

The BETWEEN-US

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Welcoming Newcomers and Aiding AA Groups in Our Community.

January 2001

The End of the Nightmare

By: Karen C. | Albuquerque, New Mexico

Step 1 - We admitted we were powerless over alcohol--that our lives had become unmanageable.

As a child, I remember being given a sip of beer as a treat with pizza on Saturday nights, but I didn't take my first deliberate, drink until I was older. By that time, I was already extremely lonely, fearful, and depressed.

My family background includes a mother who, I feel, was alcoholic and depressed most of her life. Her dad was an alcoholic, too, and because her mom was blind, my mother raised herself and her twin, younger brothers. I also know that my grandfather beat my mother when she was a child, because every time she got drunk, she would cry and tell that story over and over again.

I was an only child, and as I began sixth grade, my parents moved to yet another school district. I was friendless once again. After my first day at this big, new school, I came home and cried all night long, begging my parents not to send me back. To this day, I cannot remember my sixth through eighth grade years at all, and I don't know if I was drinking at the time or not. However, I do remember that both my parents left to go to work before I had to go to the bus stop. I dreaded waiting at that bus stop--absolutely dreaded it. Too shy and afraid to approach other kids, I would stand there by myself and feel invisible while they came and joined their friends. I wanted to crawl in a hole and die.

One morning, after my parents had left, I went into the living room where they kept the only booze we had--hard liquor. It was for the holidays, when all the men liked to have a shot. There was whiskey, brandy, and rum. I'm not sure which one I grabbed (not that it mattered), but I took a couple of hits from the bottle and almost instantly felt relief--relief from my feelings. The booze tasted awful, and I gagged on it, but it sure felt good afterward! When I walked to the bus stop, I felt warm and kind of happy inside. I didn't feel so much like a freak or an outsider. I had found the answer to life's pain.

I believe I was born an alcoholic, just by how and why I took that first drink. I didn't pick it up because I wanted to "fit in" or because I thought it was "cool." I picked up that first drink because I was in pain, and somehow I knew alcohol would help.

From then on, I drank in the mornings before going to school. I used it to start my day and to get me through the agony of standing alone at the bus stop. In high school, I found another shy, isolated classmate, and we became best friends--and best drinking buddies. She looked a lot older than she was, and she drove, so our weekends consisted of her getting beer and driving us around Friday, Saturday, and Sunday nights while we drank. We never really went anywhere; we just drove on back roads, listening to music, drinking, and smoking pot.

One of the more horrific consequences of my drinking in those four-plus years was my almost getting raped the night before Thanksgiving. I was about twenty-one. My friend and I were at a bar doing kamikazes, and as the bar was about to close, I met a guy who told me about an after-hours club we could go to. So, against the warnings of my girlfriend, I left with him.

He drove to a park nearby and told me that if I did not cooperate and have sex with him, he would slash up my face. But I was so terrified of what my parents would do if I got pregnant that I figured I wouldn't want to be alive anyway, so in a rage I fought him off, jumped out of his truck, and grabbed on to a post in the parking lot. He could not pull me off this post and finally gave up. He drove off, and I walked all the way home--several miles--at around three or four o'clock in the morning. I snuck back in the house at around 5 A.M.

All the next day, Thanksgiving, I felt as if I were living a nightmare. All I could think of is what had happened the night before. I went to my boyfriend's house for dinner but, of course, never told him about it, and when my girlfriend called to ask how my "date" went, I was too embarrassed to tell her either. I was so ashamed. That was my first big secret, but it was far from my last.

Another highlight of those years was when I totaled my boyfriend's car coming around a bend in a park. My girlfriend was with me. Her head smashed into the windshield, and she ended up with a concussion. And the car, whose axle had broken in half, looked like a banana, drooping in the middle. It was still drivable, but when my boyfriend saw it, in a drunken rage he took a baseball bat to the rest of the car and smashed in the remaining windows. Then he drove me home in his mess, drunk, depressed, and crying, sitting on a seat covered with shattered glass. His wrecked car sat in front of his house for many months, a painful reminder of what I had done.

