

# BETWEEN-US

VOL. 31 ISSUE 3

MARCH 2023

## Why AA in Prison?

By: B. P. | California, March 1953

MANY ask: "What good can a man get out of Alcoholics Anonymous while serving time in prison?"

AA in prison is not primarily a means of keeping us away from alcohol; the granite blocks that impound us do that. But where a block of granite may be an obstacle in the path of some men, others find they can use it as a stepping stone to elevate themselves. We find in AA that by becoming humble, we become honest. By becoming honest we lessen our emotional conflicts. By lessening our conflicts, we clear our mental channels for acceptance of the Power greater than ourselves.

We who are members of the Folsom Prison AA Fellowship are sick and tired of battering our stubborn heads against prison walls and are trying to find the answers to the causes that brought us here. The first answer we found was *self*, as the initial cause of our misfortunes. In AA, we are learning to correct our shortcomings and overcome the human traits of character weakness that have led us to do the things responsible for bringing us into prison. We are taking misfortune and converting it into opportunity by establishing *now*, a strength of character for preventing a recurrence of prison. The old adage, "an ounce of prevention is worth a pound of cure," can certainly be practiced by getting a better insight into ourselves while in prison and by practicing the principles set forth in the Twelve Steps of AA in all our affairs. We are putting into action, honesty, tolerance, humility, and good fellowship while we are confined, which is helping us to prepare ourselves now for our eventual social reversion. The general consensus of men in prison, who are finding a better way of life by living the AA program is that they are finding a way to *stay* out of prison, not finding a way to *get* out from, behind bars.

We find in prison AA the difference between spending a happy day and investing it.

AA in prison is like an oasis in the Sahara; it's the smile of a friend when all else seems forsaken. AA in prison is a device to shrink a man's head and expand his heart. AA in prison shows us where real happiness begins and selfishness ends. AA in prison is for all men who seek peace of mind and who have found the courage to look into themselves.

Reprinted with permission AA Grapevine, Inc. March 1953

Contact Michelle, Area Corrections Chair email; [corrections@area75.org](mailto:corrections@area75.org) for information or Milwaukee Area Correction facilities contact: Emily J. at 262-364-7275 or email: [mcccoordinator@gmail.com](mailto:mcccoordinator@gmail.com)

## The Deaf Alcoholic

Grapevine & West Coast Editor, August 1963

Members of this new group really have to use helping hands

JOE has been sober and active in Alcoholics Anonymous for well over a year. Yet he has never heard the Twelve Steps read nor the Serenity Prayer recited at an AA meeting.

He makes pitches, goes on Twelfth Step calls. But no one has ever heard Joe's story from his own lips--not even Joe himself.

Joe is deaf. He tells his story with his hands, in sign language, to other deaf alcoholics. Among them, at present, are two AA members with normal hearing who have emotional ties with the deaf. One of these can both "send and receive" sign language, so he acts as interpreter, translating the talk of a guest speaker into symbols for the deaf, or making a deaf person's gestures clear to a visitor.

A bridge of communication from the world of sound into the world of the deaf is not easily crossed, even in a favorable emotional climate. Add to this the distortion of alcoholism, and the problem is magnified.

Those who started the AA Deaf Group in Los Angeles had no bridge ready-made. They are constructing it, strand by strand. When a strand breaks (a deaf alky gets drunk) they start over. When the alcoholic is *physically* deaf, in addition to the familiar psychological deafness to ideas of sobriety, the problems increase.

In an attempt to understand some of these problems, let's take a look at them through the eyes of a man who encountered them the hard way, the deaf alcoholic we're calling Joe. For a time he drank in bars with other deaf companions.

"When you use sign language," Joe now explains, "a booze glass can be an impediment in your speech. Worse yet, conversation interfered with my drinking. So I joined the 'normal' two-fisted drinkers who didn't talk much. Those who *did* talk didn't know I was deaf. How could they? When an alcoholic talks, he never waits for an answer anyway."

Joe developed trouble holding a job. Blackouts occurred with increasing frequency. Once he woke up to find himself strapped to a bed in the psychopathic ward of a hospital. Another time, deciding to commit himself, an ambulance was called and he rode to the hospital sitting next to the driver, swigging from a fifth of gin.

(Deaf Access, Continued on page 2)

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](http://www.aamilwaukee.com)

*(Deaf Access, Continued from page 1)*

The "fare" was \$37.50--and ill-spent, because shortly afterward he disappeared from the hospital. It took two doctors and five nurses to find him.

In October, 1961, while Joe was still floundering around in his silent, drink-blurred world, an AA member named Herman notified the Los Angeles Central Office of Alcoholics Anonymous that he could speak the sign language of the deaf. Herman has normal hearing, but as a child had learned the finger symbols from his parents, both of whom were deaf.

A few weeks later he made his first Twelfth Step call--on Joe. Up to now, the people who could talk to Joe in sign language could not help him with his drinking problem. And those who understood his drinking problem--regular AA members--could not communicate with him. Now, however, Joe had both understanding and communication. He responded.

An AA member named Irene contacted Herman while he was working with Joe, and asked him to work with her deaf son, Paul, who had a drinking problem. By March of 1962 two other deaf alcoholics, a man and a woman, had joined the informal meetings which were held in Irene's home.

At that time Herman had been sober only a year himself. He felt his beginners needed more AA contact than he could provide. Experimenting, he and Irene invited speakers from regular AA groups to talk to the deaf alcoholics, while Herman translated their pitches into sign language.

