can see that the little boy who was terrified of the boogeyman had become a boogeyman himself. The victim had become the victimizer. I ran from my feelings of being vulnerable by beating up men, sleeping around, getting drunk and committing crimes. Today, I am OK. I see vulnerability as strength. I am not that little boy any more, and I’m not the boogeyman.

I still have lots of work to do. I began planning for my release in my first year of incarceration. I took computer vocational courses, a two-year paralegal certification program and a law clerk certification course. I worked in the prison’s law libraries for 20 years and stayed active in AA, all in preparation for my release. I urge other inmates to ask for help and take advantage of every opportunity to better themselves.

The God of my understanding has blessed me through AA and through the actions I’ve taken in prison. After my release, I have a promise of employment with a criminal appellate law firm. I have a beautiful wife God brought me through my recovery. We have a home given to us by the law firm. There is even a motorcycle in that house’s garage given to me by my family, with whom I’ve reconciled through my Ninth Step work. I have a fistful of AA phone numbers given to me by prison meeting sponsors and an AA contact from a clubhouse just five minutes from my home.

I have lived this truth one-day-at-a-time for 22 years. I am no more special than the next recovering alcoholic. What is special is the AA Fellowship and the God of my understanding who helped me get sober and taught me to suit up and show up. I’m Ron, just another recovering alcoholic who’s grateful to be given another shot at life and happiness.

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February 2019 | Stories by Our Longtime Members

Business is not a bad word

By: Billy N. | Buford, Georgia

One member says that anything less than good business practice in AA is just untreated alcoholism

I have often heard in the Fellowship, “We are not a business, we are spiritual.” This sounds good, but when repeated over and over it seems to imply it’s OK to be irresponsible with our Seventh Tradition contributions. The way I read our Traditions and Concepts, nothing could be further from the intent of our spiritual principles.

Business should not be a bad word. Due to the many scandals we read about in the newspapers, most people associate business with some of the worst criminal behavior of the last 20 years. Business should bring positive thoughts into one’s mind; it should be honest, ethical, accountable and transparent.

The Sixth Concept tells us, “Of course our objective is always a spiritual one, but this service aim can only be achieved by means of

(Bad Word: Continued on page 6)

an effective business operation." Our cofounder Bill W. used the word "only," and anyone who has been to a Big Book study knows he chose his words very carefully. This statement implies that if you do not have an effective business operation you will not meet your spiritual aim.

The Sixth Concept is a way to meet the responsibilities of our Seventh Tradition. I often like to use the example of a fellow AA member who, over coffee, tells you they have financial problems. My experience and the experience of many AAs I know is that these financial problems are usually not that complex. The root cause always seems to be the same cause—spending more money than they make in a month or a year; more money going out than coming in. Often when you ask them for a look at their budget, they respond that they don't really have one.

In our first Legacy, Recovery, we would describe reckless spending as a symptom of "untreated alcoholism." I believe that groups, districts, areas, the General Service Conference and the General Service Board can suffer from the same illness, and if left untreated, it will reach a critical and sometimes fatal stage. In the same way we would tell a sponsee to not have a budget that has more expenses than income, AA service entities can't budget more expenses than income and observe the Seventh Tradition at the same time. Of course if the AA entity has too much money in its prudent reserve, it should budget to lose money until the prudent reserve reaches an acceptable level.

In order to be honest, ethical and accountable, service entities need to be transparent. When trusted servants authorize spending money that comes from AA members and groups, they must be willing to always disclose the exact details. Rather than being upset by questions from the Fellowship, trusted servants should welcome questions and even encourage them. In the end, good business practice is spiritual, and anything less than good business practice is no different than untreated alcoholism.

A simple rule is to ask yourself when voting to spend money: Will this money help carry the message and save the lives of alcoholics? Simply divide the amount of money by the cost of sending a softcover Big Book into a prison and ask yourself, Is it worth that many Big Books?

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July 1998

Means to an End

By: Mike H. | Ventura, California

Tradition Seven

I am probably not the only alkie to come to the Fellowship with a protective coat of cynicism, particularly regarding money. When I heard the Traditions and the words from the Preamble about being "self-supporting through our own contributions," I thought, Yeah, right.

