

BETWEEN-US

VOL. 31 ISSUE 1

JANUARY 2023

January 1993

Significant Sobriety

By: J.R.C. | New York, New York

Recovering alcoholics may approach holidays--New Year's in particular--with fear and loathing.

Not me. Not any more. In fact, I actually look forward to New Year's Day.

Why? Because now that I'm sober, I no longer have to bear the frustrations and agonies of quitting drinking every January 1.

Year after year, when I was still drinking but determined to quit, I used to set New Year's Day as the day to sober up.

This was the ideal day to stop, I reasoned. It would be easy to keep track of how many days I could stay sober. It allowed me to drink all through the Christmas holidays and celebrate New Year's Eve properly, with a first-class drunk that could cap my drinking career. On the first day of the new year, I would toss out the bottles, take a deep breath, and begin a new, alcohol-free life. That was my plan.

For seven years I tried it, and for seven years I failed.

Some years I was so hung over and manic on New Year's morning that I needed several drinks just to hold myself on the planet. (In the weird state of the morning after, I once feared I was about to be flipped into space by the force of the earth's rotation.)

After I slipped, I'd immediately set another date to quit. But it couldn't be just any day. Simply quitting on a Tuesday wouldn't do. It had to be a day with, well, some meaning, some inherent status. My Aquarian birthday was one. So were Washington's birthday, St. Patrick's Day, April 15, Memorial Day, the first of July (start of new fiscal year), the Fourth of July, Bastille Day, Labor Day, and Election Day. I quit drinking on them all.

The fourth year, I stopped drinking eleven times, for periods lasting from three days to ten weeks. I always returned to drinking, with the usual consequences of guilt, anxiety, and depression. Yet I persisted in trying to conquer my alcohol-

ism alone. I thought that was the brave, manly way. I didn't need any help. It was my affliction and I would handle it my way.

I had sampled AA. It was all right for some drinkers, I conceded, those who had hit bottom hard and really needed help. I, however, still had a career and friends and money. Those smoky church basements were not for me. They were grey, resigned, dreary. Drinking, on the other hand, offered colors and bright lights and movement. Drinking was fun. AA was dull.

Or so I thought. In fact, I had a case of the excusable "too's." I was too young for AA. There was too much God in the Steps. The program was too simple; it couldn't possibly cope with the complexity of my drinking problems. And it asked too much; it wanted me to give up my drinking friends, and I had few others.

The arrogance, the inflexibility, the self-deception and stupidity of that mind-set embarrass me even today.

No matter what date I picked, I could not stop drinking for long. Finally, out of work, no longer too young or too important or too affluent or too antagonistic, I returned to AA. I admitted I couldn't handle alcohol. I asked AA to help me stop. I surrendered.

I got the help I sought, and as a result I haven't had a drink since August 24, 1972.

When matched against New Year's Day and the many holidays I had selected to stop drinking, August 24 was not an especially memorable date. That bothered me, so as the years went by, I made some small effort to determine whether anything of an importance comparable to my first day of sobriety had happened on August 24.

I never found anything. August 24 just didn't play much of a role in history. But my curiosity continued up to a few months ago when, while throwing out the papers on a long-past divorce, papers that reflected the bitterness and recrimination and anger that accompanied that divorce, I found what I had been looking for.

August 24 had a special significance after all. Something of consequence had indeed happened on that day. I had quit drinking on my former wife's birthday.

My search has ended.

Reprinted with permission AA Grapevine, Inc.

25¢ | 

Published monthly by Greater Milwaukee Central Office, Inc., 7429 W. Greenfield Ave.,
West Allis, WI 53214, (414) 771-9119 Visit our website at: www.aamilwaukee.com

January 2003

Tales Of a New Year's Eve Party

By: Keith M. | Livermore, California

Something very strange was going on

December 31, 1988--I was coming up on twelve years of sobriety and was invited to a New Year's party. Some long-term friends of my family (I went to high school with their children) hosted it. The guest list was mostly professors, scientists, engineers, and mathematicians, i.e., various Ph.D. types. Nearly everyone brought a bottle of something as a gift for the hosts. There was champagne, wine, and various liquors, including a half-gallon of an exquisite scotch.

Even though I had been sober several years, I still watched how people drank. The way these obviously normal social drinkers drank was amazing. A typical drinker would go to the kitchen, carefully measure a shot of booze, mix it with ice and mixers, then take the drink (and a coaster) with him back to his conversation. Once there, he would sip off about one sixteenth of an inch of the drink, set it down on the coffee table (on the coaster), and then forget about it. He would then continue the conversation with his companion, leaving the drink sitting there on the table until the ice melted. At some point, he would notice the drink and say something like, "Oops, my drink is ruined. Let me go pour it out and make myself another one," which he would then proceed to do. I watched several people do essentially the same thing.

I saw people say really strange things like, "Oh, no more for me, thanks. I'm starting to feel it now." I think the most I saw anyone drink that night was one man who actually drank two five-ounce glasses of wine in three or four hours. When the midnight toast was offered, the majority of the guests took sparkling cider, not champagne! I saw this with my own eyes after years of sobriety, and it still makes little sense to me.

The kicker to all this happened the next morning. I stayed the night, and when I came downstairs the next morning, I saw the half-gallon of that exquisite scotch. The seal was broken and the neck was empty--perhaps two shots had been poured out of it. I had a flash of awareness on seeing that. I knew what I would have done had I still been drinking: that bottle of scotch (and probably as many other bottles as I could steal) would have landed in a bush outside the house and then gone home with me when I left. Yet, there sat an entire collection of bottles from the night before, many of them unopened, just sitting on the counter.

Mid-June 2002--I went over to the same friends' house and there, on a shelf in their garage, sat a half-gallon of that same scotch, covered with dust. The level of booze in the bottle was the same as I remembered it. They probably never even touched the bottle since putting it away after that New Year's party fourteen and a half years ago. If I ever need a reminder about how differently I think about booze than social drinkers, I just think about my friends and their bottle of scotch. I have remembered it for many years; they have probably forgotten they still have it.