Herman has no difficulty keeping up with most speakers, if they maintain a leisurely and steady conversational pace, and avoid abstract ideas. Some speakers are self-conscious, alternately talking in rapid spurts, then nervously watching Herman's hands to see if they're being understood. After a few minutes, the speakers learn to keep their minds on their messages and their eyes on the faces of the "listeners." It's their responses, as in any audience, that guide the speakers as to pace and choice of words.

Getting the message to the deaf alcoholic was one problem. Another was getting the deaf alcoholic to the source of the message. Herman and Irene contacted various clubs for the deaf and hard-of-hearing, and some churches and public agencies dealing with the handicapped. Could they announce in their bulletins that an AA group for deaf alcoholics was meeting in the Los Angeles area?

The results, in some cases, can be guessed by AAs who have tried to interest segments of the community in the subject of alcoholism. Reactions ranged from confused embarrassment to kindly but emphatic referrals to "other agencies better equipped to cope with the matter." Many persons engaged in benevolent and highly valuable work in behalf of the deaf felt that it would be unkind and offensive to suggest that any of these handicapped people could have an alcoholic problem.

The situation can be illustrated by this somewhat fanciful example: Suppose you are concerned over the plight of Antarctic penguins with frost-bitten toes. In your travels you appeal to a tropical snake, which knows only the heat of his jungle. The snake is sympathetic, but you find it difficult to get through to him. While you are explaining to the snake just what "frostbite" is, he has forgotten what you told him "toes" are.

A far-fetched illustration? Compare it with these completely serious reactions--not from the general public, but from AA members

*(Deaf Access, Continued on page 3)*

## My Good Sponsor

By: Joe H. | Rocky Hill, Connecticut, July 1973

A good sponsor is one who believes you can make it some day **IT WAS SOME** thirteen years ago, but I can remember every detail as though it happened only a few hours ago. I was in a railroad station, looking out and across the street, waiting for a package-store owner to open up shop. My body was trembling, and my sense of balance was so bad that each step required muscular direction--and I was sober. But I had picked up that first drink after a six-month dry period, and now the most important thing in my life was to get a bottle.

Even from a drunkalog as brief as what I've just written, you should know that I was a guy who did not believe in the "progression" and "first drink" theories. I played at AA for about four years before I surrendered to the facts of AA and accepted my own responsibility to myself. Yes, I realized that I needed to get sober and stay sober and that I had AA to go to--but I wanted AA members to come up with "their" sobriety and present it to me on some kind of painless, effortless platter.

I had admitted and accepted my alcoholism, but I could not advance from there to the all-important part of getting sober--doing something about it!

Many alcoholics I have met in recent years are up on alcoholism. Too few are up on sobriety. When we get finished discussing the disease of alcoholism and its unfortunate victims, we have to take a good "tough love" approach. Few victims of this illness can expect sobriety without a major change in most aspects of living. Family reacceptance, job reliability, and social integration are our goals at the beginning stages of sobriety. They are not easy to achieve, and this is where the Fellowship can support and encourage. Every recovering alcoholic, during the first tries for sobriety, has at some time or other figured himself or herself to be unique. Not one of us is. Each of us has traveled this same rocky road. You are not alone, and if you can put yourself into gear, but stay out of the driver's seat at the same time, you can do it.

I, for one, believe strongly in having a good sponsor. But how do you define a *good* sponsor? To me, a sponsor's worth can't be measured on some kind of evaluation scale. My good sponsor was a guy who could relate with me and who believed that I would someday make it. In spite of my sick resistance, he guided me toward getting active in the group. He took me on a Twelfth Step call, and I got nothing from it. He suggested that I make coffee for the group meeting, and I laughed.

A year or two later, after more experimenting and more benders, I made the coffee! I did not know it then, but I was on my way. People commented on my skill or lack of skill with the coffee pot. My ego was getting a face-lifting, and my sponsor was watching.

After about a year of continued sobriety, using the sponsor and the group for support, I was asked to chair a meeting. It came at a good time. It seemed as though they were saying, "Joe, we are proud of you, and this is our vote of confidence." Yeah, I know--you could call this pride on my part, and pride can be bad. It wasn't for me! I dove into the responsibility of being secretary, and it was a godsend.

My sponsor stood off to the side then and, I think, secretly beamed. Actually, he was beaming for AA, for without it, we might both be still drinking--or dead.

Reprinted with permission AA Grapevine, Inc., July 1973

**District 29 Sponsorship Workshop!** Location is Holy Trinity Lutheran Church in West Allis; 11709 W. Cleveland Ave., 53227. Hot lunch, chance to win a prize. Sunday April 30th. Start time to be announced.

[SPONSORSHIP--A VITAL STEPPING-STONE TO SERVICE & SOBRIETY](#)

[QUESTIONS AND ANSWERS ON SPONSORSHIP](#)

*(Deaf Access, Continued from page 2)*

with considerable periods of sobriety.

"How can a deaf person be an alcoholic? How's he going to order a drink?" The AA who voiced that exclamation later said, "Come to think of it, I've sat at a bar so drunk I couldn't hear, speak or see, and I never had any trouble getting another drink."

Another AA remarked, "In all my drinking years I never once saw a deaf person drink."

