

RECOVERY IS THE SEED WE SOW, SOBRIETY WILL REDEEM US.
LET IT GROW, SHARE OUR LIVES...

"BETWEEN-US"

VOL. 19 ISSUE 5

MAY 2011

PILLS

July 1976
Vol. 33, No. 2



Tradition Four
Each group should be autonomous
except in matters affecting other
groups or A.A. as a whole.

September 2000
Vol. 57, No. 4

THE DOCTOR looked at me reflectively and said, "You've been honest with me, so I'll be the same with you. If you are an alcoholic, and you'd know that better than I would, I confess my help would be minimal, if I could help at all. I suggest you call AA."

The doctor dialed the number for me, and I did the talking. Since then, I've often wondered just how many alcoholics get the AA number at their doctors' offices. I would like to think many do, but I'm afraid this is not the case.

Unfortunately for me, my doctor was only too right when he admitted his lack of knowledge about alcoholism. He prescribed tranquilizers.

The next day, two lovely women came to my home. They told me some things about AA and arranged to take me to a meeting. For ten and a half months, I took the tranquilizers as prescribed, went to AA meetings as my sponsors suggested, and lived without alcohol. I cared very much

("Pills" Continued on page 6)

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Voting for God's Will?

AA's Twelve Traditions: A Pattern of Practical Experience

"The Traditions are the essence of the experience of the groups and the movement. They were written by Bill in an attempt to distill and condense into usable form the knowledge that the groups and individual members have accumulated. . . . The Traditions are a pattern of practical experience, a guide that will spare others many headaches." Tom Y., Grapevine Editor, November 1949

As a veteran of a large, hard-drinking family and a business that disintegrated from the greed, collective addictions, and selfish

Between-Us Subscribers!

Due to some strange and unique postal bulk mail pricing, it is cheaper for us to mail the group subscription in two separate envelopes of three each. This means that the group will receive six copies instead of five for the same low price of \$18.00.

Also, individual subscribers will receive three copies in their envelope. The price will remain the same, \$9.00. Share the extras with your friends. Thank you.



Published monthly by Greater Milwaukee

Central Office, Inc., 7429 W. Greenfield Ave.,

Greater Milwaukee Central Office AA
Profit & Loss
March 2011

	Mar 11
Ordinary Income/Expense	
Income	
4000 - Literature Sales	13,689.27
4050 - Between us	238.36
4070 - Contributions	4,073.30
4080 - Gratitude boxes	238.42
4100 - Memorials	80.00
4130 - Personal Contri.	6.27
4150 - Other Income	331.29
4170 - Interest Income	3.58
4830 - Sales Discounts	10.00
48900 - Shipping and Delivery Income	128.00
Total Income	18,798.49
Cost of Goods Sold	
5000 - Literature	8,496.40
52900 - Purchases - Resale Items	21.21
Total COGS	8,517.61
Gross Profit	10,280.88
Expense	
51100 - Freight and Shipping Costs	4.95
59900 - POS Inventory Adjustments	83.41
6045 - Coffee/Soda Expense	123.00
6050 - Credit card fees	102.73
6170 - Computer and Internet Expenses	750.00
6200 - Conferences & conventions	86.00
6260 - Shipping and freight	136.64
6500 - Office	3,522.36
6600 - Payroll	7,606.87
6700 - Professional Fees	775.00
Total Expense	13,190.96
Net Ordinary Income	-2,910.08
Other Income/Expense	
Other Expense	
Balancing Adjustments	0.00
Total Other Expense	0.00
Net Other Income	0.00
Net Income	-2,910.08
CD Prudent Reserve	\$84,350.36
Money Market	27,199.57
Checking	1,697.52

AREA 75 EVENTS CALENDAR

1. Go to Area 75 website at: area75.org, 2. Look for the Area 75 Events Calendar on the right side of the page. 3. Events listed are color coded according to the area office that listed them. 4. Click on the small down arrow at the top right hand corner of the Events listing for the color "key" to the area's events. 5. Click on the small down arrow in the middle (next to the date) to view a specific date or just use the scroll button to move up and down through the days listed.

Secretary Meeting, April 12, 2011

Groups represented: 7, 14, 15 TAL, 19, 22, 48, 59, 60, 83, 91 Women (Chix at Six), 200, 201, 232, A New Awakening, Another Chance Tue Night, Badger Group, Big Book Readers, Butler Sunday Night, Daily Reprieve Men's, Early Bird Roger's Memorial, Helping Hand, Honest and Able, How It Works, Monday Night Menomonee Falls Action, Monday Night Women's Waukesha, New Beginnings Oconomowoc, New Berlin Big Book Tuesday, Oak Creek Friday, Participation Gp, Pick-a-Topic, Saturday Morning Big Book, Sun Morning Sunlight, There is a Solution/Waukesha, T-N-T, Traditions Meeting Open Disc, Wanderers, Waukesha Sunday Night, WELL Big Book, Whats The Point (Come To Believe Wauk Sun), Willingness Gp, and You're Closer Than You Think, I'm sorry if I have missed anyone that was at the meeting.

Meeting opened by Jim B. at 7:00 p.m.
Bank balances / March 31, 11
Business Checking: \$1,697.52
Money Market Savings: \$27,199.57
Prudent Reserve CD's: \$84,350.36

Time to return the Gratitude Boxes. A total of \$16,027.00 collected to date. If you notice that your group hasn't returned the box...try to get it into the office as soon as possible. Between-Us subscriptions: if your group hasn't paid yet for year 2011, now is the time. \$18.00 for 6 copies per month. Individual subscriptions are available at

\$9.00 (3 copies). New Subscriptions will be "pro-rated" according to the date.

41st Annual City Wide Jamboree for the Central Office will be held on Saturday September 17, 2011. at the Milwaukee County Zoo. \$25.00, AA Speaker: Mildred F. from Toronto. Tickets available now at Central Office or by mail.

Terry R. talked about the upcoming Spring Conference.

Jim spoke about the office and how volunteers are always needed. Also, when groups or individuals send in contributions, if you can please include your email address, we can email the receipt back for less and in a more timely fashion.

Meeting closed at 7:50 pm. Next meeting is Tuesday May 10, 2011. at 7p.m. The next Board of Director's meeting will be Wednesday May 11, 2011 at new time of 6:30 p.m.

Deaf, Deaf/Blind and Hard of Hearing AA Meeting List, ASL Interpreter available

- Thursdays at 8:00 p. St John Vianney Parish 1755 N. Calhoun Rd, Brookfield WI. **Open AA Meeting for everyone—Third Thursday of Month**, Wheelchair entrance available.

Meetings are weekly closed AA meetings, except where otherwise noted. All meetings are Non-Smoking. **ASL Interpreter available.**

Contact John R. through Voice Relay Service 800-973-8024 / 414-546-3246 TTY/Voice.

E-mail at:

johnreske9@yahoo.com

Contact George B. through Video Relay Service 866-483-1938 / 414-903-8905 TTY/VP

AA Groups Need Your Support

- **Gp 24, Sun. 10 a.m.** 12 Step Club, 4102 W Townsend St. Milwaukee, 53216
- **Monday at 1:30 pm.** Bethesda Community Center, 2845 W. Fond du Lac, Milwaukee, WI 5310
- **Thursday at 12:15 pm. and Wednesday 5:30 pm.** Topic both meet at: St. John's Cathedral Complex, 831 N. Van Buren St. Milwaukee, WI 53202
- **Broken Arrow Gp., Friday at 6:30 pm.,** Serenity Club, 3677 E Pulaski, Cudahy WI 53110

Orientation for GSR's

Second Tuesday of each month, 6:30 p.m. prior to the secretary's meeting, at the Milwaukee Central Office. Or, call Ken G. 608-221-2891, sherwood1@charter.net, to arrange for G.S.R. orientation at your district or workshop.