Reprinted with permission AA Grapevine, Inc.

January 1983

Sober and Trustworthy

By: R. P. | Waterville, Maine

MY WIFE, who is nonalcoholic, came from a small family--no sisters, no brothers, a couple of cousins. When I became alcoholic, her family had all passed away, and I was the only person she had to cling to. As an active alcoholic, I abused her and blamed her for my plight. Frustrated and scared to death, she suffered through my first rehabilitation and then a disastrous slip before I finally reached my present state of sobriety.

That happened four years ago. Because of her experience, she guards my sobriety as zealously as I do. If I miss two or three AA meetings in a row, she--in her own way--lets me know it is time for a meeting. And I don't resent this. As a matter of fact, I appreciate it.

Many of the Big Book's twelve promises are coming true for me. But the greatest feeling of joy I have ever experienced came to me recently when my wife told me that she was going to spend a week at the beach with our daughter and her family. She was actually going to leave me home alone for seven straight days! I couldn't believe it. Only another alcoholic can understand my gratitude--to think that my wife had that much faith and trust in me! She was willing to jeopardize her sanity, her existence, that I might grow. How sweet it is! Needless to say, I made an AA meeting every night of those seven days.

I have heard many discussions concerning the power of example. I always thought they were talking about somebody else. Now I know. I am convinced that when we work the program, AA guarantees our sobriety. I firmly believe that. But more than that, AA introduces us to a new way of life that translates into one phrase: "the joy of living."

Reprinted with permission AA Grapevine, Inc.

January 1973

Responsible Sponsorship

By: E. S. | Brooklyn, New York

As AA grows, let's not lose that joyous one-to-one relationship

I DID NOT want to go to the meeting. I could not picture myself in AA. I had never thought of myself as an alcoholic. I had problems, but nothing as mundane as alcoholism. I went to the meeting anyway. The guy in the next bed said you could get cigarettes at the meeting, so he would go, even though he was no alky. He gave my ego the excuse it needed. So I went.

I weighed 242 pounds and was not sure why I was there. I came out feeling as if I weighed fifteen pounds. I saw a glimmer of hope. I just might have a respectable disease. Maybe I was. . . It did not sound so bad. Maybe I was. . . They seemed nice people. Maybe I was. . . (say it softly now). . . maybe I was an alcoholic.

(Sponsorship, Continued on page 3)

I said it over and over to myself. I felt a glow begin. I was an alcoholic.

I left the institution thinking maybe I should visit that AA on the outside. I thought about it for a week. At home. Alone. Trembling. Out of work. Not sleeping. I considered it. I wanted to go to a meeting. But I hesitated for an entire week. I finally worked up enough nerve to go to my first "outside" meeting.

It was winter. There was ice on every inch of sidewalk. I was perspiring. I stood outside the meeting place. The tiny sign on the front door clearly said "AA." It was only two blocks from where I lived. It had been there all along. I had never noticed it. I hesitated. I thought of running away. Finally, I stepped into the meeting room and my new life of reality.

A nice gentleman began talking to me. He introduced me around, handed me a meeting list, and told me that AA really worked. I was still very confused. What he was saying made no sense. I thought you could only attend one meeting a week.

It was a lonesome week. I could not find a job. It was as if I had a sign around my neck that said, "Do Not Hire This Man." At my next meeting, I asked timidly, "Say, Gerry, could I attend more than one meeting a week?"

His eyes twinkled. "Why, sure. Don't you remember the list I gave you? You can go every night in the week."

My heart soared. Marvelous! I knew what to do with my free nights now. It was a long time before I realized the danger I had been in--before I saw that what I had desperately needed was a sponsor.

After I had been sober awhile, there were no end of people who would have sponsored me. Everyone seems willing to sponsor a guy who is frantically attending meetings and staying sober. But nobody had approached me when I was new and vulnerable and sorely needed encouragement.

Why?

Even after I had been in a month or so, I lacked direction. After a year or so, what I needed was a friend and confidant. But during those first few weeks, I had need of a real sponsor--someone to steer me away from the potholes newcomers bump across.

We all know the perennials who hang around AA and never make friends with established, sober people. They are not in AA for sobriety or a better way of life. They are doing a life sentence in the whiskey bottle, on the installment plan. They only want a temporary way out of discomfort--nothing as drastic as a sober, productive life. Often, they latch on to the newcomer. He will automatically lose such people if he wants to stay sober.

But a sponsor can save him a lot of time and maybe a lot of grief--if the serious new person can find a responsible sponsor. Sometimes it isn't easy.

My first sponsor was a Hitler type. (I have no animosity toward him today.) He did me no harm in the long run. But the going was rough for a time. He got mad at me because I talked to people he did not approve of. He pointedly refused to come to my

first anniversary. (By then, he was no longer my sponsor. He drank again.)

My second was an older man having great marital troubles. After his wife took him back, he had no time for meetings or me. He should not have started with me in the first place.

When I finally met a responsible sponsor, I had been sober eighteen months. I made it official, although I hardly needed one by then.

Eighteen!

As AA grows by leaps and bounds, all sorts of proposals are offered to help us keep that personal touch as a fellowship. How about a fresh look at sponsorship?

Think about it for a minute.

Nobody sits up all night with drunks any more--not in our big urban areas, anyway. Hospitals are drying them out. But what happens afterwards? How long has it been since you had the privilege of guiding a newcomer through those first few crucial meetings?

In the beginning, it is not good enough to tell someone to pick his own sponsor. He is likely to pick the local bartender. Honestly! If you ask a newcomer whether he would like you to be his sponsor, he may not know what you are talking about. If he won't take a sponsor, nothing is lost. His desire to stay sober may not be too strong. But at least someone *asked*. Searching for a sponsor can be time-consuming. Why not save the newcomer some time?

It doesn't hurt to be a sponsor. It involves opening yourself up to another human being who needs help--a little effort on your part for someone outside the Great I. And isn't that what AA is all about?

Why not try it? Too busy with older friends who are sober? Too active in other areas? Well. . .who *is* doing the sponsoring in your group, then?

