

The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

Welcoming Newcomers and Aiding AA Groups in Our Community.

THANKSGIVING HOLIDAY!

Central Office will be closed on Thursday and Friday November the 27th and 28th so our employees and volunteers can celebrate Thanksgiving. The office will be open on Saturday the 29th from 9 a.m. to Noon.



November 1949

A Suggestion for Thanksgiving

By: Bill W.

THE idea is in the air that AA might adopt Thanksgiving Week as a time for meetings and meditation on the Tradition of Alcoholics Anonymous. The friend who hatched this notion tells you--on another page--why he thinks the idea good. I heartily agree with what he says and hope you will too.

Pre-AA, we alkie could sometimes achieve that dubious state called "sobriety, period." How bleak and empty this alleged virtue is, only God or a dried-up drunk can fully testify. The reason? Of course every AA knows it: nothing has taken the place of the victim's grog; he's still a man of conflict and disunity. Comes then the 12 Steps of Recovery, bringing to him a "personality change." The shattered prospect feels reassembled; he now says he seems all one piece. We understand exactly what he means, for he describes the state of being "at oneness"; he is talking about personal unity. We know he must work to maintain it and that he can't stay alive without it.

Will not the same principle hold true for AA as a whole? Isn't it also a fact that the alcoholic is in no greater peril than when he takes sobriety for granted? If vigilant practice of sound principle is a matter of life and death for him, why isn't that equally so for the AA group, and for our far-flung society itself?

Yet many of us still take the basic unity of Alcoholics Anonymous for granted. We seem to forget that the whole of modern society is on a dangerous and contagious "dry bender." We evidently assume we are so different from other men and women, that disintegration can't hit us. Our unity appears as a gift of Heaven; something to be perpetually enjoyed by us AAs quite without effort.

Criticism is not intended, because our present attitude is natural enough. It stems from the fact that no society in its infancy has ever enjoyed more providential protection against temptation and untoward happenings than has ours. Minor troubles we have had, but none serious enough to test our adult strength. It's not strange that we are a bit complacent and self-satisfied. Surely there need be no counsel of fear, nor lack of faith in the prediction that a far greater time of trial may yet be ours. When we think our situation through, simple prudence and foresight will tell us that.

The 12 Traditions of Alcoholics Anonymous are a distillate of our experience of living and working together. They apply the spirit of the 12 Recovery Steps to our group life and security. They deal with our relations with the world outside and with each other, they state our attitudes toward power and prestige, toward property and money. They would save us from tempting alliances and major controversies, they would elevate principles far above personal ambitions. And, as a token of this last, they request that we maintain personal anonymity before the open public as a protection to AA and as proof of the fact that our society intends to practice true humility.

For the information of the general public and for the instruction of new AA members, the 12 Traditions have just been released in a

(Suggestions: Continued on page 2)

7429 W. Greenfield Ave., West Allis, WI 53214, (414) 771-9119



25¢

Visit our website at: www.aamilwaukee.com

(Suggestions: Continued from page 1)

much condensed "short form" which we hope will be as widely read and understood as the 12 Steps of Recovery. Should this happen, our current growing pains will be lessened and we shall commence to lay up a great store of insurance for the years ahead.

What then could be more appropriate than to set aside Thanksgiving week for discussion of the practical and spiritual values to be discovered in our Tradition? We could thus reinforce our faith in the future by these prudent works; we could show that we deserve to go on receiving that priceless gift of "Oneness" which God in His wisdom has so freely given to us of Alcoholics Anonymous in the precious years of our infancy.

Reprinted with permission AA Grapevine, Inc.

November 1967

Warning! Holidays Ahead

By: M. C. | Pleasantville, New York

IT NEVER seems to fail that when November rolls around there's a struggling newcomer in our group who asks at a closed meeting: "But how am I to get through the holidays?"

The answer from old-timers present is, just as unfailingly, the same: "A holiday, like any other day, need not be coped with until it comes. And when it does come, it is only twenty-four hours long."

There are other answers, of course--to the effect that one mustn't get too tired, must remember to eat, and would do well to avoid the kind of festivities that present particularly difficult temptations. It may be suggested that the newcomer try to look beneath the tinseled commercialism for the deeper meanings of thanksgiving, peace, good will, and the dawning of a new year. All very helpful advice.

But, remembering how I had my own last drink one late October, and how near I came to panic at the thought of the meant-to-be-happy season ahead of me, I believe that the twenty-four-hour concept was the most immediately effective tool I was given.

As a beginner in AA, I was one of those who had to break the concept down into periods of thirty, twenty, or even ten minutes at a time. Often the lines of a favorite poem ran through my head as a kind of prayer: "Suffer this moment to be fair and clear." It is indeed only the *moment* we can hope to handle, whether or not that moment falls on a hectic holiday.

As it happens, I had then (as I have now) a home to manage, a family to feed, and an office job to do. Then (though to a much lesser degree now), I had hard-drinking friends who loved to party. So the holidays meant too many demands on my time, as well as on my emotional and physical strength. I have learned this is apt to be especially true of women, even if they are not alcoholics.

But the holidays may be just as hard in quite another way for the man or the woman who has lost home and family and job and friends, who lives quite alone, haunted at such a time by the rest of the world's apparent gaiety. The desire to escape too many people and activities and the desire to blot out loneliness and boredom can lead equally fast to the bottle. This is a frightening truth for one still battling the physical compulsion to drink. But it need not be fatal.

