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The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

Welcoming Newcomers and Aiding AA Groups in Our Community.

August 2024 |

Taking My Time

By: B.W. | Kansasville, Wisconsin

Whenever I sit in a meeting and the topic of relationships comes up, I just groan internally. It seems this is a topic AA members are least qualified to give advice on. But it's not advice we give actually—we share our experiences. I could certainly share a lot of things that did *not* work for me in dating. Those experiences were the foundation I used when I began dating in AA.

Number one was to not engage in sex first. I began to say "no" and stuck to it. That may seem drastic, but sex had done nothing but keep me in relationships long after it was obvious that I needed to get out. I was not consciously aware that I had, as a personal value, the goal of saving sex for marriage, so every time I indulged I was making an implied commitment, at least subconsciously.

Without the complication and distraction of sex, I was able to focus on the other person and actually get to know him first. I also realized that just because someone was a great person didn't mean he was a great fit for me. This was eye-opening, as I never dated nice guys before AA—they were too "boring." The truth was that nice guys didn't generate enough chaos to distract me from myself and how I was feeling.

I began to listen to my feelings and talk about them. If I felt uncomfortable about something, I said so. I was OK with being rejected by someone, as I had come to another realization: Better to be disliked for what I was than liked for what I was not. It was too much work to pretend to be something I wasn't anyway. It was better to get it over with sooner rather than later.

The same went for boundaries. There were behaviors I was not going to put up with. I also insisted on respect. If I got an argument on any of these, that was it, the relationship was over. This was very scary for me. Staying true to myself was a real exercise in trust. I felt like I was going in blind and just trying to do the next right thing, never knowing what was going to happen next, but I hung tight with my Higher Power and my sponsor.

I finally found a guy I thought I might get serious about. I prayed constantly about how to act. I was a bit rigid on some things I required in the beginning because I couldn't trust myself not to cave in and simply go the easier, softer way. It wasn't until later that I learned living the AA principles *is* the easer, softer way.

I ended up going back to counseling as I was afraid of dragging old baggage into this relationship. He agreed to go as well. He was as committed to a strong spiritual relationship as I was. We ended up getting married a few months later. Except for the usual life events, it has been happily-ever-after for 25 years.

November 1959

Wisdom Takes Time

By: J. A. | Victoria, British Columbia

THE wisdom to know the difference is in my view the golden key to our Serenity Prayer. Courage is an attribute we may possess in abundance, serenity in some measure we may be able to acquire, but the timely wisdom that will tell us when we should strive and wrestle to change our seemingly unbearable lot comes only through God's good grace.

Sometimes when I am called upon to use this teaching to decide exactly how a difficult matter should be tackled, or how frustrated I should allow myself to become over some very worrisome situation, I find it hard to determine whether the thing I am worrying about is worth changing. We all know that as we grow in AA values alter, mundane rewards appear to lose their tinsel and spiritual appeal gains in glamor. The height of one's ambition after a year of sobriety may appear puny and childishly insufficient after five years on the AA beam.

A question was raised at one of our local discussion meetings the other day on the value of rushing material improvements and giving way to overweening ambition early in our newly acquired way of life. Of course, it is natural for most alcoholics, after long years of centering life completely around a bottle, to tear joyously into brave new ventures and make up for lost time, when blessed sobriety enters a hitherto hopelessly drab existence.

However, the general opinion of the Group was that extreme care should be taken not to allow seemingly important material affairs to block off and shut out the life-stream of sobriety offered by the therapy of AA associations.

(**Wiscom:** *Continued on page 2)*

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(**Wisdom:** *Continued from page 1)*

Even after considerable years of sobriety dry drunks persist in ruffling our otherwise happy and peaceful serenity--gathering like dust storms to spiral and eddy into our consciousness and cloud our more clear-sighted judgments with resentments and self-pity. Often the *wisdom to know the difference* will save us untold misery, and maybe hours of worry or sleeplessness. It is strange how often such dragons choose to visit us just before we go to sleep. Perhaps that is because it is then that we hash over the events of the day, and weigh the pros and cons of our actions.

I have found the repetition of a prayer such as the one found on page 101 of *The Twelve Steps and Twelve Traditions* a singularly efficacious way of banishing worry or unpleasant thoughts. At such a time this helps also in sending us the *wisdom to know the difference*--for we ask: "Lord, make me a channel of Thy peace," and as He generously complies with our request, as He most surely will, He endows us with wisdom that clearly shows us the path to tread and the way to solve the irritating matter that has caused us to stray from serenity of thought or action.

But such wisdom takes time--we have perhaps spent half a lifetime becoming active alcoholics, and the priceless possession of *wisdom to know the difference* calls for study, honesty of purpose, sympathy with others and--above all--humility.

March 1977

Listen!

Around the Tables

AROUND THE TABLES, we listen and listen in order to obtain serenity. What other course is open to the suffering alcoholic who desires to do something about his drinking problem? But wait, there *is* another course. And that is not to listen, not to heed the intimate sharings. This conduct may not lead to drinking, but it will not bring serenity, either.