I know of one man who is actively sponsoring thirty-one people in his group. Now, if that isn't foolishness, I don't know what is. Is it his fault that he has taken on such an impossible task? Sure. He is the only one in his group who seems to believe in sponsorship. So that group is to blame also--a whole lot to blame.

Many new people have to go to professionals for direction because they can't get it from a good old-fashioned AA sponsor.

I don't care for wails about how it was better in the old days. (I am thirty-nine.) But as we wonder about what to do with the new mobs I hear are headed our way from various alcoholism programs, why don't we think of sponsorship?--that joyous, one-to-one relationship from days gone by, when the spirituality of our program became abundantly clear in the warmth and love of one drunk for another.

I don't think a new guy or gal should have to fish around for the right sponsor. Do you?

Reprinted with permission AA Grapevine, Inc.

January 1963

A Mother and a Miracle

By: Grateful Alcoholic | Warwick, Rhode Island

She was getting close to the end of the line when it happened.

"IT won't happen to me" were my words after attending a few AA meetings five years ago. I went there to prove to my husband that I was no alcoholic! It was because of him and his behavior that I drank. The more speakers I heard, the more convinced I became that my husband was the alcoholic. I could not identify myself with the women I heard. They had all been in institutions, jails, lost their husbands, children and so on. None of these things had happened to me. I was aware only that my marriage was a mess and that with five children to support, my husband was doing a poor job of it because he drank too much, too often.

After each meeting, I would go home and preach the principles of the program to my husband. The only answer I would get from him was, "Those people are a bunch of hypocrites, anyone can stop drinking with a little will power!" As I stayed sober and continued to go to meetings, it seemed that my husband's drinking became worse and the problems in our marriage became more severe. So at the end of a few months, I decided one night, New Year's Eve, to take a drink. What was the sense of my abstaining, my husband wasn't going to change, so why should I? One drink led to two, two to three--the usual pattern, and in the wee hours of the morning, I found myself in an automobile accident which completely demolished my car. Fortunately, I was not seriously injured. I don't remember much about the next few days. I do know I wasn't able to stop drinking and my home became a skid row. Within two weeks, I had my first introduction to an institution. Two policemen took me out of my home and I spent the night in jail. In the morning, I was committed for two weeks' observation. I was told by the doctors there that I was an alcoholic and that I could not drink.

Upon coming out I found that I had lost the part time job that was of great importance to me. The next few months are vague in my mind, but I do know I continued to drink and it got worse. I was pregnant at the time and my husband had taken off. I had a few more trips to the institution and then one day I lost the baby I was carrying. I blamed all my behavior on my husband. He was irresponsible, unfaithful and a drunk.

I then tried to assume my responsibilities for the children's sake and found I couldn't stop drinking. Finally, my five children were removed from me. When the children were gone, the heart fell right out of me. I knew I had to stop drinking somehow, but I couldn't. I went from job to job and lost them in a short time because by now I was drinking all the time and sneaking it,

thinking no one knew. I paid a few more visits to institutions. I was up to my neck in self pity. My husband had become a philanderer and I didn't know where he was or what he was doing. My heart ached for the children.

About six months more elapsed when the news came that my husband was dead. He had put a rifle to his mouth and blown his head to bits. After this tragedy my drinking became worse. I was now full of self pity and rationalized my drinking by, "What have I got to live for now?" It wasn't long before I was back in the institution. This time I was told not only that I was alcoholic, but that if I drank again I would have severe brain damage. I had two convulsions on this tour. This didn't frighten me too much--they say you can't scare an alcoholic.

When I got out this time, I didn't drink for three months, but I was on pills and barbiturates. I had heard that these would lead you back to drinking. The day came when I started to drink again, and the tours of the hospitals, jails and bars was my life. When I wasn't in jail or the institutions I was in a bar on the merry-go-round, twenty-four hours of the day. I had no cares and the sooner I died, the better. I couldn't think of a soul that would miss me.

It was only by the Grace of God and AA that I am well and able to tell my story today. At the end of my last drinking session I ended up in bad shape physically as well as mentally. AA was called and shortly after I was back in the institution for medical treatment. I snapped out of it physically, but mentally the DTs left me in another world. Then one day I slowly came out of this world and back to reality. AA surrounded me in the hospital and grabbed me when I came out. I am very grateful to my sponsor today, for if it hadn't been for her, I believe when I left the institution I would have run right back to the only friend I knew--the bottle!

I attended meetings every night. This time I went for myself. There was no doubt in my mind about what my problem was. This was my last chance, if I wanted to live. Fear brought me in but by listening with an open mind and doing as they suggested I am well and sober today. I slowly bought this new way of life on blind faith. In a short time, I will be two years old in the program. It is a wonderful new way of life. Down deep in my heart, I believe eventually my children will be with me to share this with me. That too will be when God thinks I'm ready.

The *fear* that brought me into AA no longer exists. In its place I have slowly gained a wonderful *faith*--in God and AA. If you have ever used the words "It won't happen to me" take it from one who learned the hard way--if you are an alcoholic it will happen, if you keep drinking and you *live* long enough!

Reprinted with permission AA Grapevine, Inc.

A.A.® Guidelines

Corrections Committees

from G.S.O., Box 459, Grand Central Station, New York, NY 10163

A.A. Guidelines are compiled from the shared experience of A.A. members in various service areas. They also reflect guidance given through the Twelve Traditions and the General Service Conference (U.S. and Canada). In keeping with our Tradition of autonomy, except in matters affecting other groups or A.A. as a whole, most decisions are made by the group conscience of the members involved. The purpose of these Guidelines is to assist in reaching an *informed* group conscience.

HOW A.A.s CARRY THE MESSAGE TO ALCOHOLICS IN CORRECTIONAL FACILITIES

The material in these Guidelines has come from the experience and growing pains of A.A. corrections and Hospitals and Institutions (H&I) committees. We are privileged to share it with A.A.s throughout the United States and Canada who are carrying our message behind the walls. Additional information is available in the Corrections section of G.S.O.'s website at www.aa.org or you can contact G.S.O.'s Corrections Desk (corrections@aa.org) directly.

