

# The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

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

## CHRISTMAS AND NEW YEAR HOLIDAYS



Central Office will be closed at 2pm on Christmas Eve and New Years Eve. We will be closed all day on the 25th Christmas Day and on January 1st New Years Day



Have a safe, warm and sober Holiday Season.

December 2022 | Sober Holidays

### Let there be light

By: Jon T. | Belmont, N.C.

After some drama and quick action, their annual AA holiday breakfast went on like a charm

Back in 2020, our Christmas morning AA breakfast was anticipated more than ever. At the time, the COVID lockdown in our area was beginning to subside and restrictions were lifted on gatherings. For many, the holiday would be the first open gathering since the pandemic's beginning. We were experiencing a lot of eager anticipation, as our "hut" was known for our bountiful breakfasts.

Our AA meeting starts at 6:00 A.M. We like to jokingly call it the O-600, with the "O" standing for "Oh, my gosh it's early!" And we meet every day because that's the type of drinkers we were. Our daily meeting kicks off the four to six meetings that our clubhouse hosts daily.

Our Conscious Contact home group is known throughout the Charlotte metropolitan area, even though we're on the outskirts of the city. We are both the closest meeting to the Charlotte Airport and the earliest morning meeting around. We are affectionately known as the "Hut in Belmont," in the Charlotte area, which has about 100 meetings per day

This frosty Christmas morning, we were eager and ready to see many members and friends that we had not seen in the past eight months. It was a special occasion and that meant we needed to arrive early to set up our holiday breakfast.

It was chilly. Temperatures dropped into the 30s overnight, unusually cold for these parts of North Carolina. The temperature drop-kicked in Murphy's Law and caused an electrical malfunction in the city's power grid, thus causing the power to suddenly shut off at around 4:00 A.M. As the meeting openers arrived around 4:30 to no power, there was no panic because we had a program to lean on. There was no fretting, just some solution-seeking—all the more challenging given the temperature and pre-dawn darkness. After engaging in some gallows humor, we set about to find a solution. We are not a glum lot. However, we were sight-impaired in the dark and needed some help.

One of our founding members drives a car that used to be a police car. So he drove his car right up to the front of the building and directed the police spotlight on our front door so that folks could see. Suddenly, we were open in the darkest hours of the pre-dawn. The folks who lived nearby quickly ran home to get candles and one fellow even brought back a generator.

In our meeting place, we have an interesting candelabra that came from an old hotel and is over 125 years old. When we lit it up with candles that morning it served as an apt analogy for showing up and doing what we're supposed to do. Like our Eleventh Step Prayer, we brought light in darkness and met adversity with gratitude and solutions.

In no time, we were back to business as usual and served breakfast and coffee and commenced our meeting on time, all by candlelight. Meanwhile, the generator was busy powering our coffeemaker. We had a jovial meeting, sharing much fellowship and some rather interesting solutions.

*(Light: Continued on page 2)*

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(Light: Continued from page 1)

There indeed was something special on that dark Christmas morning with the candles flickering shadows on the slogans, Steps and Traditions on the wall. They also lit up the smiling faces of hope and recovery as we fellowshiped around our meeting tables. We shared some prayers for neighboring families in this electrical grid area, as many kids were now awakening to find presents but no Christmas lights to open them by.

Today I'm no longer imprisoned by the mistakes of my "ghosts of Christmas past," just as I'm no longer obsessed by past holiday "spirits." I have the Eleventh Step Prayer, and together with my group, plenty of holiday spirit.

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December 2019 | Sober Holidays

## Up From Coal Country

By: Ed M. | Bloomsburg, Pa.

Quarterback, student, military dropout, bellhop. He kept digging his way to the bottle

My journey in sobriety began three months before my 25th birthday when I entered rehab in 1981. However, the seed for my recovery was planted more than a year prior. I came to on Christmas morning 1979 and went downstairs, where my mother asked me what I had done with the AA card a cousin gave me the night before. I had no clue what she was talking about. I snuck back to my bedroom and went through my wallet and found a card from the Mt. Carmel, Pennsylvania group of AA. This certainly was not my first blackout, nor would it be my last, but I had started on the road to recovery without knowing it.

My first drunk occurred at age 10. I grew up in a small coal-mining town in central Pennsylvania where life was hard and drinking was part of the culture. From that first encounter with the magic elixir contained in my parents' liquor cabinet, I felt a warm glow inside that filled a void in me. I had felt unloved, unappreciated and greatly misunderstood. I'm not quite sure where the chip that I carried around on my shoulder came from, but it was there for as long as I can remember.

It was easy to find alcohol in those days despite my youth. Friends and I would steal beer from neighbors' back porches. After all, this was the 1960s and refrigerators were not nearly as large or efficient as they are today and people in the coal region would store their beer on their back porches.

Then, at the age of 10, I was the starting quarterback for our Catholic youth football team. We were undefeated and had one week to go before the championship game when I quit the team. Why? During practice, somebody did something that the coach did not appreciate and he said the entire team had to run laps. I told him that I had done nothing wrong and I refused to run laps. He said that football is a team sport and I was part of the team and I needed to run laps or I could turn in my uniform. I turned in my uniform, the team lost the championship game, and in my mind, that proved just how valuable a human being and a quarterback I was.