What do I remember about those first holidays? We had a houseful of guests for Thanksgiving. I know this only because I find it noted in an old date book. The day is a blank in my mind. On Christmas we had more guests, people who enjoyed cocktails before the feast

while I hid out in the kitchen fussing over the food. We were invited to "open houses," which I had to skip. On New Year's Eve I asked my husband to take me to a double feature at the local movie. I was thus removed from temptation all evening, and when we came out it was past midnight. A new year had begun.

I know that I cried some during those holidays. I was often tight-lipped. More than once, I flounced out of the house to walk off a temper or a temptation. It was rough. And I was helped by remembering that, in a very different sense, it was rough for the Pilgrims on the first Thanksgiving, for the shepherds of Bethlehem on the first Christmas. Somehow, as I clung to the sobriety of the present moment, I felt closer than ever before to the long-ago origins of the holiday season. For all my shows of temperament, I believe I even made it a happier time for those around me than I had done in the past. Most importantly, I got through without a drink.

It was not until the evening of January first that I felt a full surge of thankfulness--blessed emotion--to my AA friends and to the Power beyond us all that had sustained me a few hours, a few minutes at a time. I had discovered that the program works, and I was far stronger within myself than I had been in mid-November.

If there is any message here for those coming to our Fellowship new and shaky in the late fall, it is this: Hang on; stick close; live for the day or the moment; don't let the mechanical reactions of the past sneak up on you; don't spoil the present, imperfect as it may seem, with a single shot, a single glass of enticingly sparkling wine. The sense of accomplishment and *comfortableness* that follows on making it through one's first sober holidays is beyond compare. There may be tensions in later years, but none quite so traumatic. And if ever the holiday blues do strike, call on your AA friends. They understand because they've been there, too. They have learned, as you will, the more than compensatory joys of gratitude, and giving, and beginning each day anew.

Reprinted with permission of AA Grapevine, Inc.

November 1944

How It Feels to Make One's First Beginnings in A. A.

By: Elliot B.

The First Time. . . at 60

I was in my 60th year when I first contacted A.A. I had always been a steady and heavy drinker. Having what drinks I wanted was as much a natural part of my life as smoking. So far as I was able to tell at that time it had never interfered with my life, either business or social. Then business became slack, drinking heavier and more steady and, at some time unknown to me, alcohol took over and became the boss. I was only conscious of the intense physical and nervous discomfort and attributed the almost melancholic depression to these factors. I got to the end of my rope and life was not worth living. The end of the run was, morbidly, hoped for and would, I think, have been welcomed.

At this time I contacted A.A. I haven't the least recollection of what was said at the first meeting. One thing stood out, and that was the fact that these people had gone through the same slough of despond that I was in and now were normal and happy. So it *could* be done and they were the proof for they *had done it!* That fact was the piercing ray of light that was given me.

Then came the usual over-exaggerated depressions. But the group was always there to give balance and knowing advice. "Day by day" became month by month and gradually the old habits changed. And, believe me, Brother, habits don't change as easily at 60 as they do at 30! And then came the seemingly insurmountable

(Beginnings: Continued on page 3)

matter of the "spiritual angle." In time, entirely unknown to me, that came to be a simple natural fact, brought about in great part by the feeling of gratitude being so great that I had to go beyond myself to express it or account for it. To you who are starting this happy journey I can only say, "Don't press; don't worry about it. Just keep the gates of your mind and heart open and it will come simply and naturally." Just let nature and A.A.'s lessons take their course. That will be the beginning of all blessings, the consciousness of dawning faith. Faith in yourself, faith in others, faith in the feeling that the world is governed and going ahead to better things.

And where did all this come from? Just from drying up with the help of the finest lot of men and women alive. Silly, isn't it? Doesn't seem to make sense. Well, my good friend, you just try it. Drive with an easy rein; don't worry; seek and be with the Group as much as you possibly can. Coast along with us, work with us, and you will gradually find *fear* being replaced by confidence, *doubts* taking wing; depression being replaced by happiness and *faith* in yourself and others and in the future emerging into the full light of everyday living. Just try it; keep dry, *think*. . . a little plea for help from some greater Power. Have patience and you will get the answer to real living and happiness. Then try to return just a little of all that has been given you by trying to pass it on to others who are sick and need help. It's the road to the top of the mountain--into the sun--and it's yours for the effort.

Reprinted with permission AA Grapevine, Inc.

November 1944

How It Feels to Make One's First Beginnings in A. A.

By: Joe

The First Realization. . .

Harry I. of the New York A.A. is up here at the farm. Seeing he is here for two days, I am pumping him for all I can get out of him on A.A. He has opened my eyes to a lot I never knew. You would be surprised how I have gotten over resentments of family and life in general. I now look at their side of a resentment instead of mine. In doing so it lifts a great load off my chest and makes me see life more clearly. This being sorry for oneself is one of the ways to sap up your normal outlook. To think straight today means that tomorrow with all the other tomorrows will take care of itself. This is a great foundation for thinking clearly. I never should have left T -- Hospital without coming up here. I did not know of this place until too late. Plus my nerves being all raw--plus I was trying to fight this thing out by myself, which you can't do alone.

I regret I messed up so much in the last few years paying no attention to A.A. when A.A. could have made my life so simple to face instead of all the hell I have caused people and myself. I realize that it will take me a long time to get the whole program--but with what I have gotten in common sense from Sister and about A.A. from Harry, along with talking to people up here about their problems and resentments, I will come out knowing myself better, and so face life with a more open mind and have an eye to judge myself. I realize now what the trouble with me has been. I have wanted happiness and refused to work for it. I have held grudges and resentments that have warped my mind. I have not been tolerant and fair to others and through your program I have begun to see life as it should be, not as the way I have looked at it.