PURPOSE

The purpose of a corrections committee is to coordinate the work of individual A.A. members and groups who are interested in carrying our message of recovery to alcoholics behind the walls, and to set up means of smoothing the way from the facility to the larger A.A. community through prerelease contacts.

A corrections committee may function within the structure of a General Service Conference area committee or an intergroup/central office. As A.A. has grown, it seems that a committee formed within the A.A. service structure works more effectively than an individual member or group.

HOW TO GET STARTED

Perhaps the first step would be to contact your local area committee and, if there is an existing corrections committee, they will connect you to the corrections chairperson. Local A.A. groups and members also have the opportunity to participate in corrections Twelfth Step work by electing a corrections group representative. It has proved a good idea to have members from many groups serve on this committee. If a corrections committee does not exist in your district, then you may wish to form one. Thus, a chairperson is elected, and plans are worked out so that each correctional facility group will be assured of A.A. help. The corrections chairperson often participates with the area, district or intergroup committee. The chairperson also relays information from the Conference Committee on Corrections, held annually at the General Service Conference, and shares Conference thinking and experience on A.A. in corrections service work.

If you are a new committee, please list your corrections committee with the General Service Office in New York by contacting G.S.O.'s Corrections Desk (corrections@aa.org) or Records department. Your chairperson will be put on a mailing list and receive a Corrections Workbook and other service material.

The Corrections Workbook is a good basic tool. It contains informa-

tion on how to do corrections work, background information, guide letters, and a selection of pamphlets, leaflets, etc., and may provide new ideas or new ways of implementing old ideas.

The Corrections page on the G.S.O. website also provides other service material, including the newsletter "Sharing from Behind the Walls," videos, and prerelease and correspondence forms.

RELATIONSHIP TO A.A. IN THE AREA OR DISTRICT

A corrections committee shares with local meetings about the various service opportunities available to carry our message to alcoholics behind bars, or to help with the transition from a facility into the larger A.A. fellowship. They are also the point of contact for any questions and concerns about Twelve Step work at a corrections facility. Some individual groups have a corrections representative who attends the committee meetings. Corrections committees coordinate special events or corrections workshops for interested or participating A.A. members including clearance paperwork in cooperation with the local or state facilities; correspondence and prerelease contacts; funding literature requests; and orientation about bringing an A.A. meeting or information into a facility.

As in all A.A. activity, communication of needs and progress is important. Corrections committees usually meet either as an individual committee or before or after a local district or area committee; on a monthly, bi-monthly, or quarterly basis. The committee also participates in area and district meetings where they can highlight shared experiences and communicate needs, including literature requests. The Trustees' Committee on Corrections has requested that most literature needs be handled through local committees.

FUNCTIONS OF CORRECTIONS COMMITTEES

The basic functions of corrections committees are described in the Corrections Workbook. However, here are highlights of major headings. Corrections committees, when allowed to do so, take A.A. meetings into facilities within their area. They encourage "outside" group participation in this kind of Twelfth Step work. In some areas, each group has a group corrections representative. The committee provides a liaison between the correctional facilities' groups and meetings and groups on the outside, and also coordinates prerelease contacts. In some areas, Corrections Committees work with C.P.C. and P.I. committees to help inform probation and parole professionals and other court officers about resources A.A. provides to those who are incarcerated.

In the spirit of cooperation, the relationship with prison authorities is discussed in the workbook to ensure a positive reciprocal working

relationship with administrators and staff. A.A. members wishing to carry our message to alcoholics behind the walls of correctional facilities should understand that we always do so within the regulations of such facilities. Corrections Committees and Hospital and Institutions (H&I) Committees are encouraged to thoroughly review and understand all procedures of institutions with whom they cooperate, and to share this information with all A.A. members who bring A.A. meetings inside. Some committees make available copies of regulations and forms that must be completed, so that A.A. members new to this service work can review the materials prior to making their decision. Some committees share this information with A.A. members new to corrections service through regular workshops, information sheets, and volunteer packets developed by local trusted servants.

The workbook also goes into detail about prison A.A. meetings. It suggests different ways to shoulder responsibility for meetings and speakers.

Most committees find that adequate Conference-approved literature and service materials are essential in a correctional facility group or meeting. Such materials are financed and obtained in several ways: donated by local intergroup or general service committee; donated by members of the committee; purchased with individual contributions; provided by groups through their corrections representatives.

Special funds: Buck of the Month Club — where members contribute, and funds are used for corrections literature; special meetings or dinners, at which a collection is taken; special cans at regular meetings, marked "For Corrections Literature."

Note: Corrections Discount Packages are available from G.S.O.

PRERELEASE/BRIDGING THE GAP/RE-ENTRY TEMPORARY CONTACTS, ETC.

Experience suggests that with the constant reminder that A.A. has only sobriety to offer, many committees do try to provide prerelease contacts, so transition to outside A.A. is easier.

Past experience has shown that attending an A.A. meeting on the outside on the day of release from prison is one of the most effective tools for an inmate to maintain continued sobriety. It is strongly recommended that an inmate who is an A.A. member have an A.A. contact on the outside (preferably with at least one year's sobriety and of the same sex) to meet on the day of release and help in attending A.A. on the outside. This service is known by a variety of names in the A.A. Fellowship, such as "Bridging the Gap," "Prerelease," "Contact Upon Release," "Temporary Contact," etc., but all committees do essentially the same type of Twelfth Step service.

This A.A. service is a way for outside A.A.s to meet up with inside A.A.s getting released from prison/jail and accompanying them to their first few local meetings. This is not intended to be a long-term A.A. relationship, but simply to help ease the newly-released mem-

ber's transition to outside A.A. and to help them get started on the road to sobriety in their home community.

More information is available in the Corrections Workbook and in the Corrections section on G.S.O.'s website. Local committees often arrange outside contacts while G.S.O. helps with referrals of inmates being released to other areas.

NEWSLETTER

Sharing from Behind the Walls is a quarterly newsletter composed of selections from inmate letters sent to G.S.O. With their permission, inmates from the U.S. and Canada contribute. Current and back issues can be printed from the Corrections section of the G.S.O. website. The newsletter is published and mailed quarterly and is available for use in A.A. correctional service.