That attitude was erased when I heard my first treasurer's report. (I'd become teachable in the intervening months.) It was delivered by a gravel-voiced man named L.A. He got right to the point: "We had more than seventy-five dollars, so we gave the rest away." I didn't hear another word of his report. My head was racing with the thought, "Now, here's group of thirty or thirty-five people, pretty much all of whom donate a dollar each week. And when they get more than seventy-five dollars, they give the rest away! And this guy sounds like he's proud of it!" I didn't need to hear any more; I'd gotten the message I needed. "Nobody's in this thing for the money."

Later, I learned about things like prudent reserves and 60-30-10 plans. I saw how money can be important to us without becoming the focus of our attention or actions. Our donations pay the rent, buy literature, and buy refreshments for the meetings. They also fund our intergroups, the General Service Office, and World Services, the activities that make a cohesive whole of AA, present our face to the world, and allow newcomers to find us.

In sobriety, I've known prosperity and poverty. My donations have been large and very small, sometimes barely nominal. But sobriety requires that I give other things—my experience, strength, and hope as an alcoholic, my time in service to the Fellowship and other alcoholics. These commodities aren't measured by the contents of my wallet.

Reprinted with permission of AA Grapevine, Inc.



Come Join Our Tuesday Nite Impaired Professional AA Meeting

Tuesday nights at 7:00
Holy Trinity Lutheran
Church
11709 W. Cleveland Ave.,
Milwaukee

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

We meet in person and on Zoom. Meeting ID = [9817 8765 495](#) Password = 071150.

Hope to see you there!!

Brown Bag Meeting, Wednesdays @ The H.O.W. to Club



Open Meeting/Bring Your Own Lunch

This is an open meeting where you bring your own lunch but please purchase your drinks at the club.

Wednesdays, Starting 11/6/24

Meeting time @ 12:30-1:30

HOW to Club - 8930 W National Ave, Milwaukee, WI 53227
Contact Rick H. For more information: 262-758-4705

**ST. LUKE'S EPISCOPAL CHURCH 3200 S. HERMAN ST.
BAY VIEW**



**WE GRATEFULLY NEED YOUR SUPPORT!
COME AND CHECK US OUT**

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



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

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



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

MILW. CENTRAL OFFICE

- E-mail us at:
dan@aamilwaukee.com
Hours:
M - F 9 a.m. to 4:30 p.m.
Sat. 9 a.m. - 12 p.m.
- Board of Directors Meeting, in-person.
Wednesday following 2nd Tuesday (odd months)
6:30 p.
- A. A. Meetings, Sun. at 9 a.,
Mon.- Fri. at 12:15 p.,
Sat. 9:15 a., & 10:30 a.
- Dist. 14 monthly meeting,
4th Wed. at 7 p.m.
- Dist. 16, monthly meeting
1st Thursday at 6:00 p.m.

Spanish Speaking Meetings: Meeting at English Speaking Clubs

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

SAFETY CARD FOR A.A. GROUPS

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

Suggested Statement on Safety

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

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

Service Material from the General Service Office

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

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

Meeting Space Currently Available

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

Redemptorist Retreat Cen-

ter, 1800 N Timber Trail Lane, Oconomowoc, WI 53066, (262) 567-6900 Email: rrc@redemptoristretreat.org
Please call for information and schedule of retreats for recovering people. AA and AI-Anon, \$260 three nights. We discuss the 12 steps and related topics.

2025 Weekend Retreats Jesuit Retreat House,

4800 Fahrnwald Rd.
Oshkosh, WI.
WI 54901,
call 800-962-7330
jesuitretreathouse.org
**Men and Women
in AA, AI-Anon**

Total cost: 4 days \$440.00.
Send a \$75.00 deposit with requests for specific dates to retreat house or call for info.

ZOOM MEETING NEEDS SUPPORT!

ZOOM At Noon Women's Meeting
Monday, Wednesday and Friday at 12:00 PM (Noon)
[https://us02web.zoom.us/j/5877359740?](https://us02web.zoom.us/j/5877359740?pwd=RytDa2hwNWczeExqL1l2SjZFR2dYUT09)
[pwd=RytDa2hwNWczeExqL1l2SjZFR2dYUT09](https://us02web.zoom.us/j/5877359740?pwd=RytDa2hwNWczeExqL1l2SjZFR2dYUT09)
By phone, dial 312-626-6799 and enter Meeting ID #
Meeting ID: 587 735 9740 Password: 123456

DISTRICT MEETINGS

COMPLETE DISTRICT INFORMATION ON THE WEB:

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

1. Jackson, LaCrosse, Monroe, Vernon & Trempealeau; 2 & 18 Green Lake & Marquette Counties & part of Waushara; 7. Kenosha; 17. Racine County; 8 & 30 Rock County; 9. Crawford, Grant, Iowa and LaFayette; 19 & 37. Richland & Sauk; 20, 21 & 26 Dane; 31. Columbia County; 35. Green; 37. Juneau County.