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These were some of the consequences of my drinking. There were many, many more: more leaving with strangers from bars (again and again and again), more driving in blackouts (again and again and again), and peeing on the side of the road and in people's driveways countless times.

In addition, I always suffered hellish hangovers. After a night of drinking, I would throw up for three or four hours the next day, lying on the bathroom floor next to the toilet. Then I would stay on the couch for the rest of the day, unable to keep down food, water, or anything else, depressed, ashamed, fearful, and wanting to die.

After high school, I went to art school and continued this kind of drinking. Then I married my boyfriend (yes, the one with the baseball bat), and my drinking really took off, along with smoking pot, taking speed, and snorting cocaine. My husband and I went to bars together, but I never wanted to leave. If he tried to get me to go, I called him names or bargained with him until he left me alone so I could drink. After two years of marriage, my husband told me he didn't want to drink with me anymore, because I got so obnoxious and nasty. He also was probably tired of carrying me in from our car, since I passed out almost every night. We had violent fights as well, destroying things that were precious to one another. My husband loved to make model cars, for instance, and once in a drunken rage I smashed up his entire collection.

Then things got worse. I had an affair with a raging alcoholic co-worker. When my husband found out and confronted me, I told him I was not giving up the affair. My husband and I separated, and I demanded a divorce so I could be with my new "lover." One Valentine's Day soon after that, my lover and I were in my trailer, drinking champagne, of course. It was around noon, and we were already sloshed. There was a knock at the door. It was my husband, who said he had a gift for me, a ring. Would I open up and let him in? Being the selfish, self-centered alcoholic I was, I wanted the jewelry. I opened the door for my gift, and my husband came barreling in, breaking the door off its hinges, and proceeded to beat the living daylight out of my boyfriend, not, of course, without tearing up every inch of the trailer.

Things got worse. My new fiancé did every drug he could get his hands on and went into violent drunken blackouts. I could see in his eyes when he was snapping and disconnecting from reality. Then look out. So the next couple of years consisted of physical and verbal abuse, my fearful calls to the police, followed by my calls canceling the police calls and smashed-up furniture, mirrors, dishes, and lives. After all that, my boyfriend left me for a stripper. I couldn't believe it. He dumped me. Talk about feeling ashamed.

So once again, I drank alone. On weekends, I sat in my trailer and drank beer all day long or went out to bars looking for a new boyfriend. I had no car, so I had to ask my parents, who wanted nothing to do with me, to take me grocery shopping. The stony silence during these trips was almost unbearable. I was a mess. I had no friends, and I thought of suicide constantly. Finally, I went to a psychologist, but to no avail. I never told her I drank.

Then I met the man who was to become my second husband. He was a "normie," and I didn't understand what he saw in me. To this day, I believe my Higher Power sent him to save me from my final downward spiral. I married him, and things seemed to get better. I seemed to gain some control over my drinking; I stopped drinking during the week and then went all out on the weekends. That's not to say I still didn't punch holes in the walls in drunken rages, or throw up in our brand-new car the night we got it, or lie passed out in my own vomit next to the toilet every weekend. I thought I had it under control, but I still hadn't hit my bottom.

When I was about thirty-three, I got a job at a prestigious company that I had always wanted to work for. With the start of my new job, I resolved to quit drinking and turn my life around. I didn't know

any better; I really thought I could quit drinking. Well, soon my new job turned into the same old song, with my coming in every Monday morning reeking of alcohol and munching on crackers and ginger ale so I wouldn't throw up.

A year or so into this, I became unbearably depressed and thought of suicide constantly. The only thing that kept me from doing it was that I loved my husband very much, and I thought about what killing myself might do to him. I had hurt my first husband terribly with my affair, and I still had intense shame and guilt about that. To think of hurting my new husband (who had no idea what was going on inside me) was unbearable. He did not deserve that.

I couldn't stand facing each day; I couldn't stop thinking of suicide; and I couldn't stop drinking. That was the state I was in when, in desperation, I called our mental health insurance plan and told them I needed help with depression. The first question they asked was, "Do you drink?" I was beyond caring anymore, so I said in a rude and flip manner, "like a fish." They asked me how much. I answered, "Until I throw up or pass out, whichever comes first." I got into outpatient treatment on July 22, 1995, and one day at a time, I have not had another drink since.

