

The BETWEEN-US Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

Welcoming Newcomers and Aiding AA Groups in Our Community.

June 2021 | Dating & Relationships

Ready to do this?

By: Terry F. | Menomonee Falls, Wis.

After many tries to get sober, would a little tough love help him out?

It was Sunday night. I had 28 days of treatment under my belt and it was time to attend my first AA meeting outside the treatment center. I headed over to St. Agnes parish in Butler, Wisconsin, where I had once attended grade school. It seemed like a good choice for my home group. When I arrived, I was greeted by a guy named John C., lovingly known as “Flat Top John” because of his crew cut hairstyle. I explained that I was there for the First Step meeting.

Those meetings were held on a stage behind a thick red curtain, while the regular group met out on the main floor. Flat Top John was the First Step chairperson. He was responsible for setup, which meant hoisting heavy chairs onto the stage so the newcomers could have a quiet place to meet. This would be his responsibility for the next six months, which coincided, as fate would have it, with my first six months in the program.

I went to meetings, but my early recovery also included an ongoing debate I held with myself over whether I was actually a real alcoholic, despite how sick I had become once again. The last time out I was lucky to have not killed myself. So I returned to the stage for the First Step meeting where I knew I’d always be welcomed.

My point of view was that each time I slipped I needed to start all over again because I had missed the mark by not admitting my powerlessness and my unmanageability. I lacked the knowledge of how the AA concepts could keep me sober.

This went on for four months with countless restarts, and each time Flat Top John would hoist the heavy chairs up onto the stage and we’d discuss his experience, strength and hope. Then he would listen to my message of failure, desperation and defeat—repeatedly.

Eventually, it seemed to me that Flat Top John was beginning to show signs of resentment toward me and was losing his patience. My observation was proven correct one Sunday night when he

threw me out of the First Step meeting and sternly told me I must “get on with my life in AA.”

“I didn’t know there were any musts in AA,” I said to him, or something to that effect. Right then, while he didn’t throw me off the stage, he did knock some heavy chairs off the stage, where they hit the floor with a bang. He told me that by believing in the power of the other 11 Steps, my desperation and obsessions would subside.

I already knew I was an alcoholic. I even knew that continuing to fixate on the First Step was keeping me at a standstill. Flat Top John said it was time for me to go out and sit with the “big boys” on the main floor and listen to what they had to say about the Steps and how to work the program, but tonight he and I would begin at Step Two.

He was an agnostic, like me. He believed the Second Step served as an immense power shift from self-centeredness to a belief in the Twelve Steps. This would fill a vacuum that was created when I stopped drinking. He explained that the Steps would make a profound and spiritual change in my life, just like they had in his. My fears and resentments would lessen and my obsession to use alcohol would end.

He suggested that in time, my reluctance to include God in my life would change, beginning with a desire to seek a Higher Power. He added that my relationships with others would improve. Flat Top John knew I had a sliver of willingness or else I wouldn’t keep finding my way back to that First Step meeting. Now I just needed a similar splinter of belief that the Steps could be a power greater than me.

His bold words and the memory of him throwing those heavy chairs around caused me to follow his suggestions. Maybe I was a bit afraid of him. Taking his advice, I attended the meetings on the main floor and listened to the oldtimers explain what the Steps meant to them and how they worked them on a daily basis.

John was right. In time, my obsession to use alcohol did indeed subside. My knowledge, belief and understanding of the Steps grew until I, the First Step “lifer,” was explaining to others the impact the Steps were making in my life.

Some years later, John relocated to an assisted living complex just
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outside the area. We were surprised when one of our members reported that John had contacted him, seeking help getting his life's loose ends in order, as he was in hospice care for congestive heart failure. While helping out, our friend asked John when he had last attended an AA meeting. He said it had been a while. Soon, some members in my home group decided to bring a meeting to him the following Tuesday. When the announcement about the hospice meeting was made at my home group, I said I would go since John was at my first meeting and I wanted to be at his last.

We met John in his apartment and asked what format he wanted to use for the Every Tuesday Flat Top John Meeting. "I'd like a Step discussion meeting, but let's start at Step Two," he said.

Flat Top John was released from hospice three weeks later. It seems fear had been stressing his heart, and with a renewed faith in the Steps, his heart got stronger. We continued to meet at John's house for three more years. It's safe to say it wasn't the first time the Steps saved a life, and as many of us know well, it won't be the last.

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July 2020 | AA Around The World

Isolation? Are You Kidding?

By: Ruth H. | Slinger, Wis

Who said change is easy? Staying sober and sane through a health crisis requires all the Steps she's got

Without the support of my Twelve Step programs, I don't know that I could navigate the kind of change that's happening now. As it became obvious that COVID-19 was going to impact our world and my days, I decided to stay home, away from people before our governor declared, "stay at home."

I was already retired, working only part time. My days were filled mostly with yard work, household tasks and cooking. I met friends at my AA meetings, joined them for fellowship afterward and did service work. My husband still worked full time. I had no idea I was living a life of peace and quiet at home, until I wasn't.

My first days of "isolation" were no different than any others. My husband was still at his workplace and I continued my days at home sticking with my routine. I spent a little more time in prayer and meditation, keeping our world in mind as I witnessed the spreading of COVID-19 on the news each day. Working the Eleventh Step helped me feel like I was making a difference.

I hadn't realized that my days had been so quiet. Soon my husband began to work from home. Well, as my first sponsor, Grace, always said, "Let's waltz through the day: Steps One Two Three...One Two Three..." Suddenly I had a "loud talker" in the house and on the phone. He paced the house as he talked with clients. This was not going to work. I needed to work Steps One through Three, but also needed to do an inventory—Step Ten. What was my part and what was my husband's? We needed to negotiate space and, yes, volume.

Basically, he'd be in his office with the door closed; that way he can talk as long or loud as he wants. I would hold my online meetings upstairs to preserve anonymity and have the privacy I need. We met up for meals and then the evening news. When the demands of his job lessened, we scheduled walks together each after-

noon. It gave us both time to give voice to how different life was and how fast the world situation was changing. I'm fortunate to have a husband who works the Steps too. We could talk about surrendering to this new way of life. Steps One through Three and Step Eleven became more important. Then we talked about Step Twelve. Each of us did our part to organize meetings online for our home groups and others. We became tutors to old-timers and newcomers in technology that we were learning ourselves.

As our lives changed, so did our daughter's. She's a full-time student herself and did her schoolwork while her 13- and 17-year-olds were at school. Her professor husband had been away at class all day. She too had quiet days and busy evenings. Then suddenly, her husband started conducting his classes from home online. Then her 19-year-old son came home from college to finish his semester online; his dorm was closing.

Then her daughter, a 22-year-old recent graduate who was just beginning a career in theater education, was laid off from her job. Our daughter now had a household of six again!

So now this required another look at the Twelfth Step for my husband and me. How could we be of service? To help our daughter with the transition, we let our 19-year-old grandson come to our home. He was mostly busy with online classwork. His clock was different than ours. He joined us for breakfast while we ate lunch, as we already had a half day of work completed. He had his headphones on, working away. He joined us for dinner, then back to classes through the evening, then talked to friends and played video games till well after midnight.