To the man or woman with normal faculties, there is often an unconscious tendency to lump all handicaps together, to regard a blind person as being unable to hear, and vice versa. Blind persons with a sense of humor derive considerable amusement from the thoughtless remarks--and useful information--they pick up from sighted persons who converse with each other as though the blind person cannot hear.

The deaf, or hard-of-hearing, do not have this compensating advantage--unless of course they can read lips.

A sincerely zealous AA, a man far more intelligent than this quote indicates, glibly dismissed the question of the deaf alcoholic this way: "It really can't be such a problem. Just get them a copy of the Big Book in Braille."

Remember, these comments quoted came from AA members, from us supposedly sensitive alcoholics, who theoretically have learned compassion from our own misunderstood affliction.

In most communities with AA populations of any size at all, the members are active in institutional work. The AA message is carried to jails, hospitals, sanitariums and mental institutions. All may hear our stories, all have a chance to listen to our description of the AA way of life--except one special type of person. And like the alcoholic, the deaf person is found in all strata of society.

The deaf person is in some ways more isolated from the rest of humanity than other handicapped groups. This is no attempt to minimize the problems and the tragedies, or the inspiring triumphs, in the lives of the blind, the crippled, the paraplegics, and those confined for various reasons. But these handicaps are so obvious, to the victim and to others, that they are more readily accepted.

The deaf alcoholic lives almost literally in a Chinese Box. Not only does he have the wall which every alcoholic builds around himself, but he has an outside "sound-proof wall" which prevents him even from hearing the news that there are others like himself.

If he is brought, or wanders in alone, to an AA meeting, he--like nearly all newcomers--takes a seat in the back of the hall. And not even an accomplished lip-reader could grasp unfamiliar material at this distance, unless he possessed exceptional vision and an alert, flexible mind. What newcomer, even granting 20/20 vision and the acute hearing of the late Toscanini, has an alert flexible mind?

Every clerk in a hearing-aid agency is familiar with the shy, even furtive manner in which many persons with defective hearing enter his shop. These same people probably stroll confidently into an optometrist's office to seek aid for failing vision. If otherwise normal persons who are deaf are reluctant to accept this defect, how much more difficult, then, if there is added the pride, resentment and humiliation inherent in alcoholism?

In practically any AA group, a visitor on crutches, in a wheel chair or carrying a white cane will receive special attention, encouragement and patient consideration. Quite readily he is introduced to

others with like or similar problems to make him feel at home. From then on, he is "one of the gang." But few of us have patience with the hard-of-hearing. They, in turn, shun social encounters that might lead to awkward, mutually embarrassing situations.

Deaf persons are especially antagonized by the term deaf-mute. The expression is too often applied indiscriminately to all deaf persons, even those who have nothing wrong with their power of speech. A second phrase found objectionable, again because it is loosely and inaccurately used, is "deaf-and-dumb." It also has the further unjustified suggestion of stupidity.

These are a few of the problems faced continually by the members of the Los Angeles Deaf Group. Less than two years old, it is still very small, even in comparison with other "special communication" groups in Los Angeles such as the American Indian and Latin American groups. It is going through struggles similar to those that characterized the first AA groups in New York and Akron, as described in "Alcoholics Anonymous Comes of Age."

The members wonder if deaf alcoholics in other communities are solving these problems. If so, how? They wonder, too, if their experience in Los Angeles can help others. If it can, how can this information be made available to those who need it?

Early in its experience the L.A. Deaf Group encountered a problem that illustrates the special kind of "apartness" that is the lot of the deaf and the hard-of-hearing.

When the location of a meeting for deaf alcoholics was disclosed in a publication reaching various handicapped persons, many deaf people attended who had not the slightest problem with alcohol. By force of numbers they almost succeeded in transforming the meeting into a purely social affair. And the alcoholics, suddenly surrounded by men and women with whom they could converse on equal terms, forgot the problem that had brought them there. Like many other alcoholics, they persuaded themselves that loneliness, not liquor, was the root of their problems.

For its own protection, for the time being at least, the Deaf Group has to maintain its anonymity as a *group*. The L.A. Central Office cooperates by listing it in its directory of 340 AA groups, but giving no address. Instead, interested persons are advised to telephone Central Office for further information.

Despite its small size, and the far from affluent circumstances of its members, the Deaf Group observes the Seventh Tradition of being self-supporting, and in addition makes a regular voluntary contribution to the L.A. Central Office.

Already the deaf members are deriving some fringe benefits. Some are overcoming their basic suspicion and shyness by attending regular AA meetings--and sitting right down in front, concentrating on every word. These are the lip-readers, or as some of them prefer to call it, "speech-readers."

While all over the world AAs are sharing their strength, hope and experience in Spanish, French, and even Swahili, in Los Angeles the Deaf Group is demonstrating that alcoholics can obtain sobriety in sign language as well. The benefits of active participation with other human beings are now enjoyed by men and women who would otherwise be "loners" in a crowded community--yes, even in a community crowded with AAs.

Reprinted with permission AA Grapevine, Inc.

**For more information on how to help in our community, contact: [Southern Wisconsin Deaf Access Committee](mailto:SouthernWisconsinDeafAccessCommittee) : Email: [milwareadeafaccess@gmail.com](mailto:milwareadeafaccess@gmail.com); or <https://southernwidac.org/>**

## A Beef From Australia

By: A. K., November 1983

A suggestion on how to treat a newly released inmate - From the July 1970 Grapevine

I AM AN INMATE of a South Australian prison, and I've got a beef. At our regular AA meeting, I heard one of the "outside" visitors say, "You will be accepted as an equal when you leave here and attend AA meetings on the outside." These were wonderful words to hear. But this same speaker spoiled it all when he added, "You will be regarded as *new* members."