Sometime during the weeks of treatment, the obsession to drink was lifted from me. I thought they had "cured" me; then they dropped the bomb: If I wanted to stay sober, they strongly suggested I go to AA. "What?" I balked. "Go to AA?" I wasn't one of those drunks. I didn't live under a bridge or wear a urine-soaked trenchcoat or carry my booze in a brown paper bag. I wasn't homeless, toothless, and jobless. But having nowhere else to go and afraid that I might drink again, I went.

Today, I cannot believe how sick I really was. I had never wanted to be the person I became when I was actively drinking. I had never said to myself, "When I grow up, I'm going to be an adulterous, violent drunk and ruin my life along with everybody else's." But that is what I did, and it was difficult to look at.

That I was able to be lifted up out of that hopeless, doomed state of mind and body into sobriety is, I believe, a miracle. Being willing to work the Twelve Steps of AA and begin to climb out of that morass of self-pity, anger, shame, and fear has been another miracle for me.

It is difficult for me to put into words how much my life has changed, both inside and out since I was led into AA four and a half years ago. Lots of days, I am still clueless and selfish. I make mistakes, let my ego take over, and generally run amuck. But at the end of a day like that, I definitely know my Higher Power has kept me sober. I see that God was doing for me what I could not do for myself and he continues to do so on a daily basis.

Some days the Higher Power that keeps me sober is the Christian God, some days it's the Tao, some days it's Buddhism. Although my conception and understanding of him/it/she may change, it doesn't change the empirical evidence that there is some power greater than myself keeping me sober.

Life in sobriety has not been easy. My mother, grandfather, and grandmother all died within eight months of each other in 1999. And although I do not think about drinking, I still struggle with alcoholic thinking and depression. I still have days when I think that I am "cured" and no longer need meetings or sponsors. The hardest thing for me to understand and accept today is that there is no cure for alcoholism. What we have is a "daily reprieve contingent on the maintenance of our spiritual condition."

Our textbook, *Alcoholics Anonymous*, sums up best what it's like for me today: "God will constantly disclose more to you and to us. . . See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us."

Valentine's Day in the Detox

By: Anonymous | Lubbock, Texas

His sobriety began when he was served with divorce papers while at a detox

I'm coming up on a year now and I will tell you, it has been fun. I've heard a lot of people on annual birthday nights say, "This has been a real hard year for me!" And maybe it has, but for me it has been a wonderful journey.

A lot of things have changed since February 11, 2008 and it started with me—was I willing to go to any length? I can honestly say to you, "yes." We don't care for change too much and this drunk was no different. When I got here I was perfect. Little did I know, I was actually far from it. Alcoholics Anonymous is the greatest thing for ego-driven people. You bring me down to size every time I sit down in a meeting. I'm very grateful for that.

On February 9, 2008 around 5:30 in the afternoon, I was arrested outside my home in front of my family and not to mention all the people on my street and all the people who drove by. I remember very little about that day just bits and pieces. I do remember that I was very drunk, very angry, and very mean—I wish I could forget the whole damn day but I cannot. A lady once told me that, "If you can't remember your last drunk, you probably haven't had it yet." Makes sense to me. The more time that I get, I start to remember the day more and more. I have even had dreams of it, but things are still a little foggy at times.

Getting out of jail the following morning, things became very clear to me. I thought to myself, "You have really done it this time." No one was there to get me and no one would answer the phone calls. As the day progressed, I finally got hold of my boss at my job. He too was fed up, and as we talked he kept hinting about the fact that I needed help and if I didn't get any help, that my time with the company was over too.

I had been to treatment two times before. This would be the third time in five years that I would have to go through this again. How could I honestly think that this time was to be any different? I really was hopeless. I went through detox and treatment in West Texas before and it didn't work. But I didn't give it any effort either. I wanted people to hand me the gift of sobriety. One of my character defects to this day is being lazy. It is something that I really have to work on on a daily basis. I do a pretty good job at it, but it is tough at times. Progress my friends, just a little bit at a time.

