

Milwaukee Central Office "Fall Fling 2018"

to be held at:

Milwaukee Elk's Lodge #46
5555 W Good Hope Rd
Milwaukee WI 53223

Saturday October 27, 2018

Hospitality: 5:30 p.m. Buffet Dinner: 6:00 p.m.

AA Speaker: Katie S. (Milwaukee) 7:30 p.m.

Tickets (round tables of 8) on sale NOW.

Buffet Menu Includes: Lasagna meat, Lasagna vegetable, Fettuccine Alfredo w/Chicken, served with Garlic Bread and Tossed Salad, Cake, Coffee, Milk.

Tickets by mail, \$25.00 each. Include a self addressed stamped envelope.

Greater Milwaukee Central Office

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

Call or email for more information: gmco@aamilwaukee.com

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

Card Number _____ Expiration Date ____ / ____
Name _____ Phone _____ CVC# _____
Address _____ Zip Code _____

E-mail Address: _____

Number of tickets ____ X \$25.00 = \$ _____

Tax deductible donation to
Greater Milwaukee Central Office + \$ _____

Check or Credit Card Total = \$ _____

"Cut-off date for tickets Monday October 15, 2018"

Seating is assigned by table. If you want to sit with your friends, please buy your tickets together. Tables are 8 top rounds.

Greater Milwaukee Central Office

"Welcoming Newcomers and Aiding AA Groups In Our Community."

"BETWEEN-US"

VOL. 26 ISSUE 9

SEPTEMBER 2018

Who, Me?

If you're drinking too much, but think your life is still manageable because you're a top executive of a good-sized company, read this and see if you don't agree that it just plain makes sense to quit while you've still got some chips left

WHO, ME? An alcoholic? I'm no skid-row bum. I'm a practicing lawyer, a partner in a good firm. I haven't lost my family, a wife and two children. They're doing all right. My wife has a car of her own--I'm a good provider. Besides, I'm too smart to be an alcoholic. After all, wasn't I graduated from college magna cum laude, with a Phi Beta Kappa key? And from law school second in my class, with an Order of the Coif key?

Yes, of course I drink too much--by any standard. I've passed out many times, sometimes in public places. What about that time two deputy sheriffs woke me up when I was "parked" in the middle of the street with my arm resting on the horn button? Sure, I have hangovers, practically every morning. No, I can't face breakfast--maybe some orange juice and coffee, but it seldom stays down. Certainly, I have the night sweats and the morning shakes. Yes, I have my name printed on my checks; otherwise, the bank might not recognize my signature.

("Me" Continued on page 8)

The Two-wheeled Tranquilizer

He whizzes or wanders from point A to point B and gathers good along the way

I OWN a bicycle. It is a Schwinn Deluxe Racer with a twenty-three-inch, jet black frame, three-speed transmission, hand brakes, and glistering chrome fenders. It cost me the equivalent of eighty-five martinis and is worth about three trillion dollars, give or take a million or so.

I bought the bike in a fit of grim reformatory zeal during my first months in AA. But its value has grown as I have, and it has become a two-wheeled tranquilizer, a fast-acting tonic for tired spirits, a rolling observatory, a restorer of perspectives, and a vehicle for the physical vitality that puts spring in emotional response.

Whenever the hours of the day start banging together like runaway chimes, I set out on my bike to see what God is up to today. In the course of the trip my resentments drain out as if from an unplugged sink, and on my return I am much more ready to cope with a world whose plans sometimes do not coincide with mine.

("Wheels" Continued on page 9)



Greater Milwaukee Central Office AA
Profit & Loss
July 2018

Income	
4000 · Literature Sales	8,805.90
4050 · Between us	63.00
4070 · Contributions	6,695.61
4080 · Gratitude boxes	2.80
4090 · Open Meeting / Dinner	700.00
4130 · Personal Contri.	68.00
4150 · Coffee, Candy, Soda	173.61
48900 · Shipping and Delivery Income	70.00
Total Income	16,578.92

Total Cost of Goods Sold 5,287.94

Expense	
51100 · Freight and Shipping Costs	27.92
59900 · POS Adjustments	371.80
6045 · Coffee, Candy, Soda	107.16
6050 · Credit card fees	130.04
6330 · Insurance Expense	1,653.00
6500 · Office	2,935.76
6600 · Payroll	9,573.20
Total Expense	14,798.88

Net Income **-3,507.90**

<u>Account Balance</u>	Total Income 16,578.92
Checking Account 2,929.63	Minus Total COGS 5287.94
Savings Account 46,966.60	Minus Total Expenses 14,798.88
Prudent Reserve CD 163,805.25	Equals Net Income -3,507.90

What is the Prudent Reserve?

The A.A. guideline document produced by A.A. World Services, Inc., suggests a prudent reserve for a central office or intergroup be fixed somewhere between one and twelve months' operating expenses. The prudent reserve is not available for everyday use. It is only meant for startup and twelve months of operating expenses, in an emergency situation.