I want to thank you again.

Reprinted with permission of AA Grapevine, Inc

November 1946

The Old Squirrel Cage

By: Tom D. | Grand Rapids, Michigan

I've been thinking of all it would cost me if I took a drink today. . . . Strangely enough, I find that the longer I go without a drink, the greater the cost of taking one will be!

If I take a drink today, I'll get into the YMCA some time after the bars close tonight, fairly drunk, for I won't take just one drink, and about seven tomorrow morning I'll get up, feeling rotten and wanting a drink. After the drink and a cup of coffee, I'll go to work, feeling guilty and nervous and with a foggy brain. If no one questions my actions, I'll probably struggle through the day, but certainly no later than 5 P.M., and then I'll head for a bar--*if I take a drink today*.

The next night I'll be so drunk I'll be afraid to go into the YMCA (I almost got kicked out of there before) so, when the bars close I'll end up. . . in a high-priced room where I'll stay until my funds run low. On the third or fourth day I'll still be at the hotel, paying exorbitant prices for things I don't need and the bellboy on the way up to my room with a drink will meet another on the way down with empty glasses, for as long as the money holds out, the drinks will keep coming--*if I take a drink today*.

By this time I'll be very nervous and concerned about avoiding people I know. I'll probably go to my room at the "Y" some morning and clean up, but things will run along like this several days until the quite few dollars I have in my pocket now will have dwindled to only a few. Those of you whom I may have met and who might have tried to pull me out of it will have given it up and I will be left entirely alone. My wife, by the absence of mail from me, will know what has happened and all the confidence she has built up in me these past several months will be gone and probably never restored--*if I take a drink today*.

The Old Squirrel Cage

Realization of these things will only cause me to drink more and faster and within a couple of weeks after that first drink I'll have moved to cheaper quarters, and soon my funds will be all gone and I'll start borrowing--ten here, five there, at first, then two and one, until I can't borrow any more--*if I take a drink today*.

Then I'll begin sneaking into the YMCA to get things to pawn--first my radio, which I enjoy so much and which I had a hell of a time getting out last time; then first one suit and then another, until there is nothing left but what I have on my back--*if I take a drink today*.

From here on it is hard to predict just what will happen--I may be working in a restaurant or my present employer may take me back, reluctantly, and give me another chance at a reduced salary with all prestige, seniority and confidence wiped out (that's what happened last time). Or, I may have a commitment to Kalamazoo hanging over my head or be in jail for 30, 60, or 90 days--*if I take a drink today*.

But at very best, I can only be back to work under reduced earnings and restrictions. I doubt that I'll have my room at the "Y"--I'll have all those debts to pay back, including a doctor bill. What clothes I have left will be too large, for the 15 pounds I have gained in the past few months will have been consumed in alcohol; all those whom I can now call friends will be skeptical at best and with very good reason to be--*if I take a drink today*.

However, regardless of what kind of recovery I might make, with the things I absolutely know it will cost me--THE PRICE IS JUST TOO GREAT! I know it will cost me every dollar I have now and

(Cage: Continued on page 4)

what I can borrow, in addition to the loss of income, totalling in all, seven or eight hundred dollars. I know I'll suffer the pangs of hell, wherever I am, both mentally and physically. I know I'll lose the encouragement and respect of my wife, and my employers and associates will speak and think of me in terms of doubt, at least temporarily--*if I take a drink today.*

Since I started thinking about what a drink would cost me, a lot of good things have happened to me that would not have happened if I had taken a drink. My wife has spent a grand two weeks' vacation with me--the first time we've been together for more than 24 hours for six years--all on account of John Barleycorn. My brother and his wife have been here to visit me--the first time in nine years--and I've had a week's vacation with pay at the boss's cottage and with my wife. I've seen several good ball games, a couple of circuses and numerous other things that I enjoy--none of which would have happened *if I took a drink.*

My wife is ready to come to Grand Rapids and make a home for me any time it can be arranged and the future in general looks brighter for me than in many years. So, you see, the price of a drink does get greater with the passing of each day of sobriety.

I don't know how nearly parallel my case may run with any of yours, but certainly close enough that none of you can afford to pay the price of a drink today--if you are an alcoholic. And for the benefit of you newer men, if you are an alcoholic take a tip from one who is an alcoholic, *you can't take a drink today* any more than I can, without getting drunk and into trouble.

So, summing it all up and adding it backwards and forwards, the answer is the same and I saw it again and again and again, the PRICE IS JUST TOO GREAT, *if I take a drink today.*

Reprinted with permission of AA Grapevine, Inc

November 1970

AA and Al-anon--I Need Both

By: Anonymous | California

The Grapevine received a number of letters asking why the author of "How to Stay Married Though Sober" (July 1970) failed to mention Al-Anon as a source of help. The article was based on the author's personal experience and Al-Anon simply did not figure in his experience.

Many others, of course, have found the help they needed in Al-Anon. Here is the personal story of one of those who did.

OVER SIX and a half years ago, I came to Alcoholics Anonymous and stopped drinking, because I could no longer endure what was happening to me and the way I felt about it. Eventually, I came to Al-Anon for the very same reason: My reactions to my husband's drinking not only were making me very unhappy, but on three different occasions in my second AA year they had caused me to drink my way through an emotional tempest; and I knew where this means of weathering small storms would lead--straight into a perpetual hurricane.