He seemed to imply that inmates who found AA in prison were not exactly regarded as being full members (no pun intended) until after they were released. I can understand that the prison inmate may not have the opportunity to obtain booze as the outside member has, but in all fairness, I do think that a number of other factors should be considered.

I have been wrong so many times in the past that one more time wouldn't matter a great deal; but I don't think I am in error when I say that our problem is in ourselves, rather than in the bottle. I believe that stinking thinking could be the cause of my drinking again. Therefore, I endeavor to adjust my thinking and lift my thoughts onto a higher level. I can do this through the AA program right here in this prison.

Come to think of it, I believe it is easier to devote much more time to step Two, Three, Four, Five, Six, Seven, Eight, Eleven, and Twelve in a prison than it would be to do the same thing on the outside--especially Steps Four and Eleven. You see, we in prison have something that the average AA member doesn't have--plenty of time. As a result, inmate members often emerge from prison with a solid grip on AA principles.

Of course, some members may feel that a former prison inmate has to "prove" himself. I fail to see what we would have to prove. That we cannot handle booze? I'm not going to hit the bottle again just to prove that! Or would we have to prove our honesty? No, it cannot be that, because the Third Tradition says, "The only requirement for AA membership is a desire to stop drinking."

As I see it, long membership in AA does not mean one has obtained complete safety from alcoholism. I'd hate to think that I would ever get cocky enough to believe I could never slip. Certainly, many older members have a better grasp of the program than new members have, but no one is completely secure, as experience has proved. I know that I need the inspiration, strength, and experience of older members, and I welcome this help, but I doubt that their grip on AA is any more resolute than mine. In fact, I like to think that whether we are "inside" or "outside," we are all on an equal footing in AA.

Therefore, may I suggest that men or women released from prison be regarded simply as members, neither new nor old, just members? This is important, because people like me cannot afford to let any sort of resentment grow within us. We cannot afford to feel slighted or rejected. We cannot afford to feel inferior, especially if we have wholeheartedly adopted the program while "inside." Destructive emotions led us to the bottle in the old days, and we don't want to take that path again, ever. So, now that you have read my beef about the prospect of starting over as a "new" member when I am released, please remember that I am just another alcoholic trying to get rid of a resentment.

Reprinted with permission AA Grapevine, Inc,

## Step Three required a follow-up.

Early on in sobriety I considered the Third Step Prayer on page 63 as both a "*decision*" and "*turning over*" of my will and life over to God. However, the Big Book directions tell us that we have already made this decision on page 62 (Bottom paragraph) and that this step was only a beginning. It was already made!

The Third Step Prayer requires asking God for relief from "*the bondage of self*," although I had no precise knowledge of what of what that was. However, the bottom paragraph tells us to "launch out" on a course of vigorous action. I would think this requires writing Step Four so as to understand, to some degree, my shortcomings and defects of character. Also, I believe that Step Five was important to allow my sponsor to point out the further aspects of my *bondage of self*.

So, The Third step Prayer was only a beginning and will have "*little permanent effect unless at once followed by a strenuous effort to face and be rid of, the things in ourselves which had been blocking us.*" (p. 64)

These additional steps were necessary to provide the information about what I was asking God to remove when I got to Step Seven!

I spent the first five months of my sobriety without doing the Step Three follow up as listed above and almost drank—thankfully I immediately found a sponsor who took me through all twelve steps and have not had to drink since. I will be eternally grateful for the clear-cut directions in the Big Book!

Bob S.

Reprinted with permission Robert Stonebraker, Richmond, IN

March 2003

## How an Atheist Works the Steps

By: June L. | El Granada, California

Even the ones with "God" in them

My life was in shambles, and I was desperate, Following a third botched suicide attempt, I was threatened with commitment to a mental hospital. Or I could call AA. I chose AA. But I was skeptical that it was the answer because I thought I was just crazy. I thought using alcohol and drugs was a result of my problems, not a cause. I also knew that AA's program relies on a belief system that I didn't have. I told the woman who picked me up for my first meeting of my concerns. She assured me that there would be a place in AA for a crazed heathen like me.

Encouraged by the sense of relief and the lessening of fear that I felt at that first meeting, I decided right then not to struggle over God stuff. I figured if there is a God, I'd lose the battle; if there is none, it would be pointless, wasted effort. That was just under thirty-two years ago, and I have been sober and an active

(Atheist, Continued on page 5)

*(Atheist, Continued from page 4)*

member of AA ever since. That means I have always gone to meetings (mainstream ones--no special meetings for atheist/agnostic members); I have relied on many close and trusted friends in the Fellowship; I do group service; and I try to carry the message to other alcoholics.

Despite my lack of God-understanding, which continues to this day, the Fellowship of AA has been an effective way for me to stay sober. Sober AA members have the experience of recovery, and they listen sympathetically and critically, providing advice and guidance. Their example helps me learn how to live without having to drink--ever, if I don't want to. I have found through my own experiences and observation of others that it doesn't matter what I believe, it's what I do that counts. AA provides the basis for learning what to do.