Once, I longed for peace, for carefree living. Until I found AA, it was a longing without fulfillment. Shattered and an outcast, I came to AA totally in chaos. My mind roared with the wildest thoughts. There was no peace. The gentle, kind, but tough-minded old-timers said, "Don't take the first drink," "Pray," "Work the Steps," and all those marvelous nonsensical things that take on meaning only after a while. Then came the day when I was saying, "Don't take the first drink," and so on, to newcomers.

Today, I try to practice the AA principles, and they work wonders. Today, I have carefree living. The reason is that I listened and listened, and what the AAs said was true: "It gets better." I feel so sorry for those who listen just a little and only get sober, not serene. The difference between sobriety and serenity is just a little effort at listening. Listening to experience can bring carefree living, and what a reward that is!

September 1949

Wings Take Time

By: S.H. | Buffalo, New York

THE warm and friendly welcome accorded me by the non-alcoholics in the session which followed my first open meeting I still remember with gratitude! It was a wonderful experience to be swept into the heart of a circle of friendly people, before whom I had nothing to hide, and with whom I didn't have to be on guard. Somehow they managed to brush away the fear and the tension within me. I felt relaxed and completely at home. Above all, they gave me hope, and they inspired me with a wish to return again and again! I didn't know it then, but I know now that that was my first contact with non-alcoholic therapy in action.

Like many other wives of alcoholics, I had approached the doors of AA stripped of every vestige of social life and, practically friendless. Whether my own stiff-necked pride caused me to withdraw from people, or whether people withdrew from me makes very little difference. I was alone!

THE non-alcoholics in AA understand all about the loneliness that goes hand-in-hand with problem drinking, so their therapy provides measures for its relief. In a very short time, such cordial relations are established that the new AA couple is not only invited to the home of older members, but even feel free enough to drop in on them unannounced! It goes without saying that the older members reciprocate in kind.

Thus AA not only provides ways and means to guide the problem drinker to a new way of life, but through non-alcoholic therapy, AA attempts to restore a measure of normalcy to the life of the non-alcoholic mate! With the alcoholic problem being checked, and with the sudden acquisition of a group of interested and interesting friends--to me all this seemed like a fairy tale. I felt that all I needed to do was to write: "And they lived happily, forever after." Actually, of course, I was all wrong. In reality, we were just beginning!

Looking back on that period, I suppose I got such a lift that my bounding hope ran away with my common sense. Subconsciously I must have endowed my husband with a sparkling halo and a pair of man-sized wings. And myself and baby? Perhaps I thought we would simply bask and flourish in the rays of his perfection! Whatever my day dreams were, I was shocked to realize that after a short respite, my husband and I were beginning to quarrel, bicker, and hurt each other all over again.

BITTERNESS, resentment, and self-pity flooded me. If my husband were working the Program as hard as I was trying to cooperate, how could these conditions exist? I needed help, advice, and above all, constructive criticism. I flew to one of my favorite non-alcoholic advisers, and her therapy was ready and waiting. Patiently and kindly I was told many things, but the sum and substance was this: my thinking was as crooked as a cork-screw. I was expecting too much too soon.

And I was reminded that the alcoholic, fighting to control his disease, is often short-tempered and irritable. All through his business day he has to exercise rigid control. If he explodes at home, he isn't trying to hurt the people he loves. He is simply blowing off steam safely, so that he can write off one more 24-hour period between himself and the last drink. And so far as quarrels, bickering, and hurts are concerned, my husband's explosions can't develop into quarrels *if I refuse to participate!*

I came away from that therapeutic session with a much better perspective. My husband was piling up months of sobriety. Surely, at this time, I should be utterly content with that much. If he were also trying to correct his character defects, what about myself? What about my impatience, lack of understanding, resentment, bitterness; my pride, intolerance, and many other faults? It was high time for me to start working the Program myself!

JUST making out my moral inventory had a profound effect on me. Seeing myself no longer as the strong one, the right one, the maker of all decisions, and yes, let me admit it, a long-suffering martyr, I now saw myself as just another human being, studded with all the faults and frailties to which we mortals are heir. I could no longer remain critical of my husband, and better still, I could see what I had been blind to before--that aside from maintaining his sobriety, he was improving some of his personality defects.

(**Wings:** *Continued on page 3)*

(**Wings:** *Continued from page 2)*

No faults can stand before a diligent and sincere application of the 12 Steps. So, little by little, I feel that I'm improving too. Anyway, I'm coming closer to being the person I'd like to be. And as I work along, it gives me a great deal of happiness to turn to the newer nonalcoholic, to give her, in my small way, the benefit of my experience in this fellowship.

Certainly, as I achieve spiritual maturity, I'll be able to encourage and help other non-alcoholics "over their humps" in the same unselfish manner in which I've been helped; and I'll be prepared to live a richer and happier life with my husband and my child.