As you might imagine given character defects like these, with the addition of alcohol things only got worse. Alcohol soon became a priority in my life. But I was also a very good student, well-liked by other people and very active in athletics.

In high school I was a member of the National Honor Society and sophomore class president. But soon I was getting in trouble. I challenged authority at every opportunity. My girlfriend gave me a

choice between her or my partying ways. That ended that relationship and any future ones as well. By graduation from high school, I was drinking every day and I began to engage in what I now call a "dry goods" business.

Things quickly got worse. Despite numerous scrapes with the law, several car accidents and other misadventures, I never suffered severe consequences for my behavior. I always credited my ingenuity and wit for that.

My life grew more unmanageable. I went to college to major in chemical engineering. I had been a math and chemistry whiz, but I soon discovered that college was vastly more challenging than high school and it interfered with my drinking and partying.

I soon dropped out and floundered back home for a while, taking a menial job in a cabinet-making factory. Then I enlisted in the U.S. Air Force. My military career lasted an entire two weeks, but somehow I managed to wrangle an honorable discharge. I returned to a small state college and ultimately graduated with a degree in political science. But my real degree was drinking and throwing the best parties.

Following graduation, I took a job as a bellhop at a resort in the Pocono Mountains. Every night ended in a blackout. The stories people would tell me of my behavior from the night before grew more disturbing. The mental anguish that I felt, the terrible restlessness and irritability that pervaded my soul, grew with each day. I suffered with esophageal bleeding and migraine headaches. I wished for the end, but was afraid to kill myself.

Finally, the seed that was planted on that Christmas Eve in 1979 when my mother asked me about the AA card took root and I sought help. I was admitted to my first detox the following September. The counselor there suggested I go to AA, but I declined, saying that I was not sure what a bunch of old people who smoked cigarettes and drank coffee could do for me. Consequently, I did not stay sober. However, after a short time, being in worse shape than I had been, I begged that counselor to get me off the streets and she arranged for me to enter rehab.

Even today, more than 36 years later, I am not certain what I had hoped would happen by going to treatment. What I do know is that I was terrified I would die if I didn't do something and I was willing to go to any lengths not to die.

My second day in that facility they had a "mandatory" AA meeting. Being your typical alcoholic, I gave them a bit of what I thought of mandatory things and I reminded them that my insurance was paying for me to be at their facility and that they ought to consider what I might want to do as opposed to dictating to me. By the grace of God, they convinced me to give that meeting a try and my life changed dramatically. I did not miss another AA meeting for the duration of my care there. After discharge, I became involved in a home group in my hometown. I do not recall being concerned that I was "too young." I think I had the gift of desperation.

At my home group, there was a small group of older AA members who took me under their wings and made it clear to me that in addition to not drinking no matter what happened, my chances for survival would depend upon how much time and effort I put into AA. They said some strange things. One talked about Bingo the Dog as his Higher Power. They'd say, "If you want what we have..." and I would think initially, You're all crazy, so I'm not sure I want what you have. But in a moment of clarity, my Higher Power interceded and I saw that they had figured out how not to drink. And to live. I wanted that.

Simple things blew me away. They said, "You can't get drunk if you don't pick up the first drink." I was floored. I'd never thought of that. My first sponsor would remind me, "No problem is so great

(Coal Country: Continued on page 3)

that a drink won't make it worse." Again, I was floored.

I became active on the public information committee for my home group and I set about doing Step work. I made coffee and cleaned coffeepots and ashtrays. Today, I am still mystified that I did not fall into my typical thinking that I was different and didn't need this program. I credit the grace of my Higher Power for my changed attitude.

Early on, I took the work very seriously and quickly went about doing an inventory, making amends, following directions, working with a sponsor, seeking a Higher Power and trying to help others. I went on a spiritual odyssey. Sometimes I refer to my Higher Power as God, but mostly I think of my Higher Power as "the Force" or "spirit of the universe" or "stream of goodness."

I made good friends in AA. We laughed, we cried, we went to dances, we attended conferences, we did not hesitate to drive as far as necessary to get to an AA meeting or to deliver the message to another suffering alcoholic or take them to a detox.

I used to say that I drank because my parents didn't understand me and because the police harassed me and women rejected me and the world was full of idiots. I soon came to realize that all of those things happened because I drank. During my drinking days my longest relationship with a woman was about two months and my longest job lasted a remarkable 15 months. From the time I started driving at age 16 until I got sober, I had 14 car accidents.

Since getting sober, I've been gainfully employed for more than 35 years with no car accidents and I have been living with the same woman for 32 years. I had a successful career prior to my retirement this past December and I owe it all to the program of AA and my Higher Power.

However, my recovery has not been without missteps. At two years into AA, I got into my first sober relationship and came to learn just how jealous, insecure and possessive I could be. That relationship became the most important thing in my life and I nearly paid the dearest price for my attitude. While I did not pick up a drink, the emotional bankruptcy and unmanageability was very painful and I came close to contemplating suicide. I held a pistol to my head but decided that maybe there was a better solution. And there was. The better solution was to make recovery and sobriety my priority, not the relationship.