DISTRICT MEETINGS

DISTRICT

1. JACKSON, LaCROSSE, MONROE, TREMPLEAU & VERNON CNTY'S 2nd Sat. of month, 1:00 p.: Faith Evangelical Free Church, 6644 Hwy 16, Sparta WI 54656 (One mile west of Sparta)

2. GREEN LAKE & MARQUETTE CNTY'S & PART OF WAUSHARA CNTY 4th Sun. of month, 4:30 p., St. John's Church 1211 W. Main St., Princeton

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

4. MILWAUKEE CNTY (1 of 9) 2nd Thr. of month, 6:00 p., Alano Club, 1521 N. Prospect Av.

6. WALWORTH CNTY 2nd Wed. of month, 7:30 p., Walworth Alano Club, 611 E. Walworth St., Delavan

7. KENOSHA CNTY 3rd Sun. of month, 4:00 p., Kenosha Alano Club, 630 56th St.

8. ROCK CNTY (1 of 2) 1st Fri of month, 6:30 p., Good Shepard Lutheran Ch, 2447 Park St., Beloit

9. CRAWFORD, GRANT, IOWA and LAFAYETTE CNTY'S Last Mon. of month, 6:30 p., West View Methodist, Madison & Hathaway, Platteville,

10. Spanish District, at large. Contact Ernesto N. at 414 645-8591. Meets every Tue. at 5:00 p., 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., Jansen Family Park, Schuster Dr. West Bend

13. WAUKESHA CNTY (1 of 4) 1st Sun. of month, 4:00 p, St. Matthias Church, 111 E. Main, Waukesha

14. MILWAUKEE CNTY (1 of 9) 4th Wed. of month, 7:00 p, Milwaukee Central Office 7429 W Greenfield Ave., P.O. Box 13011, Wauwatosa WI 53226

15. MILWAUKEE CNTY (1 of 9) Last Sunday of month, 5:30 p, Milwaukee Room 933 E. Center St. Milwaukee

16. MILWAUKEE CNTY (1 of 9) 1st Wed. of month, 7:00 p, Faith United Methodist Church, 400 S. 91st St.,

17. RACINE CNTY (1 of 2) 3rd Sun. of month, 1:00 p, Grove Club, 1037 Grove Ave., Racine

18. Combined with District 2. See "District #2"

19/37. RICHLAND & SAUK CNTY'S Last Wed. of month, 6:15 p, in Rm 14, at Baraboo Civic Cntr.

20/21 DANE CNTY (1 of 2) Last Tue. of month, 6:30 p, Monona Community Center, 1011 Nichols Rd., 53716

22. MILWAUKEE CNTY (1 of 9) 2nd Thr of month, 6:00 p, Alano Club, 1521 N. Prospect Ave.

23. DODGE CNTY 1st Wed of month at 7:00 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, W63N642 Washington, Cedarburg

25. FOND du LAC CNTY 2nd Tue. of month, 6:30 p., Gratitude Club, 295 Ruggles St., Fond du Lac

26. DANE CNTY Combined with District 20

27. MILWAUKEE CNTY (1 of 9) 3rd Sat. of month, 9:00 a.m. 12 Step Club, 4102 W. Townsend

28. MILWAUKEE CNTY (1 of 9) 3rd Mon. of month, 7:00 p, Bay View United Methodist 2772 S Kinnickinnic Ave. Bay View, WI 53207

29. MILWAUKEE CNTY (1 of 9) 1st Mon. of month, 7:00 p, St. Alphonsus School, 6000 W. Loomis Rd., Greendale (enter west side/rear of school)

30. ROCK CNTY (1 of 2) 1st Fri. of month, 6:30 p. 734 Railroad St., Janesville. (Unity Group)

31. COLUMBIA CNTY 3rd Sun. of month, 6:30 p., Pardeeville Village Library, 119 N. Main St. Pardeeville, South entrance, lower level.

32/33. WAUKESHA CNTY (1 of 4) 3rd Sun. of month, 1:00 p, Galilee Lutheran Church, N24 W26430 Crestview Dr., Pewaukee.

34. WAUKESHA CNTY (1 of 4) 1st Tue. of month, 6:30 p, Northwest Alano Club, N88W17658 Christman Rd., Menomonee Falls

35. GREEN CNTY Quarterly, when called.

36. RACINE/KENOSHA (1 of 2) 2nd Tues. month 6:00 p.m., 12 & 12 Club, 724 N Pine St., Burlington

37. JUNEAU CNTY No information available.

SEND ADDITIONS AND CORRECTIONS TO:

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

CORRECTIONAL INSTITUTIONS

ETHAN ALLEN SCHOOL, Wales, WI 53183

Open speaker meetings every Tuesday at 6:00 p.m. (no meeting on the 5th Tuesday of a month). Need facilitators and speakers for 2010, contact Mark G at 262-896-9526 mgukich@wi.rr.com or Perry C. at 414-588-1638 pgcristan@sbcglobal.net

TAYCHEEDAH CORRECTIONAL, Meetings are held every other Tuesday, 5:30 -7:30 p.m. Contact: Deb L-H. (920)238-7414

FEDERAL CORRECTIONAL INSTITUTION, P.O. Box 1085 Oxford, No Meeting!

FEDERAL CORRECTIONAL Satellite Camp, New Path Group, P. O. Box 1085 Oxford, WI. Meetings Wed. at 1:30 p.m.

OAK HILL AA GROUP, OAK HILL WCI

5212 Hwy M, P.O. Box 140 Oregon, WI 53575 Meetings Wednesday at 7:00 p.m. and Sunday at 6:30 p.m. Contact: Rick B. (608) 235-5154

THOMPSON FARM, RT. 2 DEERFIELD, WI. Closed meeting Tuesday at 8:00 p.m. Contact: Tom Dickert, (608)764-5755

SOUTHERN OAKS GIRLS SCHOOL, Union Grove WI, AA Wednesday 5:55 p.m. and Alateen Tuesday 6:30 p.m. Contact: Marty S. (414) 975-8903 for clearance

ROBERT ELLSWORTH CORRECTIONAL, 21425A Spring St., Union Grove, 53182 AA Wed. 7:30 PM, AA Mon. night 6:00 p.m. and 7:00 p.m. and Wed, at 7:00 p.m. Contact Jo

(262) 551-7371 or Karelyn P. 414-327-7915.

KETTLE MORAIN CORRECTIONAL, Box 31, W9071 Forrest Dr., Plymouth, WI, AA Thr. at 6:00 p.m. Contact Mike L (920) 898-4782.

MILWAUKEE COUNTY HOUSE OF CORRECTION, 8885 S. 68th St. Franklin WI. **AA Women's** Saturday 10:00 a.m. Contact: Kristin L. 414-731-8572 or **AA Men's** on Sunday at 7:00 p.m. Contact: Dennis D. 414-372-8324

MILWAUKEE COUNTY JAIL 9th & State Milwaukee WI. Clearance needed at both facilities. **AA Women's** Sat. at 5:00 p.m. Contact Felisa C. (414) 672-6724. **AA Men's** Thr. at 7:00 p.m. Contact: John A. at (414) 915-9512

MILWAUKEE SECURE DETENTION CENTER, 1015 N. 10th St. Milw. Sunday Nights from 6:30 p. to 7:30 p., Men & Women, Call Marty S. at 414-975-8903 for information

WAUPUN CORRECTIONAL INSTITUTION AA Meeting Sat. , 8:00a.m.-9:30 a.m. Contact Dale C. 920-387-4229 after 5 p. clearance.