I had sought the people in AA for the simple reason that, since they knew how to save themselves from alcohol, they ought to be able to teach me how to do so. I had the same notion about the people in Al-Anon: They had learned how to keep themselves from being destroyed by another person's use of alcohol; therefore, now I must ask them to show me how to do likewise.

Just as, in admitting my own powerlessness over alcohol, I had had to disregard the "Well, I never did *that's*," and take a sharp look at what I *did* do with alcohol--and what it did to me--I found that now I had to make the same kind of assessment of my hus-

band's affair with alcohol.

For the sake of clarity, I must mention a few of his specific symptoms, such as: never starting for a social occasion where liquor would be served without having a drink before leaving the house; blackouts, some of several hours' duration; one automobile totaled; others dented from impacts with bridge railings and road banks. The general diagnosis I had to make was that my spouse had, at the very least, an irrational emotional involvement with alcohol, which caused him to feel that life without it would be barren indeed. Although I had reason to believe that he cared about me and wanted me to be happy and wanted to stay married to me, I knew that if it came down to a choice between me and booze, it would be I who had to go. This was not fantasizing; he has told me this, and not merely in the heat of anger.

My husband had approved (albeit a little uneasily, I think) of my joining AA, having concluded long before that, because of my regrettable inability to handle liquor, I probably ought to give it up. He was even willing to attend meetings with me occasionally and to mingle socially with AA people. In my second year of sobriety, when I had begun to have spells of literal loss of reason over the heavy "social" drinking which he presided over in our home, he even joined an Al-Anon group for a few months, and he appeared to enjoy his own intellectually-oriented approach to discussion of "the alcoholic problem." He dropped out, however, because--he told me resignedly--I got mad if he wouldn't go with me to AA meetings, and he didn't have time to go to both an Al-Anon and an AA meeting every week. Meanwhile, if a day passed when he had nothing to drink, it was a rare one, and he continued to get more bombed than anyone else at all social events where booze was provided.

Although my mental health was much better than it had been in my drinking days, too frequently for comfort I broke down into wild emotional binges. From individual AA members, I received such dandy advice as: "Your sobriety comes first. If your husband's drinking threatens your sobriety, leave him. Get a divorce if necessary."

While I realize that in some cases this does have to happen sooner or later, in my younger days I had learned from experience that discarding or switching men is not a guarantee of bliss. And, before and after AA, I have seen too many people pursuing the will-o'-the-wisp of perfect marital love, only to find themselves hitched to somebody else whose faults, though different, are just as unbearable as the first spouse's were. In addition, what I understood of my own psychological makeup told me that, for better or worse, a close relationship with a man had extreme importance to me and that I was not ready to try to change in this respect. I may also have had (as I still have) strong inhibitions about abandoning someone I loved when they were in trouble, even if it would have been good for them and for me, too.

So, if I broke up with my husband, I knew I would be more miserable and depressed than I already was in the worst of my fits of frustration over the damage alcohol was doing to our relationship, and, therefore, I would be in greater danger of coming to feel, "What's the use?" and so drifting into killing myself with booze.

During the first summer of being dry, in desperation I had attended two Al-Anon meetings in an effort to cope with my disturbance over my husband's sitting around drinking with our weekend guests--with me the only abstainer. There was probably in the back of my mind the thought "This ought to show him. Not only do I stop drinking and try to live by these noble AA principles, but in addition I have to go to Al-Anon in order to cope with his inconsiderate, irresponsible behavior."

Of the many Al-Anon groups in this area, the one I sought out that summer was across town. At the second meeting, "Love" was the topic. Frankly, I thought the whole thing was sickeningly general-

(Al-Anon: Continued on page 5)

ized and idealistic. At one point, a young woman was called on. She looked at the chairman; her mouth twisted; then she put her hands over her face, got up from her chair, and walked out of the room, crying behind her protecting hands.

That was enough for me. I told myself I couldn't take it from both ends. I did not go to any more Al-Anon meetings until months later, when I had sulked my husband into going to the one on our side of town. After that, I went to a few "special" open panel discussions they had. Probably, I felt insufferably smug at honoring them with my presence. As I recollect, my general attitude was that it was very nice that these relatives of alcoholics were trying to learn to live in such a way as to be more helpful to *us* and our interesting disease.

My husband dropped this group; but occasionally, when I was exceptionally up-tight about the latest incident in his drinking career, I would run in to talk to the girls and the one or two men who attended, because sometimes I found it more of a relief to tell them what I was going through than to tell an AA member.

Last fall--almost six years after I came to AA--there was a series of distressing events, including a disastrous evening when my husband fell on the street, too drunk to walk any more, and I had to have help to get him home. The combined impact brought me to Al-Anon "on my knees," as we describe our coming to AA.

I "stood at the turning point." Mentally, although I had improved, I was not doing as well as could be expected. My marriage was again in jeopardy, almost (but not quite) as much as it had been in the last years of my drinking. Like it or not, I had to be willing to start to change my attitude toward "his" problem.

Since then, the Wednesday-night Al-Anon meeting has become as much a regular part of my life as my AA meetings. I'm no longer a visitor; I belong. I have to. There is no place else to go--just as I had nowhere else to go when I joined AA.

The deep understanding of our problem which exists in AA is still there. At times, only another alcoholic will do. But there are other times when only another Al-Anon has that nonverbal understanding. There are conditions--such as what it's like to keep reaching for another drink when you really don't want to--that the Al-Anon has never experienced and therefore cannot comprehend in the same way we alcoholics do. But the Al-Anon has had other experiences which many alcoholics have never had and--in some cases--are damned well never going to allow themselves to go through. Because of my nature and my life-conditioning, I have been unable to avoid these experiences.