RELATIONSHIP TO AL-ANON

Many areas report it is extremely helpful to cooperate with Al-Anon Family Groups, in order that the family of the inmate may gain a better understanding of our Fellowship. For information, contact Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617. Tel: (888) 425-2666. Website: www.al-anon.org

RELATIONSHIP TO G.S.O.

G.S.O. lists corrections chairpersons (U.S. and Canada). The people on this mailing list are sent the following material:

1. *Box 4-5-9* — quarterly
2. Corrections Workbook
3. Activity update from the G.S.O. Corrections desk
4. *Sharing from Behind the Walls* — quarterly

CORRESPONDENCE SERVICE

The Corrections Correspondence Service (C.C.S.), coordinated through G.S.O., across the U.S. and Canada offers a rewarding opportunity for "A.A.s on the outside" to share experience, strength and hope with incarcerated alcoholics from another region. Helpful guidelines are available to outsiders (F-26) and to insiders (F-73). For more information, please contact G.S.O.'s Corrections Desk: corrections@aa.org

SHARED EXPERIENCE

Please keep in touch with the G.S.O. Corrections Desk (corrections@aa.org) to share your activities and experiences with carrying our A.A. message behind the walls. Doing so will pass it on to help other local committees across the U.S. and Canada as we add your experience to our files and share information in the G.S.O. newsletter, *Box 4-5-9*.

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.



venmo

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, 1st Wed. at 6 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 piece 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 Center,

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, \$250 three nights. We discuss the 12 steps and related topics.

2022 Weekend Retreats

Jesuit Retreat House,

4800 Fahrwald Rd.

Oshkosh, WI.

WI 54901, call 800-962-7330

jesuitretreathouse.org

Men and Women in AA, AI-Anon

Total cost: 4 days \$390.00. Send a \$75.00 deposit with requests for specific dates to retreat house or call for info.

The **Southern Wisconsin Deaf Access Committee** needs to rotate it's members. We are searching for two AA members to act as Co-Chairs, a treasure, and a liaison person to work with Members of AA Deaf community. They can email SWDAC at: Southern-WIDeafAccess@gmail.com

Southern Wisconsin Deaf Access Committee (SWDAC) 2022

Beginning Balance: \$
Contributions: \$
Interpreter: \$
Misc. Expenses \$
Ending Balance: \$

The cost for an interpreter is \$50 for a zoom meeting and \$80 for an in-person meeting. Contact Kath W. with questions:

brylerandme@gmail.com

VENMO Contributions: www.venmo.com/SWDAC

Southern Wisconsin AA Deaf Access Committee

P.O. Box 1982

Waukesha, WI 53186

District Number: _____

Group Name: _____

Donation: _____

Individuals may contribute as well.

VENMO Contributions: www.venmo.com/SWDAC

DISTRICT MEETINGS

COMPLETE DISTRICT INFORMATION ON THE WEB:

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

1. JACKSON, LaCROSSE, MONROE, VERNON, & TREMPLEAU; 2 & 18 GREEN LAKE & MARQUETTE CNTY'S & PART OF WAUSHARA; 7. KENOSHA, 17. RACINE CNTY ; 8 & 30 ROCK ; 9. CRAWFORD, GRANT, IOWA and LAFAYETTE; 19 & 37. RICHLAND & SAUK; 20, 21 & 26 DANE; 31. COLUMBIA CNTY; 35. GREEN; 37. JUNEAU CNTY'S .

(Check the web address above for meeting info.)

- 3. MANITOWOC & SHEBOYGAN CNTY'S:** 3rd Wed. of month, 6:30 p., Even numbered months at 1907 Club, 2908 N. 21st St., Sheboygan. Odd numbered months: Alano Club, 404 S 29 St Manitowoc
- 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,
- 12. WASHINGTON CNTY:** 1st Wed. of month, 6:00 p., the Jackson Community Center N165W20330 Hickory Ln., Jackson, WI. 53037
- 13. WAUKESHA CNTY:** 1st Sun. 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 Wed. of month, 6:00 p, Milw. Central Office, 7429 W Greenfield Ave. West Allis WI
- 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, 7:00 P.M. 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: [881 8331 2739](https://us02web.zoom.us/j/6870109941?pwd=YVI4SVQzU3FaSE1rc3dzVmtdFM4QT09), Passcode: 071956
- 34. WAUKESHA CNTY:** 1st Tue. of month, 6:30 p, Northwest Alano Club, N88W17658 Christman Rd., Menomonee Falls. Join online at: <https://us02web.zoom.us/j/6870109941?pwd=YVI4SVQzU3FaSE1rc3dzVmtdFM4QT09>
- 36. RACINE/KENOSHA:** (1 of 2) 2nd Tues. month 6:00 p.m., 12 & 12 Club, 724 N Pine St., Burlington
- 38. MILWAUKEE CNTY:** Last Sunday of month 4:00 p.m. All Saint Cathedral, 818 E Juneau Ave.

SEND ADDITIONS AND CORRECTIONS TO:

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

[Area 75, Southern WI, Calendar of Events 2023](#)

All meeting held virtually until further notice

- Zoom Meeting Contact Area Chair: Veronica O. vodonnell52@gmail.com
- Winter Assembly 1/29/23, Delegated Workshop 3/19/23, Spring Assembly 4/16/23, Summer Assembly 6/11/23, Pre Conference Assembly 9/10/23, and the Conference Assembly 10/21/23

CORRECTIONAL INSTITUTIONS

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

For meetings at Milwaukee Area Correction facilities contact: Emily J. by Email: mcccordinator@gmail.com

- **TAYCHEDAH 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: mcccordinator@gmail.com
- **MILWAUKEE COUNTY JAIL** 9th & State Milwaukee WI. Emily J. by Email: mcccordinator@gmail.com
- **MILWAUKEE SECURE DETENTION**, 1015 N. 10th St. Emily J. by Email: mcccordinator@gmail.com.
- **MILWAUKEE WOMEN'S CORRECTIONAL CENTER**, 615 W Keefe Ave. Emily J. by Email: mcccordinator@gmail.com