January 1978

Listen for the Still, Small Voice

By: F. T. | Missouri

Solitude--but not loneliness

ALL OF US need a little solitude once in a while in order to sort out our thoughts and commune with our Higher Power. This is the way we can learn what He plans and wants us to do. He can get His message across more quickly when we are solitary.

My method of attaining solitude is to take a walk in the woods adjoining our house. A walk in the woods is solitary, yes, but not lonely. Sometimes, I go without my dogs, and then I am aware of the animals and birds that are all around me. I am never lonely, because I know there are many of God's creatures near. Sometimes, the birds sing to me.

On a recent snowy day, I took a walk in my "marshmallow world." The powdery snow crunched under my feet. At first, I thought this was the only sound. But then I stopped and listened. I heard a woodpecker hammering out his lunch of insects from a tree, a chickadee singing in the snowy branch of a cedar, and the muted chirping of robins nearby as they drank from the spring in the woods. Every now and then, there the was the soft plop of snow falling from the branch of a tree.

I amused myself by seeing whether I could identify the animal tracks in the snow as yet untouched by man. There were tracks made by dogs, rabbits, squirrels, and birds and perhaps even a deer foraging for food. The groundhogs were happily hibernating, so I knew I wouldn't see their tracks, but there might have been a coon or two somewhere.

The pure white of the snow was accented by the dark green of the cedars. A scarlet cardinal flashed by, and a pair of blue jays squawked about something.

No, even without my dogs, it was anything but lonely. There were lots of little friends about. And, of course, my Higher Power was omnipresent and had created all this beauty that I was able to enjoy in my solitude. If there had been people around or I had been drinking, I would have been unable to hear or see all these little creatures. One needs solitude to recharge one's life.

But loneliness is another thing entirely. I am never lonely when I am solitary, but I have been desperately lonely with a crowd of people around me. What is more lonely for an alcoholic than a room full of people drinking and shouting their heads off trying to make themselves heard above the din? To me, this can be real loneliness, and it hurts unless I can find at least one congenial soul and sneak off with him where it is quiet.

I am never bored when I am solitary, because there are so many things to do and read and see if one is attuned to them. It is often hard to find the time to be solitary and listen for the still, small voice that tells you what to do and how to do it. It takes a certain amount of practice to be aware of this prodding, which comes from the Higher Power, and I am still practicing, I know I'll never be perfect at it, but there have been times when I feel I am gaining a deep and permanent relationship with Him. I intend to continue to seek solitude at times, but I never want to be lonely. I had enough of that when I was drinking.

Grapevine Exclusives

The First Time

By: Robert S. | Charlottesville, Va.

As a beginner, facing his desire to drink taught him a sobriety-long lesson

I joined AA after hitting my bottom and was very happy to learn a way to stay away from that first drink. I really had a good time in my early days of recovery, but I have to say that those first few months were a little difficult.

I've heard it said that if you want recovery, just about everything you hear makes sense and you should take the advice and put it to good use. But if you don't want recovery, there's not much you hear that you will put to use. I wanted recovery and one of the best tools I was told was to find a sponsor. I looked around the rooms and soon found a man whose words at meetings resonated with me. I asked him if he would be my sponsor; he said yes.

I would learn to love this man like my one of my brothers. We talked a great deal about our Higher Powers and how important that was. I had heard that at some point in my recovery, my Higher Power might be the only thing that stood between me and a drink.

Following my sponsor's advice, I got a home group and became very active in it. I helped with the ABC's of AA—Ashtrays, Brooms and Coffee as we used to say back then. I started chairing meetings when the time was right, a service I loved. I would also become involved with two different prisons at different times in my recovery, which was a great source for both finding gratitude in others and for being grateful myself.

In time I became the treasurer of my home group and would eventually become treasurer of our district and intergroup. I was on the right path for my recovery and life was good. Taking a drink was the last thing on my mind. I was calling folks in AA and going to meetings, which I really loved and still do. I was doing everything that I could do to not take a drink.

Then one Saturday morning at one of my favorite AA meetings it happened—for some unknown reason I really wanted a drink. I remember sitting there feeling so ashamed and full of fear. I wanted to say something but I couldn't speak. I sat through the whole meeting frustrated because I had been doing everything I was told to do, yet here I wanted a drink but couldn't speak up.

After the meeting, though, I did go to Mike, a good friend, and told him that I wanted to drink. Then I told I told him to tell me not to drink. Being the friend Mike was he told me "Robert, don't drink." I know this might sound funny but it helped.

My next action was to drive to my sponsor's house which was about fifteen minutes away from where I was. I didn't call because I wanted to kill some time and the drive would help me get my thoughts together. But I got to my sponsor's house I found he was not home. I had plenty of phone numbers of folks in AA so I made some phone calls which helped, but this desire to drink was still in

(**First Time:** *Continued on page 4)*

*(**First Time:** Continued from page 3)*

my mind and it seemed like it was not going to go away anytime soon. I went to every AA meeting in town that day. I asked my Higher Power to help me. I read the Big Book, and the Twelve and Twelve which helped lessen the craving. The day was a long day but I made it through without taking a drink. It was time to go to bed and hope that the next day was different.