Now my husband and I both needed to work the Fourth Step. Our grandson was an adult after all, he would have been away at college, yet this was our home. Acceptance is the key! We needed to allow our grandson to have his "college experience" in our lower level without our interference. After a week he was ready to return home.

Next, our 22-year-old granddaughter needed a break from the family of six. Again, Steps Ten and Twelve. What do we need, and can we be of service? We began the week with our granddaughter with a lovely talk, lunch, and then a long walk. Her jobs worked things out and she will be doing some teaching from "home." So now we have another new situation. She comes with a lot more energy. She's social, disciplined and determined to make this career work, which includes acting, singing and coaching her students as they rehearse. The show must go on! Her energy in the house will be very different than the slower, more serene energy of the last weeks.

This ever-changing life of little isolation will continue for a while. But who knows? My job is to work the Steps and get out of everyone's way. I need to let them live their lives while I live mine. I need to waltz through the days...Steps One Two Three...One Two Three. If someone irritates me, I need to take that Tenth Step inventory and look at my part. If I owe an amend, I need to make it promptly. I need to continue my prayer and meditation, not only for my family, but for the world.

Last, I need to be of service by calling those unable to attend online meetings. I can send cards, be present and listen to those who sit with fear, loneliness and sadness. I can bring humor and lightness to meetings and others' lives. I thank the Holy Mystery every day for bringing me to the doors of AA and for the desire to continue working this program in all my affairs.

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A Week in the Life of Lisa

By: Kaycee F. | Brown Deer, Wis. | August 2019

The call to service unites a group of AA women around one troubled soul

The phone rang as I finished my morning prayers, which always including "let me be of some service today." A former sponsee, now living out of state, was calling to see if I was available to help someone, named Lisa, who was reaching out through "Friends of Bill W." God always gives me what I need; my prayer was being answered already. Little did I know that by agreeing to help this young woman, I was being launched into a mighty circle of like-minded women who would all agree to "love this young woman until she could love herself."

I spoke with Lisa 30 minutes later and we decided to attend an AA meeting together the next day. By the time I picked her up, much of the organizing was already complete. Since Lisa had many needs, it took assistance from a power greater than any of us to line up daily transportation for meetings, daily legal commitments, food and doctors' appointments. What an order and a true labor of love! Women were eager to help with no expectation of acknowledgement nor compensation. The beauty of being called to service struck all of us. Lisa was no longer alone. She caught on that something very special was happening, which showed her that she could be grateful and even hopeful.

I met Lisa on a Thursday. She was a frightened, gravely ill, and a lonely young woman who had lost it all. In one week, one short week, she had come to know love in a new and extraordinary way. I said good bye and thank you to Lisa on the next Thursday. Lisa died an accidental and tragic death. We loved her until she died and then we loved her even more. We received far more than we gave and we grew in a profound sense of community. We received the blessings of having known and served together for one brief week—a week that provided a lifetime of love.

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Drifting Away

—Tom H. | Madison, Wis. | April 2016

Some years back, after I'd been in AA for eight years, my recovery had plateaued. I was restless (read bored). I was in San Francisco while my wife was attending a convention, and I went to a midday AA meeting near the event in a small building behind a church.

One of the attendees was a guy named Tom who was just back after a couple of months of drinking. Maybe because his name was the same as mine, but moreover I think because of his honesty and willingness to share his pain, I was moved by what he said. He had "drifted away from AA," then stopped going to meetings altogether, and then relapsed.

Having relapsed myself once when I had six months, I sure didn't want to do that again. Wow, I thought, here was someone who had had so many years more than me and he sure was not a happy camper. So I made an effort to renew my program and to increase the number of meetings I attended. In fact, most every day since, I've been in a meeting. Last week I celebrated my 32nd AA anniversary.

I've never stopped thinking about Tom and being grateful to him for sharing his pain with us. I've been back to San Francisco meetings twice but I never ran across Tom again. I hope he is well; he sure helped me that day and every day since.

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Seeing Is Believing

—Betty L., Fitchburg, Wis. | July 2015

On a trip to London in early sobriety, she saw that AA worked

One of the foundational experiences of my sobriety happened during a 10-day trip to London when I was about two and a half months sober.

I doubt that international travel is highly recommended for those so early in sobriety, but I didn't know any better and didn't ask anyone!

One thing I did know to do was to call the local AA office as soon as I settled into my hotel room near the New Scotland Yard offices. The young woman who answered the phone was the perfect person for me to talk to. I was a scared, middle-aged woman traveling alone. She and her boyfriend had recently returned from a biking trip around the United States and was eager to talk about all the meetings they went to.

It put me at ease and confirmed that the best thing for me to have done was to line up a meeting. I summoned up my courage and went to the meeting she suggested. The church building was old and dirty and the people seemed very different and foreign.

There was a very "wet" drunk at the meeting. He could barely sit in his chair; the two men on other side of him kept him propped up. Each day that I went to the meeting, this man was also present. Several of the fellows at the meeting were clearly working with him. By the end of that week, to my astonishment, I saw him setting up chairs and greeting people at the door.

As new as I was, it was the first dramatic recovery transformation I had ever seen. I could truly see that AA worked. The experience and memory of shaking that newly sober hand has given me hope and grounding for close to 25 years. I could believe that if AA could work for him, it could work for me too.

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24 Ways Our Personal Stories

—J.F. | Oconomowoc, Wis. | August 2015

When I was starting in the program, you showed me how and suggested I keep coming back.

When I thought you were crazy, you showed me patience. When I shared with you that I might be crazy, you understood. When I didn't think sobriety was possible, you introduced me to my Higher Power. When I got sketchy, you showed me ways to avoid the slip. When I thought being sober was enough, you introduced me to serving others. When I was patting myself on the back, you told me about character defects. When I thought I was serving others, your examples showed me I could go a lot further.

When I was down, your door was open. When I plateaued and got into a lull in the program, you re-introduced me to my Higher Power. When I forgot what life was like when I first came in here, you sent me to a First Step meeting. When I let things become overwhelming, you showed me the better way was to keep it simple. When I began to attend fewer meetings, you asked me if I was cured. When I said "I got this now," you laughed and said I'd better get to a meeting. When I asked you to save my life, you just asked me for a dollar—if I had it.

(24 Ways: Continued on page 4)

When I worried, you suggested I turn it over. When I was stuck in my head, you introduced serenity. When I came to meetings, you didn't judge. When I was judging others, you forgave me. When I still do things the wrong way, you call me on it and remind me to do the next right thing. You have shown me what eyes look like when we reach rock bottom and what they can look like three months later. When I said, "I've never done that," you said, "... yet."

When I got my chip, you threw down some mojo. When you share with me, I learn what I didn't know I couldn't live without.

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August 2014

One Beautiful Spring Evening

By: Margaret W. | Milwaukee, Wisconsin

A long drinking career came to an end one night in her driveway

I was stunned when I received my nine-month chip because it was the longest I had been sober in 40 years. For much of my drinking career, I was a periodic, binge drinker. That made it easier for me to deny my alcoholism. I was a binge drinker until I wasn't anymore. That's when I became a daily drinker.