At the first meeting, I was told the obvious: not drinking is an absolute requirement for sobriety. I didn't drink, and I did whatever was necessary to avoid drinking. That required going to many meetings and reading AA books and other self-help guides. It meant accepting that people would talk about God. It meant breaking off some ill-advised associations and developing a circle of friends I could call on when I felt shaky. It meant getting involved as secretary or other group servant. It meant being willing to lie awake, or be fearful, or feel anxious, or be lonely at times. Life wasn't always easy: I suffered from depression for a time and had to concentrate on "One Day at a Time." Nevertheless, I lost my desire to drink and actually felt good about abstaining.

After I dried out and could begin to understand my condition, I wanted wellness. I wanted to live as a better person in harmony with others and with my circumstances, to be free of the chaos and conflict that had riddled my drinking life. I was told I probably needed to change every aspect of how I acted and reacted and that the AA Steps and program could help me. But what about those God Steps?

Someone once pointed out that the Steps could be considered either a description of changes that occur in recovery or a road map for making those changes. So I decided not to worry about whether I was taking the right route; instead, I focused on changing my behavior. I didn't try to force my beliefs to fit someone else's Step Three or concentrate on doing Steps Four and Five the "Twelve and Twelve" way. I simply listened to what others said about handling life events and tried what they had done in various situations. I haven't thought of my efforts as "doing the Steps," and yet I see that what I try to do approximates the direction of recovery described in the fifth chapter of *Alcoholics Anonymous*.

Besides not drinking, the most important habit I have tried to develop is not fighting circumstances. I try to accept reality instead of trying to control it. When I make that adjustment, the struggle ends and I find the freedom of knowing there is nothing more I can or must do. That sense of freedom came first when I recognized and accepted my powerlessness over alcohol (Step One). It is available in all life's adventures, if I fit myself to the flow of life (Step Three).

I remind myself regularly to trust the inner resource of the well

person inside and the outer resource of the group. The track record of others and my own history show me that I can get through whatever comes, if I am patient and do what makes sense on a daily basis. This fills the intent of Step Two for me and also provides the benefits of Step Three.

I take responsibility for my actions and feelings. I think this is what Steps Four and Ten are all about--knowing and admitting my part in all my interactions and not making excuses for myself.

Consulting with others before acting on important issues and discussing past actions that bring me discomfort are integral to my life now. I am not experienced enough or objective enough to evaluate past, present, or future without a sounding board. This habit keeps my life running more smoothly and is pretty close to what Step Five describes.

I have made a great effort to stop doing those things that make me feel guilty or that diminish my opinion of myself. The burden of guilt--or fear of being found out--might lead me to seek solace in drinking. I try to do no harm and let others live their own lives. I have enough to take care of without making it worse or taking on the troubles or successes of others. This is what Steps Six and Seven contribute to recovery.

Partly to alleviate the guilt I have felt for my past indiscretions and partly because it is the right thing to do, I try to make up for wrongs through restitution, apology, or just being a better person than I was when I drank. Some are old transgressions and some are not retractable, but I do the best I can. I hope this is what Steps Eight, Nine, and Ten ask of me.

In general, I like to be a do-gooder, so I help when and whom I can. This improves my relationships with my community of humans, and it makes me feel good. When I encourage another alcoholic who wants to follow the AA program but doesn't have a clear understanding of higher power, then I am doing Step Twelve.

What is missing? Step Eleven. I have no conscious contact with God--it's just not there and this does not disturb me. I try regularly to train my brain to a more spiritual viewpoint by a practice that includes contemplation, introspection, and affirmation of gratitude to have been embraced by AA. As a result, I rarely am troubled by that pervasive feeling of separation I used to feel; it has been replaced by a sense of the connectedness of all of us to one other.

Even though I didn't plan it, and even though I don't think about it as "working the Steps," Steps happen in my life as part of an AA-guided recovery. Not one of these practices involves God or believing in God, but all of them together, or each of them alone, fits the intent of the Steps. Atheism and AA's principles are not mutually exclusive, and if anyone tells you that you have to believe in God to stay sober or to remain in AA, he or she is dead wrong. I always tell nonbelievers who ask how they can do those God Steps to look for the goal of the Step and do whatever they can to meet its intent. And don't drink, no matter what happens. Nothing improves if you drink.

Reprinted with permission AA Grapevine, Inc., March 2003

# A Quiet Hatred

By: Keith W. | Oceanside, California

An amends helps a man understand the hate he harbored for eleven years --Step Nine - Made direct amends to such people whenever possible, except when to do so would injure them or others.

I got sober in the spring of 1999, after a fruitless battle with drugs and alcohol that almost destroyed my life, family, and career. I was blessed with the "kiss of sobriety" the first night in the rehab center, when I got on my knees and asked God to take over my life. After a short stint in detox and aftercare, I started going to AA meetings in my hometown, found a sponsor, and started working the Steps, just as I was directed to do.

My wife was a reluctant witness to my recovery at first, but over time our marriage started to come back together. I had done much damage to both her and our son, including the lying, cheating, stealing, and begging that married alcoholics can relate to. Of course, she had to see action before she began to believe in me again, and I am happy to say that, for the most part, our twelve-year-old marriage is better than it was when we said "I do."