I used to feel--and many AAs and Al-Anons have solemnly agreed with me--that living with an active alcoholic, or even a heavy drinker, is harder for a recovered alcoholic than it is for a person who has never had a drinking problem. I doubt this now.

I know--at gut level--exactly what my husband's mental and emotional state is when he drinks. I've been there. I, too, have fallen down and been unable to get up. If I won't stop and remember how it felt--a process which has the weird effect of instantly washing away personal resentment--then I am simply indulging myself in masochistic mental drunkenness. But most Al-Anons have to try to comprehend their loved ones' states of mind by the intellect alone; and this is much more difficult to accomplish.

Before life forced me to accept the fact that I was one of them, I secretly thought that, by and large, Al-Anons were a pretty dopey bunch--colorless, that is. Well, some of them are. Dull. Boring. But have you ever taken a dispassionate look at some of the people in your AA group?

The Al-Anons are as individual as the personalities in AA. We get everything from the screamers with flashing eyes to the mice who never raise their voices above a whisper, from the managing, self-sufficient career women to the hand-wringing fragile flowers.

If I seldom mention male Al-Anons, it is because we have a men's

Al-Anon group in this area, and most of the males go there, with only a scattering of them at other groups. In addition, there is a sociological factor, too complicated to discuss here, which involves the fact that in our society a man usually abandons his mate when she has become too great an alcoholic burden--or any other kind of burden, for that matter. The abandonment can be by divorce or by virtual incarceration either at home or in a hospital. Women in general seem to have more of a tendency to doggedly hang on and keep trying, following the "impossible dream."

One AA man with eight years' sobriety frequently attends my Al-Anon group. As far as I know, he does not come for help with a drinking problem in his home, but for the sometimes more intensive concentration on the principles of the program which occurs in Al-Anon. I know well another AA woman whom Al-Anon hauled through her first two years of sobriety while her husband continued to drink. (He just had his third birthday in AA, and they are still in love.)

Although none of the members told me so, I think at first I had a tendency to feel that I was "special" in Al-Anon, entitled to speak with peculiar authority because I was a bona fide recovered alcoholic, and also to feel that it was a privilege for them to have me in their midst. Then, recently, one of our AA girls dropped in on our Al-Anon meeting. She is one that often makes waves under the surface in AA groups. Her disposition and temperament leave something to be desired. At the Al-Anon meeting, I saw in her this tendency I had suspected in myself. She was showing off, that's what she was doing. And making an ass of herself. Since then, I have tried to cool it in emphasizing my own "interesting condition" as a former swinging alcoholic. Somehow, most Al-Anons have had too much exposure to the bloated slob who rudely reveals how square he considers them to be. They don't react favorably to any alcoholic who seems to believe that getting into that condition was a sign of some inherent superiority over the rest of the human race.

Nevertheless, I believe that my presence at this Al-Anon group is of benefit to the other members, especially to the newcomer, who usually is not used to any relationship with an alcoholic except that of being blamed for everything, browbeaten, and deserted (at least emotionally). The new Al-Anon finds herself in the same boat with a person who once drank as compulsively--in one way or another--as *her* loved one does. She witnesses that person trying to attain a rational attitude toward life, struggling now with the very problem which has defeated her. This broadened view has, I think, a salutary effect.

Although life has taught me that giving advice is a waste of energy, I would suggest that AA members go to Al-Anon meetings occasionally when they find life in this over-populated, overpolluted, warring world getting too gruesome to endure comfortably. It's possible the people in Al-Anon could give you the boost or the soothing word you need. Perhaps you could even, by proxy, make some of the amends that the passage of time has prevented your making to other people, by saying a comforting word to the person whose heart is breaking right now.

But "humility" is the word. For God's sake, don't go in prepared to give them your inspired wisdom about what they're doing wrong to their poor sick alcoholics--because just maybe, brother (or sister), you don't know what it is to be sick and broken in spirit in the way they know it. As the Al-Anons get better through the therapy of working together on the program--they're not stupid--they'll learn about the disease and the insanity of alcoholism, and they'll catch on for themselves about how to cope with it without destroying themselves or doing harm to the sick alcoholic they are involved with.

In the Grapevine, a personal-experience story like this usually ends on a triumphant note about where the writer stands now. Well, this is how it is for me today: My husband is in his fourth week in a hospital, recovering from a heart attack and doing well. Unless some of his buddies have smuggled something in, he has had no alcohol for

over three weeks. It's all that I could ask--and more; he is alive and healing and he is dry and he looks glad to see me when I come in. Despite some moments of apprehension, confusion, and dismay, I am able most of the time to act on the knowledge that what happens tomorrow or next month is not my business today.

Like the man who answered his child's query "What did you do in the Great War, Daddy?" by saying, "I survived," that's about all I can say at this point. My marriage also has survived. And without Al-Anon I doubt that either it or I would have.

Reprinted with permission of AA Grapevine, Inc

December 2024 | Remote Communities and Sober Holidays |
What's On Your Mind?

Confessions of a Sober Loner

By: Anonymous

She goes to meetings and lives a quiet, sober life. She doesn't make a lot of friends and isn't lonely—and she loves it

I started drinking at 16 and did it consistently for 18 years, mostly alone. I was and am what people might call different. Now, with 17 years of sobriety—and happily alone—I'm able to accept that. Contrary to other people's opinion of what's right for me, it's OK to live and be sober alone. I find peace knowing that I mustn't, as they say, "Go out there and cultivate friendships."