FOX LAKE CORRECTIONAL, Box #147, Fox Lake, WI 53933 Closed meetings Tue. & Fri. from 6:00 -8:00 p.m.

JEFFERSON COUNTY JAIL 411 S. Center St., Jefferson, WI, Mng. held on Mon. at 7:00 p.m., Contact: Scott N. 920-397-0170

RACINE CORRECTIONAL INSTITUTION for MEN Mtngs: Sun. 8:30 AM, Dane Rx Unit Wed. 7:00 p. Contact: Bill H. (262) 633-1851

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: Meets 3rd Wednesday of each month at Faith United Methodist Church, 400 S. 91st St (91st & Adler). All Milwaukee **County Corrections donations should be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544.** Call coordinator: Steve G at 414-339-7691, email: stevegravatt@yahoo.com with questions. Treasurer Bill E. at 414-433-3507. 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.

Area 75, Southern Wisconsin, Calendar of Events 2011

Madison Senior Center (MSC), 330 W. Mifflin St. Madison, WI, except where otherwise noted.

- May 1-7, General Service Conference NYC
- May 20-22, Spring Conf., Sheraton Brookfield
- Jun 26, Summer Service Assembly
- Oct 16, Fall Service Assembly
- Nov 11-13, East Central Regional, Miamisburg OH

- Milwaukee Central Office:** 7429 W Greenfield Ave, West Allis, WI 53214 gmco@aamilwaukee.com
- Area 75 Treasurer:** PMB #167, 5464 N Port Washington Rd., Glendale WI 53217
- General Service Office:** G.S.O, P O Box 459, Grand Central Station, New York, N.Y. 10163
- Area 75 Corrections, Bridging the Gap and Treatment write to:** PMB # 170, 5464 N Port Washington Rd., Glendale WI 53217

("Pills" Continued from page 1)

for the people I met at meetings, but told myself that I couldn't identify with stories about morning drinking, hospitals, DTs, and other symptoms. I managed to convince myself that I'd made a mistake. I didn't belong in AA. I wasn't really an alcoholic after all. Much relieved by this decision, I resumed the cocktails and highballs, while continuing to take the tranquilizers.

Many times, though, I would drink more than I intended to; the fun drinking was vanishing. I was becoming as crazy as the guy who keeps banging his head against the wall because it feels so good when he stops--except that it didn't feel good when I tried to stop, so I kept banging my head. Then I decided to try the geographical cure, but after eight months in California, I returned home and to AA.

This time, I kept in contact with the people and went to meetings until I thought I could swim by myself. When I started drowning, I'd return to my lifeboat, which was AA. This became a pattern, a very-sick way of life. I was *using* the people for the attention and affection I could get out of them, but I was not using the AA program. I was a phony and a hypocrite. I didn't even try to understand the Twelve Steps. Those were for squares and puritans, and I didn't wish to be either.

When I wasn't drinking, I was usually high on pills. I had discovered that tranquilizers in quantity could produce a lovely glow, with no tell-tale odor and little or no hangover, and they were so convenient to carry. In addition, the cough medi-

cine with codeine that had been prescribed for me since childhood for bronchitis, if taken by the gulp instead of by the teaspoon, also produced the desired effect.

One of my AA sponsors tried desperately to warn me of the dangers of habit-forming medicines. I was now taking daily forty to fifty tranquilizers and two or three bottles of cough medicine or paregoric, or both. I was like a train going downhill with no brakes. My days were spent going from doctor to doctor for prescriptions and to drugstores for painkillers with codeine, sleeping pills, and tranquilizers. Then I'd make like the mad scientist and mix a few of these with a couple of those, washing them down with a dash of that.

Since I was too drugged to make any decisions for myself, some AAs arranged with my husband for me to go into the state hospital. (For my "nerves," I had previously been in two psychiatric wards in so-called nice hospitals, and my husband's savings were used up.) Now, I went through withdrawal from drugs and was tied down in restraints for three days and three nights in the violent ward, which also housed the criminally insane.

One month later, I came home, armed with pills. Today, it seems incredible that the doctors prescribed tranquilizers for me to take home--the very things that helped to put me there in the first place! I had seen things at the state hospital that I could not have imagined even in my wildest dreams, yet nothing scared me enough to change my ways. Now, I used alcohol only

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("Pills" Continued from page 6)

when I couldn't get hold of anything else. My tolerance had become so high that booze alone did practically nothing for me, but the combination of drugs taken with alcohol kept me high most of the time. I often drove the car while nodding, half asleep, and I'm sincerely thankful that I didn't hurt or kill anyone.

One day, with my mind gone from an especially heavy dose of tranquilizers and booze, I became violent. I attacked my husband with a butcher knife, cutting his hand badly as he tried to take it from me. Another time, I smashed both my fists and arms through a window. The police were summoned, and one of the officers, standing in my kitchen, stared at me, a dirty, smeary mess with blood dripping on the floor. Then he looked around at our attractive house, at my frantic husband, and at my frightened children. Shaking his head, he whispered, "Why?"

As my addiction progressed, self-hate grew, and I saw only the faults in other people. Because my children were a part of me and I disliked myself so much, I could hardly be expected to care anything about them. Four years ago, my youngest child was born at seven months, weighing only three pounds. I had taken drugs heavily during the pregnancy, and I think Mother Nature decided that the child would have more chance of survival with a premature birth. Guilt spread through me, and I tried to dull its pain with more booze, more pills.

Then something different happened to me, something I may never completely understand. I realized that I was absolutely powerless to help myself. I suddenly found myself begging my hus-

band to have me hospitalized for withdrawal just once more. But he said, "No more hospitals." So I started to withdraw from codeine and alcohol on my own in my home.

My suffering was beyond description! After four and a half days, I was out of my mind with the craving for drugs. With what I believe was my last shred of sanity, I called my sponsor and asked her to drive me to the hospital. I would face my husband about this decision later. I knew that if my three children had to witness much more of my suffering, they would crack up, too. I also knew I should be taken where I couldn't physically hurt any member of my family or myself. At this point, I believed I had surrendered to my powerlessness over any drug (only time will tell for certain), and I was determined that I would die before I'd give in to my cravings. At long last, I'd stopped fighting. I literally gave up!

A week later, after detoxification at the hospital, to my great joy I was given the privilege of going through the twenty-eight-day rehabilitation program offered by a well-known private hospital. I learned that in ten years' time, I had progressed to panic drinking, one of the most advanced stages of alcoholism. I was indeed at the end of the road. I also learned--and faced the fact--that I am an extremely addictive person. There could be *no more* chemical crutches for me. I found out, also, that the abrupt discontinuance of my habit had had an impact comparable to that of a car smashing into a brick wall at sixty miles an hour.

In an article on "Surrender Versus Compliance in Therapy," Dr. Harry Tiebout said that complete surrender

("Possible" Continued on page 8)

("Possible" Continued from page 7)

cannot be willed upon oneself. It either happens or it doesn't. Not even the experts seem to know the how or why of it. I try now to depend upon God as I understand Him, on the Twelve Steps of the AA program, and on our wonderful Fellowship. These grand people have allowed me to speak at meetings about my drug problem and have listened with patience and kindness. I don't think that I could ever lose hope for other habitual "slippers," because this phenomenon of surrender can happen at any moment.