While in treatment I was hit with divorce papers—on February 14th to be exact. What a way to spend Valentine's Day: in detox signing divorce papers. There was also a restraining order and I was not allowed to be around my two-year-old son. That was tough to swallow. I love my son very much, but I used to love to drink more. Bill W. once wrote, "Alcohol was my master." I know what he was talking about, but today it is not!

After treatment, I went to a halfway house for men with drinking and drug problems, and that is where I learned who I was. I finally found myself, and honestly I really didn't like what I found. This is where I learned that alcohol and drugs weren't the problem, I was. Finally, I started to understand what you folks were talking about.

One of the many things you learn in AA is who we really are, what we like and what we really don't like. And, I really didn't care for myself in any way. So here is where I changed, or should I say tried to start making some changes. I finally turned it over to God—I can't run the show anymore. I got a sponsor, an old timer with a lot of time.

We worked the first seven Steps together. He shared with me how he stays sober and suggested certain things to me that might help. He was critical for me in early recovery. At times he was the only per-

son I could talk to. He was very dear to my heart. At six months sober, I was asked to come home by the woman who filed for divorce and to start things over. Today things are well, a lot of work to do there still but we are getting along better than ever before. It will take time to heal, but we are willing to try.

The sponsor that I use today is one I had before in 2005. He is the perfect fit for me. If you saw us together you would think we were two fellows that would not normally mix. I think I've read somewhere and I believe that God puts certain people in our lives for a reason. He is one of those people. I feel very lucky to have him as a sponsor and a friend. He would be the first one to tell you though that he is just doing what you people taught him—so, thank you!

We finished working the Steps and Traditions, and we started going through the Steps with another guy who is starting over, and I can't wait! Thank you for giving me hope! Thank you for always leaving the doors open! Those promises that I have heard about are indeed coming true!

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May 1960

February All Over Again

By: A.C.H. | New York City

WAKING up in a clinic for alcoholics on Valentine's Day is somewhat ironic, especially if a person deludes himself into thinking a woman was partly responsible for his presence there. But spending Christmas eve and Christmas day in one is nothing more than hell.

These things happened to me back in 1955. In between my sojourn in the clinic at Charleston, West Virginia early that year and the dam-burst torrent of drinking that led to the drying out period in Towns Hospital, New York near the end of the year, I stayed grimly sober, grimly because I was trying to do it without Alcoholics Anonymous.

I had been introduced to AA as a result of my five days in the Alcan Clinic in Charleston. Prior to that, I had been off on what I have since come to know as a periodic binge, a period of complete or relative sobriety followed without warning by an eruption of drunkenness and the desperate struggle to get off the merry-go-round. That was the pattern into which my drinking had developed over the years.

It started after high school--week ends at first--during the year I was trying to earn money toward a college education. It continued at college, but the week ends were getting longer, largely because of such spontaneously organized groups as the TGIF and GGIM clubs (Thank God It's Friday and Good God It's Monday). These sandwiched in the regular Saturday night beer busts and the more sedate Sunday sessions.

After four years in the Navy, more by accident than design, journalism became my career after the war. I worked much of the time at night, often without supervision, and the pattern of living that drinking was causing could be hidden easily. Moreover, drinking was accepted and even to a degree expected.

But the hangovers were coming more often than just once in a while. Drinking was becoming an everyday affair, and the after-effects were almost constantly present. In my mid-twenties, drinking was already affecting my life and I knew it. Something, therefore, had to be done. But what? Stop entirely? No. Control the drinking? Yes, that was it.

So I tried limiting myself to six or eight drinks a night. I tried drinking only one every half-hour. I tried not to drink before a certain hour. As the years rolled on, I tried just about everything else, too.

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I tried not drinking in my apartment, and I tried not drinking away from it. I tried not to drink alone. I tried to drink no more than two drinks in any one place. I tried to drink only when I was off the next day or had a light day coming up. The only thing I didn't try was staying away from the first drink for twenty-four hours at a time.