In meetings I get inundated with common AA sayings that many of us are familiar with. "Don't isolate," they say. "Stop the grandiosity thinking, you are not terminally unique." As a matter of fact, I am rather unique. The benefits of sober living can come slower to loners like me, because in my experience we have quite a few people in AA telling us we're doing it wrong.

I sincerely began my journey in AA of loving myself for who I am and being true to myself. But I discovered the huge metropolis I got sober in to be overwhelming. I was willing to go to any length to stay sober, so I moved to Texas, in the woods outside a little rural community. I made this move at 10 years sober with a lot of prayer and meditation.

It's now seven years later. I'm 51 and retired. I'm that crazy cat lady, which is apparently something I'm well-suited for, though I never would have seen this for myself when I was actively drinking.

In the beginning of my sobriety, I attended many AA meetings a day to replace how much I drank. Now I go more for the responsibility of passing along recovery to the next alcoholic who may or may not benefit from my experience. Most of the friends I do have are married, and I sometimes become a curiosity to their spouses. They ask if I'm scared living alone or if the holidays are lonely for me. No and no. I'm never really alone. I have not only made a decision, but I have turned my will and my life over to the care of a God that I understand.

I know so many more pros than cons about being alone during the Thanksgiving and Christmas season. One year at an AA meeting I felt the need to verbalize this to those alcoholics who were feeling sorry for themselves because they felt alone during the holidays. I shared that I have no family squabbles. My many pets don't seem to notice holidays aside from the pink Christmas tree I get to put up whenever I want and decorate with purple ornaments. I then get to take the tree down whenever the mood strikes me.

Our biggest drinking holiday, New Year's Eve, is overshadowed by my now advancing age (a benefit of staying sober!). I'm usually in bed and asleep by midnight. And on St. Patrick's Day there are no more green rivers of beer for me, nor hunting eggs on Easter. But again, one outgrows certain festivities, doesn't one?

And as for the awesome summer holidays: Memorial Day, the 4th of July and Labor Day ... well, I just remember what it was like, and my gratitude for what it's like now consumes my soul. Besides, I don't grill.

Reprinted with permission of AA Grapevine, Inc.

Come Join Our Tuesday Nite Impaired Professional AA Meeting



Tuesday nights at 7:00
Holy Trinity Lutheran Church
11709 W. Cleveland Ave., Milwaukee

Not just for professionals but for anyone seeking sobriety and a better way of life by working the 12 steps and living well. Come share in the fellowship with us and start enjoying life again.

We meet in person and on Zoom. Meeting ID = 98178765495, Password = 071150.
Hope to see you there!!

Brown Bag Meeting, Wednesdays @ The H.O.W. to Club



Open Meeting/Bring Your Own Lunch

This is an open meeting where you bring your own lunch but please purchase your drinks at the club.

Wednesdays, Starting 11/6/24

Meeting time @ 12:30-1:30

HOW to Club - 8930 W National Ave, Milwaukee, WI 53227
Contact Rick H. For more information: 262-758-4705

**ST. LUKE'S EPISCOPAL CHURCH 3200 S. HERMAN ST.
BAY VIEW**



**WE GRATEFULLY NEED YOUR SUPPORT!
COME AND CHECK US OUT**

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



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

Reprinted with permission AA World Services, Inc.

[Seventh Tradition Checklist](#)

Use **[VENMO](#)** on your smartphone to contribute.

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 place for those groups who wish to use it.)

Suggested Statement on Safety

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

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

Service Material from the General Service Office

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

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

Meeting Space Currently Available

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

Redemptorist Retreat 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 Fahrnwald 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.

ZOOM MEETING NEEDS SUPPORT!

ZOOM At Noon Women's Meeting

Monday, Wednesday and Friday at 12:00 PM (Noon)

[https://us02web.zoom.us/j/5877359740?](https://us02web.zoom.us/j/5877359740?pwd=Rytda2hwNWczeExqL1l2SjZFR2dYUT09)

[pwd=Rytda2hwNWczeExqL1l2SjZFR2dYUT09](https://us02web.zoom.us/j/5877359740?pwd=Rytda2hwNWczeExqL1l2SjZFR2dYUT09)

By phone, dial 312-626-6799 and enter Meeting ID #

Meeting ID: 587 735 9740 Password: 123456

DISTRICT MEETINGS

COMPLETE DISTRICT INFORMATION ON THE WEB:

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

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

(Check the web address above for meeting info.)

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

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

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

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

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

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

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

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

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

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

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

27. MILWAUKEE CNTY: 3rd Wednesday of month at 7:00 P.M., the Zoom ID number is [824 0616 9567](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](#)

CORRECTIONAL INSTITUTIONS

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

For meetings at Milwaukee Area Correction facilities contact:

Andrew K. at 262-239-6528 or email: mcccoordinator@gmail.com

- **TAYCHEEDAH CORRECTIONAL**, Fond du Lac, WI 54937
- **OAK HILL CORRECTIONAL INSTITUTION:** 5212 County Road M, Fitchburg, WI 53575
- **WAUPUN CORRECTIONAL INSTITUTION**, Waupun WI
- **FOX LAKE CORRECTIONAL**, Box #147, Fox Lake, WI 53933
- **JEFFERSON COUNTY JAIL** 411 S. Center St., Jefferson, WI,
- **RACINE CORRECTIONAL INSTITUTION** for MEN 2019 Wisconsin St, Sturtevant, WI 53177
- **FEDERAL CORRECTIONAL** Satellite Camp, Oxford, WI.
- **THOMPSON FARM**, RT. 2 DEERFIELD, WI.,
- **ROBERT ELLSWORTH CORRECTIONAL**, Union Grove, 53182
- **KETTLE MORAIN CORRECTIONAL**, Forrest Dr., Plymouth,
- **MILWAUKEE COUNTY HOUSE OF CORRECTION**, 8885 S. 68th St. Franklin WI. Emily J. by Email: mcccoordinator@gmail.com
- **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
Thur. 10:00 a. Topic Meeting
1:00 p. Women's AA Gp
5:30 p. Topic Meeting
Fri. 10:00 a. Topic Meeting
5:30 p. Step/Tradition
8:00 p.
Sat. 10:00 a. Step Meeting
5:00 p. Fellowship of Spirit
7:00 p. Feelings
10:00 p. Young People
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 Introductory AA
Tue. 7:30 a. Comin' Back Gp
10:30 a. Keep It Simple
4:00 p. Drop the Rock
6:00 p. Key To Sobriety Women's
7:30 p. Three Legacies
7:30 p. Double Trouble DD/O
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
Thur. 7:30 a. Welcome Back Gp
10:30 a. Made Decision
5:15 p. As Bill Sees It
7:00 p. Gateway Topic Gp
Fri. 7:30 a. Honesty Gp
10:30 a. Came To Believe
6:00 p. Women's Fri. Kickoff
6:30 p. Thoughts 4 Today
8:00 p. Broken Arrow
8:30 a. Early Bird
Sat. 10:30 a. Happy Joyous Free
7:00 p. Vajeros Wisconsin lower level
7:00 p. 5 Concepts upstairs
8:00 p. Back to Basics 12x12

LAKE AREA CLUB

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

www.lakeareacub.com

A.A. MEETING SCHEDULE

Sun. 8:00 a. Early Bird
9:30 a. Literature Meeting
11:00 a. Friendship Gp
6:00 p. Big Book
8:00 p. Gopher Sunday
Mon. 9:00 a. Positive Attitude
6:30 p. Otter Gp
8:00 p. Step/Tradition Study
Tue. 1:00 p.
4:00 p.
7:00 p. Life House Beginners
8:00 a.
Wed. 10:00 a. Back To Basics
2:00 p. Women's Meeting
6:00 p.
8:00 p.
Thur. 10:00 a.
4:00 p.
5:00 p. Woman's Way 12 Steps
6:00 p. Hybrid Meditation Mtng
Zoom ID: 89239303536, PW: 999525
Fri. 12:30 p.
4:00 p.
8:00 p. Old School House
Sat. 10:00 a. Big Book
OPEN AA/Al-Anon
SPEAKER MEETING
Sat. 7:00 p. 2nd & 4th Saturdays
(AA and/or Al-Anon Speakers)
AL-ANON MEETINGS
Mon. 7:00 p. Al-Anon
Tue. 9:00 a. Al-Anon
Wed. 7:00 p. Al-Anon & Alateen

WAUKESHA ALANO CLUB

318 W. Broadway

Waukesha, WI, 262-549-6541

<http://http://alanoclubofwaukesha.com/>

(IP)=In-person,

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

Mon. 12:00 p. (IP)

6:00 p. Beginners AA (IP)

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

Tue. 12:00 p. Wed Nooners (IP)

5:30 p. Topic Gp (IP)

Thur. 12:00 p. Nooners (IP)

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

6:00 p. Fri 4th Dimension B/B (IP)

Sat. 6:00 a. Early Morning (IP)

10:00 a. Gp 124 (IP)

OPEN MEETINGS,
DANCES & EVENTS
Call for information.

GALANO CLUB

- LGBT & All in Recovery -
7210 W Greenfield Ave LL
Milwaukee, WI 53214, 414-276-6936

<http://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 - Papillon 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
Thur. 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://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
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
Thur. 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
Thur. 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

<http://http://www.howtoclub.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

Thur. 6:30 a. Topic (V & IP) Meeting ID:

816 604 624 PW: 485594

10:00 a. Topic

5:30 p. Step/Topic/Trad

Fri. 6:30 a. Topic (V & IP) Meeting ID:

816 604 624 PW: 485594

10:00 a. Step/12 & 12

8:00 p. Step

Sat. 6:30 a. Topic (V & IP) Meeting ID:

816 604 624 PW: 485594

8:30 a. Big Book/Steps

10:00 a. Big Book

8:00 p. Open Speaker Mtng.

(1st Saturday Only)