At times, my feelings still threaten to overwhelm me. I have periods of depression, anxiety, loss of temper, discouragement, lack of confidence, and other negative emotions. Something will happen that I can't laugh off, and I start to lose my sense of direction. However, when things look black, I reach out for help from my Higher Power and AA. As long as I remember that such emotional setbacks are only temporary and that "this, too shall pass," I can bear the discomfort without taking pills or alcohol.

My personal belief is that women alcoholics are particularly vulnerable to pills. Also, I feel that any alcoholic

who takes mood-altering medication when prescribed and *continues* to do so beyond the time required, is depriving himself or herself of the full benefits of the AA program. As I see it, the only difference between booze and pills is that one is liquid and the other solid. How can anyone honestly and completely take Step Three and still need chemicals?

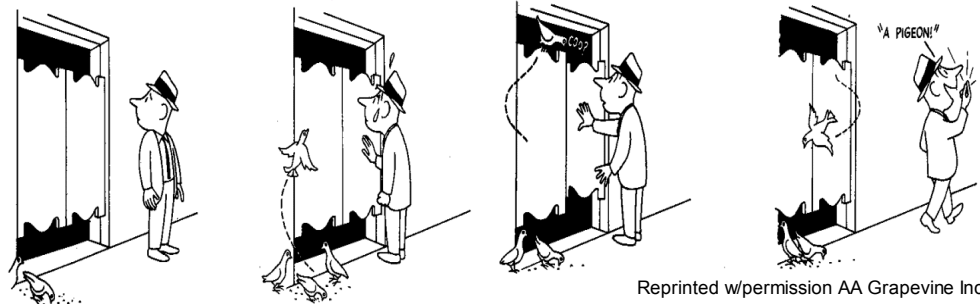
This, then, is the basis of my sobriety: the constant use of the Twelve Steps, regular attendance at meetings, and a willingness to carry the message. Today, I'm infatuated with life. Everything is so fresh and new and different! My family and I were shopping in a crowded store a few weeks ago, and my four-year-old reached up for my hand. She looked at me with trust, confident that I wouldn't let her get lost. I sensed that she knew her mother was not lost herself any more. Now, with an awareness and an ability to comprehend, I delight in doing even the simplest things, like trying out a new recipe, working on an afghan, or tasting a yummy-flavored ice cream. Boredom has disappeared, and I look forward to tomorrow and the good things to come.

R. G.
Illinois

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Victor E.

Volume 19 Issue 12 (May 1963)



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Written for Us Newcomer's Meeting

An Insight to 'How it Works'

A meeting for newcomers and/or old-timers

when:

Saturday's from 9:15 to 10:15am

where:

Greater Milwaukee Central Office
7429 West Greenfield Avenue
West Allis, WI 53214
414.771.9119



Come JOIN US & learn more about Alcoholics Anonymous

July 1969
Vol. 26, No. 2

Growing Pains

From "high" living in Thailand to a down-to-earth search for understanding back home, this youngster found maturity in AA

MY FIRST encounter with my addictive personality came on my fifteenth birthday. I was in the hospital; the diagnosis was "nervous condition"; the treatment was morphine and tranquilizers. Very quickly I learned to produce agonizing headaches to keep those needles and pills coming. But my physician soon caught on. I was withdrawn from the drugs and sent home with a bottle of sugar pills. I had overheard the plot, and I wondered why on earth the doctor would do such a thing.

From that time until AA, I was a part-time hypochondriac. I say part-time because making good grades, caring what people thought, and wanting to be somebody became more important to me than playing the "sick" game.

In my senior year of high school, I started dating my husband-to-be. He was eight years older than I and well into his drinking problem. After our marriage, we both threw ourselves into working hard, and drank only on weekends. We had a comfortable home and lots of friends, and were known as "that nice young couple." To round out this beautiful picture, a girl child was born. Then, during the third year of our marriage, my husband lost his job and accepted another one that took us to Thailand. We

("Pains" Continued on page 16)

CLUB INFORMATION

NEW DAY CLUB

11936 N. Port Washington
Mequon, (262) 241-4673
<http://www.newdayclub.org>

A.A. MEETING SCHEDULE

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

Mon. 12:30 p. Tenth Step Gp
5:30 p.
7:00 p.
8:15 p. Men's Gp

Tue. 10:00 a.
5:30 p. Topic Meeting
7:00 p. Beginners Gp
8:00 p. Big Book Gp

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

Thr. 10:00 a. Topic Meeting
1:00 p. Women's Gp
5:30 p. Topic Mtng.
8:00 p. Step Meeting

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

Sat. 10:00 a. Step Meeting
5:00 p. Steps/Principles
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
Thursday 7:00 p. Al-Anon
Contact club for info on other fellowships.

WAUKESHA ALANO CLUB

318 W. Broadway
Waukesha, WI
(262) 549-6541

A.A. MEETING SCHEDULE

Sun. 11:00 a. Sun Go-To-Mtng
(Open speaker 2nd Sunday & Breakfast)
7:00 p. (Open Step Gp)

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

Tue. 12:00 Noon

Wed. 12:00 Noon
5:30 p. Topic Gp
8:00 p.

Thr. 12:00 Noon
8:00 p.

Fri. 12:00 Noon T.G.I.F. Gp

Sat. 10:00 a. Gp 124
7:00 p. Closed Meeting

**OPEN MEETINGS,
DANCES & EVENTS
Call for information.**

PASS IT ON CLUB

6229 W. Forest Home Ave Milw, WI
(414) 541-6923 passitonclub.com

A.A. MEETING SCHEDULE

Sun. 8:00 a. Sun. Wake Up
9:30 a. Reliance Open Disc.
11:00 a. Today choice
3:00 p. Gratitude Plus
7:00 p. Big Book Readers
7:30 a. Jump Start
10:30 a. First Step
4:00 p. Happy Hour Step

Mon. 7:00 p. Mon. Freedom
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. Women's Step
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
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
7:30 a. Honesty Gp

Fri. 10:30 a. Came To Believe
6:00 p. Women's Fri. Kickoff
6:30 p. Thoughts 4 Today
8:00 p. Spanish Speaking
8:00 p. Group # 1

Sat. 8:30 a. Early Bird
10:30 a. Happy Joyous Free
3:00 p. Twelve Promises
8:00 p. Back to Basics

12x12

AL-ANON MEETINGS

Sun. 11:00 a. Thr. 7:00 p.
Tue. open (Alateen)
Wed. 7:00 p. Fri. 7:30 p.
Sat. 10:30 a.

LAKE AREA CLUB

N60 W 35878 Lake Dr
Oconomowoc, WI
(262) 567-9912

Visit our website at:
www.lakeareclub.com

A.A. MEETING SCHEDULE

Sun. 8:00 a.
11:00 a.
6:00 p. Big Book
8:00 p.

Mon. 9:00 a. Positive Attitude
6:30 p.
8:00 p. Step/Tradition Stdy

Tue. 1:00 p.
8:00 p. Back To Basics

Wed. 8:00 a.
10:00 a.
6:00 p.
8:00 p.

Thr. 10:00 a.
6:00 p. Women's Group
8:00 p.

Fri. 12:30 p.
6:00 p. Non-smoking
8:00 p.

Sat. 8:30 a.
10:00 a. Big Book
8:00 p.

AL-ANON MEETINGS

Mon. 8:00 p. Al-Anon
Tue. 9:00 a. Al-Anon
Wed. 7:00 p. Al-Anon

OPEN SPEAKER MEETING

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

UNITY CLUB

1715 Creek Drive
West Bend, (262) 338-3500
<http://www.unityofwb.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

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

Wed. 10:00 a. Promises
8:15 p. Step Gp

Thr. 10:00 a. Big Book
8:00 p. Young People

Fri. 10:00 a. Step/Topic Gp
8:00 p.*** Step Gp.