But the stop-and-go pattern that was emerging made the end of each dry spell a bit more violent. Then remorse would set in--and bafflement. If I had the willpower to stop drinking for a week or a month, I would ask myself, why in God's name couldn't I drink sensibly when I started in again?

During these years, I somehow managed to keep going, even on the worst days, although it was becoming progressively more difficult. But the day finally arrived when I couldn't, when I reached for the bottle instead of my clothes, when I sank back in my bed in the blessed relief of approaching oblivion instead of getting up and going to work.

Four times this happened in 1954--four times when I awoke in a night so black and terrifying that only the bottle could get me through, when I greeted the dawn with a tumblerful of whiskey, when the day slipped by in alternate waking and sleeping, in a bitter and consuming tug-of-war between a body that demanded a drink and a mind that said no.

Each time after a few days, there was a tomorrow that was better, a day that I could get through without a drink, get over the hump and back on the teetering road to recovery. But in February, 1955, there wasn't. Day after frightening day went by without change. The only strength I had was expended in replenishing the liquor supply. Bourbon or Scotch--it didn't matter now. What mattered was the alcohol.

Then from somewhere came the memory of AA. I knew nothing about it except that it was an organization of ex-drunks who could help the practicing variety. I called and somehow they found me.

The story should end there. I should be able to say that after five days in the clinic and talks with my new-found friends and learning a bit about AA the worst of my trouble was over. But although I subsequently attended a few AA meetings, I did so only out of a certain curiosity and because these new friends who had been so kind and understanding seemed to think it important.

Thus I embarked on a ten-month period of sobriety--without AA. I wanted to put alcohol out of my life completely, but every day it was with me. Every day I sought the answer to the question: How had such a thing as this happened to me, of all people? The answer, of course, lay in the question itself, if I had only known it then. But I sought the answer in books, in volumes on psychology, religion and autobiography. I knew vaguely that the answer was spiritual, but I tried to get faith from a book instead of from the Source.

In the end I convinced myself that I wasn't really an alcoholic, that a combination of circumstances--the pressure of my work, improper diet, insufficient rest, an emotional upset and so on--was the real reason I wound up in a clinic for alcoholics the previous February. And so, in the end, I got drunk, and it was February all over again.

This time, however, I called AA a little more quickly. And this time I really listened to what those people had to say. When I emerged from the Alcan Clinic in Charleston in February I knew I shouldn't drink any more; when I tottered out of Towns Hospital in New York the day after Christmas and went to my first AA meeting that night, I knew I couldn't drink. I had taken the first step and it was, for me, an all-important one.

In the more than four years since then I've been trying to take the

other eleven steps. How well I've succeeded I can't honestly say. I only know that I keep trying--and I keep sober.

Nor is it a grim, bleak sobriety. It's a quietly joyous existence, filled with seemingly endless new wonders and delights--the joy of a lovely bride, the peace of a life without fear, the riches of health, the sweetness of freedom from bondage.

Perhaps I should say the story ends here. But this is really only the beginning.

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October 1967

Torn for Twenty Years

By: W. G. | Westport, Connecticut

It took three trips to a "state farm" and untold anguish before she would surrender

I AWOKE one morning, ten years ago, to find myself on a hospital cot.

I tried to retrace my thoughts. I had been drinking the previous day. I had felt very lonely because my children, aged ten and three, had sent no valentines from the foster home into which they had been forcibly placed. The judge had said I was found guilty of breach of the peace. Therefore I had had to move out of my apartment very rapidly and with a great deal of informal assistance. I was told that I had to go away for a "few" months. (Judges can be cryptic at times.) I was led into a building which, at night, looked like a hospital.

From the sounds in the corridor I thought I was in an active mine shaft, but I was compelled to wait silently. If this was a hospital, surely I would see a doctor soon?

In about an hour, I was confronted by an Amazon not unlike myself in form, only she was well-molded into white starch and a black-striped nurse's cap. She told me to come with her.