In Person AA Groups NEED YOUR SUPPORT

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

MEETING ROOMS

UNITY CLUB 1715 Creek Rd West Bend, (262) 338-3500 unityclub1715@att.net www.facebook.com AA MEETING SCHEDULE Sun. 10:30 a.* Gratitude Gp. 7:00 p. Candlelight Gp. Mon. 10:00 a. Monday A.M. 7:00 p. Men's 7:00 p. Women's Tue. 10:00 a. Tuesday A.M. 6:00 p. More About 12&12 7:30 p. Beginner's Wed. 10:00 a. Promises 1:06p. Steps/Promises 5:00 p. Happy Hour Gp Thr. 10:00 a. Big Book Fri. 10:00 a. Step/Topic Gp 6:00 p. Big Book Sat. 10:00 a. Here & Now 700 p. 12 Step Meeting AL-ANON & ALATEEN MTNGS Wednesday 1:00 p. Al-Anon Friday 11:00 a. Al-Anon Saturday 9:00 a. Al-Anon (Zoom only.) Mtng ID: 810 5054 8668, Pass Code: 860539 • Open Mtng. 3rd Sunday of month	FRIENDSHIP CLUB 2245 W. Fond du Lac Ave Milwaukee, WI (414) 931-7033 Email: friendshipinc@sbcglobal.net AA MEETING SCHEDULE Sunday 10:00 a. Friendship 11:00 a. Third Sunday Open Meeting Monday 10:30 a. Step Gp Tuesday 7:00 p. Gp 43 Big Book Saturday 10:30 a. Gp 112 Step Call for information on other types of meetings. Email: friendshipinc@sbcglobal.net	TRI-COUNTY UNITY CLUB 110 S 2nd St. Watertown WI www.tricountyunityclub.com Sunday 11:00 a. Big Book Study 6:30 p. New Beginners 7:00 p. Spanish Nuevo Amanecer Monday 10:00 a. Eye Opener Grp. 7:00 p. As Bill Sees It Tuesday 7:00 p. Keep It Simple 7:00 p. Spanish Nuevo Amanecer Wednesday 10:00 a. New Freedom Thursday 10:00 a. Thur. Morning 7:00 p. Spanish Nuevo Amanecer Friday 4:30 p. Friday Happy Hour 7:00 p. Reality Check Saturday 10:00 a. Morning Group 8:00 p. Saturday Night Open Mtng BEAVER DAM ALANO CLUB 115 N Lincoln St. Beaver Dam WI 53916 Sun: 10:30 a.m. & 7 p.m. Mon: 8 a.m., 6 p.m. & 8 p.m. Tue: 9:30 a.m. & 7:30 p.m. Wed: 8 a.m. & 7 p.m. Thur: 9:30 a.m. & 8 p.m. Fri: 12 Noon & 6 p.m. Sat : 12 Noon & 7 p.m. Open	MILWAUKEE GROUP 933 E Center St, Milw WI 53212. A.A. MEETINGS Sun. 10:00 a In-person 8:30 p. In-Person Mon. 5:30 p. In-Person 7:00 p. In-Person 8:30 p. In-Person Tue. 7:00 p. In-Person 8:30 p. In-Person Wed. 5:30 p. Zoom https://zoom.us/j/8974697046 pw:0 7:00 p. In-Person 8:30 p. In-Person Thur. 7:00 p. In-Person 8:30 p. In-Person Fri. 7:00 p. In-Person 8:30 p. In-Person Sat. 8:30 p. In-Person Milwaukee Central Office 7429 W Greenfield West Allis WI 414-771-9119 A.A. MEETINGS Sun. 9:00 a. Gp 10 Sunday Mon. 12:15 p. Tue. 12:15 p. Wed. 12:15 p. Thur. 12:15 p. Fri. 12:15 p. Sat. 9:15 a. 1st Step 10:30 a. We do not meet on major holidays.	LIGHTHOUSE ON DEWEY 1220 Dewey Ave. Wauwatosa WI AA MEETINGS Sunday 6:00 p. Jim's First Step 7:30 p. Gp 78 Great Room Monday 7:30 p. Laughs/Leisure Tuesday 6:00 p. 11th Step Meditation 7:30 p. Professionals Wednesday 7:30 p. Presidents Hall 8:00 p. "RES-IPSA" Thursday 7:30 p. Alumni No 12 Friday 7:15 p. Gp 74 Saturday 10:00 a. Gp 59 All Saint's Cathedral 818 E Juneau Ave. Milw 53202 Sun: 7:00 p.m. Bench Meeting Mon: 7:30 p.m. #08 Sane & Sober Tue: 10:30 a.m. Men's Gp. Wed: 7:30 p.m. Men's Gp. Fri: 7:30 p.m. Big Book Gp. Sat: 10:30 a.m. Men's Gp.
---	---	--	---	---

JOIN the BIRTHDAY CLUB!

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

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

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

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

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

\$ _____ enclosed.

I will have _____ years on _____ / _____ / _____.

Name _____

Address _____

City _____ State _____ Zip _____

Phone: () _____ - _____

Email: _____

Home Group: _____


HAPPY BIRTHDAY!

<u>Years</u>	<u>Name</u>	<u>Home Group</u>
43 (11/11/1982)	Tom L.	Oak Creek Friday
39 (11/22/1986)	Gordie M.	Brown Deer Monday Night


Congratulations!

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



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 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



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



HOLIDAY OPEN HOUSE



WHEN:

**Saturday, December 13,
2025, 10:30 A.M. – 12:30 P.M.**

Short Open Meeting, at 11 A.M.

WHERE:

Milwaukee Central Office

**7429 West Greenfield Ave,
West Allis, WI 53214**

**Shop and Enjoy 10% off all
Non-AA Conference approved
books and gifts, on Dec. 13th
when you join us for our Open House.**

REFRESHMENTS * REFRESHMENTS *
More REFRESHMENTS

(Bring a dish to pass, if you wish.)

***Welcoming Newcomers and Aiding
AA Groups In Our Community***



**COME AND
EXPLORE THE
MILWAUKEE
CENTRAL
OFFICE**



**MEET YOUR
BOARD OF
DIRECTORS**

**GREET YOUR
FRIENDLY
OFFICE STAFF**

**ENJOY THE FEL-
LOWSHIP & EAT
THE FREE FOOD**

**SUGGESTIONS
TO IMPROVE
AA IN THE
COMMUNITY
ENCOURAGED**