(Check the web address above for meeting info.)

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

6. WALWORTH CNTY: 2nd Tue. 7:30 p. odd numbered months only, Walworth Alano Club, 611 E. Walworth St., Delavan

10. Spanish District. Contact: Salvador G. at 414-446-0158. Meets 1st Sunday 5 p.m. 1663 S. 6th Street, Milw.

11. JEFFERSON CNTY: Meets last Wed. at 5:30 p.m. Moravian Church, 301 College St., Lake Mills, or Zoom: 817 4085 9820, Password: 665473

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

13. WAUKESHA CNTY: 2nd Sunday of month, 1:00 p, St. Matthias Church, 111 E. Main, Waukesha

14. MILWAUKEE CNTY: 4th Wed. of month, 7:00 p, Milwaukee Central Office 7429 W Greenfield Ave., West Allis WI 53214

16. MILWAUKEE CNTY: 1st Thursday of month, 6:00 p, Milw. Central Office, 7429 W Greenfield Ave. West Allis WI 53214

23. DODGE CNTY: Last Sunday of month at 6:00 p, Dodge Cnty Alano Club, 115 N. Lincoln, Beaver Dam, call to confirm 920-583-3142

24. OZAUKEE CNTY: 3rd Tue. of month, 6:30 p., Advent Lutheran Church, W63N642 Washington Ave, Cedarburg, WI 53012.

25. FOND du LAC CNTY: 2nd Tue. of month, 5:30 p., Gratitude Club, 295 Ruggles St., Fond du Lac, WI.

27. MILWAUKEE CNTY: 3rd Wednesday of month at 7:00 P.M., the Zoom ID number is [824 0616 9567](https://us02web.zoom.us/j/6870109941?pwd=YVl4SVQzU3FaSE1rc3dzVmtxdFM4QT09) the password is 869 916. Covenant Lutheran Church, 8121 W Hope Ave, Milwaukee, WI 53222.

28. MILWAUKEE CNTY: 2nd Thursday of month, 7:00 p, Prince of Peace Lutheran Church, 4419 S Howell Ave, Milwaukee WI 53207.

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

32. & 33 WAUKESHA CNTY: 4th Tuesday of month, 6:30 p, Meeting ID: [321 751 3275](https://us02web.zoom.us/j/3217513275), Passcode: [323232](https://us02web.zoom.us/j/3217513275)

34. WAUKESHA CNTY: 1st Tues. of month, 6:30 p, Northwest Area Alano Association, N88W17658 Christman Rd., Menomonee Falls. Join online at: <https://us02web.zoom.us/j/6870109941?pwd=YVl4SVQzU3FaSE1rc3dzVmtxdFM4QT09>

36. RACINE/KENOSHA: 2nd Tuesday of the month 6:00 p.m., 12 & 12 Club, 482 S Pine St., Burlington

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

SEND ADDITIONS AND CORRECTIONS TO:

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

[Area 75, Southern WI, Calendar of Events 2025](#)

[Madison Senior Center,](#)

[330 W Mifflin St, Madison WI.](#)

[9 A.M. to Noon except where noted.](#)

[Summer Service Assembly](#) – June 22, at the [Madison Senior Center](#)

[International Conference](#) – July 3-6, in [Vancouver, B.C., Canada](#)

[Fall Service Assembly](#) – September 14, at the [Madison Senior Center](#)

[Area 75 Fall Conference](#) – November 7-9, at [Ingleside Hotel,](#)
[Pewaukee, WI](#)

CORRECTIONAL INSTITUTIONS

In-person meetings have started back up in the Area corrections facilities. Contact Fred K. , Area Corrections Chair by email; corrections@area75.org for information on days and times of meetings.

For meetings at Milwaukee Area Correction facilities contact:

Andrew K. at 262-239-6528 or email: mcccoordinator@gmail.com

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

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON. Contact Andrew K. at 262-239-6528 or email: mcccoordinator@gmail.com for date and location. Donation can be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Email: mcccoordinator@gmail.com with questions.