I followed her down a dark labyrinth of corridors to a laboratory. She said I was to have a blood test. Hoping the alcohol within my system would discourage any lab work, I presented my chilled finger. She gave me the laugh of Dracula and asked me what I was going to do with that! She started massaging my right arm. There is nothing like eight A.M. for a good sharp Wassermann. She got it, believe me. I asked, quite firmly, to see a doctor. I was told, "She'll be around later." Luckily, "she" was standing in the doorway of the lab and accompanied me back to my polar chamber. I was thankful, at least, to see "top brass" and very earnestly asked where I was. Her very tolerant reply was, "You are in a reform school."

Thus began my first experience at the Connecticut State Home for Women at Niantic. By drinking to escape despair, I had lost my right to freedom for three years. As this was my first offense for drinking in Connecticut, I was given only a six-month term.

I knew that AA had contact with state institutions. How I could reach it, I didn't know. I asked. On leaving the infirmary to begin a working assignment, I found I had the privilege of attending AA meetings three times a month, and I was grateful.

I returned, in six months, chagrined, but in no way chastened, to a busy town on the Eastern seaboard where I soon found work.

Slowly, but with the determination that comes with a woman's fortieth year, I regained my beloved family. I was able to get my children back. My mother had recovered from a nervous breakdown sufficiently to help me with them. I had, at last, my own

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home again.

I kept my parole for the required three years. However, although I attended meetings during those years, I felt somehow apart from the group. I was sober, yes, but not by my own choice. I felt bitter and resentful. I could feel those state numbers as though they were visibly stamped upon my shoulders.

My economic situation was a great struggle. It was hard to support my family solely on my limited income. I contacted my ex-husband whom I had previously divorced. He wanted no part of any further legal action, so he promptly produced a check for us. I paid the rent with this, only to have the landlord return it for insufficient funds.

A new landlord appeared who meant business. He would not wait for his rent. Forced to move, we had to leave newly acquired friends, give up our church and choir activity, and settle in a housing project across town, where my children were miserable. I did not know where to turn. I soon turned all right--straight to a nightly bottle. This brought harsh words of reprimand from my mother. She was so agitated that she had to go to the hospital.

Again, due to my satanic drinking, my children were removed from me, and I was soon on a new commitment back to the state farm.

Upon returning to Niantic, I became very active in AA. I had the privilege of getting to know the AA adviser at the farm, and of being able to seek her counsel before she later attained the office of superintendent (warden) of the institution. During my second turn, my interest in AA developed. I was able, as secretary there, to help edit the farm's AA magazine. This activity helped a lot.

Time passed. I returned, finally, to a mediocre selling job and a grim room--alone. My love for my family was such a compelling force within me that I was determined to try to get my children back again. I finally obtained a hearing at the juvenile court, only to suffer intense disappointment.

I am thankful to this day to my parole officer for her help to me during that court session. I heard the decision against me and I literally became hysterical. I can hardly begin to remember my parting words to my children.

By this time I had another apartment. I could not bear the loneliness of being sober--I could find nothing to relieve my despair--I decided to bring my mother home from the hospital again.

I completed my parole. Liquor seemed not to hold its former strong temptation for me any longer. My life with my mother continued, until an AA friend offered me a chance to apply for a nursing position in a private hospital. I placed my mother in a convalescent home and accepted the job.

About this time I ran across an old friend on the bus one day. She had been an AA member, but was "too busy" to attend meetings. She called me for Twelfth Step work several times, but I never seemed to do any good.

I spent a weekend at her house. I was not on a case at the time and I was physically overtired. I had broken my connections with AA and had started to drink again. She went right along with this, of course! Within forty-eight hours, after a two-year separation, her husband appeared. He promptly had her arrested for "disturbing the peace," and I went to jail too! I was not allowed even one phone call to my son, as I vividly recall. I was sent to a state hospital for observation, came to court, where my case was postponed so I could obtain a lawyer, then was swiftly taken to a municipal jail to await a court appearance.

I have never, in all my experience, suffered as much emotional and spiritual torment as I did there. The cross section of street life nearly made me uncontrollably violent. My will to get out was stronger,

however. I had given up my freedom again, only this was really the bottom of the pit. I had no means of communication whatsoever. I don't think I have ever been as lonely or as desperate in my life. I kept asking for AA but was told that only the men could attend meetings.