Sat. 10:00 a. Here & Now

AL-ANON & ALATEEN MTNGS

Monday 6:30 p. Alateen
Wednesday 8:15 p. Al-Anon

* Open Mtng. 1st Sunday Quarterly
** Open Mtng. 3rd Sunday of month
(a.m.)
*** Open Mtng. last Friday of month

SERENITY CLUB

3677 E. Pulaski Ave,
Cudahy, WI 53111
(414)483-8308
serenityclub.info

AA Meetings

Sun. 10:00 a. Welcome Gp.
7:00 p. Gp. 83

Mon. 10:00 a. Honesty Gp.
6:30 p. Ladies Big Book
8:00 p. Sharing Strength

Tue. 10:00 a. Gp. 118
8:00 p. Gratitude Gp.

Wed. 10:00 a. Rap Discussion
5:30 P. Courage/Change
8:00 p. 1 Day At A Time

Thr. 10:00 a. Gp. 89
8:00 p. Gp. 88

Fri. 10:00 a. Gp. 41
6:30 p. Broken Arrow
8:00 p. Gp. 449

Sat. 10:00 a. Reliance Gp.
7:00 p. Big Book Gp.

**AL-ANON MTNG: Sunday 5:30 p.
AL-ANON MTNG: Tuesday 6:30 p.
ALATEEN MTNG: Tuesday 6:30 p.
AL-ANON MTNG: Friday 7:30 p.**

**Call Club for Open Meeting
& Dance Information**

CLUB INFORMATION

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 Noon Open Speakers
6:30 p. Delavan Discussion

Monday AA

7:30 a. Delavan Sunny Side Up
12:00 Noon Delavan Step Meeting
6:30 p. Former Miss Americas
(Women's Step Group)
6:30 p. Delavan Men's Meeting

Tuesday AA

7:30 a. Delavan Sunrise Tue
12:00 Noon Delavan Noon Gp.
6:30 p. Delavan 12 Step Topic

Wednesday AA

7:30 a. Delavan Sunrise Wed.
12:00 Noon As Bill Sees It Gp.
6:30 p. Delavan IT Meeting

Thursday AA

7:30 a. Delavan Sunrise Thr.
12:00 Noon Delavan Noon Gp.
5:30 p. Step Sisters Women
6:30 p. Delavan Big Book Gp.

Friday AA

7:30 a. Delavan Sunrise Fri.
12:00 Noon Big Book Study
6:30 p. Delavan Discussion
8:00 p. Delavan Candle-less Gp.

Saturday AA

12:00 Noon Delavan Noon Gp.
6:30 p. Delavan Beginners Gp.

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

A.A. MEETING SCHEDULE

Sun. 10:00 a. Gp 17 Step
4:30 p. Step Gp.
7:30 p. Gp 19 Step
10:00 p. Topic Gp.
Mon. 7:00 a. Early Morning
10:30 a. Gp 72 Topic
12:15 p. Big Book Meeting
5:30 p. Gp 12 Monday Blues
6:30 p. Gp 40 Big Book
8:00 p. Gp 20 Topic
10:30 p. Living Sober Step/Topic
Tue. 7:00 a. As Bill Sees It.
10:30 a. Gp 70 Step
12:15 p. Gp 76
5:30 p. Men's AA & Al-Anon
8:00 p. Beginners - 1st Step (3rd fl)
8:00 p. Gp 57 Topic
10:30 p. 4th Dimension Step/Topic
Wed. 7:00 a. Men's Step
10:30 a. Gp 9 Step
12:10 p. Oasis Topic Gp
6:00 p. Gp 91 Women's
8:00 p. Gp 3 Step/Topic
10:30 p. Step/Topic Gp
Thr. 7:00 a. Big Book Meeting
10:30 a. Gp 97 Step
12:15 p. Here & Now Gp
5:30 p. Acceptance Topic
7:00 p. LGBT Big Book
7:30 p. Gp 26 12x12
10:30 p. As Bill Sees It
Fri. 7:00 a. Daily Reflections
10:30 a. Gp 21 Step
12:15 p. Gp 65
6:30 p. Here & Now
8:30 p. Gp 30 Tub Topic
11:30 p. Step/Topic
12:15 a. Second Shifters
Sat. 11:00 a. Gp 87 Step
3:00 p. Spiritual Growth
7:30 p. Open Speaker
9:00 p. Here and Now
11:30 p. Tub-Topic

AL-ANON MEETING Sunday 10:00 a.
Club is smoke free. Many meetings break
outdoors for smoking.

H.O.W. TO CLUB

8930 W. National Ave,
West Allis, (414) 543-2448

<http://howtoclub.info/>

Sun. 8 a.-11 p.
Mon - Thr. 9 a. -11 p
Fri - Sat. 9 a. - 1 a.

AA MEETING SCHEDULE

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. AA Topic Group
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.
11:15 p. Nighthawk Gp.

Tue. 11:00 a. Willingness Group
6:00 p. Tuesday Non-Smok
8:00 p. 12 & 12 AA Meeting
Wed. 10:00 a. Foundations Meeting
6:00 p. AA Beginners Gp.
7:00 p. Women's Freedom
8:00 p. Promises Group

11:15 p. After Hours Gp.
Thr. 10:00 a. But For Grace Of God
6:00 p. 6 PM Here and Now
8:00 p. How To Get It Going

Fri. 11:00 a. Priority Group
6:00 p. Big Book Group
8:00 p. R.U.S. For Us
11:15 p. Candlelight Promises

Sat. 9:15 a. Men's Topic
11:00 a. Pioneers Group
6:00 p. 1st & 12 Topic
8:00 p. HOW To Saturday*)
(*) (Open meeting on 3rd Saturday*)
10:30 p. Candlelight Gratitude

CLUB INFORMATION

The "Clubs" listed here are
not A.A. Clubs. **A.A. DOES
NOT HAVE CLUBS!**

A.A. neither endorses nor
opposes such clubs. These
are social clubs established
by groups or individuals who
are themselves recovering
alcoholics. The A.A. group
meeting at the club is
available to any
alcoholic - club member or
not. The group is separate
from the club and pays a fair
rent for the use of the club
facilities. Even though the
group meets in a club that
may be composed exclusively
of A.A. members, and many
members of the group may be
club members, too, the
relationship of the A.A. group
itself to the club should be the
same as it would be to a
church, hospital, school, etc.,
in which it might rent space
for its meetings.

12 STEP CLUB

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

A.A. MEETING SCHEDULE

Sun. 10:00 a. Gp. 24 Upstairs

Mon. 11:00 a. Gp. 92

Tuesday 6:45 p. Gp. 79

Wed. 11:00 a. Gp. 27

Fri. 11:00 a. Gp. 61 (12x12)
6:00 p. Women's Gp.

Sat. 10:00 a. Beginners Gp.
7:00 p. Gp 6

**CALL THE CLUB FOR
INFORMATION ON OPEN
A.A. MEETINGS,
MEETINGS FOR OTHER FEL-
LOWSHIPS and
SPECIAL EVENTS.**

1907 CLUB

2908 N 21st St.
Sheboygan, WI 53083
(920) 457-9633

AA MEETING SCHEDULE

Sun: 7:00 p. As Bill Sees It
Mon: 6:30 p. Old Timers

7:30 p. Women's

8:00 p. Beginners

Tue: 6:00 p. Big Book

Wed: 9:30 a.