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

ADDRESSES YOU MAY SOMEDAY WANT TO KNOW!

[Milwaukee Central Office:](#) 7429 W Greenfield Ave, West Allis, WI 53214 gmco@aamilwaukee.com

- [Area 75 Treasurer:](#) 6580 Monona Drive #1040, Monona, WI 53716
- General Service Office, P.O. Box 2407, James A Farley Station, New York, NY 10116-2407
- Area 75 Corrections@area75.org, Bridging the Gap/Treatment@area75.org or mail: 6580 Monona Drive #1062, Monona, WI 53716
- Area 75 Accessibilities Chairperson: accessibilities@area75.org
- [Southern Wisconsin Deaf Access Committee](#) : Email: milwareadeafaccess@gmail.com;

MEETING ROOMS

NEW DAY CLUB

11936 N. Port Washington Rd
Mequon, (262) 241-4673

www.newdayclub.org

A.A. MEETING SCHEDULE

Sun. 8:00 a. Topic
11:00 a. Topic
5:00 p. Young People
7:30 p. Topic
Mon. 12:30 p. Tenth Step Gp
5:30 p. More about Alcoholism
8:15 p. Men's Gp
Tue. 10:00 a. Topic
5:30 p. Big Book
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
Thurs. 10:00 a. Topic Meeting
1:00 p. Women's AA Gp
5:30 p. Topic Meeting
Fri. 10:00 a. Topic Meeting
5:30 p. Step/Tradition
8:00 p.
Sat. 10:00 a. Step Meeting
5:00 p. Fellowship of Spirit
7:00 p. Feelings
10:00 p. Young People
8:00 p. Open Meeting (held on
3rd Saturday of month only)

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

PASS IT ON CLUB

6229 W. Forest Home Ave
Milwaukee WI (414) 541-6923

www.passitonclub.com

A.A. MEETING SCHEDULE

Sun. 8:00 a. Sun. Wake Up
9:30 a. Reliance Meeting
11:00 a. Today's choice
3:00 p. Gratitude Plus
7:00 p. Big Book Readers
Mon. 7:30 a. Jump Start
10:30 a. First Step
4:00 p. Happy Hour Step Gp.
7:00 p. Open Introductory AA
Tue. 7:30 a. Comin' Back Gp
10:30 a. Keep It Simple
4:00 p. Drop the Rock
6:00 p. Key To Sobriety Women's
7:30 p. Three Legacies
7:30 p. Double Trouble DD/O
Wed. 7:30 a. Big Book Study
10:30 a. Pass It On
4:00 p. Happy Hr Promises
6:00 p. Courage to Change
7:00 p. We, Us & Ours
Thurs. 7:30 a. Welcome Back Gp
10:30 a. Made Decision
5:15 p. As Bill Sees It
7:00 p. Gateway Topic Gp
Fri. 7:30 a. Honesty Gp.
10:30 a. Came To Believe
6:00 p. Women's Fri. Kickoff
6:30 p. Thoughts 4 Today
8:00 p. Broken Arrow
8:30 a. Early Bird
Sat. 10:30 a. Happy Joyous Free
7:00 p. Vajeros Wisconsin lower level
7:00 p. 5 Concepts upstairs
8:00 p. Back to Basics 12x12

LAKE AREA CLUB

N60 W 35878 Lake Dr
Oconomowoc, WI
(262) 567-9912

www.lakeareacub.com

A.A. MEETING SCHEDULE

Sun. 8:00 a. Early Bird
9:30 a. Literature Meeting
11:00 a. Friendship Gp
6:00 p. Big Book
8:00 p. Gopher Sunday
9:00 a. Positive Attitude
6:30 p. Otter Gp
8:00 p. Step/Tradition Study
Tue. 1:00 p.
4:00 p.
7:00 p. Life House Beginners
8:00 a.
Wed. 10:00 a. Back To Basics
2:00 p. Women's Meeting
6:00 p.
8:00 p.
Thurs. 10:00 a.
4:00 p.
5:00 p. Woman's Way 12 Steps
6:00 p. Hybrid Meditation Mtng
Zoom ID: 89239303536, PW: 999525
8:00 p. Grapevine Mtng
Fri. 12:30 p.
4:00 p.
8:00 p. Old School House
Sat. 10:00 a. Big Book
OPEN AA/Al-Anon
SPEAKER MEETING
Sat. 7:00 p. 2nd & 4th Saturdays
(AA and/or Al-Anon Speakers)
AL-ANON MEETINGS
Mon. 7:00 p. Al-Anon
Tue. 9:00 a. Al-Anon
Wed. 7:00 p. Al-Anon & Alateen