When I woke up the next morning I still wanted to drink but the desire was not as strong. I repeated the steps of the previous day and the desire eventually went away. Thanks to my HP and all the help from AA and the folks in the program.

I looked back on what I had been through and realized that this was the first time in my life that I wanted to drink and didn't take that first killer drink. This taught me that this AA stuff really works if you put into action. That was not the last time I wanted to take a drink, but each time that I've I had that craving to drink I did what I did that first time and didn't take that killer first drink.

It's been over thirty seven years since the experience I've described and I guess what I'm trying to say is, when a drink craving comes upon you, use the experience that has kept you from drinking so far and most likely you'll stay sober.

September 2011

Good as Gold

By: Elliot T. | Indianapolis, Indiana

A sober connection far more valuable than money and riches

One day, when I was nearly 12 months sober, I was talking to my sponsor when he abruptly cut me off, saying he'd call me back. He did, apologizing and telling me that Jim S. had been on the line and he wanted to take the call. Jim had recently been diagnosed with heart failure, my sponsor explained. Vividly I remember him saying, "You should get to know Jim before he dies. His word is as good as gold."

The following Tuesday night, Jim was at our home group, a men's meeting that met a few blocks from the halfway house where I lived when I first got sober. The topic revolved around some work drama somebody was having or problems with their finances. When it was Jim's turn, he said, "I either have issues or I have God. Pass."

From that moment on, I saw that Jim was a man of few words. I wanted to make sure and listen to whatever he said.

Jim appeared to have a spirituality and peacefulness I wanted, so I got his number from my home group's phone list and cold-called him. The call forever changed my life. We made plans to meet for lunch at a local restaurant near his house.

He stood me up.

When I called him to ask if we were still meeting, Jim apologized, humbly explaining that his life was unmanageable as he was losing some of his memory. We agreed to meet the following Friday morning at his house ... and our weekly meetings began.

When it was apparent we were going to get along, I asked him to be my sponsor. He questioned my motivation. I told him I was pursuing a spiritual way of life, that I wanted to develop my conscious contact with a God of my own understanding.

Week after week, season after season, year after year, I showed up at Jim's house, usually with coffee and bagels. In the spring, we sat on the back porch under an airy canopy, looking at the flowers, bushes, decorative statues, birdfeeders, trees and small crops that adorned his backyard. We talked about what the God of our understanding looked like, then we talked about what that actual relationship looked like. We discussed how to pursue that relationship, how to develop and grow.

We shared intimate details of our lives. I told him about my family, upbringing and goals. He did the same. I read my resentments, fears and conduct inventory to him. He did the same with me. I asked him how to be a better member of AA. He showed me through his actions. I asked about his prayer and meditation practices. He explained them to me. I soon met a beautiful woman whom I knew I would marry. I again asked Jim how to be a better partner. He showed me through his interactions with his wife.

As time went on, Jim's health deteriorated. At first, the doctors said he had heart failure, but that diagnosis changed. They determined that Jim had multiple-system atrophy (MSA), a disease that slowly shuts down the body's organs. Unfortunately, this would be a long and painful dying process.

My visits with Jim began to change. Soon, I was driving him to doctor's appointments. He couldn't stand up as quickly as he used to, and he seemed to be searching for words. Jim's wife was doing more for him, eventually taking early retirement to spend time and care for him.

As Jim's health declined, we began to talk almost exclusively about the importance of "the practice." The practice of living a spiritual life, of being a good person, of being honest, of having a relationship with God, of being a good husband, etc. Discussing the practice taught us the importance of being present.

Even when Jim was in extreme physical pain, he would practice being in the moment, focusing on his breathing as a form of meditation. He meditated on the discomfort moving through him and he practiced being present and trying to transform his pain into love.

Jim got a cane, then a walker. The oxygen tank followed, and I was trained to fill it up in case I needed to. Unfortunately, the walker was good for only a few months before he got an automatic wheelchair. The wheelchair had to be customized with hydraulics, which allowed it to tilt back and keep Jim's body upright. He had lost the energy and strength to sit up.

Jim was spending all of his time in bed. He had no strength to move and was constantly dizzy. The pain was unbearable. Our conversation of "the practice" turned to the practice of dying, in the physical and spiritual sense. Like any good alcoholic, Jim had thought plenty about his death, and he was an organized planner. Jim made sure his bills were paid, his important documents were filed away and his wife knew where all his account numbers and passwords were. He arranged for several major repairs to their house so that his wife wouldn't have to fix them after his death. All his amends were made and everything he needed to say had been said.

We discussed at length what the final days would look like: Where he would be, who he would call, who would be at his side, what he would be praying and what he would be focusing on. He even practiced dying, letting the muscles in his body relax and focusing on his breaths, knowing one of them would be his last.