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON at 1:00 p.m. on the 3rd Sunday on odd numbered months, at Greater Milwaukee Central Office, 7429 W Greenfield Ave, West Allis WI 53214. Donation can be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Email: mcccordinator@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 FOR YOUR INFORMATION

Milwaukee Central Office: 7429 W Greenfield Ave, West Allis, WI 53214 gmco@aamilwaukee.com

- **Area 75 Treasurer:** PMB #167, 5464 N Port Washington Rd., Glendale WI 53217
- General Service Office, P.O. Box 2407, James A Farley Station, New York, NY 10116-2407
- Area 75 [Corrections](#), or [Bridging the Gap](#) or [Treatment](#) write to: PMB # 170, 5464 N Port Washington Rd., Glendale WI 53217
- **Southern Wisconsin Deaf Access Committee :** Email: milwareadeafaccess@gmail.com; Mailto: Deaf Access Committee, P.O. Box 1982, Waukesha WI 53186

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
7:00 p. Beginners Gp
8:00 p. Big Book Gp

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

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

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

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

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

PASS IT ON CLUB
6229 W. Forest Home Ave
Milwaukee WI (414) 541-6923

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 IntroductoryAA

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
7:30 a. Big Book Study

Wed. 10:30 a. Pass It On
4:00 p. Happy Hr Promises
6:15 p. Courage to Change
7:00 p. We, Us & Ours

Thr. 7:30 a. Welcome Back Gp
10:30 a. Made Decision
5:15 p. As Bill Sees It
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 Jous Free
3:00 p. 12 Promises Group
7:00 p. Viagers Wisconsin lower level
8:00 p. 5 Conceptos 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

Mon. 1:00 p.
4:00 p.
7:00 p. Life House Beginners
8:00 a.

Wed. 10:00 a. Back To Basics
2:00 p. Women's Meeting
6:00 p.
8:00 p.

Thr. 10:00 a.
4:00 p.
5:00 p. Woman's Way 12 Steps
8:00 p. Grapevine Mtng

Fri. 12:30 p.
4:00 p.
8:00 p. Old School House
8:30 a. 11th Step
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
www.waukeshaalano.org

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

Sun. 9:30 a. Sun Morn Sunlight (IP)
11:00 a. Sun Go-To-Mtng (V & IP)
Zoom: 868 6375 8565, PW: 135314

07:00 p. Big Book Study (IP)

Mon. 12:00 p. (IP)
6:00 p. Beginners AA (V & IP)
Zoom: 818 7287 8662, PW: 740572

7:00 p. (12 & 12) (IP)

Tue. 6:00 a. Open Your Eyes... (IP)

Wed. 12:00 p. Wauk Wed Nooners (IP)
5:30 p. Topic Gp (V & IP)
Zoom: 818 9650 5286, PW: 677391

Thr. 12:00 p. Nooners (IP)

Fri. 12:00 p. T.G.I.F. Gp (V & IP)
Zoom: 839 0454 9230, PW: 830354

Sat. 06:00 a. Early Morning (IP)
10:00 a. Gp 124 (V & IP)
Zoom: Contact Sher at 630-432-3585 for access.

OPEN MEETINGS, DANCES & EVENTS
Call for information.

GALANO CLUB
- LGBT & All in Recovery - 7210 W

Greenfield Ave, Suite 1, Lower Level
Milwaukee, WI 53214, 414-276-6936
<http://www.galanoclub.org/>
galanoclub@gmail.com

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

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

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)
10:30 p.m. - AA - Living Sober One Day at
A Time In-person & Phone/video

Friday: (V & IP)
10:30 a.m. AA Step & Topic

Saturday: (V & IP)
7:30 p.m. - AA - Big Book & More. (In-
person/Phone/video)
The Galano Club is open one half hour
before the scheduled meetings.

NORTHWEST ALANO CLUB*
N88 W17658 Christman Rd
Menomonee Falls WI
53051 (No Phone)

A.A. MEETING SCHEDULE
(V)=Virtual, (IP)=In-person, (V & IP)=Both

Sun. 10:00 a. Big Book Rm 204/205
7:00 p. Sun Night Gp Rm 205

Mon. 7:00 p. Just Do It Gp

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

Wed. 7:00 p. Step/Topic

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

Fri. 8:00 p. Step/Topic (V & IP)

Sat. 10:00 a. Sat Serenity Gp
11:15 a. Code 3 Mtng.
7:00 p. Simply Sober Gp

AL-ANON MEETINGS
Wed. 7:00 p. Al-Anon
Fri. 7:30 p. Al-Anon

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

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

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

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

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

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

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

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

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

ALANO CLUB
1521 N. Prospect Ave.,
Milwaukee, WI, 53202
(414) 278-9102
<http://www.mkealanoclub.org/>

A.A. MEETING SCHEDULE

Sun. 7:00 a. AA Meeting
10:00 a. Gp 17 Step

Mon. 7:00 a. Early Morning
10:30 a. Gp 12 Topic
12:15 p. Big Book Meeting
6:30 p. Gp 40 Big Book
7:30 p. We Agnostics

Tue. 7:00 a. As Bill Sees It,
10:30 a. Gp 70 Step
12:15 p. Gp 76
7:00 p. Beginner's Meeting

Wed. 7:00 a. AA
10:30 a. Gp 9, Step
12:15 p. Oasis Topic Gp
6:00 p. Chicks at Six Gp, women,
Child Care available

7:30 p. We Agnostics

Thr. 7:00 a. Big Book Meeting
10:30 a. Gp 97, Step
12:15 p. Here & Now Gp
7:00 p. AA (LGBT) All Welcome

Fri. 7:00 a. Daily Reflections
10:30 a. Gp 21, Step
12:15 p. Gp 65
6:30 p. Here & Now
12:15 am. Second Shifters (Sat.)