WAUKESHA ALANO CLUB

318 W. Broadway

Waukesha, WI, 262-549-6541

http://alanoclubofwaukesha.com/

(IP)=In-person,

Sun. 9:30 a. Sun Morn Sunlight (IP)
11:00 a. Sun Go-To-Mtng (IP)
Mon. 12:00 p. (IP)
6:00 p. Beginners AA (IP)
7:00 p. (12 & 12) (IP)
Tue. 12:00 p. Wed Nooners (IP)
5:30 p. Topic Gp (IP)
Thurs. 12:00 p. Nooners (IP)
Fri. 12:00 p. T.G.I.F. Gp (IP)
6:30 p. Half Measurers (IP)
Sat. 6:00 a. Early Morning (IP)
10:00 a. Gp 124 (IP)

OPEN MEETINGS,
DANCES & EVENTS
Call for information.

GALANO CLUB

- LGBT & All in Recovery -
7210 W Greenfield Ave LL

Milwaukee, WI 53214, 414-276-6936

http://www.galanoclub.org/

galanoclub@gmail.com

(V)=Virtual, (IP)=In-person, (V & IP)=Both
In Person and Phone Meetings Phone/
Video AA Meetings, Call (978) 990-5195
Meeting Id: galano7210
Code: 1919178#

Sunday: (V & IP)

10:30 a.m. - AA - Step / Topic
Meeting (In-person/phone/video)
10:30 a.m. - Al-Anon - Papillion Group.

Sunday: (V & IP)

4:00 p.m. - AA - Personal lead & Daily
Reflections. Meeting (In-person/
phone/video) 4th Sunday is Open Mtng.

Monday: (V & IP) 7:30 p.m. - AA "Came
to Believe" 12 Spirituality. (In-person/
phone/video)

Tuesday: (V & IP)

6:00 p.m. - AA Over and Under 40
Group (In-person/phone/video)

Thursday: (V & IP)

7:30 p.m. - AA - Living Sober One Day at
A Time In-person & Phone/video

Friday: (V & IP)

10:30 a.m. AA Step & Topic

NORTHWEST AREA

ALANO ASSOCIATION*

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

Room 202

A.A. MEETING SCHEDULE

(V)=Virtual, (IP)=In-person, (V & IP)=Both

Sun. 10:00 a. Big Book Rm 202
7:00 p. Sun Night Gp Rm 202
Mon. 7:00 p. Just Do It Gp Rm 202
Tue. 10:00 a. Step
8:00 p. Topic
Wed. 7:00 p. Step/Topic
Thurs. 10:00 a. Step
6:00 p. Women's
Fri. 8:00 p. Step/Topic (V & IP)
Sat. 10:00 a. Sat Serenity Gp
7:00 p. Simply Sober Gp Rm 202

AL-ANON MEETINGS

Wed. 7:00 p. Al-Anon
Fri. 7:30 p. Al-Anon

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

WALWORTH

COUNTY ALANO CLUB

611 Walworth St.

(Hwy. 50 & 11)

Delavan, WI 53115,

(262) 740-1888

Sunday AA

10:00 a. Primitive Group
12:00 p. Open Speakers
6:30 p. Delavan Discussion

Monday AA

7:30 a. Sunny Side Up
12:00 p. Delavan Step Meeting
6:30 p. Delavan Meeting

Tuesday AA

7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan 12 Step Topic

Wednesday AA

7:30 a. Sunny Side Up
12:00 p. As Bill Sees It Gp.
6:30 p. Delavan IT Meeting

Thursday AA

7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan Big Book Gp.

Friday AA

7:30 a. Sunny Side Up
12:00 p. Big Book Study
6:30 p. Delavan Discussion

Saturday AA

7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan Beginners Gp.