I'll never forget the last time I saw Jim alive. I had decided to surprise him at the hospital. When I entered, his face lit up with a smile from ear to ear. His weak voice greeted me with all the enthusiasm he could muster. Before going into his room, I asked God to help me to be present. As I sat there, looking into his eyes, I did what Jim had taught me: I paused and asked God what he would have me do. My intuitive thought was that Jim and I had

*(**Gold:** Continued on page 5)*

*(**Gold:** Continued from page 4)*

practiced all that we needed to. We had been through the dress rehearsal of what this would look like. There was little more to discuss.

I asked Jim if everything was in order, if there was anything I could do or anything he needed. He
simply stated there wasn't anything left to do. He was ready to die. Before I left, Jim asked me to get a wet rag and I cleaned off his face. It wasn't embarrassing, for we had shared our thoughts and souls with each other. We had shared living and dying together.

After nearly seven years of friendship and weekly meetings, Jim's time to go home finally came. We knew dying was a process, not a singular event, and agreed that he would make me aware of the final days. Because Jim had shown me how to practice letting go and how to practice accepting that which I cannot control, I had already begun the process of letting Jim go.

I was meditating one night and Jim came to mind, so I called. He was crying when he answered.

"Elliot," he said, simply. "I love you. It's time for me to go home."

He shared the profound impact on his life I'd had, that I had taught him so much. I tried with all of my concentration to hear everything he was saying so I could forever remember it. I repeated much of the same message back to him. It was a short conversation, because we had been practicing for this day. We had said everything we needed to say. We were prepared.

Alcoholics Anonymous has allowed me to stay sober, marry the most amazing woman in the world, reunite with my family, and give me friends and a life I never thought imaginable. AA introduced me to Jim, taught me to show up for the lessons available and afforded me a life-changing companionship filled with rich experiences.

I wish everyone could have a sponsor like mine and a relationship like we had. Alcoholics Anonymous needs more people like Jim, people whose words are as good as gold.

January 1950

New Year Comes But Once a Year

By: V.S. | Bellerose, New York

THIS is a fine time of the year. Any year.

I don't mean too much sarcasm in such a wise observation, but it is the season of merry resolutions, among other things, and I am reminded unfortunately of my old man.

My old man, the same who told me always to go to the top of the heap but did not explain fully, was inclined to profanity. He swore purple, violent oaths, and he swore striped, jagged blasphemy and he could at inspired times rend the air with a melodious ripping string of breathless malediction rather pleasing, tonally, to the trained ear, like the sound of tearing a tent.

But I was a sensitive lad, as gentle as any lout in those moonshine hills and the cotton patches, and around this time of year would present him a scroll of about a yard of wrapping paper, with writing which began, "I hereby resolve not to cuss so damn much all next year. . ." for his sworn signature.

OF course, I added clauses raising my allowance to 25 cents a week and reducing the heavy labors which he forced upon me and which I never did, but the main idea was to reform him and spare my delicate ears. Why he did not lay his gnarled cotton picking hands on this son and boot me back to my normal pastime of hunting bullfrogs along the creek banks, I don't recall; instead he would swear and sign it, after whacking the stipend to 15 cents.

Now, having learned practically everything of value, I know that he wasn't sincere in that resolution. A signature spurious in spirit. Be it January 2nd, if he skinned his knuckles tearing the sheet off the wall calendar, and the need seemed clear and no ladies present--or he might ask them to withdraw outside the danger area from flying sparks--he was bloody well going to blast loose a maledictory oration on the weird perversity of inanimate objects if not the world at large. It was his release, his safety valve, I think, for never in his adult life did he use any alcohol until he was topping the 60's and finally found a doctor with sense enough to recommend blackberry cordial as a tonic for old age. No paragon otherwise, at least he was sober.

But for the resolving, I'm convinced he never intended to keep intact my childish, innocent faith in the New Year's vows.

Never have I heard of anyone taking a non-drinking pledge, for instance, who did not analyze it later, honestly, as done largely out of curiosity to see if the thing would break. Or else they endured its stipulated time with a fidgeting not unlike a man with a spider crawling up his back, waiting for it to emerge so he could knock it the hell off and squash *that* little ordeal at last. A New Year's resolution, if it's the popular or this-is-a-good-time-to-reform-myself-a-bit-type, can be just as irritating.

THANKFULLY, the comic boys and the writers of greeting-card verse have made such resolutions a standard sort of joke, as richly deserved, and there is not usually a gloom of guilt connected with the breakage. For my part, as a high-proof alcoholic and low-grade drunk, I do not need any extra scraps of resolutions floating around in an already disordered box of thinking. There is nothing about the tail end of a poorly spent year to inspire me with, say, a firm resolution that I solemnly will not take a drink, or will not even think about taking a drink, solemnly or otherwise. You mighty-dang right I will think about it. Often do. If the greater power, whate'er it be, permits me to keep half my wits, I will think twice about it and recall a plain fact: nothing can happen to me that a drink will not make worse.