Years later, as my career took off, I became convinced that I was pretty tight with my Higher Power and understood the program so well that I decided to cut back on my involvement and meeting attendance quite significantly. Gradually, my prominent character defects of arrogance, grandiosity and lack of humility began to surface and affect relationships at work. I had another spiritual experience following a run-in with the human resources office at work, which provided me with the opportunity to once again take a look at my behavior. I was blessed to realize that I had fallen from the spiritual path laid out in AA.

I once again became an active member in my home group. I clean the coffeepots there and make the coffee. I also began to look for other ways to increase my service work. Today, it is a pleasure and an honor to serve as my district's DCM and continue my involvement in my home group and do everything I possibly can to make sure that the AA message is available to anyone who seeks it.

Often, when newcomers approach me and say they'd like to be more spiritual and they think that somehow I have the answer for them, I tell them that spirituality is found by not just making coffee but by cleaning the pots.

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December 1994

## Santa Gets Sober

By: Barbara D. | Levittown, New York

I am an alcoholic; my name is Nicholas. You can call me Nick for short. I always knew I was different from other kids in my neighborhood. See, I was born with this beard, and instead of having a dog like the other guys, I had reindeers for pets. Most kids like to get things, but I always gave whatever I had. That made me happy and I hoped people would like me.

My mother always told me, "Don't worry, someday people will look up to you."

But I was so lonely, with no one to talk to except the reindeer. I had problems going to sleep at night when I was in high school, just tossing and turning and thinking about my future. That's when I discovered that a little glass of wine at night would help me sleep. Soon I was sleeping real good, but after a while I needed more than just a little glass; I needed a big glass to produce that blessed sleep.

Things continued like that for a while. I functioned fine during the day, but nights were a different story. That's when the wine took over.

During this time, I got a job, and I really, really liked it. I was helping this old guy deliver toys and presents on Christmas. This fit right in for me, because I always liked to give and now I could do it professionally, and people would like me more.

I didn't have a car or a truck but I could use that big old sleigh that was out back in the barn. I could even have my friends the reindeer pull it. I was sleeping better, so I stopped drinking at night. Everything was going great. I even met the Mrs. Her name is Sara--what a wonderful woman. She made cookies and candies for me to bring with the toys on Christmas. Life was great until the old man died. There went the job. But Sara said, "Why not continue? You do a good job, you know what you're doing." So I kept doing what I loved best--delivering presents on Christmas.

But during the slow season I was bored, so I started hitting the eggnog and the fruitcake that Sara made (it had all that delicious brandy in it). Guess what? Sara started to change. She began to nag: "You never do things around the house anymore." She even had the nerve to hint that I was slightly intoxicated sometimes. I worked so hard, I figured I deserved all the enjoyment I could get. What harm could a little eggnog do, or a couple of brews with the local elves?

Then the reindeer began giving me trouble. They were annoyed because I had gotten lost one Christmas Eve. It had nothing to do with the fact that I'd had several hot toddies during the trip. It was all that snow--anyone would have gotten lost. So I got myself a new reindeer to lead them, a guy with a bright red nose. He could set his radar and get us anywhere, and I could continue doing my thing with no problem. That is, until one night I got pulled over by a state trooper. I told him who I was and he said, "Sure you are," and charged me with driving while intoxicated.

Things were getting most unpleasant. I was mixing up the toy lists. My wife wasn't talking to me. The reindeer weren't happy. My head hurt every morning. And I was having problems parking the sleigh on rooftops. I even tried the geographic cure--we moved to the North Pole. But things didn't change.

Then one Christmas Eve, in my usual stupor, I parked sideways on this one roof and I had a terrible time getting down the chimney. In fact, I went headfirst, and now I really needed a drink. So when I got into this house, I started looking around for some booze. But there was *nothing*, just those rotten cookies and a glass of milk.

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How I hated the taste of milk by that time. Couldn't someone take pity on me and leave me a nice hot toddy with rum? After all, it was so cold out there in the sleigh.

I guess I was banging around and making too much noise, because I woke up this guy. He came downstairs and asked if he could help me.

"Help me? Sure. Where do you keep the booze--I need a drink."

The guy said there wasn't any because he didn't drink. I wondered what kind of person I was dealing with. He must be a real nut.

Then he started to tell me that he had drunk in the past but it caused him so many problems that he didn't drink anymore. I was interested in that. I wanted him to give me his magic formula and he said it was simple.

"I don't drink one day at a time."

He also said, "I go to meetings, I keep it simple, I read the Big Book, I carry the message--and that's how I stay sober."

At that point, I was so sick and tired of being sick and tired, I was willing to try anything. I wasn't sure if there was a meeting at the North Pole, but this guy told me I could start one.

Before I left, the guy gave me a book which he referred to as the Big Book. This was my first present--I had always been the giver and never let anyone give me anything. I asked him to write something in the book for me, and this is what he wrote:

*Dear Nicholas, Merry Christmas! Your friend, Bill W.*

And that's how Santa got sober. Merry Christmas to all and to all a good night.