I had been drinking since the age of 15, when I had my first drink. I was at some boy's family camp in northern Michigan, where I was raised. I was eager to both lose myself and get out of town. That was the beginning of my journey into alcoholism.

The day before I decided to go to an AA meeting, I needed to have a couple of glasses of wine over the kitchen sink, a few more at my hairdresser's, another bottle to drive to my friend's house to complain about my lousy life. I drove straight into a streetlight, totaled my car, and was arrested in my driveway. It was a beautiful spring evening.

That was the night I realized that my life was unmanageable.

The next day, my husband drove me to my first meeting. I was foggy and hungover. I can remember hardly anything from that meeting except that a woman told me, "Keep coming back. There's a great meeting tomorrow night that you might like." I did as she suggested.

As a lifelong cynic, I wasn't thrilled with the idea of "speaking from the heart" and holding hands, nevermind hugging strangers and listening with respect to other people's stories. I was too-cool-for-school.

On my third day, still in tears, I went to a small 12 Step meeting. The copy of the book I held in my hands was so tattered that I couldn't find the reading.

"Margaret, let me help you," A gentle woman offered. I asked her to be my sponsor and she agreed.

There some setbacks along the way. When I was 12 days into sobriety, my husband had a heart attack while he was out of town. I wasn't confident enough to go to a meeting there. At another point in my first 90 days, I missed a long-planned vacation because I was afraid to leave my home group. Shortly after I had 90 days, I became ill and wasn't always able to attend the meetings I preferred.

But I didn't drink through all this. I continued going to meetings. I slowly began to accept life on life's terms.

Last April, I had one year sober and got a chip. I wept with gratitude all day. Through the grace of my higher power and AA, I have been able to being my journey into freedom and happiness. I can now become the person I was called to be.

The Big Book says, "The main thing is that he be willing to believe in a power greater than himself and the he live by spiritual principles." (p. 93) Some days, I only have willingness and some days, I have more.

I don't have a plan B for my life. I only have a Plan AA.

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June 2010

STRANGE WORLD

By: JUDI | Fort Atkinson, Wis.

I AM presently serving a three year sentence at a women's correctional center in Wisconsin.

I am 62 years old. My crime is driving drunk and having an accident involving bodily harm. It was my second offense in four years. This time I injured two women who were in the car I hit. I was severely injured and had to be cut out from my car. I was flown to a trauma unit. That was the last time I drank. After a hospital stay of about six weeks, and six surgeries to repair the damage to my leg and ankle, I was sent home.

The doctors said it was the best they could do. I began attending AA and went to meetings in my hometown until the time of my incarceration.

My Higher Power was with me on the day my attorney came to my home. I just knew it was not going to be good news.

I picked up my sobriety coin and held it in my hand, twisting and turning it as he told me I would be going to prison.

He left, and I stood there holding my coin, looking down at it and wanting in the worst way to open a can of beer. I began to cry and looked at my coin, then picked up the phone and called my sponsor. I told him about all that had happened and he came to see me.

We talked a long time and he stayed with me until my roommate came home. I never opened that can.

It was many weeks before I was finally allowed into an AA group in prison. Those weeks felt like an eternity; I needed a meeting badly.

I picked up my sobriety coin, twisting and turning it as he told me I would be going to prison.

Up until that time, I had only my will and the help of my Higher Power to keep me going on this path in a strange world.

I made it through and I am still sober and attending one AA meeting a week. It's not enough for me, but that's all prison will allow. I'm remaining sober through determination and the help from my Higher Power.

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END OF MY ROPE

By: GEORGE M. | Fort Atkinson, Wisc | July 2009

A parolee says serving time in prison saved his life

YOU wouldn't guess by looking at me--a quiet sort of person--that my story would be dramatic. My 11 years of sobriety weren't gained by going to meetings after work or weekends. I could've had 33 years in the program, had I stuck with it when I first started going to meetings. In 1976, I started going to AA and I rang up four years of sobriety. Life improved and I quit attending meetings. I had the attitude that AA was like medicine. When you get better, you don't need it any more. When I began drinking again, it didn't take long before I was throwing up early just so I could drink all night. I was also using a lot of speed. I was single, in my twenties, a hardcore biker, and no one could tell me what to do.

I moved out of the city and bought a farm in the country. Life soon went sour. I was fired from my job of 10 years because of drinking, was pulled over twice for driving under the influence, and got divorced. I was in serious difficulty now, and in desperation I started going to AA meetings again. I got a sponsor but I was still drinking heavily and I hid my drinking from my sponsor. I even did a six-month stint as chairperson for my AA group, but I was very depressed and angry and I wouldn't confide anything to my sponsor.

I was doing irrational things when I was drunk. I was mad at my car one day, so I set the garage on fire. It got rid of the offending car, but it wasn't insured so I didn't gain anything. The homeowners' insurance paid enough to get another car, which wasn't any better than the first one. On another night, I was angry with my ex-wife so I took all the furniture that we had bought together out of the house and burned it. All I had left in the house was my bed and a table. I sold my motorcycle to pay bills--this was as big of an emotional blow as my divorce.

I called my sponsor one night but all I got was his answering machine. I was drunk and can't remember what I said. I couldn't see any way out of my difficulties so I decided to hang myself out in the barn. It's very difficult to do a complicated thing like that while drinking. I couldn't throw the rope over the beam because it was so high up. I got a ladder and broke the light bulb with it. I found another bulb, but had trouble getting up to the light fixture in the peak. When I finally had light again and got the rope over the beam, my sponsor walked into the barn.

"WHAT are you doing?" he asked. I said I was going to hang myself. "Can I watch?" he said. That ended it for me. He convinced me to go to bed and the next day I checked into a treatment center.

I sold the farm and moved into an apartment after I got out of treatment. I discovered new things about myself that I never knew. My tastes and personality sober were totally different from the hard-drinking biker guy I made myself out to be. I discovered classical music and a love of flowers. I also shopped antique stores for overstuffed furniture and art deco items. I joined a Pentecostal church and worked on the spiritual side of my program. I didn't want to live without a motorcycle, so I bought an old fixer-upper and got it running.

You'd think that the story would have a happy ending here. Unfortunately, being sober doesn't make a person smart, at least it didn't work that way with me. A woman with whom I had worked a long time ago, when she was still in high school, reintroduced herself to me at an open AA meeting where she had taken a friend to try getting the friend sober. She was in a new-age religion that believed in messages and visions, and said that several years prior,

she'd gotten a message saying she was supposed to be with me because I was her soul mate. She was an attractive girl and I was flattered that she would think of me in that way.

It was a mistake to get into a serious relationship based on someone's vision. Everything went fine for several years, but after we got married, the relationship fell apart. She moved into a spare bedroom and we lived like roommates. I was emotionally devastated to find out that she didn't love me, or even like me. She had never liked any of the things I thought we had in common. And here was when I found out the hard way that I had been neglecting my program. My sponsor had relapsed and I hadn't replaced him with anyone, because the pastor and the elders of my church had done a "laying on of hands" healing on me. I was told that my alcoholism was now gone and I was healed by God; I stopped attending meetings.