This is where I discovered how to pray. The Gideon Bible was the only method I could use to keep my sanity. I would sit in my cell and read the psalms most of the day.

I obtained very efficient legal advice, but I knew I was guilty of breach of the peace again! The judge slowly pronounced my sentence. Thirty days' work in the same jail. Suicidal thoughts ran through my mind. I could not face this torment again. I remembered my guidance in Niantic in recent years. Within five seconds I had reached my final point of desperation--I was asking to "do" three years of my life in Niantic against one month in that jail! This time I must have been seeking very deeply. I not only asked for Niantic but promptly got it.

This had been my choice. I was totally defeated.

I spent almost a year again at the state farm. I knew the routine, by now. I knew that I could work for twenty-five cents a day. I knew enough not to try to pick potatoes for a quarter of a mile at my age. The only part I hadn't learned was how to come out of there and wish to stay sober. I used to memorize the psalms again at night during my confined hours, David really has a lot to say!

I became active in every available field possible. There were many opportunities there, if one truly wished to find a method of using serenity in the midst of, believe me, pure "brimstone."

What a blessing AA was to me there, and is to me now! I, at last, was truly knocking, and pounding hard on those doors. In September, my final day came and I returned to my previous job as a nurse in a private hospital. I have lost the desire to drink.

I am eternally grateful for the opportunity I have had. I had been torn by ambivalence for nearly twenty years of my life. I only pray that others may find faith sooner than I, at last, found mine.

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February 2007

Step Two: I Didn't Drink and I Didn't Run

By: Nancy C. | Coral Gables, Florida

Came to believe that a Power greater than ourselves could restore us to sanity

When I came to Alcoholics Anonymous, all I wanted was to drink a little less. I did not want to find God, get spiritual, become a better person, or stop drinking. I did not have the power to change anything about my drinking, however. That's why I decided to try AA. That is also the summary of my twenty-five year experience with Step One.

Step Two baffled me. I understood all of the words in the Step but could not comprehend how or why any benevolent force would ever have any connection with me. I had no real religious background, and what I did know made me skeptical. I was taught by my parents, teachers, and popular thought that I could control my destiny and achieve whatever I wanted--if I was willing to work hard enough. If I wanted something done, I should do it myself, they told me. There

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(Baffled: Continued from page 5)

was no room for the divine in the picture I developed of the world. In fact, there wasn't room for anything or anyone but me.

My alcoholism helped me fail at everything important to me. I failed to achieve the status and recognition I thought was due me in my profession. I withdrew from my family. I had no close relationships--drinking buddies were the best I could do. Worst of all, I felt the emptiness that many of us know. Life had no meaning for me. I had nothing to connect with, nothing to engage me, nothing to make my life worth living. This is the state I found myself in when I joined AA, a condition that turned out to be fortunate because it made me willing to consider ideas that I otherwise would have rejected immediately.

In the beginning, all I could do was not drink and not run away. When I listened to people talk about God at meetings, I didn't drink and I didn't run away. When I heard discussions at meetings about how God--or a higher power, or something--had come into the lives of members and done for them what they could not do for themselves, I didn't drink and didn't run away. I thought it was all nonsense but was afraid to dismiss it entirely. I had been beaten up enough to know that I would die if I drank again.

Because I did not drink and did not run away, I heard a lot of ideas about a power greater than myself that I considered--in spite of myself. I also saw that other alcoholics, who had been as desperate as I was, had stopped drinking and, as a result, their lives had changed. Even if I did not identify with whatever power they said worked for them, I saw that something had happened to them. This gave me just enough hope to keep coming back to one more meeting, to listen to one more story, and to talk to one more alcoholic.

Because this program did not dictate the name, size, shape, or color of the power that works here, I was forced to find my own. My experience has been a gradual one. It was not anything specific that happened, because nothing really happened. It was not something special that someone said, because I don't remember much of what anyone says. I cannot point to a day or meeting or person or book that changed my thinking. That's not how I experienced it.

But little by little, over months and years, my thinking about other people changed. I started seeing them less in relation to myself--more than or less than me, useful or useless to me, or doing something to me--and more as people struggling just like I was to find a way to live. I lost many fears and some insecurities, and that has made it possible for me to do things, say things, and go places I never would have considered. I can now think about something other than myself, and I don't complain that life is not interesting or engaging.