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December 1955

## Getting Through the Holidays

By: Anonymous

"BELIEVE IT or not, the holidays are almost here again! Christmas and New Year's were always sources of trouble for many of us. Tonight, let's talk about how to get through the holidays," said the leader of the closed meeting.

"Good idea. I'm dry six months, and I'd sorta like to see what a sober Christmas is like," said Eddie, who had not seen a sober Christmas since he was a high school freshman.

"Second the motion, and don't forget the office parties," added Tubby, in the last row.

"Okay. But let's start with some general principles, and then we can throw it open for specific ideas," continued the leader of the meeting.

"First of all, there is the matter of attitude. I think we all want to assume that we are going to get through these holidays all right, some of us for the first time, some for the fifth or tenth time. I mean we should be certain about it in our own minds, never entertaining for a moment the thought that maybe we'll slip.

"Second, we should stick rigorously to the twenty-four-hour plan, not worrying about New Year's on Christmas Eve, for example. We should be more careful than ever to start the day with recollection and decision, asking the Higher Power for help to avoid that first drink today. Then at night, give thanks for another day of accomplishment. Take it one day at a time until Christmas, and then make Christmas one day more. Now, who will take it from

there? Marcie?"

"I believe not only in taking it one day at a time, but in breaking the day up into little pieces. In other words, asking for help several times a day before any situation that may try us. And by that, I don't mean going to cocktail parties and praying for help to stay dry!" added Marcie.

"The questions about going to cocktail parties is slightly on the controversial side," said the leader.

"We had quite a discussion the other day, and a variety of opinions were developed. My own thought is that *in general* people who want to stay sober should avoid cocktail parties, particularly people who are new in AA, and emphatically those who have doubts about their ability to get through those affairs. Sometimes they are difficult to avoid, like the office Christmas party. What do you do then? Charlie, you have some sound thoughts on this, I know."

"The matter of drinks being forced on you is a big problem for many new members, a terrific mental obstacle in some cases. Actually, I have found that after the first few minutes of hospitality, most people don't give a hang whether you drink or not. In fact, most of them will not even notice *you*. We are not the center of attention that we imagine. I'd like to hear from Buck over there. He gets around more than I do and entertains a lot. Buck?"

"Well, for a long time I used to ask for plain ginger ale so I'd have a full glass and people wouldn't pester me. And I learned not to whisper it, but to ask for it in a fairly loud voice. Then after a while, I became convinced that no one really did care. So now I go everywhere, and if I'm not thirsty, I don't even drink ginger ale.

"It really gets to be pretty easy after a while. I just say, 'No thanks, I'm not drinking.' That usually does it. Once in a while some wisenheimer will try to make something of it. So what? So why let him embarrass you? That may not be so easy to say if the wise guy happens to be the boss. Then what? Well, here we must get back to the matter of conditioning and mental attitude.

"It is, of course, possible that someday we may be embarrassed. It hasn't happened to me in any serious way over a period of years, and I believe the reason has been that I've tried to prepare myself mentally for it. Be prepared to suffer embarrassment? And why not? I was embarrassed many times because of my drinking. I will be embarrassed even more if I drink again. So why not suffer, if necessary, to keep something that's so precious to me? Being prepared made me feel strong, feel equal to coping with any situation, no matter how tough," Buck finished.

"Thanks, Buck. There's a lot of solid thought in what you say. Mental attitude is important whether you have to stop in at the neighbor's coffee klatch or attend the office party. On that latter subject, I have a few thoughts myself.

"First of all, go a little late if you can. There will be less time for you to spend, and drinks may have started around, so people may not pay you too much attention. Carry a glass of ginger ale if necessary, but don't pretend you are drinking Scotch and soda. Circulate, but stay away from the office rummies. This is no time to reform them. Leave as early as you can, and go straight home. At any rate, don't stop in at a bar with the boys for a Coke. At least, that's my suggestion. Do we have any others? Our time is running short."

"Yes. What do we do about drinks that are offered to us when we are not sure what is in them, or if we think the hostess is joking a little?" asked Susie.

"Buck, will you take that?"

"You bet. My sobriety is the most important thing in the world for me. It's much too important to be trifled with by any hostess,

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whether she's crocked or sober. This is a matter of emphasis, of relative values. Which is important, the smile of a hostess or catastrophe in my life? Not much choice there for me.

"If I don't know what is in a drink being offered to me, I ask. And I want to be confident about the answer. I make it clear, if necessary, that I do not take alcoholic beverages. I'll be polite, of course, as polite as the hostess will let me. But if she wants to make a scene, I feel that she is making it--I'm not. After all, in this world there are times when we have to stand up and be counted. Mind you, this seldom happens, but again I think we must be prepared for it."

"Thanks, Buck, but our time is running out.

"Now let's see if we can summarize these suggestions about getting through the holidays. (1) Develop the proper mental attitude. Be prepared to be embarrassed if necessary. (2) Stick closely to the twenty-four-hour plan, breaking the day into smaller pieces, if necessary, and calling more frequently on the Higher Power for help. (3) Don't tempt yourself. Stay out of bars; avoid drinking parties where possible; put in a perfunctory appearance if you have to; don't overstay your required time if more than a perfunctory appearance is required. In other words, think in terms of minimum compliance in these areas of danger. (4) In every area and on every occasion, don't take that first drink. And finally, even though it hasn't been mentioned tonight, don't skip all your AA meetings just because of the holidays. Sure, it's a busy time, but how did you carry out your holiday responsibilities when you were drinking? In my own case, even if I spent half my time at meetings, I'd still have more available, usable time for holiday labor and festivity than I did when I was drinking.