One of the church elders was a friend and he suggested we have a couple beers and talk about my relationship problems. One beer was all it took and I was drink daily again within a few weeks. Then, when I had the pastor come over to my house to ask him why I couldn't stop drinking, he said I was sinning deliberately. God had healed me, so if I was drinking like an alcoholic, it was on purpose. I was hurt and angry and I quit going to church. About a month later, the pastor was fired from the church when it was discovered that he was having an affair with the wife of the elder I drank with.

I don't know how long I could've held on to what was left of my life. I was drinking again and I was living with a woman who thought God punished her by telling her to marry me. This is when the bottom fell out of my world.

There was a fire in a vacant apartment beneath mine. The police thought it was arson; all the tenants had an alibi but me. I had gotten drunk early in the day and I couldn't remember anything after 4 P.M. I was terribly depressed and had been having suicidal thoughts. While being questioned by the police, I said that it was possible I'd started the fire. I was remembering the times in the past when I burned the car and furniture.

I WAS charged with arson and sentenced to 15 years in prison. I thought I had just been sentenced to hell. I've never thought of myself as a criminal, just a guy with a drinking problem. I spent six years in maximum-security prisons, two years in medium-security, and then went to a minimum facility with work-release privileges. You might think this was a terrible experience, but it depends on how you look at it. Prison was rough. I got caught up in a prison riot and got teargassed. I saw an inmate die from an asthma attack while the guards ignored him. Another inmate committed suicide. I saw gangs attack people on the recreation fields. I had to fight off a cellmate who wanted me to be his "bitch." All these things were hard to cope with, but prison was actually a success for me.

I think of it as God's divine intervention in my life. If I hadn't gone to prison, I might've killed myself or someone else through my drinking. I'm certain that I couldn't have survived as a practicing alcoholic much longer. In prison, I attended a nine-month-long, 24-hour-a-day, seven-day-a-week treatment program. When you do group therapy with 15 other inmates and you're in denial, they'll tear you apart. I needed a hardcore rehab program to break through a lifetime of denial and stinking thinking. This was during my fourth year of incarceration. Six months before my release, I started a four-month-long relapse prevention program.

After nine years I was granted parole. I'll be paying restitution for

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the rest of my life, but I'm free! I'm free from prison and I'm free from the compulsion to drink. I believe that God knew this was the only way to get me off the streets long enough for the AA program to take root inside me.

I no longer believe I can be cured of alcoholism, and I no longer hold back from speaking about things that I once thought were no one's business but my own, or that I might have previously been too embarrassed to talk about. I believe that half the mistakes I've made in my life wouldn't have happened if I'd talked to a sponsor regularly. I now have a sponsor, I go to meetings and I do service; I volunteered to be the Corrections representative and also the Bridging the Gap coordinator for my local AA group.

I have 11 years of sobriety, and I live a life now that is different from anything I've ever known.

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April 1995

PO Box 1980

By: Sally G. | Milwaukee, Wisconsin

I could taste it

I've been sober five years. I've been going to meetings, working with other alcoholics, reading the Big Book, and growing in my spiritual life. But I'd forgotten that alcohol is cunning, baffling, and powerful. Just the other day, I almost drank. The liquor was in my hand, ready to go down my throat. I could taste it. My body was shaking with the thought of drinking.

I had just gotten through Thanksgiving Day. Spiritually I was at a high point. I was baking in the kitchen. I looked in the cupboard and came across a bottle of vanilla extract. My mind started playing the old tapes--one won't hurt, it's not really alcohol, no one will know, and so on.

I am grateful for the many meetings I've attended. I am grateful for the suggestion to call your sponsor before you drink. I am grateful for the Big Book. The only passage from the book that came to my mind was that we have no effective mental defense against the first drink--help must come from a Higher Power.

This design for living works. Today I stand--with another day of sobriety--knowing that help arrived. I poured the bottle of vanilla down the toilet. I talked with an old-timer after this happened. He said that meetings, sponsors, the Big Book, and all the other AA tools are only instruments for sobriety--God does the work, if we ask for help.

I am truly grateful that God was there when I needed it. Together we conquered another twenty-four hours of sobriety.

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February 2000

The Gift of the Newcomer

By: Elizabeth M. N. | Whitefish Bay, WI.

I'm not an old-timer. Old-timers got sober before the 1972 oil embargo. I don't think I can even qualify as an adolescent in sobriety (although some of my moodiness could match up with the raging hormones of a thirteen-year-old).

Each year of sobriety brings another challenge, another gift, another

kind of peace, although not necessarily rest. After fourteen years, I know it works--all Twelve Steps, all those meetings in drafty basements, and the ten million cups of gritty mud disguised as coffee.

Here I stand, sober longer than I drank, and what have I discovered? How incredibly vulnerable I still am. And for the first time, I know how much I need the newcomer.

For years I've listened to the older members of AA. I've stuck with the winners and, thankfully, they have let me tag along. I always knew I needed the people with time in the Fellowship. On this mountain of life, they show me where the next handhold is. One of the most influential old-timers was a man named Bud B. Bud got sober the year the Braves won the pennant in Milwaukee: 1957. Six years ago, at the age of eighty-two, Bud died never having taken another drink. There are many things I remember about him, but what I hold closely is what I witnessed at Bud's funeral. Mixed in with Bud's relatives and a few old friends were several college students. One of the meetings Bud attended each week was a young people's group. He understood the value of younger people in his life; younger in years and younger in sobriety. Talking with these men in their early twenties, who were skipping their morning classes to honor a man sixty years their senior, graphically illustrated the impact we alcoholics have on each other's lives.

When I was six months sober and Bud had twenty-seven years, he took time out to answer my questions about the Eleventh Step. And every week after that, until he died, he asked me how I was doing with the Steps. I thought he was just being kind, but now I realize how savvy he was to pay attention to a newcomer.

Earlier in my recovery I thought newcomers were important because we had to save their lives. I believed those with mere hours of sobriety were deeply at risk of dying of this disease, and I who had more time could help them hold their head above the waves. I was the rock they could cling to. They needed me.

Now I realize I am the one whose life needs to be saved. I always thought it was patronizing to say that newcomers were important; what could they possibly know about sobriety? Now I understand that my welfare depends on listening to him or her as much as hearing someone speak who has many years of sobriety. New people are the only ones who still feel the "nip of the wringer." Their pinched, hollow-eyed faces are a mirror for me. Listening to their stories removes my glamorous delusions of champagne and conversation in nightclubs with the reality of alcoholism--fullblown, ferocious--devouring lives piece by piece.

Newcomers stand between me and the next drink as no one else does. They show me the shark-infested waters. They remind me that my disease of alcoholism is never, never a static thing. Each new person shows me another face of this disease and the powerful delusions waiting to bring me down. So I go into First Step meetings to drink in their despair and confusion. I sit as a student learning a subject whose truth I cannot afford to forget.