Sat. 7:00 a. AA Meeting
11:00 a. Gp 87 Step
7:30 p. Open AA Speaker Mtng

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

H.O.W. TO CLUB
8930 W. National Ave,
West Allis, (414) 543-2448
<http://howtoclub.info/>
M, W, F, Sat. 9 a. - 11 p,
Tue Thr 9a. - 9p., Sun 8a to 9p.

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
8:00 p. Sun. Sober & Serene

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

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

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

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

Sat. 9:15 a. Men's Topic
11:00 a. Pioneers Group
3:00 p. Spiritual Growth
6:00 p. 1st & 12 Topic
8:00 p. Open Speaker 3rd Sat
8:00 p. HOW To Saturday

24 HOUR CLUB
153 Green Bay Rd.
Thiensville, WI
<http://www.24hourclub.org/>
[Web and Facebook Info](https://www.facebook.com/24hourclub)

A.A. MEETING SCHEDULE

Sun. 6:30 a. Upon Awakening
8:00 a. 8:00 a. Topic
10:00 a. Step/Topic
5:00 p. Step

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

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

Wed. 6:30 a. Topic
~~10:00 a. Big Book~~

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

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

Sat. 6:30 a. Topic
~~8:30 a. Big Book/Steps~~
10:00 a. Big Book
8:00 p. Open Speaker Mtng.
(1st Saturday Only)

In Person AA Groups Need Your Support

- **Sun. 7 p.m.** Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- **Mon. 7 p.m.** Unity Gp, 4600 Pilgrim Rd, Brookfield
- **Tues. 7 p.m.** Gp 43, Friendship Club, 2245 W Fond du Lac Ave Milwaukee WI.
- **Wed. 11am. Gp 10-17**, St Veronica's 353 E Norwich, Milw. 53207
- **Wed. 8:00 p.m.** Helping Hand (No Masks Required), Nativity Lutheran Church, 6905 W Bluemound Rd, Milwaukee WI 53213
- **Thur. 12:15 p.m.** Jeanette Burnett Gp, St John's Cathed

- dral Complex, 831 N Van Buren, Milwaukee WI 53202
- **Thurs. 8:00 p.m.** Grateful Gp. St Mark's Episcopal Church, 2618 N Hackett Ave. Milwaukee 53211
- **Thurs. 8:30 p.m.** Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave, 53213
- **Fri. at 7 p.m.** First Things First, St Margaret Mary, 3930 N 92nd St. Milw 53222
- **Fri. 9:30 p.m.** Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw. 53226
- **Sat. 8 p.m.** Gp 18, St Luke's, 3200 S Herman, Bay View
- **Sat. 7 p.m.** 12 Step Club 4102 W Townsend St. Milw. WI 53216

MEETING ROOMS

UNITY CLUB
1715 Creek Rd
West Bend, (262) 338-3500
unityclub1715@att.net
www.facebook.com
AA MEETING SCHEDULE

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

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

Tue. 10:00 a. Tuesday A.M.
7:30 p. Beginner's
8:00 p. Step Gp

Wed. 10:00 a. Promises
1:00 p. Steps/Promises
5:00 p. Happy Hour Gp In-person & Zoom: 332602852, pw: 123456
8:15 p. Step Gp

Thur. 10:00 a. Big Book
7:00 p. EZ Dozen 12x12

Fri. 10:00 a. Step/Topic Gp
6:00 p. Big Book

Sat. 10:00 a. Here & Now
6:00 p. Big Book Connection

AL-ANON & ALATEEN MTNGS
Saturday 9:00 a. Al-Anon
Thursday 7:15 p. Al-Anon

• Open Mtng. 3rd Sunday of month

FRIENDSHIP CLUB
2245 W. Fond du Lac Ave
Milwaukee, WI
(414) 931-7033

Email: friendshipinc@sbcglobal.net

AA MEETING SCHEDULE

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

Monday
10:30 a. Step Gp

Tuesday
7:00 p. Gp 43 Big Book

Saturday
10:30 a. Gp 112 Step

Call for information on other types of meetings.

Email: friendshipinc@sbcglobal.net

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

A.A. MEETING SCHEDULE

Wednesday:
7:00 p. More About Alcoholism, Big Book Study

Thursday:
10:30 a. Group 56

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

Saturday:
10:00 a. Beginner's
7:00 p. 12 Steps Gp

Call the club for information on Open Speaker AA meetings, meetings for other fellowships and for special events.

MILWAUKEE GROUP
933 E Center St, Milw WI 53212.
A.A. MEETINGS

Sun. 10:00 a In-person
8:30 p. In-Person

Mon. 5:30 p. In-Person
7:00 p. In-Person
8:30 p. In-Person

Tue. 7:00 p. In-Person
8:30 p. In-Person

Wed. 5:30 p. Zoom
<https://zoom.us/j/8974697046> pw:0
7:00 p. In-Person
8:30 p. In-Person

Thur. 7:00 p. In-Person
8:30 p. In-Person

Fri. 7:00 p. In-Person
8:30 p. In-Person

Sat. 8:30 p. In-Person

Milwaukee Central Office
7429 W Greenfield
West Allis WI 414-771-9119
A.A. MEETINGS

Sun. 9:00 a. Gp 10 Sunday

Mon. 12:15 p.

Tue. 12:15 p.

Wed. 12:15 p.

Thur. 12:15 p.

Fri. 12:15 p.

Sat. 9:15 a. 1st Step
10:30 a.

We do not meet on major holidays.

LIGHTHOUSE ON DEWEY
1220 Dewey Ave.
Wauwatosa WI
AA MEETINGS

Sunday
6:00 p. Jim's First Step
7:30 p. Gp 78 Great Room

Monday
7:30 p. Laughs/Leisure

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

Wednesday
7:30 p. Presidents Hall
8:00 p. "RES-IPSA"

Thursday
7:00 p. Women's AA
7:30 p. Alumni No 12

Friday 7:15 p. Gp 74

Saturday 10:00 a. Gp 59
7:00 p. Great Room

All Saint's Cathedral
818 E Juneau Ave. Milw 53202

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.