"Shall we close the meeting in the usual way?"

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January 1964

## Just Another Day

By: M. C. | Pleasantville, New York

When resolutions flopped and calendar magic failed, it worked to take New Year's as

OH, the drunken New Year's Eves! Oh, the dreary New Year's Days! Oh, the years that I both anticipated and dreaded this most abused of all holidays! I can't say that I really regret them now. I can only say with infinite relief that I am free of them. AA has brought me this freedom, but it has taken more than one year in the program to sail through that once-deadly double-barreled holiday with no emotional overtones or psychic twinges.

Just once in the twenty-seven years between the first time I had a drink on New Year's Eve and my first New Year's Eve in AA did anyone ever suggest to me there was another way to greet the new year. I was twenty and working for an artist in New York. My parents had been quite concerned about my going off alone to the big city and taking such an unorthodox job. Artists, I was warned, were apt to be unconventional at the very least. And my artist was indeed unconventional. He told me he planned to go to bed early on New Year's Eve so that he could celebrate New Year's Day by painting especially well and he expected me to be at work early on January first to help him and to share in the goodness of the day.

I was at the studio, all right, when the first light streamed in through the big north windows. But there was nothing good about it. By mid-morning I was asleep at my desk. By noon my artist, having waked me, plied me with black coffee and walked me at a brisk clip through Central Park in the hope of reviving me, gave up in discour-

agement and sent me home. I was ashamed and annoyed, and the point of it all seemed to have escaped me. But perhaps it hadn't really. I can't remember now where I had been that New Year's Eve or with whom I got drunk; but there is no New Year's Day I recall so vividly.

I expect now that I never really was a social drinker. There was a long period when I passed for one, in my own eyes and the eyes of others, for the simple reason that I only drank at parties. I actually felt a kind of pride then in my capacity for booze and the fact that I was emancipated enough (emancipated from what I have no idea) to get drunk quite deliberately.

New Year's Eve was a great night because everybody got drunk--at least I assumed that everybody did--it was the thing to do. On New Year's Day one could make all sorts of resolutions with no real intention of keeping them. I would have felt deprived without a party on New Year's Eve. Deprived also, I expect, if there had been no rather dramatic sins to make resolutions about on January first.

Sometimes, I'm sure, it was fun. But even then there was a kind of franticness about it. The franticness over the years became mixed with uneasiness. I was a little frightened of the "big night," but more frightened of being left out, of losing friends or face by staying home.

It is significant to me that I didn't stop drinking finally on the strength of a New Year's resolution--or, for that matter, on my birthday, or on Ash Wednesday, or any other special day on the calendar. I had my last drink on an otherwise perfectly ordinary Sunday in October because, after two months of sloshing around in AA, I was suddenly less afraid of sobriety and the loss of my drinking friends than I was that my new AA friends might get fed up with me and drum me out of their midst. So began a new year and a new life for me, a kind of Lent and a kind of Easter, a time for Thanksgiving and a new understanding of the Christmas message. And it had nothing at all to do with the calendar.

Take it twenty-four hours at a time, I was told--ten minutes at a time if need be at the beginning. But what about New Year's? Won't it present almost impossible temptations? Don't look beyond the present, I was told. A day has no more than twenty-four hours in it even if it is a holiday. Time to cope with it when it comes and the strength to cope will be built up by staying sober now. If, when it comes, it is difficult, remember that holidays too can be broken down into ten-minute periods. Like all other days, they very soon become yesterday.

But New Year's Eve was the night that was meant for drinking. I felt I couldn't go out without drinking. And if I didn't go out maybe I'd not be invited again. I was terribly tempted to test myself on the one hand, and felt almost physical revulsion at the prospect on the other. In the end, I asked my husband to take me to a movie that evening, and I got through it, not joyously, but at least without incident. New Year's Day was the unexpected icing on what had seemed a pretty indigestible cake. I felt *good*. I cooked a family dinner and ate it with enjoyment. I took a walk with my husband in the snow. I felt no need to show at any of the eggnog parties around town, where the hangovers of others were being soothed. And I made no resolutions. True, I asked God's help that morning to stay sober that day. But to ask for help is far different from making a resolution--and far more effective. Altogether it was a pleasant day, relaxed, since no one had to go to school or to work, but otherwise hardly a holiday at all.

This is the way it has been for me ever since. This is the way I expect it to be at the dawn of '64. There is just one difference, an important one too. That is that New Year's Eve has also lost its terrors. I have lost no friends by not going out and getting drunk that one frenzied night of the year. The rather humbling and also amusing truth is that I doubt if the party-goers have noticed my absence. How comfortable to be anonymous in this respect! As I write this, it is still early October. Having written it, I shall forget about the coming

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holidays until they are almost here. If we are asked to a non-brawly kind of party on New Year's Eve, I shall probably accept with pleasure. If we are asked to a brawly one, I shall surely refuse without regret. If we are asked nowhere, I may invite some friends in on the spur of the moment. Or I may not. The lovely thing is that it doesn't matter.