And it isn't just the newly sober individual struggling not to drink who teaches me. It's those with six weeks who are so hungry for the Steps they can barely stay in their seats, hanging on every word, eyes burning with resolve and finally, with hope. Their enthusiasm smacks me in the face, jolting me out of my comfortable armchair of sobriety. They fairly scream "What a gift!" recovery is. I sit up and take notice. And I share what the program, the people, and my Higher Power have freely given me.

What I receive in this interchange is a gift of the soul. As I leave those meetings held in crowded church basements, I breathe deeply the chill night air and lift my eyes to the sky. I feel the wind on my face and am humbled. I have been spared.

These days, I just can't seem to get enough of the new people. I owe them my time, I owe them my experience, I owe them my life.

Reprinted with permission AA Grapevine, Inc.

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,

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[Seventh Tradition Checklist](#)

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

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



MILW. CENTRAL OFFICE

- E-mail us at:

dan@aamilwaukee.com

Hours:

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

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

- Board of Directors Meeting, in-person. Wednesday following 2nd Tuesday (odd months) 6:30 p.
- A. A. Meetings, Sun. at 9 a., Mon.- Fri. at 12:15 p., Sat. 9:15 a., & 10:30 a.
- Dist. 14 monthly meeting, 4th Wed. at 7 p.m.
- Dist. 16, monthly meeting 1st Thursday at 6:00 p.m.

Spanish Speaking Meetings:

Meeting at English Speaking Clubs

- Pass It On Club, 6229 W. Forest Home Av, Milw. GRUPO 5 CONCEPTOS, 7:00 P.M. Saturdays, Upstairs. And Viajeros Wisconsin, 7:00 P.M. Saturdays, in lower level.
- GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Watertown, on Tuesdays and Fridays at 7:00 PM and on Sunday at 11:00 AM
- GRUPO FE Y ESPRONZA, Gratitude Club, 295 Ruggles St. Fond du Lac WI on Wednesday at 7:00 PM and Sundays at 4:00 PM

SAFETY CARD FOR A.A. GROUPS

(The General Service Office has made this optional statement available as an A.A. service piece for those groups who wish to use it.)

Suggested Statement on Safety

Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person.

Service Material from the General Service Office

All the groups listed in our meeting directory, should be contributing regularly to the support of your Central Office. We want to be here when anyone reaches out for help. A big thank you to everyone, for all you do.

Need to make a group or personal contribution? Use our **CONTRIBUTE** button on our website: aamilwaukee.com or use our your **VENMO app** from your smartphone.

Meeting Space Currently Available

- DryHootch, 4801 W National Ave.** Space available various time of day and evening. Call Otis W. [414-336-6576](tel:414-336-6576)
- Luther Memorial Church**, 2840 S 84th St. West Allis WI. Contact by email: prviviame28@outlook.com
- St Peter's Episcopal Church**, 7929 W Lincoln Ave, West Allis, Contact: Steve 414-543-6040 or email: christumc1@sbcglobal.net
- Anchor Covenant Church** 1229 Park Row, Lake Geneva WI 53147, contact Laura, office@anchorcovenant.org

Redemptorist Retreat Cen-

ter, 1800 N Timber Trail Lane, Oconomowoc, WI 53066, (262) 567-6900 Email: rrc@redemptoristretreat.org Please call for information and schedule of retreats for recovering people. AA and AI-Anon, \$260 three nights. We discuss the 12 steps and related topics.

2026 Weekend Retreats

Jesuit Retreat House,

4800 Fahrwald Rd.

Oshkosh, WI.

WI 54901,

call 800-962-7330

jesuitretreathouse.org

Men and Women

in AA, AI-Anon

Total cost: 4 days \$440.00.

Send a \$75.00 deposit with requests for specific dates to retreat house or call for info.



Meeting Space Available to hold a weekly AA meeting that would be open to the public at this facility. We are located at **1706 S. 68th St. West Allis Wisconsin**. We have any evening open, and the times available would be between 3pm-8:00pm. If someone is interested in starting a group in our hospital my contact information is below. We are more than happy to provide coffee and snacks for this meeting.

Dan Gell, Chief Executive Officer: Office: 414-667-4813, Email: daniel.gell@uhsinc.com.

DISTRICT MEETINGS

CORRECTIONAL INSTITUTIONS

COMPLETE DISTRICT INFORMATION ON THE WEB:

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

1. Jackson, LaCrosse, Monroe, Vernon & Trempealeau; 2 & 18 Green Lake & Marquette Counties & part of Waushara; 7. Kenosha; 17. Racine County; 8 & 30 Rock County; 9. Crawford, Grant, Iowa and LaFayette; 19 & 37. Richland & Sauk; 20, 21 & 26 Dane; 31. Columbia County; 35. Green; 37. Juneau County.

(Check the web address above for meeting info.)

3. MANITOWOC & SHEBOYGAN CNTY'S: 3rd Wed. of month, 6:30 p., Even numbered months at 1907 Club, 2908 N. 21st St., Sheboygan. Odd numbered months: Alano Club, 404 S 29 St Manitowoc

6. WALWORTH CNTY: 2nd Tue. 7:30 p. odd numbered months only, Walworth Alano Club, 611 E. Walworth St., Delavan

10. Spanish District. Contact: Salvador G. at 414-446-0158. Meets 1st Sunday 5 p.m. 1663 S. 6th Street, Milw.

11. JEFFERSON CNTY: Meets last Wed. at 5:30 p.m. Moravian Church, 301 College St., Lake Mills, or Zoom: 817 4085 9820, Password: 665473

12. WASHINGTON CNTY: 1st Wed. of month, 6:00 p., the Jackson Community Center N165W20330 Hickory Ln., Jackson, WI. 53037

13. WAUKESHA CNTY: 2nd Sunday of month, 1:00 p, St. Matthias Church, 111 E. Main, Waukesha

14. MILWAUKEE CNTY: 4th Wed. of month, 7:00 p, Milwaukee Central Office 7429 W Greenfield Ave., West Allis WI 53214

16. MILWAUKEE CNTY: 1st Thursday of month, 6:00 p, Milw. Central Office, 7429 W Greenfield Ave. West Allis WI 53214

23. DODGE CNTY: Last Sunday of month at 6:00 p, Dodge Cnty Alano Club, 115 N. Lincoln, Beaver Dam, call to confirm 920-583-3142

24. OZAUKEE CNTY: 3rd Tue. of month, 6:30 p., Advent Lutheran Church, W63N642 Washington Ave, Cedarburg, WI 53012.

25. FOND du LAC CNTY: 2nd Tue. of month, 5:30 p., Gratitude Club, 295 Ruggles St., Fond du Lac, WI.

27. MILWAUKEE CNTY: 3rd Wednesday of month at 7:00 P.M., the Zoom ID number is [824 0616 9567](https://us02web.zoom.us/j/6870109941?pwd=YVl4SVQzU3FaSE1rc3dzVmtxdFM4QT09) the password is 869 916. Covenant Lutheran Church, 8121 W Hope Ave, Milwaukee, WI 53222.

28. MILWAUKEE CNTY: 2nd Thursday of month, 7:00 p, Prince of Peace Lutheran Church, 4419 S Howell Ave, Milwaukee WI 53207.