THOSE blown-glass resolutions--to stop smoking, picking up strange women or to clip your toenails with each new pair of socks--most particularly if authored and cajoled out of me by someone dear who "has your best interests at heart," can be at least as irritating as a daddy longlegs up my back. By the time I get the February 1st bills and sign a new note at the bank, it will have dawned through my sharp smog of brain that I have been sold a small bill of goods, upon which to construct a neat little resentment, of just the size and tempered pig iron to bust the resolution to dusty pieces and suddenly find myself feeling as guilty as a wet cork.

So I am thankful for greeting-card writers and for my old man's temperate training in the artful use of profanity.

Come January the One, I *might* remind myself, again, to get the carcass around to AA meetings more regularly, or not to keep betting against three of a kind showing in 7-card Pedro's Foot poker, but either is an everyday rule of thumb I should be following.

Bless you, I don't say that I won't be running and stumbling drunk before I am five minutes deep into the New Year's sands. If so, however, I will not have broken any asinine resolutions about staying more sober on the bias or attaining a higher polish on the fragile perfection of sobriety. I will have only, let us hope, a dragon-size d.t. hangover to give dry battle--luckily being in a region where I could drop in at five AA meetings a week until learning if maybe I had just perhaps overlooked some tiny part in the Program and its application to the undersigned.

AND as you read this and other items in the Gripevine, remember they are but opinions of the inditers, and if they seem to create a spidery mite of irritation--throw them the hell out, too. Cussing

*(**Once a Year:** Continued on page 6)*

*(**Once a Year:** Continued from page 5)*

might help, if you have no resolutions against it. I'll say one thing for the old man's vice: his eye was always bright and the air was cleared for action when he got through.

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January 1953

A New Year . . . . . Needs a New Look

By: H. H. Q. | West Hartford, Connecticut

WELL, why not take time out for another personal inventory?

First: I am sober and have been for three years, and that is the longest period of sobriety I have enjoyed in forty years, for I am sixty, and for twenty years I thought I handled liquor (although I now know I didn't) and the next twenty years it handled, or rather mauled, me. I am most thankful that AA had brought me this freedom from alcohol.

Second: I have come to know some really fine people, fine because refined by the same consuming fire I went through. They are tempered and considerate, practicing their new-found knowledge of humility and kindness, and as this now attracts me and seems good to me, I am led to believe I must be swinging in the right direction, and for that I am thankful.

Third: I am not so lonely or bored; there are activities, meetings, 'phone calls, and you commence to get a feeling of belonging and of being a part of something good.

Fourth: I hope I am at a rather late age growing up so that I exercise more control over my emotions and I believe I am because I can let the other fellow have his way, at least some of the time, and not be too disturbed about is as a rule.

Fifth: I am conscious of the fact that many thinking people of this world are daily coming to respect AA more and more, and that pleases my ego a little, but seems a not too dangerous elation to experience.

Sixth: I realize an honest atheist is a searcher after truth, and having an keen and inquiring mind, will most surely come to realize that there is a power, a good power, at work, and all we have to do is to get ourselves in tune to commence to catch some of these note vibrations, dictates of consciousness, for who has not decided to lay aside a problem for the moment and wait for inspiration and suddenly been confronted with the solution, the proper step to take. . .and for this I am likewise thankful.

Seventh: I am still extravagant and this is something I must put a little more thought to. I have made a little progress and I am trying to be honest and place the emphasis more nearly in the right place.

Eighth: I have made a little progress at home but I still have a lot of Twelfth Step work to do there for I have broken a lot of china, and I feel it is most important to not be satisfied with just doing Twelfth Step work on the outside, for others.

Ninth: I am grateful that more young people are coming to recognize the alcoholic pattern and through AA do something about it and thereby save themselves and others years of suffering and unhappiness.

Tenth: I am grateful that employers and business men are recognizing the good philosophy in AA and that many of them are giving such splendid cooperation to aid alcoholic employees.

Eleventh: I am grateful for the *Grapevine*, the big AA book, and the pamphlets, and for the meetings. . .all a source of inspiration.

Twelfth: Now I have reached Number Twelve, our number of Steps, and if I can practice the last part of the Twelfth Step, that is to "practice these principles in all my affairs," and if I can continue to realize that this is a life job and must continue so to be, I will, I am sure, continue to be grateful.

Reprinted with permission AA Grapevine

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)

Click

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.*

venmo

*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 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
- **West Allis Senior Center,** 7001 W National Ave, West Allis WI. Call Shanon at 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 Al-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, Al-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?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 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, Passcode: 323232

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=YVI4SVQzU3FaSE1rc3dzVmtxdFM4QT09

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: mccccoordinator@gmail.com

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

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON. Contact Andrew K. at 262-239-6528 or email: mccccoordinator@gmail.com for date and location. Donation can be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Email: mccccoordinator@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
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
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' 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
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
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
Sat. 8:30 a. Early Bird
10:30 a. Happy Joyous Free
7:00 p. Viajeros Wisconsin lower level
7:00 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
Mon. 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
Wed. 8:00 a.
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
6:00 p. Hybrid Meditation Mtng
Zoom ID: 89239303536, PW: 999525
8:00 p. Grapevine Mtng
Fri. 12:30 p.
4:00 p.
8:00 p. Old School House
Sat. 10:00 a. Big Book
OPEN AA/Al-Anon SPEAKER MEETING
Sat. 7:00 p. 2nd & 4th Saturdays
(AA and/or Al-Anon Speakers)