8:00 p. WITSS

Thr: 6:00 p. Topic Meeting

7:00 p. Closed Speaker

Fri: 8:00 p. Good Fight Gp

Sat: 9:30 a. Non-Smoking

6:30 p. Grapevine

MtnG
Open Meeting 1st & 3rd
Saturday of month at 8:00 p.

Al-Anon Meetings

Monday: 7:00 p. Al-Anon

Wednesday: 9:30 a. Al-Anon

Saturday: 9:30 a. Ala-teen

9:30 a. Ala-Tot

9:30 a. Al-Anon

When and Where

NEW MEETINGS

Gp 79, Twelve Step Club, 4102 W
Townsend St, Milwaukee 53216,
meets Tuesday at 6:45 p.

W.E.L.L. Beginner's Group, Beth-
lahem Lutheran Church 470 N Oak
Crest Dr, Wales, WI 53188 on
Tuesday's at 7:00 p.m.

Women's Big Book, Christ Church
13460 N Port Washington Rd, Me-
quon 53092, meets Mon. at 6:00 p.

**Polish Sober Eagles (Polish
Speaking)** Prince of Peace, 4419 S
Howell Ave Milwaukee 53207 (rear
parking, rear entrance) Meets on
Tuesday and Friday at 6:00 p.
(Polish Interpreter available)

Tues Night Bay View Big Book,
United Methodist 2772 S K.K. Ave,
meets on Tuesdays at 5:30 p.

**Bright Spot of Our Lives Young
People**, St James Congregation
W222 N6570 Town Line Rd, Meno-
monee Falls Wednesdays at 7:00 p.

UW-Whitewater, Ambrose Health
Center, 800 W Main St, Whitewater,
Wednesdays at 4:00 p.

By The Book, Tippecanoe Presby-
terian, 125 W Saveland Ave Mil-
waukee 53207 Wednesday, 7:00 p.

DISBANDED GROUPS

Weekly Open AA Forum, West
Allis Memorial Hosp. 8901 W Lin-
coln Ave, met Sunday at 4:30 p.

Living Sober, met at A Safe Haven
740 N 29th St, Milwaukee WI 53208
on Tuesday's at 7:00 p.m.

**Fight the Good Fight Open, Ace
Boxing Club**, 2160 S 10th, Milw.
met on Mondays at 7:00 p.

24 HOUR CLUB

153 Green Bay Rd.
Thiensville, WI
(262) 242-9999

A.A. MEETING SCHEDULE

Sun. 8:00 a. Topic
10:00 a. Step/Topic
5:00 p. Step

Mon. 6:30 a. Topic
10:00 a. Topic
12:00 p. Women's
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
5:15 p. Women's

Thr. 6:30 a. Topic
10:00 a. Topic
5:30 p. Step/Topic/Trad

Fri. 6:30 a. Topic
10:00 a. Step/12 & 12
5:30 p. Principles
8:00 p. Step

Sat. 8:30 a. Living Sober
10:00 a. Big Book

8:00 p. Open Speaker Mtng.
(1st Saturday Only)

GALANO CLUB

- LGBT Recovery -

315 W. Court St. Suite 201
Milwaukee, WI 53212-3825
(414) 276-6936

<http://www.galanoclub.org/>

mail@galanoclub.org

MEETING SCHEDULE

Sun. 10:30 a. Step Topic

Mon. 7:30 p. Came To Believe

Tue. 5:30 p. 40+ Topic

Wed. 7:00 p. 12 x 12

Fri. 7:00 p. Step/Topic

Sat. 7:30 p. Topic

AL-ANON MEETINGS

Sun. 10:30 a.m. (Co-ed.)

**CALL THE CLUB FOR INFO ON
SPECIAL EVENTS AND OPEN
MEETINGS!**

NORTHWEST ALANO CLUB*

N88 W17658 Christman Rd
Menomonee Falls WI
53051 (No Phone)

A.A. MEETING SCHEDULE

Sun. 7:30 p.

Mon. 7:00 p.
8:00 p. Action Gp

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

Wed. 8:00 p. Step/Topic

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

Fri. 8:00 p. Step/Topic

Sat. 10:00 a. Step

AL-ANON MEETINGS

Wed. 8:00 p. Al-Anon

Fri. 8:00 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.

Muskego Wednesday Night, met at Heritage Presbyterian, 13761 College Ave, Muskego, at 7:30 p.

Brown Deer Friday, Abiding Savior, 5214 W Luebbe Ln, met on Fridays at 8:00 p.

OTHER CHANGES

Gp 91 Women, Alano Club 1521 N Prospect Wed at 6 p. now has **Child Care Available**.

Time To Start Living, Brookfield Presbyterian, 1485 Brookfield Rd, Noon on Mondays, now has an **open meeting on the last Monday** of the month.

Cedarburg Tue Gp, Advent Lutheran W63 N642 Washington Ave, Cedarburg, formerly met at 8:00 p. on Tuesday, now meets at 7:00 p.

Hartford Wednesday Night, time change, old time 8:00 p. **NEW time is 7:00 p.**

Here and Now, formerly at the 12 Step Club, now meets on Thursdays 7 p. at St Francis of Assisi Church, 1927 N 4th St Milw. 53212

Friday Night Second Shifter's formerly met at Serenity Club, now meets at the Alano Club, 1521 N Prospect Ave Friday night/Saturday morning at 12:15am

Fri North Shore, Bay Shore Lutheran, 1200 E Hampton, formerly at 8 p. now meets at 7:30 p.

OPEN MEETINGS

Weekly & monthly open meetings listed in December 2010, When & Where

aamilwaukee.com/directory.html

Grapevine Open Meeting, Pass It On Club, 6229 W. Forest Home Ave. meets on **Sundays at 5:00 p.**

Bethesda Seniors Community Center Open Meeting, 2845 W Fond du Lac Ave **1st Monday at 1:30 p.**

Salem United Methodist Church, 541 Hwy. 59, Waukesha, ea. **Wed. 7:00 p.**

St. Lukes Church, 300 Carroll St., Waukesha **1st Friday only 8:00 p.**

24 Hour Club Open Meeting, 153 Green Bay Rd, Thiensville, **First Saturday of month at 8:00 p.**

New Hope United Church, 4360 N. Jackson Dr., Jackson WI, meets on **Second Saturday only at 7:00 p.m.**

Dist 34, St. Francis Episcopal Church, N84 W16525 Menomonee Ave., **Second Saturday at 7:00p.**

Waukesha Alano Open Meeting, 318 W. Broadway, Waukesha, **2nd Sunday, at 11:00 a.**

Open Meeting 2245 W. Fond du Lac Ave. Milwaukee, WI. Meets on **3rd Sunday at 11:00 a.**

HOW To Club Open Meeting, 8930 W. National Ave., **3rd Saturday 8:00 p.**

New Day Club Open Meeting, 11936 N. Port Washington Rd, Mequon, **Third Saturday at 8:00 pm**

Trinity United Church of Christ, 4435 N. Calhoun Rd. **Last Wed. 8:00 p.**

Holy Assumption School, 72nd & Orchard, **Last Wednesday 8:00 p.**

Hartford on the Hill Open Meeting, Hartford Savings, 1400 Schauer Dr Hartford WI, **3rd Friday of May and September at 7:00 p.**

New Day Club Open Meeting, 11936 N. Port Washington Rd., Mequon, **Third Saturday at 8:00 p.**

Alano Club Open Meeting, 1521 N. Prospect Ave **Every Saturday 7:30 p.**

Contact the Central Office via email: gmco@aamilwaukee.com, before the 12th of the month prior to your Open Meeting so that it can be listed here under the special/anniversary Open Meetings section.