29. MILWAUKEE CNTY: 1st Mon. of month, 7:00 p, Luther Memorial Church, 2840 S 84th St., West Allis, WI 53227

32. & 33 WAUKESHA CNTY: 4th Tuesday of month, 6:30 p, Meeting ID: [321 751 3275](https://us02web.zoom.us/j/3217513275), Passcode: [323232](https://us02web.zoom.us/j/3217513275)

34. WAUKESHA CNTY: 1st Tues. of month, 6:30 p, Northwest Area Alano Association, N88W17658 Christman Rd., Menomonee Falls. Join online at: <https://us02web.zoom.us/j/6870109941?pwd=YVl4SVQzU3FaSE1rc3dzVmtxdFM4QT09>

36. RACINE/KENOSHA: 2nd Tuesday of the month 6:00 p.m., 12 & 12 Club, 482 S Pine St., Burlington

38. MILWAUKEE CNTY: Last Sunday of month 4:00 p.m. Milwaukee Group Meeting Room, 933 E Center St. Milwaukee WI 53212

SEND ADDITIONS AND CORRECTIONS TO:

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

[Area 75, Southern WI, Calendar of Events 2025](#)

[Madison Senior Center,](#)

[330 W Mifflin St, Madison WI.](#)

[9 A.M. to Noon except where noted.](#)

[Summer Service Assembly](#) – June 22, at the [Madison Senior Center](#)

[International Conference](#) – July 3-6, in [Vancouver, B.C., Canada](#)

[Fall Service Assembly](#) – September 14, at the [Madison Senior Center](#)

[Area 75 Fall Conference](#) – November 7-9, at [Ingleside Hotel, Pewaukee, WI](#)

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

For meetings at Milwaukee Area Correction facilities contact: Andrew K. at 262-239-6528 or email: mcccoordinator@gmail.com

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

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON. Contact Andrew K. at 262-239-6528 or email: mcccoordinator@gmail.com for date and location. Donation can be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Email: mcccoordinator@gmail.com with questions.

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

ADDRESSES YOU MAY SOMEDAY WANT TO KNOW!

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

- **Area 75 Treasurer:** 6580 Monona Drive #1040, Monona, WI 53716
- General Service Office, P.O. Box 2407, James A Farley Station, New York, NY 10116-2407
- Area 75 Corrections@area75.org, Bridging the Gap/Treatment@area75.org or mail: 6580 Monona Drive #1062, Monona, WI 53716
- Area 75 Accessibilities Chairperson: accessibilities@area75.org
- **Southern Wisconsin Deaf Access Committee** : Email: milwareadeafaccess@gmail.com;

MEETING ROOMS

NEW DAY CLUB 11936 N. Port Washington Rd Mequon, (262) 241-4673 www.newdayclub.org A.A. MEETING SCHEDULE

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

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

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

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

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

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

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

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

PASS IT ON CLUB 6229 W. Forest Home Ave Milwaukee WI (414) 541-6923 www.passitonclub.com A.A. MEETING SCHEDULE

Sun. 8:00 a. Sun. Wake Up
9:30 a. Reliance Meeting
11:00 a. Today's choice
3:00 p. Gratitude Plus
7:00 p. Big Book Readers

Mon. 7:30 a. Jump Start
10:30 a. First Step
4:00 p. Happy Hour Step Gp.
7:00 p. Open IntroductoryAA

Tue. 7:30 a. Comin' Back Gp
10:30 a. Keep It Simple
4:00 p. Drop the Rock
6:00 p. Key To Sobriety Women's
7:30 p. Three Legacies
7:30 p. Double Trouble DD/O

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

Thr. 7:30 a. Welcome Back Gp
10:30 a. Made Decision
5:15 p. As Bill Sees It
7:00 p. Gateway Topic Gp

Fri. 7:30 a. Honesty Gp.
10:30 a. Came To Believe
6:00 p. Women's Fri. Kickoff
6:30 p. Thoughts 4 Today
8:00 p. Broken Arrow

Sat. 8:30 a. Early Bird
10:30 a. Happy Joyous Free
7:00 p. Vajeros Wisconsin lower level
7:00 p. 5 Conceptos upstairs
8:00 p. Back to Basics 12x12

LAKE AREA CLUB N60 W 35878 Lake Dr Oconomowoc, WI (262) 567-9912 www.lakeareaclub.com A.A. MEETING SCHEDULE

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

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

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

Thr. 10:00 a.
4:00 p.
5:00 p. Woman's Way 12 Steps
6:00 p. Hybrid Meditation Mtng

Zoom ID: 8923930536, PW: 999525

Fri. 12:30 p.
4:00 p.
8:00 p. Old School House
10:00 a. Big Book

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

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

WAUKESHA ALANO CLUB 318 W. Broadway Waukesha, WI, 262-549-6541 <http://www.alanoclubofwaukesha.com/> (IP)=In-person,

Sun. 9:30 a. Sun Morn Sunlight (IP)
11:00 a. Sun Go-To-Mtng (IP)

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

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

Thr. 12:00 p. Nooners (IP)

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

Sat. 6:00 a. Early Morning (IP)
10:00 a. Gp 124 (IP)

OPEN MEETINGS,
DANCES & EVENTS
Call for information.

GALANO CLUB - LGBT & All in Recovery - 7210 W Greenfield Ave LL Milwaukee, WI 53214, 414-276-6936 <http://www.galanoclub.org/> galanoclub@gmail.com

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

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

Sunday: (V & IP)
4:00 p.m. - AA - Personal lead & Daily
Reflections. Meeting (In-person/
phone/video) 4th Sunday is Open Mtng.

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

Tuesday: (V & IP)
6:00 p.m. - AA Over and Under 40
Group (In-person/phone/video)

Thursday: (V & IP)
7:30 p.m. - AA - Living Sober One Day at
A Time In-person & Phone/video

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

NORTHWEST AREA ALANO ASSOCIATION* N88 W17658 Christman Rd Menomonee Falls WI 53051 (No Phone) Room 202

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

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

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

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

Wed. 7:00 p. Step/Topic

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

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

Sat. 10:00 a. Sat Serenity Gp
7:00 p. Simply Sober Gp Rm 202

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

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

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

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

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

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

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

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

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

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

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

Sun. 7:00 a. AA Express Mtng
7:45 a. AA Big Book/Discussion
10:00 a. Gp 17 Step
Mon. 7:00 a. Early Morning
10:30 a. Gp 72 Topic
12:15 p. Gp 76 Lunch Bunch
6:30 p. Gp 40 Big Book

Tue. 7:00 a. As Bill Sees It,
10:30 a. Gp 70 Step
12:15 p. Gp 76 Lunch Bunch
5:45 p. Step Tue 5:45 Group
7:00 p. Beginner's Meeting

Wed. 7:00 a. AA
10:30 a. Gp 9, Step
12:15 p. Gp 76 Lunch Bunch
6:00 p. Chicks at Six Gp, women,
Child Care available

7:30 p. We Agnostics

Thr. 7:00 a. Thr Express Mtng
10:30 a. Gp 97, Step
12:15 p. Gp 76 Lunch Bunch
7:00 p. AA (LGBT)

Fri. 7:00 a. Daily Reflections
10:30 a. Gp 21, Step
12:15 p. Gp 76 Lunch Bunch
6:30 p. Here & Now Friendly Gp
7:30 p. Men's Zoom Mtng.
12:15 am. Second Shifters (Sat.)