AL-ANON MEETINGS
Mon. 7:00 p. Al-Anon
Tue. 9:00 a. Al-Anon
Wed. 7:00 p. Al-Anon & Alateen

WAUKESHA ALANO CLUB
318 W. Broadway
Waukesha, WI, 262-549-6541
http://alanoclubofwaukesha.com/
(IP)=In-person,
Sun. 9:30 a. Sun Morn Sunlight (IP)
11:00 a. Sun Go-To-Mtng (IP)
Mon. 12:00 p. (IP)
6:00 p. Beginners AA (IP)
7:00 p. (12 & 12) (IP)
Tue.
Wed. 12:00 p. Wed Nooners (IP)
5:30 p. Topic Gp (IP)
Thr. 12:00 p. Nooners (IP)
Fri. 12:00 p. T.G.I.F. Gp (IP)
6:00 p. Fri 4th Dimension B/B (IP)
Sat. 6:00 a. Early Morning (IP)
10:00 a. Gp 124 (IP)

OPEN MEETINGS,
DANCES & EVENTS
Call for information.

GALANO CLUB
- LGBT & All in Recovery -
7210 W Greenfield Ave LL
Milwaukee, WI 53214,414-276-6936
http://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
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
7:00 p. Simply Sober Gp Rm 202

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

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

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

Sunday AA
10:00 a. Primitive Group
12:00 p. Open Speakers
6:30 p. Delavan Discussion
Monday AA
7:30 a. Sunny Side Up
12:00 p. Delavan Step Meeting
6:30 p. Delavan Meeting
Tuesday AA
7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan 12 Step Topic
Wednesday AA
7:30 a. Sunny Side Up
12:00 p. As Bill Sees It Gp.
6:30 p. Delavan IT Meeting
Thursday AA
7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan Big Book Gp.
Friday AA
7:30 a. Sunny Side Up
12:00 p. Big Book Study
6:30 p. Delavan Discussion
Saturday AA
7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan Beginners Gp.

ALANO CLUB
1521 N. Prospect Ave.,
Milwaukee, WI, 53202
(414) 278-9102
http://www.mkealanoclub.org/
A.A. MEETING SCHEDULE
Sun. 7:00 a. AA Express Mtng
7:45 a. AA Big Book/Discussion
10:00 a. Gp 17 Step
Mon. 7:00 a. Early Morning
10:30 a. Gp 72 Topic
12:15 p. Gp 76 Lunch Bunch
6:30 p. Gp 40 Big Book
Tue. 7:00 a. As Bill Sees It,
10:30 a. Gp 70 Step
12:15 p. Gp 76 Lunch Bunch
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
Thr. 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
Thr. 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
Web and Facebook Info
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
Thr. 6:30 a. Topic(V & IP)Meeting ID: 816 604 624 PW: 485594
10:00 a. Topic
5:30 p. Step/Topic/Trad
Fri. 6:30 a. Topic(V & IP)Meeting ID: 816 604 624 PW: 485594
10:00 a. Step/12 & 12
8:00 p. Step
Sat. 6:30 a. Topic(V & IP)Meeting ID: 816 604 624 PW: 485594
8:30 a. Big Book /Steps
10:00 a. Big Book
8:00 p. Open Speaker Mtng. (1st Saturday Only)

In Person AA Groups NEED YOUR SUPPORT

- **Sun. 7 p.m.** Waukesha Sunday Night Beginner's, Ascension Lutheran Church, 1415 Dopp St, Waukesha WI
- **Sun. 7 p.m.** Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- **Mon. 7 p.m**. Unity Gp, 4600 Pilgrim Rd, Brookfield, WI
- **Mon. 7 p.m.** Group 232, Mother of Good Counsel, 6924 W. Lisbon Ave, Milwaukee, WI 53226
- **Wed. 8:00 p.m.** Helping Hand, Nativity Lutheran Church, 6905 W Bluemound Rd, Milwaukee WI
- **Thurs. 8:00 p.m.** Grateful Gp. Chabad House, 3030 E Kenwood Blvd, Milwaukee, WI
- **Thurs. 8:30 p.m**. Gp 22, 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

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.
7:00 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.
6:00 p. More About 12&12
7:30 p. Beginner's
Wed. 10:00 a. Promises
1:06p. Steps/Promises
5:00 p. Happy Hour Gp
Thr. 10:00 a. Big Book
Fri. 10:00 a. Step/Topic Gp
6:00 p. Big Book
Sat. 10:00 a. Here & Now
700 p. 12 Step Meeting