When I started working my Fourth Step, one of the people I wrote about was my father-in-law. He was a man who was adored by my wife when I met her. He and I seemed to get along fine, but when I asked him for his daughter's hand in marriage, he surprised us both by saying no. Not because I was a drunk--my alcoholism was well-hidden back then--but because I was black and they were white. He said that he just couldn't see telling his friends that his daughter was married to a black man, and he did not attend our wedding. This devastated my wife. Everyone else from her side of the family attended our wedding, even my father-in-law's mother, but he didn't, and my wife could not forgive him for that.

All communication between the two of them ceased after we got married. I stayed out of it. We didn't even talk about him. Even as my drinking got worse and when I left home for two years, they never communicated. So, by the time I began working the Steps, they had not spoken to each other for over ten years.

As I was working on my Eighth Step, my sponsor suggested that I write my father-in-law a letter. So I did. I had to think long and hard about what I had done that I had to make amends for, and I prayed to God to show me my part. As I wrote, I began by saying that I was sorry for encouraging my wife not to communicate with him, and for harboring ill will toward him. I told him that even though I hadn't specifically told my wife not to talk to him, I hadn't specifically said that she could. I realized that she was trying to protect her marriage, and me, and that I was happy she didn't have a relationship with him. While writing, I began to see how much I had secretly hated him for what he did to her, even though I had done much worse. I asked for his forgiveness and for us to move on from the past and re-start our relationship.

Two weeks later, I received a letter from him. He started by thanking me for sending the nice letter, but he said that he would not accept my apology. He said that I didn't need to apologize--that he did. He wrote that he was so happy that I had written the

letter, that he was wrong for what he had done, and that he would call soon. One week later, he called and talked to my wife for the first time in eleven years. They both cried so much that day and so did I.

Since that time, my father-in-law has talked with us at least once a month and we are making plans for a visit soon. He even has established a great relationship with my nine-year-old son. He recently talked with my son for over an hour about baseball and has sent him some of his old baseball cards. This from a man my son has never met.

My wife says to me from time to time, "Thank you so much for what you did to bring back my father." I tell her it's one of the many gifts of sobriety, and then I call my sponsor and thank him again for telling me to write a letter.

Reprinted with permission AA Grapevine, Inc., September 2003

# The Winning Essay

By: Ronnie T. | Paradis, Louisiana

Sometimes it takes a little push to get honest

Before I came into AA, I really never had any friends. I never even knew how to be a friend. Before recovery, I never went to my kid's parent-teacher conferences, baseball games, or any other event where I had to mingle with other adults. I was a single mom on drugs and alcohol with a huge inferiority complex.

Then one day, after I'd been in AA a while, a friend whose son was in the fifth grade like my son, asked if I was going to a cake bingo at our sons' school. I told her no, because I was afraid of being around people. I thought they would judge me and discover all of my secrets, including my being in AA. She insisted I go and work with her in the hot dog booth to get over this. I went and had a wonderful time. Everyone was enjoying being with their kids, and I was just one among many.

After I had been sober two years, my son won first place in the D.A.R.E. Contest (Drug Abuse Resistance Education). He was to read his essay in front of the whole school, including parents. I left work and attended with the same friend I'd gone to bingo with. When my son got up to read his essay, it never dawned on me that he was going to tell my story. To protect my anonymity, he told the school how he knew a girl who drank and went away to get help. When she returned, she started going to AA meetings. My son said that sometimes he went with her and listened to their stories of alcohol. He said they scared him and that he did not want to be like that. Then he concluded his speech with, "Now my mom is doing really good."

The whole school gave him a standing ovation, while I went through about a million emotions in a split second--from being proud of my son to being in shock that he'd told the entire school I was an alcoholic. A lot of people came up to me after it was over and congratulated me. My secret was out, and I was free. God did for me what I could not do for myself.

Today, I love AA and the quality of life I have received from it. Now I look back on those days, and I am grateful.

Reprinted with permission AA Grapevine, Inc., June 2003

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



“Every AA group ought to be fully self-supporting, declining outside contributions.” Tradition Seven, Twelve Steps and Twelve Traditions,

Reprinted with permission AA World Services, Inc.  
[Seventh Tradition Checklist](#)

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



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

#### MILW. CENTRAL OFFICE

• E-mail us at:

[dan@aamilwaukee.com](mailto:dan@aamilwaukee.com)

Hours:

**M - F 9 a.m. to 4:30 p.m.**

**Sat. 9 a.m. - 12 p.m.**

• **Board of Directors Meeting**, in-person.

Wednesday following 2<sup>nd</sup> Tuesday (odd months) 6:30 p.

• **A. A. Meetings**, Sun. at 9 a., Mon.- Fri. at 12:15 p., Sat. 9:15 a., & 10:30 a.

• **Dist. 14 monthly meeting**, 4th Wed. at 7 p.m.

• **Dist. 16, 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](http://aamilwaukee.com) or use our your **VENMO app** from your smartphone.

#### Meeting Space Currently Available

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

#### Redemptorist Retreat Cen-

**ter**, 1800 N Timber Trail Lane, Oconomowoc, WI 53066, (262) 567-6900 Email:

[rrc@redemptoristretreat.org](mailto:rrc@redemptoristretreat.org)

Please call for information and schedule of retreats for recovering people. AA and AI-Anon, \$250 three nights. We discuss the 12 steps and related topics.

#### 2023 Weekend Retreats

##### Jesuit Retreat House,

4800 Fahrwald Rd.

Oshkosh, WI.