As for New Year's Day, I feel quietly confident that with the help of God and my AA friends I shall spend it soberly and contentedly. Maybe, in memory of the kindly artist who tried to share an important truth with me before I was ready for it, I can use the day to do something creative. In any event, I shall be making no resolutions. And if I live each day between now and then in the spirit of the program, it will be that much easier. A calendar, after all, is only a calendar.

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December 1960

## Christmas Message

By: Bill W.

Dear Folks:

*We have just passed our quarter century mark. All this year long we have celebrated. Memories of our beginning have deeply stirred us as--one by one--we have summoned up those living images of early founding friends, those great events and ideas upon which liberation has since so securely rested. We have been giving thanks for both our pains and our rewards. We have tried to meditate upon all of our blessings, but have found them to be endless--all but infinite.*

*There could be no more fitting nor happier culmination to our Twenty-Fifth Anniversary than this very special Christmas in this year of our Lord, nineteen hundred and sixty. May the spirit of the Prince of Peace continue to reign in all of our affairs for so long as God may wish our well loved society to grow in His service.*

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December 1960

## Good Tidings. . . .

By: M. C. | Pleasantville, New York

"FEAR not. For behold, we bring you good tidings of great joy. . . . On earth peace. . . good will to men." This was the Christmas message of the angels to the shepherds watching their flocks in the fields near Bethlehem. This is also, it seems to me, AA's message to the frightened newcomer at any time of the year.

We who have become sober in AA are often reminded at closed meetings that, much as we may grow in the program, we are never likely to become saints. But we *can* become angels. In fact, in the Twelfth Step, we are asked to do so. For an angel, according to the dictionary, is not necessarily a heavenly and haloed being. An angel can be simply a "messenger."

For alcoholics, AA's message is the best of Christmas gifts. It cannot be bought and paid for, wrapped in silver paper and tied with red ribbon. It is the intangible gift of lasting release from the fears that torment the drinking man or woman. It is not, as the newcomer may imagine, a form of deprivation nobly shared, but the gift of a second chance at joyful living. It is the gift of an inner peace that sustains us in the midst of temptation and turmoil. . . of a good will experienced within our fellowship that in time permeates all our human relationships. It is the gift of love. And it is valuable. For, as a Persian poet has said, "we give but little when we give of our possessions. It is when we give of ourselves that we truly give."

In AA, we who have been withdrawn and suspicious do learn to give of ourselves. It takes time. And first we must learn something that is often even

harder. We must learn to receive--to listen, to trust in the gifts of others. Slowly, even unknowingly, we begin to give back. For to accept with gratitude another man's gift of himself is to give him something precious in return. Acceptance and gratitude are not unworthy gifts to offer to God Himself. For I have heard more than one clergyman say that thanksgiving is the beginning of prayer.

Among my Christmas cards last year was one with an inscription that seemed to me especially beautiful: "May the joy and peace of Christmas be with you always." I believe that, as applied in AA, this message is meaningful--not just for those who call themselves Christians, but for men of other faiths and for those who profess no faith at all. I believe too that in AA the joy and the peace of Christmas are indeed with us--not just for a few tinsel days in December, but for every twenty-four hours that we will open our hearts to receive them.

Reprinted with permission 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 = 98178765495, Password = 071150.  
**Hope to see you there!!**

GRATITUDE GROUP      TUESDAY 7:30PM  
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](mailto:dan@aamilwaukee.com)  
Hours:  
M - F 9 a.m. to 4:30 p.m.  
Sat. 9 a.m. - 12 p.m.
- Board of Directors Meeting, in-person.  
Wednesday following 2<sup>nd</sup> Tuesday (odd months)  
6:30 p.
- A. A. Meetings, Sun. at 9 a.,  
Mon.- Fri. at 12:15 p.,  
Sat. 9:15 a., & 10:30 a.
- Dist. 14 monthly meeting,  
4th Wed. at 7 p.m.
- Dist. 16, 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](http://aamilwaukee.com) or use our your **[VENMO app](#)** from your smartphone.

#### Meeting Space Currently Available

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

#### Redemptorist Retreat Cen-

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

#### 2026 Weekend Retreats

##### **[Jesuit Retreat House,](#)**

4800 Fahrnwald Rd.

Oshkosh, WI.