ALANO CLUB

1521 N. Prospect Ave.,
Milwaukee, WI, 53202
(414) 278-9102

http://www.mkealanoclub.org/

A.A. MEETING SCHEDULE

Sun. 7:00 a. AA Express Mtng
7:45 a. AA Big Book/Discussion
10:00 a. Gp 17 Step
Mon. 7:00 a. Early Morning
10:30 a. Gp 72 Topic
12:15 p. Gp 76 Lunch Bunch
6:30 p. Gp 40 Big Book
Tue. 7:00 a. As Bill Sees It,
10:30 a. Gp 70 Step
12:15 p. Gp 76 Lunch Bunch
7:00 p. Beginner's Meeting
Wed. 7:00 a. AA
10:30 a. Gp 9, Step
12:15 p. Gp 76 Lunch Bunch
6:00 p. Chicks at Six Gp, women,
Child Care available
7:30 p. We Agnostics
Thurs. 7:00 a. Thr Express Mtng
10:30 a. Gp 97, Step
12:15 p. Gp 76 Lunch Bunch
7:00 p. AA (LGBT)
Fri. 7:00 a. Daily Reflections
10:30 a. Gp 21, Step
12:15 p. Gp 76 Lunch Bunch
6:30 p. Here & Now Friendly Gp
7:30 p. Men's Zoom Mtng.
12:15 am. Second Shifters (Sat.)
Sat. 7:00 a. AA Meeting
11:00 a. Gp 87 Step
7:30 p. Open AA Speaker
AL-ANON MEETING
Sunday 10:00 a. Al-Anon

H.O.W. TO CLUB

8930 W. National Ave,
West Allis, (414) 543-2448
mailto:howtoclub8930@yahoo.com

<https://www.howtoclub.org>

Hours: 9am to 9pm daily.

Sun. 8:00 a. Eye Opener AA Gp.
10:00 a. Grass Roots (Steps)
4:30 p. Drop the Rock 6/7 Step
6:00 p. Restore Us To Sanity
7:30 p. Sun. Sober & 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.
10:30 P. What's the Point Gp.
Tue. 11:00 a. Willingness Group
6:00 p. Tue Topic 6pm Gp
8:00 p. New Hope Meeting
Wed. 10:00 a. Foundations Meeting
6:00 p. AA Beginners Gp.
7:00 p. Women's Freedom
8:00 p. Promises Group
Thurs. 10:00 a. But For Grace Of God
6:00 p. Here and Now
8:00 p. How To Get It Going
Fri. 6:00 a. Early Risers Big Book
11:00 a. Priority Group
6:00 p. Big Book Friday
8:00 p. R.U.S. For Us
11:00 p. Candlelight Promises
Sat. 9:15 a. Men's Topic
11:00 a. Pioneers Group
3:00 p. Spiritual Growth
6:00 p. 1st & 12 Topic
8:00 p. Open Speaker 3rd Sat
8:00 p. HOW To Saturday

24 HOUR CLUB

153 Green Bay Rd.

Thiensville, WI

http://www.howtoclub.org

A.A. MEETING SCHEDULE

(V)=Virtual, (IP)=In-person, (V & IP)=Both
Sun. 8:00 a. Topic
10:00 a. Step/Topic (V & IP)
Meeting ID: 816 604 624 PW:
485594

Mon. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Topic
8:00 p. Men's

Tue. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Step/Topic
5:30 p. Big Book

Wed. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Big Book

Thurs. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Topic
5:30 p. Step/Topic/Trad

Fri. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Step/12 & 12
8:00 p. Step

Sat. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
8:30 a. Big Book/Steps
10:00 a. Big Book

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

In Person AA Groups NEED YOUR SUPPORT

- **Sun. 7 p.m.** Waukesha Sunday Night Beginner's, Ascension Lutheran Church, 1415 Dopp St, Waukesha WI
- **Sun. 7 p.m.** Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- **Mon. 7 p.m.** Unity Gp, 4600 Pilgrim Rd, Brookfield, WI
- **Mon. 7 p.m.** Group 232, Mother of Good Counsel, 6924 W. Lisbon Ave, Milwaukee, WI 53226
- **Wed. 8:00 p.m.** Helping Hand, Nativity Lutheran Church, 6905 W Bluemound Rd, Milwaukee WI
- **Thurs. 8:00 p.m.** Grateful Gp. Chabad House, 3030 E Kenwood Blvd, Milwaukee, WI
- **Thurs. 8:30 p.m.** Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave,
- **Fri. 9:30 p.m.** Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw.
- **Sat. 8 p.m.** Gp 18, St Luke's, 3200 S Herman, Bay View, WI