AL-ANON & ALATEEN MTNGS

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

- 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 f meetings.
Email:
friendshipinc@sbcglobal.net

TRI-COUNTY UNITY CLUB
110 S 2nd St. Watertown WI
www.tricountyunityclub.com
Sunday 11:00 a. Big Book Study
6:30 p. New Beginners
7:00 p. Spanish Nuevo Amanecer
Monday 10:00 a. Eye Opener Grp.
7:00 p. As Bill Sees It
Tuesday 7:00 p. Keep It Simple
7:00 p. Spanish Nuevo Amanecer
Wednesday 10:00 a. New Freedom
Thursday 10:00 a. Thur.Morning
7:00 p. Spanish Nuevo Amanecer
8:00 p. Big Book Group
Friday 4:30 p. Friday Happy Hour
7:00 p. Reality Check
Saturday 10:00 a. Morning Group
8:00 p. Saturday Night Open Mtng

BEAVER DAM ALANO CLUB
115 N Lincoln St.
Beaver Dam WI 53916
Sun: 10:30 a.m. & 7 p.m.
Mon: 8 a.m., 6 p.m. & 8 p.m.
Tue: 9:30 a.m. & 7:30 p.m.
Wed: 8 a.m. & 7 p.m.
Thur: 9:30 a.m. & 8 p.m.
Fri: 12 Noon & 6 p.m.
Sat : 12 Noon & **7 p.m. Open**

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
7:30 p. Alumni No 12
Friday 7:15 p. Gp 74
Saturday 10:00 a. Gp 59

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: _____

Years	Name	Home Group
42 (1/1/1984)	Ann Z.	Group 60 Wednesday
40 (1/21/1986)	Jim S.	A Vision for You,
42 (1/16/1984)	Lynn, S.	West Bend Groups

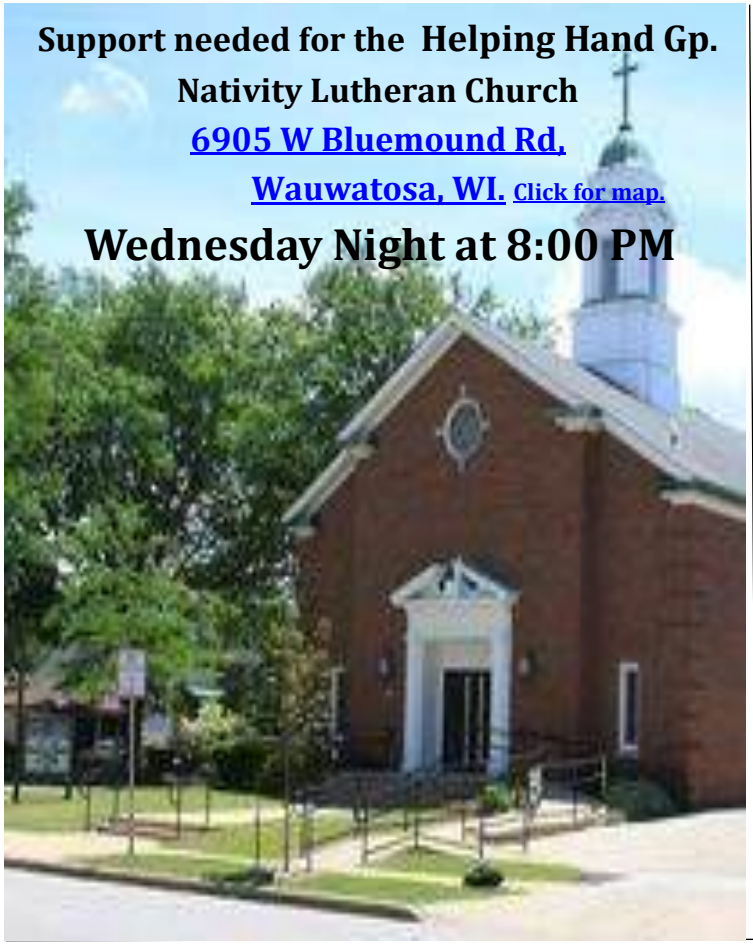
Support needed for the Helping Hand Gp.

Nativity Lutheran Church

6905 W Bluemound Rd,

Wauwatosa, WI. Click for map.

Wednesday Night at 8:00 PM



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

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 MEETING ANNOUCEMENT

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


HOSTED BY DISTRICT
11, 13, 32, AND 34
2026
STEPPING INTO THE
New Year
WORKSHOP AND OPEN MEETING
SATURDAY JANUARY 17th 2026
OUR SAVIOR'S LUTHERAN CHURCH
145 E LISBON RD
OCONOMOWOC, WI
53066
Enter from Lisbon St. enterance on the LOWER LEVEL
8:00 AM COFFEE, FELLOWSHIP & DONUTS
9:00 AM STEP PANELS
FREE LUNCH AT NOON
MAIN SPEAKER AT 1:00 PM
Please, bring a dish or dessert to pass
(Not required but encouraged)
For questions email AAdisrict32area75@gmail.com