WI 54901,

call 800-962-7330

[jesuitretreathouse.org](http://jesuitretreathouse.org)

**Men and Women**

**in AA, AI-Anon**

Total cost: 4 days \$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](mailto: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](mailto: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](mailto: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 MORaine CORRECTIONAL**, Forrest Dr., Plymouth,
- **MILWAUKEE COUNTY HOUSE OF CORRECTION**, 8885 S. 68th St. Franklin WI. Emily J. by Email: [mcccoordinator@gmail.com](mailto:mcccoordinator@gmail.com)
- **MILWAUKEE COUNTY JAIL** 9th & State Milwaukee WI. Emily J. by Email: [mcccoordinator@gmail.com](mailto:mcccoordinator@gmail.com)
- **MILWAUKEE SECURE DETENTION**, 1015 N. 10th St. Emily J. by Email: [mcccoordinator@gmail.com](mailto:mcccoordinator@gmail.com).
- **MILWAUKEE WOMEN'S CORRECTIONAL CENTER**, 615 W Keefe Ave. Emily J. by Email: [mcccoordinator@gmail.com](mailto:mcccoordinator@gmail.com)

**MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON.** Contact Andrew K. at 262-239-6528 or email: [mcccoordinator@gmail.com](mailto: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](mailto: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](mailto: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](mailto:Corrections@area75.org), [Bridging the Gap/Treatment@area75.org](mailto:Bridging the Gap/Treatment@area75.org) or mail: 6580 Monona Drive #1062, Monona, WI 53716
- Area 75 Accessibilities Chairperson: [accessibilities@area75.org](mailto:accessibilities@area75.org)
- [Southern Wisconsin Deaf Access Committee](#) : Email: [milwareadeafaccess@gmail.com](mailto:milwareadeafaccess@gmail.com);



# MEETING ROOMS

## NEW DAY CLUB

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

[www.newdayclub.org](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  
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  
Thur. 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  
7:00 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](http://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  
Thur. 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](http://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. 8:00 a.  
10:00 a. Back To Basics  
2:00 p. Women's Meeting  
6:00 p.  
8:00 p.  
Thur. 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. 2<sup>nd</sup> & 4<sup>th</sup> 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://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)  
Thur. 12:00 p. Nooners (IP)  
Fri. 12:00 p. T.G.I.F. Gp (IP)  
6:00 p. Fri 4th Dimension B/B (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://http://www.galanoclub.org/>