WI 54901, call 800-962-7330

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

##### Men and Women

##### in AA, AI-Anon

Total cost: 4 days \$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](mailto:Southern-WIDeafAccess@gmail.com)

#### **Southern Wisconsin Deaf Access Committee (SWDAC) 2023**

**JANUARY thru DECEMBER 2022**

Beginning Balance \$ 6,210.62

Contributions: \$ 8,013.17

Interpreters: \$ 4,120.00

**\*\*ENDING BALANCE: \$ 10,103.79**

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](mailto:brylerandme@gmail.com)

VENMO Contributions: [www.venmo.com/SWDAC](http://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](http://www.venmo.com/SWDAC)

# 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,

**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 at 7:00 P.M., the Zoom ID number is [824 0616 9567](https://us02web.zoom.us/j/82406169567) 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: [881 8331 2739](https://us02web.zoom.us/j/88183312739), 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=YVI4SVQzU3FaSE1rc3dzVmtxdFM4QT09>

**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](mailto:dan@aamilwaukee.com)

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

All meeting held virtually until further notice

- Zoom Meeting Contact Area Chair: Andrew I. [chair@area75.org](mailto:chair@area75.org)
- 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](mailto:corrections@area75.org) for information on days and times of meetings.

For meetings at Milwaukee Area Correction facilities contact: Emily J. at 262-364-7275 or email: [mcccoordinator@gmail.com](mailto:mcccoordinator@gmail.com)

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

**MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON.** Contact Emily J. at 262-364-7275 or email: [mcccoordinator@gmail.com](mailto:mcccoordinator@gmail.com) for date and location. Donation can be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Email: [mcccoordinator@gmail.com](mailto:mcccoordinator@gmail.com) with questions.

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

## ADDRESSES FOR YOUR INFORMATION

**Milwaukee Central Office:** 7429 W Greenfield Ave, West Allis, WI 53214 [gmco@aamilwaukee.com](mailto: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](#), [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: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](http://www.newdayclub.org)  
A.A. MEETING SCHEDULE

Sun. 8:00 a. Topic  
11:00 a. Topic  
5:00 p. Young People  
7:30 p. Topic

Mon. 12:30 p. Tenth Step Gp  
5:30 p. More about Alcoholism  
8:15 p. Men's Gp

Tue. 10:00 a. Topic  
5:30 p. Big Book  
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

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

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

Sat. 10:00 a. Step Meeting  
5:00 p. Fellowship of Spirit  
7:00 p. Feelings  
10:00 p. Young People  
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 Introductory AA

Tue. 7:30 a. Comin' Back Gp  
10:30 a. Keep It Simple  
4:00 p. Drop the Rock  
6:00 p. Key To Sobriety Women's  
7:30 p. Three Legacies  
7:30 p. Double Trouble DD/O  
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  
7:30 a. Welcome Back Gp  
10:30 a. Made Decision  
5:15 p. As Bill Sees It  
7:00 p. Gateway Topic Gp  
Fri. 7:30 a. Honesty Gp.  
10:30 a. Came To Believe  
6:00 p. Women's Fri. Kickoff  
6:30 p. Thoughts 4 Today  
8:00 p. Broken Arrow  
8:30 a. Early Bird

Sat. 10:30 a. Happy Joyous Free  
3:00 p. 12 Promises Group  
7:00 p. Viagers Wisconsin lower level  
8:00 p. 5 Concepts upstairs  
8:00 p. Back to Basics 12x12

**LAKE AREA CLUB**  
N60 W 35878 Lake Dr  
Oconomowoc, WI  
(262) 567-9912  
[www.lakeareaclub.com](http://www.lakeareaclub.com)

A.A. MEETING SCHEDULE

Sun. 8:00 a. Early Bird  
9:30 a. Literature Meeting  
11:00 a. Friendship Gp  
6:00 p. Big Book  
8:00 p. Gopher Sunday  
9:00 a. Positive Attitude  
6:30 p. Otter Gp  
8:00 p. Step/Tradition Study

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

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

Thur. 4:00 p.  
5:00 p. Woman's Way 12 Steps  
8:00 p. Grapevine Mtng  
12:30 p.  
4:00 p.  
8:00 p. Old School House  
10:00 a. Big Book

Sat. 7:00 p. 2<sup>nd</sup> & 4<sup>th</sup> Saturdays (AA and/or Al-Anon Speakers)

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

OPEN AA/Al-Anon  
SPEAKER MEETING  
Call for information.

**WAUKESHA ALANO CLUB**  
318 W. Broadway  
Waukesha, WI, 262-549-6541  
[www.waukeshaclub.org](http://www.waukeshaclub.org)

A.A. MEETINGS,  
(IP)=In-person,

Sun. 9:30 a. Sun Morn Sunlight (IP)  
11:00 a. Sun Go-To-Mtng (IP)  
07:00 p. Big Book Study (IP)

Mon. 12:00 p. (IP)  
6:00 p. Beginners AA (IP)  
7:00 p. (12 & 12) (IP)

Tue. 12:00 p. Wed Nooners (IP)  
5:30 p. Topic Gp (IP)

Thur. 12:00 p. Nooners (IP)  
Fri. 12:00 p. T.G.I.F. Gp (IP)

Sat. 07:00 p. Last Stand at Alano (IP)  
06:00 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, Suite 1, Lower Level  
Milwaukee, WI 53214, 414-276-6936  
<http://www.galanoclub.org/>  
[galanoclub@gmail.com](mailto:galanoclub@gmail.com)