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

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

H.O.W. TO CLUB 8930 W. National Ave, West Allis, (414) 543-2448 <mailto:howtoclub8930@yahoo.com> <https://www.howtoclub.org> Hours: 9am to 9pm daily.

Sun. 8:00 a. Eye Opener AA Gp.
10:00 a. Grass Roots (Steps)
4:30 p. Drop the Rock 6/7 Step
6:00 p. Restore Us To Sanity
7:30 p. Sun. Sober & Serene

Mon. 11:00 a. Winner's Circle
5:45 p. Gp 132, Women's Gp
7:00 p. Big Book Gp.
8:00 p. New Hope Gp.
10:30 P. What's the Point Gp.

Tue. 11:00 a. Willingness Group
6:00 p. Tue Topic 6pm Gp
8:00 p. New Hope Meeting

Wed. 10:00 a. Foundations Meeting
6:00 p. AA Beginners Gp.
7:00 p. Women's Freedom
8:00 p. Promises Group
10:00 P. After Hours Group

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

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

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

24 HOUR CLUB 153 Green Bay Rd. Thiensville, WI www.alanoclub.org A.A. MEETING SCHEDULE

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

Sun. 8:00 a. Topic
10:00 a. Step/Topic (V & IP)
Meeting ID: 816 604 624 PW: 485594

Mon. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Topic
8:00 p. Men's

Tue. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Step/Topic
5:30 p. Big Book

Wed. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Big Book

Thr. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Topic
5:30 p. Step/Topic/Trad

Fri. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Step/12 & 12
8:00 p. Step

Sat. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
8:30 a. Big Book/Steps (V & IP)
Meeting ID: 844 4566 9750 PW:
District24
10:00 a. Big Book

7:00 p. Open Speaker Mtng.
(1st Saturday Only)

In Person AA Groups NEED YOUR SUPPORT

- **Sun. 7 p.m.** Waukesha Sunday Night Beginner's, Ascension Lutheran Church, 1415 Dopp St, Waukesha WI
- **Sun. 7 p.m.** Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- **Mon. 7 p.m.** Unity Gp, 4600 Pilgrim Rd, Brookfield, WI
- **Mon. 7 p.m.** Group 232, Mother of Good Counsel, 6924 W. Lisbon Ave, Milwaukee, WI 53226
- **Wed. 8:00 p.m.** Helping Hand, Nativity Lutheran Church, 6905 W Bluemound Rd, Milwaukee WI
- **Thurs. 8:00 p.m.** Grateful Gp. Chabad House, 3030 E Kenwood Blvd, Milwaukee, WI
- **Thurs. 8:30 p.m.** Gp 22, Milwaukee Chin Baptist Church, 1916 Wauwatosa Ave,
- **Fri. 9:30 p.m.** Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw.
- **Sat. 8 p.m.** Gp 18, St Luke's, 3200 S Herman, Bay View, WI

MEETING ROOMS

<p>UNITY CLUB 1715 Creek Rd West Bend, (262) 338-3500 unityclub1715@att.net www.facebook.com</p> <p>AA MEETING SCHEDULE</p> <p>Sun. 10:30 a.* Gratitude Gp. 7:00 p. Candlelight Gp.</p> <p>Mon. 10:00 a. Monday A.M. 7:00 p. Men's 7:00 p. Women's</p> <p>Tue. 10:00 a. Tuesday A.M. 6:00 p. More About 12&12 7:30 p. Beginner's</p> <p>Wed. 10:00 a. Promises 1:06p. Steps/Promises 5:00 p. Happy Hour Gp</p> <p>Thr. 10:00 a. Big Book</p> <p>Fri. 10:00 a. Step/Topic Gp 6:00 p. Big Book</p> <p>Sat. 10:00 a. Here & Now 700 p. 12 Step Meeting</p> <p>AL-ANON & ALATEEN MTNGS</p> <p>Wednesday 1:00 p. Al-Anon Friday 11:00 a. Al-Anon Saturday 9:00 a. Al-Anon (Zoom only.) Mtng ID: 810 5054 8668, Pass Code: 860539</p> <ul style="list-style-type: none"> • Open Mtng. 3rd Sunday of month 	<p>FRIENDSHIP CLUB 2245 W. Fond du Lac Ave Milwaukee, WI (414) 931-7033</p> <p>Email: friendshipinc@sbcglobal.net</p> <p>AA MEETING SCHEDULE</p> <p>Sunday 10:00 a. Friendship 11:00 a. Third Sunday Open Meeting</p> <p>Monday 10:30 a. Step Gp</p> <p>Tuesday 7:00 p. Gp 43 Big Book</p> <p>Saturday 10:30 a. Gp 112 Step</p> <p>Call for information on other types f meetings.</p> <p>Email: friendshipinc@sbcglobal.net</p>	<p>TRI-COUNTY UNITY CLUB 110 S 2nd St. Watertown WI www.tricountyunityclub.com</p> <p>Sunday 11:00 a. Big Book Study 6:30 p. New Beginners 7:00 p. Spanish Nuevo Amanecer Monday 10:00 a. Eye Opener Grp. 7:00 p. As Bill Sees It Tuesday 7:00 p. Keep It Simple 7:00 p. Spanish Nuevo Amanecer Wednesday 10:00 a. New Freedom 7:00 p. AA Grapevine Open Mtng Thursday 10:00 a. Thur.Morning 7:00 p. Spanish Nuevo Amanecer 8:00 p. Big Book Group Friday 4:30 p. Friday Happy Hour 7:00 p. Reality Check Saturday 10:00 a. Morning Group 8:00 p. Saturday Night Open Mtng</p> <p>BEAVER DAM ALANO CLUB 115 N Lincoln St. Beaver Dam WI 53916</p> <p>Sun: 10:30 a.m. & 7 p.m. Mon: 8 a.m., 6 p.m. & 8 p.m. Tue: 9:30 a.m. & 7:30 p.m. Wed: 8 a.m. & 7 p.m. Thur: 9:30 a.m. & 8 p.m. Fri: 12 Noon & 6 p.m. Sat : 12 Noon & 7 p.m. Open</p>	<p>MILWAUKEE GROUP 933 E Center St, Milw WI 53212.</p> <p>A.A. MEETINGS</p> <p>Sun. 10:00 a In-person 8:30 p. In-Person</p> <p>Mon. 5:30 p. In-Person 7:00 p. In-Person 8:30 p. In-Person</p> <p>Tue. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Wed. 5:30 p. Zoom https://zoom.us/j/8974697046 pw:0 7:00 p. In-Person 8:30 p. In-Person</p> <p>Thur. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Fri. 7:00 p. In-Person 8:30 p. In-Person 8:30 p. In-Person</p> <p>Sat. 8:30 p. In-Person</p> <p>Milwaukee Central Office 7429 W Greenfield West Allis WI 414-771-9119</p> <p>A.A. MEETINGS</p> <p>Sun. 9:00 a. Gp 10 Sunday</p> <p>Mon. 12:15 p.</p> <p>Tue. 12:15 p.</p> <p>Wed. 12:15 p.</p> <p>Thur. 12:15 p.</p> <p>Fri. 12:15 p.</p> <p>Sat. 9:15 a. 1st Step 10:30 a.</p> <p>We do not meet on major holidays.</p>	<p>LIGHTHOUSE ON DEWEY 1220 Dewey Ave. Wauwatosa WI</p> <p>AA MEETINGS</p> <p>Sunday 6:00 p. Jim's First Step 7:30 p. Gp 78 Great Room</p> <p>Monday 7:30 p. Laughs/Leisure</p> <p>Tuesday 6:00 p. 11th Step Meditation 7:30 p. Professionals</p> <p>Wednesday 7:30 p. Presidents Hall 8:00 p. "RES-IPSA"</p> <p>Thursday 7:30 p. Alumni No 12</p> <p>Friday 7:15 p. Gp 74</p> <p>Saturday 10:00 a. Gp 59</p> <p>All Saint's Cathedral 818 E Juneau Ave. Milw 53202</p> <p>Sun: 7:00 p.m. Bench Meeting Mon: 7:30 p.m. #08 Sane & Sober Tue: 10:30 a.m. Men's Gp. Wed: 7:30 p.m. Men's Gp. Fri: 7:30 p.m. Big Book Gp. Sat: 10:30 a.m. Men's Gp.</p>
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JOIN the BIRTHDAY CLUB!