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>
10 (12/27/22)	Bob J.	Group 59, Dewy Center
37 (1/21/23)	Jim S.	Honest and Able





"New Meeting"

A **Women's Sunday Morning AA** meeting starting **Sunday, January 8, 2023, in Jackson, WI.** (District 12) at 10:30 am held at the Town Hall in Jackson **3146 Division Road** (Hwy G) Enter at the south doors We hope you join us - and please share!



Come Join Our Tuesday Nite Impaired Professional AA Meeting

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 Tuesday nights at 7:30 at Holy Trinity Lutheran Church at 11709 W. Cleveland Ave. as well as on Zoom. Meeting ID = 98178765495, Password = 071150. Hope to see you there!!

It Happened to Alice, Page 20

Reprinted with permission AA General Service Office.



SOUTHERN STATES



JANUARY 27-29, 2023 JACKSONVILLE, FL

SPEAKERS:

Steps 1:	Hilary R. (Dallas, TX)
Steps 2 & 3:	Tina H. (Waukesha, WI)
Steps 4 & 5:	Carla R. (Tujunga, CA)
Alanon:	Sonia L. (Nashville, TN)
Steps 6 & 7:	Dolly A. (Cleveland, OH)
Steps 8 & 9:	Vivian Q. (Bluffton, SC)
Step 10:	Nancy B. (Denton, TX)
Steps 11 & 12:	Kelley B. (St. Petersburg, FL)

First Name _____ Last Name _____
Address _____
City & State _____ Email _____
Phone _____ Program: AA _____ Al-Anon _____ Alateen _____
Check here if you would like to volunteer at the conference: _____

Please make check for \$37 per registration, payable to Southern States Women's Conference and send to:
Southern States Women's Conference
P.O. Box 35100
Elmwood Park, IL 60707

Please let us know if you need assistance with accessibility (hearing, vision, and/or physical disability)

Early registration online at southernstateswomensconference.org

Hyatt Riverfront Jacksonville
225 E Coastline Drive
Jacksonville, FL 32202
Group Code: G-SWCC
904-588-1234



ASL Interpreter Provided



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.

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



Fox Point Group 86: Reaching Out, Join Us on Zoom Monday Evenings.

We are doing a group inventory, looking at ways in which we can be more accessible.

Current members with a wide range of sobriety, join our weekly meetings to discuss topics that impact all people in recovery thus providing a healthy balance for all.

We warmly welcome all genders, sexual preferences, ethnicities, and ages.

We meet on-line with ZOOM Monday Nights at 8:00 and will do so until we resume our "live" meetings at the North Shore Congregational Church in Fox Point.

Stop on by! We open up around 7:45 and begin at 8:00. If you are shy about "Zooming," just come on in and listen. It's *Alcoholics Anonymous*.

You will find a warm welcome to a lively and amiable group living one day at a time.

<https://zoom.us/j/8700953588>

Meeting ID [8700 953 588](https://zoom.us/j/8700953588) no password but waiting room. **By phone dial 312-626-6799**



Serenity Group

"The Barn"

Thursdays 7:00-8:00pm

St. Alban 's Church
W239 N6440 Maple Ave
Sussex, WI. 53089

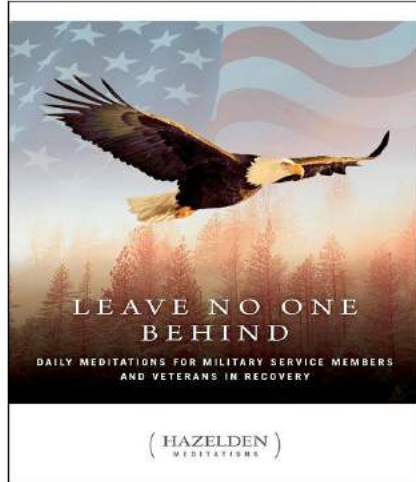
Come join us...

New location, same great format and fellowship

****February 3rd - new meeting start date****

A New Meditation Book Dedicated to Service Members and Veterans

Service members and veterans who are in recovery share their words of healing and hope in daily meditations. These people are in a class of their own—they know what they experienced, they know how their recovery has been affected by their service, they know how to help themselves and they know how to help each other.



\$18.95

• JANUARY 4 •

Behind Me

Weed. Booze. Beer. All of that. I used all of it. Then I came home and they gave me legal drugs. I don't feel at all. Or I feel high. Anything to not think. I don't want to think. Anything to stop my ears from ringing. To relax. To not have to talk to my family. To not have to talk to my buddy's wife. My buddy's gone. I can't look at her.

I don't think I've got PTSD, I think I was just having a tough time. A rough patch. A *really* rough patch.

I was there. Behind. I had been left. I left myself.

I have to want to not be back there. Every day, I have to not want to leave myself behind. I have to suit up and show up. I have to catch up and stay caught up. I have to ask for help. I have to help others. I have to show them how it's done. Because, if I don't, I'll leave myself behind again. It's on me. It's all up to me.

And I'll do it. Because I'm a warrior.

Today, I'll suit up and show up for everything in front of me. I'm not going to leave myself behind again.

Josh O., U.S. Army, 2012-2018

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
[https://venmo.com/code?
user_id=2976454346276864728](https://venmo.com/code?user_id=2976454346276864728)

...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



ANNOUNCING NEW MEET- ING

Join Curt and
friends for:

**More About Alcohol-
ism: a big book study,**
**Wednesdays at 7:00
P.M.**

**12 Step Club, 4102 W
Townsend St., Milwau-
kee WI 53216**
(Second floor meeting
rooms)

GREATER MILWAUKEE CENTRAL OFFICE
PRESENTS

SPRING THING

DINNER AND OPEN SPEAKER MEETING

SATURDAY, APRIL 22, 2023

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

AA SPEAKER: PETE K. (RICHFIELD WI): 7:30 PM

MILWAUKEE ELK'S LODGE #46

5555 W. GOOD HOPE RD, MILWAUKEE, 53222

SEATING IS LIMITED: \$35.00 PER PERSON

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

Proceeds to support Milwaukee Central Office.

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 17, 2023

Buffet menu, with all kinds of stuff on it.

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