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

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

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

Tuesday: (V & IP)  
07:00 p. Last Stand 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

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)  
Room 202  
A.A. MEETING SCHEDULE  
(V)=Virtual, (IP)=In-person, (V & IP)=Both

Sun. 10:00 a. Big Book Rm 202  
7:00 p. Sun Night Gp Rm 202

Mon. 7:00 p. Just Do It Gp Rm 202

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

Wed. 7:00 p. Step/Topic

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

Fri. 8:00 p. Step/Topic (V & IP)  
5:30 p. Code 3 Mtng Rm 202

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 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 72 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  
7:00 p. 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

Thur. 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  
[Web and Facebook Info](http://www.24hourclub.org/)

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~~

Thur. 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.  
(1<sup>st</sup> Saturday Only)

**In Person AA Groups NEED YOUR SUPPORT**

- Sun. 7 p.m. Waukesha Sunday Night Beginner's, Ascension Lutheran Church, 1415 Dopp St, Waukesha WI
- Sun. 7 p.m. Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- Mon. 7 p.m. Unity Gp, 4600 Pilgrim Rd, Brookfield, WI
- Tues. 7 p.m. Gp 43, Friendship Club, 2245 W Fond du Lac Ave Milwaukee WI.
- Wed. 8:00 p.m. Helping Hand, Nativity Lutheran Church, 6905 W Bluemound Rd, Milwaukee WI

- Thur. 12:15 p.m. Jeanette Burnett Gp, St John's Cathedral Complex, 831 N Van Buren, Milwaukee WI
- Thurs. 8:00 p.m. Grateful Gp. Chabad House, 3030 E Kenwood Blvd, Milwaukee, WI
- Thurs. 8:30 p.m. Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave,
- Fri. 9:30 p.m. Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw.
- Sat. 8 p.m. Gp 18, St Luke's, 3200 S Herman, Bay View, WI
- Sat. 7 p.m. 12 Step Club 4102 W Townsend St. Milw., WI

# MEETING ROOMS

**UNITY CLUB**  
1715 Creek Rd  
West Bend, (262) 338-3500  
[unityclub1715@att.net](mailto:unityclub1715@att.net)  
[www.facebook.com](http://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 Dozen12x12

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](mailto: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](mailto:friendshipinc@sbcglobal.net)

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

**A.A. MEETING SCHEDULE**

Thursday: 10:30 a. Gp 56  
Friday: 11:00 a. Gp. 61  
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.

**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**  
7:00 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: \_\_\_\_\_



**HAPPY BIRTHDAY!**

| <u>Years</u> | <u>Name</u> | <u>Home Group</u>     |
|--------------|-------------|-----------------------|
| 36 (2/12/23) | Rhonda P.   | Serenity In The Woods |
| 46 (3/20/23) | Houston S.  | Group 56              |
| 33 (3/12/23) | Tom W.      | Turning Point Sunday  |
| 38 (3/18/23) | Annette C.  | Women's Lifeline      |





### "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



Tuesday nights at 7:30  
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!!**

*It Happened to Alice, Page 22*

Reprinted with permission AA General Service Office.





## WE HAVE A NEW HOME!!

**GROUP #63**

MONDAY NIGHTS 7:00PM

**Martin Luther Church  
9235 W Bluemound Rd**

Big Book topics, 12 steps discussions, and AA general topics

**COME ON OVER AND MEET NEW FRIENDS!**

**No mask required. This is a closed AA meeting.**

A Closed AA meeting is open to those who have a desire to quit drinking. If you think you may have a drinking problem, please



## 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. (76<sup>th</sup> 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** no password but waiting room. **By phone dial 312-626-6799**

## HAND OF AA TUESDAYS 7 PM

*"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."*  
-AA Responsibility Statement

The Hand of AA Group meets in person and online Tuesdays at 7 PM CT. It is a literature meeting where a topic is taken from either conference approved literature or the AA Grapevine.

1st Week: Step  
2nd Week: Open  
3rd Week: Tradition  
Other weeks: Topic

To join us in person: We meet at Mount Zion Lutheran Church 12012 W North Ave, Wauwatosa WI 53226. Parking and the entrance are behind the church off 120th St.

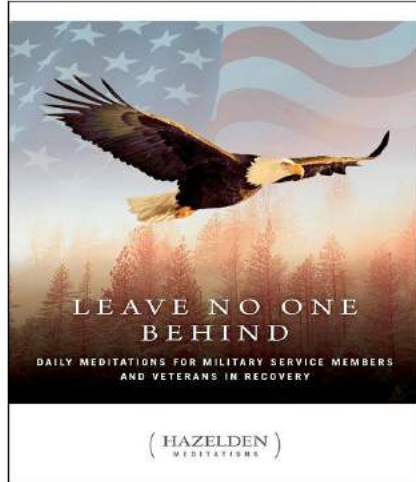


For Zoom:  
Meeting ID "544 131 1866"  
Password: 414

Or use the QR code to see the web page and a direct Zoom link

## 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**



# A.A.



## MEN'S BIG BOOK MEETING

**WHEN:** Thursdays  
8:00 – 9:00 P.M.

**WHERE:** 24 Hour Club  
153 Green Bay Ave.  
Thiensville, WI 53092



Open to men in recovery. Beginners most welcome!



FREE COFFEE & DONUTS



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](mailto: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.