[galanoclub@gmail.com](mailto: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  
Thur. 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://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  
Thur. 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](mailto: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  
Thur. 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://http://www.24hourclub.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  
Thur. 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.  
(1<sup>st</sup> 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, Milwaukee Chin Baptist Church, 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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <p><b>UNITY CLUB</b><br/>1715 Creek Rd<br/>West Bend, (262) 338-3500<br/><a href="mailto:unityclub1715@att.net">unityclub1715@att.net</a><br/><a href="http://www.facebook.com">www.facebook.com</a></p> <p><b>AA MEETING SCHEDULE</b></p> <p>Sun. 10:30 a.* Gratitude Gp.<br/>7:00 p. Candlelight Gp.</p> <p>Mon. 10:00 a. Monday A.M.<br/>7:00 p. Men's<br/>7:00 p. Women's</p> <p>Tue. 10:00 a. Tuesday A.M.<br/>6:00 p. More About 12&amp;12<br/>7:30 p. Beginner's</p> <p>Wed. 10:00 a. Promises<br/>1:06p. Steps/Promises<br/>5:00 p. Happy Hour Gp</p> <p>Thr. 10:00 a. Big Book</p> <p>Fri. 10:00 a. Step/Topic Gp<br/>6:00 p. Big Book</p> <p>Sat. 10:00 a. Here &amp; Now<br/>700 p. 12 Step Meeting</p> <p><b>AL-ANON &amp; ALATEEN MTNGS</b></p> <p>Wednesday 1:00 p. Al-Anon<br/>Friday 11:00 a. Al-Anon<br/>Saturday 9:00 a. Al-Anon<br/>(Zoom only.) Mtng ID: 810 5054<br/>8668, Pass Code: 860539</p> <p>• Open Mtng. 3rd Sunday of month</p> | <p><b>FRIENDSHIP CLUB</b><br/>2245 W. Fond du Lac Ave<br/>Milwaukee, WI<br/>(414) 931-7033</p> <p>Email:<br/><a href="mailto:friendshipinc@sbcglobal.net">friendshipinc@sbcglobal.net</a></p> <p><b>AA MEETING SCHEDULE</b></p> <p>Sunday<br/>10:00 a. Friendship<br/>11:00 a. Third Sunday<br/>Open Meeting</p> <p>Monday<br/>10:30 a. Step Gp</p> <p>Tuesday<br/>7:00 p. Gp 43 Big Book</p> <p>Saturday<br/>10:30 a. Gp 112 Step</p> <p>Call for information<br/>on other types of meetings.</p> <p>Email:<br/><a href="mailto:friendshipinc@sbcglobal.net">friendshipinc@sbcglobal.net</a></p> | <p><b>TRI-COUNTY UNITY CLUB</b><br/>110 S 2nd St. Watertown WI<br/><a href="http://www.tricountyunityclub.com">www.tricountyunityclub.com</a></p> <p>Sunday 11:00 a. Big Book Study<br/>6:30 p. New Beginners<br/>7:00 p. Spanish Nuevo Amanecer</p> <p>Monday 10:00 a. Eye Opener Grp.<br/>7:00 p. As Bill Sees It</p> <p>Tuesday 7:00 p. Keep It Simple<br/>7:00 p. Spanish Nuevo Amanecer</p> <p>Wednesday 10:00 a. New Freedom</p> <p>Thursday 10:00 a. Thur. Morning<br/>7:00 p. Spanish Nuevo Amanecer</p> <p>Friday 4:30 p. Friday Happy Hour<br/>7:00 p. Reality Check</p> <p>Saturday 10:00 a. Morning Group<br/>8:00 p. Saturday Night Open Mtng</p> <p><b>BEAVER DAM ALANO CLUB</b><br/>115 N Lincoln St.<br/>Beaver Dam WI 53916</p> <p>Sun: 10:30 a.m. &amp; 7 p.m.<br/>Mon: 8 a.m., 6 p.m. &amp; 8 p.m.<br/>Tue: 9:30 a.m. &amp; 7:30 p.m.<br/>Wed: 8 a.m. &amp; 7 p.m.<br/>Thur: 9:30 a.m. &amp; 8 p.m.<br/>Fri: 12 Noon &amp; 6 p.m.<br/>Sat : 12 Noon &amp; 7 p.m. Open</p> | <p><b>MILWAUKEE GROUP</b><br/>933 E Center St, Milw WI 53212.</p> <p><b>A.A. MEETINGS</b></p> <p>Sun. 10:00 a In-person<br/>8:30 p. In-Person</p> <p>Mon. 5:30 p. In-Person<br/>7:00 p. In-Person<br/>8:30 p. In-Person</p> <p>Tue. 7:00 p. In-Person<br/>8:30 p. In-Person</p> <p>Wed. 5:30 p. Zoom<br/><a href="https://zoom.us/j/8974697046">https://zoom.us/j/8974697046</a> pw:0<br/>7:00 p. In-Person<br/>8:30 p. In-Person</p> <p>Thur. 7:00 p. In-Person<br/>8:30 p. In-Person</p> <p>Fri. 7:00 p. In-Person<br/>8:30 p. In-Person</p> <p>Sat. 8:30 p. In-Person</p> <p><b>Milwaukee Central Office</b><br/>7429 W Greenfield<br/>West Allis WI 414-771-9119</p> <p><b>A.A. MEETINGS</b></p> <p>Sun. 9:00 a. Gp 10 Sunday</p> <p>Mon. 12:15 p.</p> <p>Tue. 12:15 p.</p> <p>Wed. 12:15 p.</p> <p>Thur. 12:15 p.</p> <p>Fri. 12:15 p.</p> <p>Sat. 9:15 a. 1st Step<br/>10:30 a.</p> <p><b>We do not meet on major holidays.</b></p> | <p><b>LIGHTHOUSE ON DEWEY</b><br/>1220 Dewey Ave.<br/>Wauwatosa WI</p> <p><b>AA MEETINGS</b></p> <p>Sunday<br/>6:00 p. Jim's First Step<br/>7:30 p. Gp 78 Great Room</p> <p>Monday<br/>7:30 p. Laughs/Leisure</p> <p>Tuesday<br/>6:00 p. 11th Step Meditation<br/>7:30 p. Professionals</p> <p>Wednesday<br/>7:30 p. Presidents Hall<br/>8:00 p. "RES-IPSA"</p> <p>Thursday<br/>7:30 p. Alumni No 12<br/>Friday 7:15 p. Gp 74<br/>Saturday 10:00 a. Gp 59</p> <p><b>All Saint's Cathedral</b><br/>818 E Juneau Ave. Milw 53202</p> <p>Sun: 7:00 p.m. Bench Meeting<br/>Mon: 7:30 p.m. #08 Sane &amp; Sober<br/>Tue: 10:30 a.m. Men's Gp.<br/>Wed: 7:30 p.m. Men's Gp.<br/>Fri: 7:30 p.m. Big Book Gp.<br/>Sat: 10:30 a.m. Men's Gp.</p> |
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**JOIN the BIRTHDAY CLUB!**

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

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

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

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

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

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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



| <u>Years</u>    | <u>Name</u>  | <u>Home Group</u>     |
|-----------------|--------------|-----------------------|
| 13 (12/27/2012) | Bob J.       | #059 Saturday 10 a.m. |
| 5 (12/21/2020)  | Stephanie K. | #059 Saturday 10 a.m. |







**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 4<sup>th</sup>

**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**



# HOLIDAY OPEN HOUSE



## **WHEN:**

**Saturday, December 13,  
2025, 10:30 A.M. – 12:30 P.M.**

Short Open Meeting, at 11 A.M.

## **WHERE:**

**Milwaukee Central Office**

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

**Shop and Enjoy 10% off all  
Non-AA Conference approved  
books and gifts, on Dec. 13<sup>th</sup>  
when you join us for our Open House.**

REFRESHMENTS \* REFRESHMENTS \*  
More REFRESHMENTS

**(Bring a dish to pass, if you wish.)**

***Welcoming Newcomers and Aiding  
AA Groups In Our Community***



**COME AND  
EXPLORE THE  
MILWAUKEE  
CENTRAL  
OFFICE**



**MEET YOUR  
BOARD OF  
DIRECTORS**

**GREET YOUR  
FRIENDLY  
OFFICE STAFF**

**ENJOY THE FEL-  
LOWSHIP & EAT  
THE FREE FOOD**

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