MEETING ROOMS

<p>UNITY CLUB 1715 Creek Rd West Bend, (262) 338-3500 unityclub1715@att.net www.facebook.com</p> <p>AA MEETING SCHEDULE</p> <p>Sun. 10:30 a.* Gratitude Gp. 7:00 p. Candlelight Gp.</p> <p>Mon. 10:00 a. Monday A.M. 7:00 p. Men's 7:00 p. Women's</p> <p>Tue. 10:00 a. Tuesday A.M. 6:00 p. More About 12&12 7:30 p. Beginner's</p> <p>Wed. 10:00 a. Promises 1:00 p. Steps/Promises 5:00 p. Happy Hour Gp In-person & Zoom: 332602852, pw: 123456</p> <p>Thur. 10:00 a. Big Book</p> <p>Fri. 10:00 a. Step/Topic Gp 6:00 p. Big Book</p> <p>Sat. 10:00 a. Here & Now 7:00 p. 12 Step Meeting</p> <p>AL-ANON & ALATEEN MTNGS Saturday 9:00 a. Al-Anon Thursday 7:15 p. Al-Anon</p> <p>• Open Mtng. 3rd Sunday of month</p>	<p>FRIENDSHIP CLUB 2245 W. Fond du Lac Ave Milwaukee, WI (414) 931-7033</p> <p>Email: friendshipinc@sbcglobal.net</p> <p>AA MEETING SCHEDULE</p> <p>Sunday 10:00 a. Friendship 11:00 a. Third Sunday Open Meeting</p> <p>Monday 10:30 a. Step Gp</p> <p>Tuesday 7:00 p. Gp 43 Big Book</p> <p>Saturday 10:30 a. Gp 112 Step</p> <p>Call for information on other types of meetings.</p> <p>Email: friendshipinc@sbcglobal.net</p>	<p>TRI-COUNTY UNITY CLUB 110 S 2nd St. Watertown WI www.tricountyunityclub.com</p> <p>Sunday 11:00 a. Big Book Study 6:30 p. New Beginners 7:00 p. Spanish Nuevo Amanecer Monday 10:00 a. Eye Opener Grp. 7:00 p. As Bill Sees It Tuesday 7:00 p. Keep It Simple 7:00 p. Spanish Nuevo Amanecer Wednesday 10:00 a. New Freedom 7:00 p. Lost In Woods (Women) Thursday 10:00 a. Thur. Morning 7:00 p. Spanish Nuevo Amanecer 8:00 p. Big Book Group Friday 4:30 p. Friday Happy Hour 7:00 p. Reality Check Saturday 10:00 a. Morning Group 8:00 p. Saturday Night Open Mtng</p> <p>BEAVER DAM ALANO CLUB 115 N Lincoln St. Beaver Dam WI 53916 Sun: 10:30 a.m. & 7 p.m. Mon: 8 a.m., 6 p.m. & 8 p.m. Tue: 9:30 a.m. & 7:30 p.m. Wed: 8 a.m. & 7 p.m. Thur: 9:30 a.m. & 8 p.m. Fri: 12 Noon & 6 p.m. Sat : 12 Noon & 7 p.m. Open</p>	<p>MILWAUKEE GROUP 933 E Center St, Milw WI 53212. A.A. MEETINGS</p> <p>Sun. 10:00 a In-person 8:30 p. In-Person</p> <p>Mon. 5:30 p. In-Person 7:00 p. In-Person 8:30 p. In-Person</p> <p>Tue. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Wed. 5:30 p. Zoom https://zoom.us/j/8974697046 pw:0 7:00 p. In-Person 8:30 p. In-Person</p> <p>Thur. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Fri. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Sat. 8:30 p. In-Person</p> <p>Milwaukee Central Office 7429 W Greenfield West Allis WI 414-771-9119 A.A. MEETINGS</p> <p>Sun. 9:00 a. Gp 10 Sunday</p> <p>Mon. 12:15 p.</p> <p>Tue. 12:15 p.</p> <p>Wed. 12:15 p.</p> <p>Thur. 12:15 p.</p> <p>Fri. 12:15 p.</p> <p>Sat. 9:15 a. 1st Step 10:30 a.</p> <p>We do not meet on major holidays.</p>	<p>LIGHTHOUSE ON DEWEY 1220 Dewey Ave. Wauwatosa WI AA MEETINGS</p> <p>Sunday 6:00 p. Jim's First Step 7:30 p. Gp 78 Great Room</p> <p>Monday 7:30 p. Laughs/Leisure</p> <p>Tuesday 6:00 p. 11th Step Meditation 7:30 p. Professionals</p> <p>Wednesday 7:30 p. Presidents Hall 8:00 p. "RES-IPSA"</p> <p>Thursday 7:30 p. Alumni No 12 Friday 7:15 p. Gp 74 Saturday 10:00 a. Gp 59</p> <p>All Saint's Cathedral 818 E Juneau Ave. Milw 53202</p> <p>Sun: 7:00 p.m. Bench Meeting Mon: 7:30 p.m. #08 Sane & Sober Tue: 10:30 a.m. Men's Gp. Wed: 7:30 p.m. Men's Gp. Fri: 7:30 p.m. Big Book Gp. Sat: 10:30 a.m. Men's Gp.</p>
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JOIN the BIRTHDAY CLUB!