5/5

"Faithful Fivers"

Greater Milwaukee Central Office
7429 W. Greenfield Ave. West Allis WI 53214

Faithful Fivers "When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with those who still suffer." - *Bill W.*

Every single AA service is designed to make 12th Step work possible. As a **Faithful Fiver** your personal contributions can and will make our vital services possible. You can start with a minimum monthly contribution of \$5.00 or more. This can be paid by check or billed to your credit card.

Yes! I want to participate in the Faithful Fivers Club.

Contribution Information: Date: _____
Amount \$: _____ **Monthly** _____ **Quarterly** _____ **Annually** _____

(Note no AA member can contribute more than \$3000 per year)

I am a new member _____ a current member _____ a returning member _____.

Payment Plan:

Check enclosed: _____ or Bill my credit card: Visa _____ M/C _____ Discover _____

Card #: _____ - _____ - _____ - _____ - _____

Expiration Date: ____/____/____

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Phone Number () _____ - _____

2011 Weekend Retreats Jesuit Retreat House, Oshkosh, WI jesuitretreathouse.org

Men and Women members of AA, Al-Anon
Total cost: 4 days \$290.00. Send a \$40.00 deposit with requests for specific dates to: Jesuit Retreat House, 4800 Fahrwald Road, Oshkosh, WI 54901 or call for information, 1(800) 962-7330
May 5-8 Men, Fr Peter O'Brien, S.J.
May 12-15 Women, Fr. Tom Weston, S.J.
May 19-22 Men, Fr Tom Weston, S.J.
Aug 18-21 Women, Mildred Frank
Nov 10-13 Women, Sr Kerry Larkin OSM
Nov 17-20 Women, Sr Elise Cholewinski OSF
Dec 01-04 Men, Fr Kevin Ballard, S.J.

Spanish Speaking Meetings: Meeting at English Speaking Clubs

- GRUPO 5 CONCEPTOS, Pass It On Club, 6229 W. Forest Home Av, Milw, on Friday at 8:00 p.
- 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

MILWAUKEE CENTRAL OFFICE

- **E-mail the Board President at:** board@aamilwaukee.com
- **E-mail Director Jim B. at:** jim@aamilwaukee.com
- **Hours:** 9 a.m. to 6 p.m. Mon.-Fri.; 9 a.m. to 5 p.m. on Saturday
- **G.S.R. Orientation, 2nd** Tuesday 6:30 p.
- **Secretary Meeting, 2nd** Tuesday 7:00 p.
- **Board of Directors Meeting,** Wednesday following Secretaries Meeting, (odd numbered months) 6:30 p.
- **A. A. Meetings,** Mon - Fri at 12:15 p. and 4:00 p.
- **A. A. Meeting Saturday** 9:15 a., 10:30 a. and 3:00 p.
- www.aamilwaukee.com

AA Conference: "Why do we have to pay?"

Conferences are self-supporting. The costs of the event are paid through their own registrations. No benefits are passed during the conference itself; the event is planned as a social event. Therefore, the registration cost is minimal compared to a weekend worth of entertainment elsewhere. Attendance is voluntary and all responsible AA members are expected to pay — in keeping with AA's Seventh Tradition.

Alcoholic Anonymous - Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purposes there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group might never enforce, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholic Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A. as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Alcoholic Anonymous has no opinion as to outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion; we need always to maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever remaining to be placed in practice before personalities.

General Directions to the Hotel

From East

Follow Interstate 94 West to the Moorland Road North Exit 202B. Turn left at the first light on Moorland Road and the hotel is on the left.

From North

Follow US Highway 45 South to Interstate 94 West to the Moorland Road North Exit. Turn left at the first light on Moorland Road. The hotel is on the left.

From West

Follow Interstate 94 East to the Moorland Road Exit 201. Turn left onto Moorland Road and the hotel is 1/2 block up on the left.

From South

Follow Interstate 45 North to the Moorland Road Exit. Turn left off the exit and follow Moorland Road for approximately 3 miles. The hotel is on the left.



Bottomless Coffee/Soda Mugs will be sold by the hotel for \$15.00. This entitles the owner to unlimited coffee or soda throughout the entire conference weekend!!!!

AREA 75

60th Annual Spring Conference

A VISION FOR YOU



Hosted by the Milwaukee Area A.A. District

MAY 20TH-22ND, 2011

SHERATON MILWAUKEE-BROOKFIELD HOTEL
375 S. MOORLAND ROAD
BROOKFIELD, WI 53005

REGISTRATION FORM

AREA 75 - 60th Annual Spring Conference

May 20-21-22, 2011

(One person per form, please)

Name (please print) _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Email _____

Please check: _____ AA _____ Al-Anon _____ Alateen

Special Needs: Must request by April 19, 2011

_____ ASL _____ Spanish interpreter

I would like to help with:

_____crowding _____registration _____hospitality _____alcoholism

_____TOTAL ENCLOSED will be in drawing for full set of Speaker Audio!

Registration is required to attend conference

Registration Fee \$15 _____

Saturday Banquet \$28 _____

Sunday Breakfast Buffet \$18 _____

BRI W. Donation: \$ _____ Amount

TOTAL ENCLOSED \$ _____

Please send this Registration Form with payment to:

2011 Spring Conference

P.O. Box 657

Brookfield, WI 53008-0657

(make check payable to: 2011 CONFERENCE TREASURER)

FRIDAY MAY 20, 2011

04:00-6:00PM REGISTRATION

06:00-09:30PM SPEAKER & Ice Cream Social

10:00PM-06:00AM ALKATHON

SATURDAY MAY 21, 2011

08:00-6:00PM REGISTRATION

09:00-11:30AM AREA 75 ASSEMBLY (E. Central Region Trustee)

09:00-10:00AM A.A. Panels

Al-Anon Panels

10:15-11:15AM A.A. Panels

Al-Anon Panels

11:30-1:00 PM LUNCH

01:00-02:00PM AREA 75 COMMITTEE MTGS.

A.A. Panels

Al-Anon Panels

02:15-3:15PM AREA 75 COMMITTEE MTGS.

Oldtime's Panel

Al-Anon Panels

3:30-4:45PM AL-ANON-ALATEEN SPEAKERS

06:00-07:30PM DINNER

08:00-10:00PM SPEAKER

10:00-12:00PM DANCE

10:00PM-06:00AM ALKATHON

SUNDAY MAY 22, 2011

08:30-09:30AM BREAKFAST

09:30-11:00AM SPEAKER

SPEAKERS

Friday, May 20, 2011 AA Speaker

8:00 PM

JOHN B. Cuddey, WI (Past Delegate)

Saturday, May 21, 2011 Al-Anon & Alateen Speakers

3:30 PM

BARBARA W. Fairfield, OH (OH Al-Anon Assembly Chair 2008)

RODRIGO R. Milwaukee, WI

Saturday, May 21, 2011 AA Speaker

8:00 PM

DOROTHY W., Indianapolis, IN (Past Trustee at Large)

Sunday, May 22, 2011 AA Speaker

9:30 AM

BOB T., Portage, WI

SHERATON MILWAUKEE-BROOKFIELD HOTEL

375 S. MOORLAND ROAD

BROOKFIELD, WI 53005

(262) 786-1100

www.sheraton.com/milwaukeebrookfield

Reservations: (800) 221-6671

Check-in: 3 p.m. - Check-out: 12 p.m.