In those instances when I give up my idea of how something should work, my life changes in a profound and wonderful way. The most powerful example, is my marriage. It is nothing like I thought it should be, and yet it works quite well. When something really difficult has happened in sobriety--despite my feelings of grief or loss or hurt--I have behaved in a way that made me feel good about myself and at peace with the outcome.

God is the name I call this power I have found, because that is the easiest way to express it to other people. If pressed to describe it, I say that I have found a power greater than myself that enables me to get out of myself and experience that rare and wonderful miracle of change.

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Friday Night Couples in Recovery

We are Back - EVERY Friday!

We welcome couples and singles interested in applying the 12 steps to both self and relationships!

We meet each Friday of the month beginning April 1st and would like couples or singles working any 12 step program to join us

At 7:30 pm



St. Pius Church
2520 N. Wauwatosa Ave. (76th St.)
Just north of North Ave.

[Click](#)

(Enter the building on Wauwatosa Ave. Turn Left & up the Stairs)

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
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.

2026 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
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
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

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
Sat. 8:30 a. Early Bird
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.lakeareaclub.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.
10:00 a. Back To Basics
2:00 p. Women's Meeting
6:00 p.
8:00 p.
Thur. 4:00 p.
5:00 p. Woman's Way 12 Steps
6:00 p. Hybrid Meditation Mtng
Zoom ID: 89239303536, PW: 999525
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://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.

GALANOC CLUB

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

Milwaukee, WI 53214, 414-276-6936

<http://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
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
5:45 p. Step Tue 5:45 Group
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
<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.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
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 (V & IP)
Meeting ID: 844 4566 9750 PW:
District24
10:00 a. Big Book
7:00 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, 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

<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 1:06p. Steps/Promises 5:00 p. Happy Hour Gp</p> <p>Thr. 10:00 a. Big Book</p> <p>Fri. 10:00 a. Step/Topic Gp 6:00 p. Big Book</p> <p>Sat. 10:00 a. Here & Now 700 p. 12 Step Meeting</p> <p>AL-ANON & ALATEEN MTNGS</p> <p>Wednesday 1:00 p. Al-Anon Friday 11:00 a. Al-Anon Saturday 9:00 a. Al-Anon (Zoom only.) Mtng ID: 810 5054 8668, Pass Code: 860539</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</p> <p>Monday 10:00 a. Eye Opener Grp. 7:00 p. As Bill Sees It</p> <p>Tuesday 7:00 p. Keep It Simple 7:00 p. Spanish Nuevo Amanecer</p> <p>Wednesday 10:00 a. New Freedom 7:00 p. AA Grapevine Open Mtng</p> <p>Thursday 10:00 a. Thur. Morning 7:00 p. Spanish Nuevo Amanecer 8:00 p. Big Book Group</p> <p>Friday 4:30 p. Friday Happy Hour 7:00 p. Reality Check</p> <p>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</p> <p>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.</p> <p>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</p> <p>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</p> <p>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>
34 (01/1992)	George M.	West Bend
18 (01/19/2006)	June B.	Mequon Women's Big Book


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
PRESENTS

SPRING THING

DINNER AND OPEN SPEAKER MEETING

SATURDAY, APRIL 25, 2026

HOSPITALITY: 5:00 PM, DINNER: 6:15 PM

AA SPEAKER: AMANDA S. RELIANCE GROUP
AT 7:30 PM

MILWAUKEE ELK'S LODGE #46

5555 W. GOOD HOPE RD, MILWAUKEE, 53222

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

Proceeds to support Milwaukee Central Office.

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

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

Greater Milwaukee Central Office

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

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

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

Card Number _____ Expiration Date ____ / ____

Name _____ Phone _____ CVC# _____

Address _____ Zip Code _____

E-mail Address: _____

Number of tickets ____ X \$35.00 = \$ _____

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

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

Cut-off date for tickets Monday April 20, 2026

Buffet menu, with all kinds of stuff on it.

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