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

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

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

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

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

\$ _____ enclosed.

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

Name _____


Address _____

City _____ State _____ Zip _____


Phone: () _____ - _____

Email: _____

Home Group: _____


HAPPY BIRTHDAY!

<u>Years</u>	<u>Name</u>	<u>Home Group</u>
50 (6/30/1975)	Marge N.	
49 (8/18/1976)	Tom H.	Central Office 12:15 Mtngs
43 (8/26/1982)	Rosemary B	Thurs Women's 1 p.m.


Congratulations!

Support needed for the Helping Hand Gp.

Nativity Lutheran Church

6905 W Bluemound Rd.

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

Wednesday Night at 8:00 PM



Financial News: Please remember our tradition of self-support. If you wish to contribute to the Central Office, you can now use [Venmo](#) from your smartphone.

[@MilwaukeeCentralOffice-AA](#)

...0785 are the last four digits of the phone number associated with the Venmo account. (You may be asked for these numbers)

If you don't use Venmo or PayPal, you can always come visit us at the Central Office or mail a check.

**Use QR Code
To Contribute
Using
VENMO**



NEW WOMEN'S AA MEETING

GIRLS JUST WANNA HAVE FUN

Starts **Wednesday** December 4th

6:30 PM

Mt Olive Lutheran Church

211 Main St. Mukwonago

Enter through the South door from the parking lot



NEW MEETING ANNOUNCEMENT

The Next Frontier: Emotional Sobriety

After we quit drinking, we face various challenges inherent in living sober. Bill Wilson identified that "dependency" was an impediment to our emotional sobriety and maturity. He realized that emotional dependency on people, places and things was the source of his emotional and mental distress, in fact he identified this as his basic flaw. This new meeting focuses on discussing issues relating to our emotional sobriety. We come together to explore ways we can overcome our emotional dependency and the unreasonable expectations and unenforceable rules that our dependency generates. *Are you ready for the next frontier?*

**Join us Thursday nights for a closed
discussion meeting on emotional sobriety.**

When: Thursdays @ 7pm

Where: St. John's Lutheran Church, 20275 Davidson Rd, Brookfield WI

GREATER MILWAUKEE CENTRAL OFFICE
WOULD LIKE TO INVITES YOU TO OUR



Fall Fling



DINNER AND AA SPEAKER EVENT

Saturday, September 27, 2025

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

A.A. SPEAKER: KANE B. AT 7:30 PM

Seating is limited:
Get tickets early.

Proceeds support
Central Office.

Clifford's Supper Club

**10418 W Forest Home Avenue
Hales Corners, WI 53130**



\$30 PER PERSON (SEPTEMBER 23rd , LAST DAY FOR TICKETS)

MENU: SERVED BUFFET STYLE

**BROASTED CHICKEN, ROAST BEEF, OVEN BROWNED POTATOES, HOT
VEGETABLE, TOSSED SALAD, RELISH TRAY, JELLO MOLDS, DESERT, COFFEE**

Tickets by mail, \$30.00 each. Include a self addressed stamped envelope.

Greater Milwaukee Central Office

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

Call or email for more information: gmco@aamilwaukee.com

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

Card Number _____ Expiration Date ____ / ____

Name _____ Phone _____ CID# _____

Address _____ Zip Code _____

E-mail Address: _____

Number of tickets ____ X \$30.00 = \$ _____

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

Check or Credit Card **Total**..... = \$ _____

Seating is assigned by table. If you
want to sit with your friends, please
buy your tickets together.

- Tables of 8 available.