Room Rate: \$109.00 (UP to 4 PER ROOM)

Must receive reservations by April 29, 2011 to receive rate.

Mention Area 75 Spring Conference when making reservations.

For more registration forms visit: www.area75.org

For more conference information call:

Ken N. (262) 835-1296 or Bob H (414) 744-3727

("Pains" Continued from page 9)

were making more money than I had ever dreamed possible.

After two years of hard drinking, pill-taking, and hospitalization for operations, I came back to the United States. I had lost thirty pounds; I had blood poisoning and a myriad of other physical problems. I was hospitalized for about six weeks and put back together physically. I knew I was emotionally and physically ill, but I did not know I was an alcoholic. My doctor told me I must change my pattern of living or I would not have much longer to live. I don't remember consciously asking for help, but I started wanting to get well. An AA member suggested I try Al-Anon. There I was told that if I was to get anything out of the program I should give up all chemicals. I asked the Higher Power and called on the strength of the group

to help me do this. I have been free of all chemical crutches ever since, one day at a time.

Exactly one year after my arrival at Al-Anon, I was behind the podium in an AA group, admitting I was an alcoholic.

There have been painful times, happy times, fearful times, and glorious times. Growing pains are sometimes hard to bear, but the enjoyment of life on a more mature basis more than compensates for the pain. This month I am twenty-nine years old and almost five years sober. I am still trying to reach new levels of honesty and higher spiritual dimensions and most of all to know the truth and be rid of ego.

P. A. K.
Amarillo TX

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AA at the VA Mini-Conference Needs Your Help!

We are looking for trusted servants to help fill Committee Chair Positions for this year's Conference on Oct. 8th.

Committee Chair Openings.

Greeter Co-Chair

Publicity Chair and Co-chair

Program Co-Chair

Registration Chair and Co-Chair

Secretary

Treasurer Co-Chair

Contact Tom M. at (414) 807-0829 or email

bojol361@yahoo.com for more details.

Volunteers Needed To Staff the Archives Room

GOAL

Keep the Archives Room Open
From Noon until 4:00 Sunday's
throughout the year of 2011

Volunteers can sign up for one day
or as many days that
they are able to commit to.

Please contact Nancy Seelen
Area 75 Archivist
414 339-3934
aanancy@att.net

PASS IT ON CLUB
BRAT FRY
MAY 21, 2011
Serving food from 11am to 4pm

BURGERS \$2.00
W/CHEESE \$2.25



HOT DOGS \$1.75

BRATS \$2.00



PASS IT ON CLUB
6229 W FOREST HOME AVE
MILWAUKEE WI 53222, 414-541-6923

PRICES MAY BE SUBJECT TO CHANGE

HOLY TOLEDO 4TH ANNUAL DINNER

SATURDAY MAY 7, 2011

Pass It On Club
6229 W Forest Home Ave
Milwaukee WI 53220
414-541-6923

**MEXICAN
CUISINE
\$10.00**



DINNER SERVED
5:30 pm TO 6:30 pm

SPEAKERS AT 7:00 pm

AA SPEAKER—STEVE O.
Monday Happy Hour Group

Al-Anon Speaker—T. B. A.

Please contact: Eddie P.
414-406-7846 for tickets.
\$10.00

3rd Annual District 16 Picnic



JUNE 25, 2011

RAIN OR SHINE "WE HAVE A SHELTERED AREA"



A.A. SPEAKER: Jeff Z from Fond du Lac



Literature will be
Available

11AM – 4PM
Lunch is at Noon
Speaker is at 1:00pm



Archives will
Be on Display



The Fun is at:
Greenfield Park 116th & Rogers
(3 blocks south of Greenfield Ave.)

Picnic Area # 5



next to the kids playground
plenty of parking available

!! PLEASE BRING A DISH TO PASS !!

District 16, P.O. Box 14511, West Allis, WI 53214

Open Speaker Meeting

3rd Anniversary

The Rediscover Life Group of ACA

All are welcome to join in the celebration.

Tuesday : May 24 , 2011
7:00 p.m. until 8:30 p.m.

Luther Memorial Church
2840 S. 84th Street, West Allis, WI 53220

ACA Speaker Jim P from Milwaukee
AA Speaker Marty L from Illinois

Coffee and Snacks Provided, Fun ,Food and Fellowship

Contact Charlie K. 414-975-1960

NOT AFFILLATED WITH ANY OTHER 12 STEP GROUP

Oak Creek Friday Night Group

Annual Open Meeting

Friday June 3rd, 2011 8:00 p.m.

All Saints Lutheran Church
9131 So. Howell Ave.
Oak Creek, WI 53154

A.A. Speaker : Don H.

Al-Anon Speaker: Mary H.

Always plenty of food, coffee and fellowship

EVERYONE IS WELCOME
BRING A FRIEND

COFFEE AND GOODIES

GROUP 7



PILGRIM CHURCH

2327 N. 52ND STREET
Milwaukee, WI 53210

Open Meeting Every 4th Friday
of Each Month



MARCH 25

AA Speaker THERESA W..
ALANON Speaker KATHY R.
Time 8:00 PM

PLEASE HELP SUPPORT THIS GREAT MEETING

58th Annual Indiana State Convention / East Central Regional Conference

Help, Hope, Happiness...

Stay for the *Miracle!*

July 22-23-24, 2011

Holiday Inn Conference Center
2480 Jonathan Moore Pike
Columbus, Indiana 47201

- Ice Cream Social Friday & Saturday Night
- Saturday Night Banquet • Saturday Night Dinner
- Alcoholics • Workshops • Sobriety Countdown

Speakers

- Phyllis K. New York
- Mike S. Indiana
- Faye S. Indiana (Al-Anon)
- Gary K. Colorado
- Julie S. Utah

CONVENTION ROOM RATES

\$85.00 (plus tax)
Call for reservations: (317) 373-1541
Room code A43 for Special Rate.
Reservations must be made by
June 28, 2011 to receive special rate.

For more information, contact: Irene W. • (317) 716-6821 Gary S. • (317) 240-2282
Milwaukee S. • (312) 344-1222 Ken T. • (317) 339-1100

Please include This Portion With Payment

Make checks payable to and mail to: 2011 Indiana State Convention
PO Box 572
Milwaukee, Indiana 47204

Please check AA - AAAAA - Event Name _____ Address _____ City _____ State _____ Zip _____ Please or Email (optional) _____ Name on Budget/PO _____ Budget year for work at all times during convention	REGISTRATION Registration \$28.00 _____ Banquet* \$38.00 _____ Delegates Only _____ Lunches \$25.00 _____ Coffee Breaks 3 _____ Total required _____ *Memberships for July-Sept to include banquet
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JAMBOREE 2011

Milwaukee County Zoo, Peck Welcome Center
10001 W. BLUEMOUND RD.

SATURDAY SEPTEMBER 17, 2011

HOSPITALITY: 5:00 P.M., DINNER: 6:00 P.M.

SPEAKER: Mildred F. / Toronto, 7:00 P.M.

Dance to follow

\$25.00

Soda and Water Only \$1.50

\$25.00

Tickets by mail, \$25.00 each. Include a self addressed stamped envelope.
Greater Milwaukee Central Office 41st Annual City Wide Jamboree
7429 W. Greenfield Ave., West Allis, WI 53214, 414-771-9119

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

Card Number _____ Expiration Date ____ / ____

Name _____ Phone _____ CID# _____

Address _____ Zip Code _____

Number of tickets _____ X \$25.00 = Total \$ _____ E-mail Address Please: _____

Zoo Admission and Parking are included with Jamboree ticket purchase.