We celebrate birthdays, and we'd like to help you celebrate yours! Send us a contribution of **\$1 for each year of Sobriety**- or more if you choose- and we'll print your birthday in the Between-Us Newsletter. Include your Home Group, and we'll print that also!

Requests should be in by the 24th of the month prior to your sobriety date. Late arrivals will appear the following month.

Just fill in the form below and mail, with your contribution, to:

Payable to: "Greater Milwaukee Central Office"
Memo: Birthday Club
7429 W Greenfield Ave
West Allis WI 53214



Payment/Contribution: using [VENMO](#) or from our website, using [Credit Card](#) or [PayPal](#).

\$ _____ enclosed.

I will have _____ years on _____ / _____ / _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone: () _____ - _____

Email: _____

Home Group: _____



Years Name Home Group

28 (5/23/98) Kent L. Group 23 Wednesday



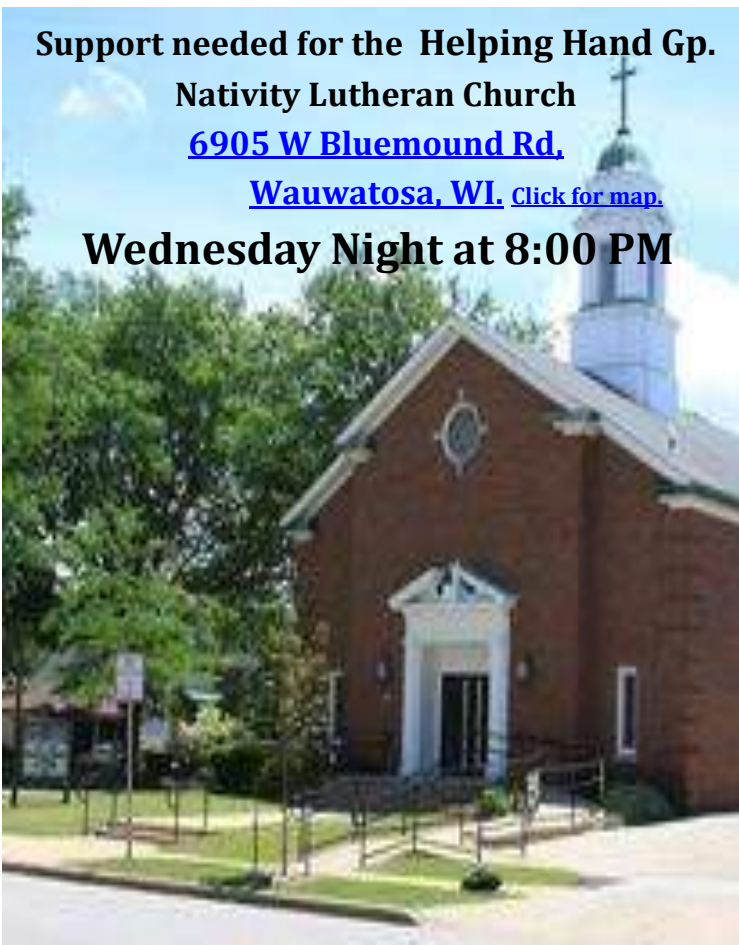
Support needed for the Helping Hand Gp.

Nativity Lutheran Church

[6905 W Bluemound Rd.](#)

[Wauwatosa, WI.](#) [Click for map.](#)

Wednesday Night at 8:00 PM



NEW WOMEN'S AA MEETING

GIRLS JUST WANNA HAVE FUN

Starts **Wednesday** December 4th

6:30 PM

Mt Olive Lutheran Church

211 Main St. Mukwonago

Enter through the South door from the parking lot



Financial News: Please remember our tradition of self-support. If you wish to contribute to the Central Office, you can now use Venmo from your smartphone.

[@MilwaukeeCentralOffice-AA](#)

...0785 are the last four digits of the phone number associated with the Venmo account. (You may be asked for these numbers)

If you don't use Venmo or PayPal, you can always come visit us at the Central Office or mail a check.

Use QR Code
To Contribute
Using
VENMO



NEW MEETING ANNOUNCEMENT

The Next Frontier: Emotional Sobriety

After we quit drinking, we face various challenges inherent in living sober. Bill Wilson identified that "dependency" was an impediment to our emotional sobriety and maturity. He realized that emotional dependency on people, places and things was the source of his emotional and mental distress, in fact he identified this as his basic flaw. This new meeting focuses on discussing issues relating to our emotional sobriety. We come together to explore ways we can overcome our emotional dependency and the unreasonable expectations and unenforceable rules that our dependency generates. *Are you ready for the next frontier?*

Join us Thursday nights for a closed discussion meeting on emotional sobriety.

When: Thursdays @ 7pm

Where: St. John's Lutheran Church, 20275 Davidson Rd, Brookfield WI

DISTRICT
38
AA

DISTRICT 38 PRESENTS ITS

Spring INTO Sponsorship EVENT!

★ BRACKET STYLE 1 & 2 MAN ★
**CORN HOLE
TOURNAMENT**



FREE
FOOD!



SATURDAY

MAY 23, 2026



**11:00 AM
TO 3:00 PM**



KERN PARK

2072 N. HUMBOLDT BLVD - MILWAUKEE, WI

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& SPONSORSHIP!**

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ALL AA MEMBERS, SPONSORS & NEWCOMERS WELCOME!

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DONATIONS ACCEPTED & ENCOURAGED • TOGETHER WE GROW



CONTACT ANDY M. BY TEXT/CALL @ 262-785-6667 WITH ANY QUESTIONS



MitwaukeeHelpNow.com