Meeting Space Available

- **Chase Commerce Center Bldg 28**, 3073 S Chase Ave at Oklahoma. Contact: craig.bergland@gmail.com for more information.
- **Christ United Methodist Church**, 5200 S 48th St. Greenfield WI 53221. Wheelchair accessible space available. Contact: Jo, 414-421-0202 or email: christumc1@sbcglobal.net
- **Galano Club-LGBT Friendly** at 7210 W Greenfield Ave. West Allis, has meeting space available for recovery groups. Plenty of free parking. Contact Deb S. at 414-759-7149 or Email: galanoclub@gmail.com



2018 AREA 75 ANNUAL CONFERENCE OF ALCOHOLICS ANONYMOUS

November 2-4
Chula Vista Resort | Wisconsin Dells
Hosted by District 20

Bring the family!
\$99 Room Rates include resort access for all guests!

Area 75 Assembly & Elections	AA Speakers	ALKATHONS	Ice Cream Social	Al-Anon Speaker
	Standing Committee Meetings	AA & Al-Anon Panels		
		Banquet Buffet	Entertainment	

First 100 registrants are entered to win a set of Conference CD's



REGISTRATION FORM One Person Per Form, Please Print

Select: AA Al-Anon Alateen

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

email _____

Accessibility accommodation needs _____

PLEASE CHECK DESIRED

Pre-Registration	\$18.00	
Saturday Night Buffet	\$30.00	
Sunday Breakfast Buffet	\$14.00	
Donation	\$	
Total Enclosed	\$	
NOTES: Must Register To Attend Conference Onsite Registration fee is \$20.00		

Make Checks Payable To:	Area 75 Conference PO Box 14171 Madison, WI 53704
Or Register Online:	www.eventbrite.com Enter: 2018 Area 75 Annual Conference

Secretary Meeting, Aug 14, 2018

(“Rage” Continued from page 11)

me, but I must always be aware that I could slide back into those rages. The difference now was that I'd had the experience; I was aware of it, could recognize it, and could cope with it.

I remembered my old attitude toward Step Two: "Came to believe that a Power greater than ourselves could restore us to sanity." That "sanity" thing bugged me at first. I admitted my insanity when I drank, but now I was sober, and of course I wasn't insane! In fact, when my sponsor pressed the point of my sober insanity, if I'd had a large plaster plaque of the Serenity Prayer, I'd have belted him with it.

Many of my stinking-thinking patterns before I ever began drinking have become more clear to me now. I find them cropping up almost daily in large or small ways. But the awareness of them, the acceptance of them, and the sometimes halfhearted willingness to do something about some of them proved to me that there can be progress, if I want it. My defects crop up because it is time they did! It is time that I be tested on them. Will I cope successfully or unsuccessfully with them?

Usually, they are defects that I've been hung-up on from time to time for many years, and I don't want to face them completely. Perhaps I can't face them alone. That is where the therapy of talking with other AA members is a lifesaver.

Yes, I've seen others slip off the rage plateau, back into booze. I've tried to use them as object lessons for myself. At the outset, I was told, "This is a simple program for complicated

people." When I do get hung-up on rage, it is then mandatory that I talk to someone about it, get the simplicity back, to the best of my ability. Rage kept inside me will eat and corrode--it becomes a resentment, and resentments against myself or others will eat me alive, unless I recognize that I have to go on hurting only as long as I want to!

Our Big Book says, ". . . recovered from a seemingly hopeless and helpless condition of body and mind." Recovered, yes, but not cured, either of the physical allergy of alcoholism or of the seemingly hopeless and helpless condition of sick emotions. The effects of the physical allergy clear up, one day at a time, if we don't drink; but they will return if we do. It took many years to become as emotionally sick as we have been, and many of us still are. Doesn't it make sense, then, that it will take perhaps years for many of us to work our way into emotional sobriety?

I remind myself: *Easy Does It*, "One day at a time," "This, too, shall pass." When I want to hurry the process, flit from Step to Step, jump, run, or hop, try to take all the Steps in one leap, my sponsor quotes a passage from the end of Chapter Eleven in the Big Book: "We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you *trudge* [my emphasis] the Road of Happy Destiny. May God bless you and keep you--until then."

-- R. W.
Van Nuys, California

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November 1968

Groups represented 7, 22, 63, 74, 100, 132 Women, 140 Shorewood, A New Awakening, A Vision for You, Badger Gp, Big Book Readers, Butler Sunday Night, Common Solutions, HOW It Works, Mayflower Gp. Monday Night Women's Waukesha, Pick-A-Topic Gp, Real Needs Real Help, Reality Gp, Restore Us To Sanity, Spiritual Solutions, Sunday Night Grapevine, TGIF Menomonee Falls, There Is A Solution/Pewaukee, Treat Yourself Tuesday, Tuesday Night Grapevine, Turning Point Sunday Night, Wanderer's, Way of Life, Women's Freedom, I'm sorry if I have missed anyone that was in attendance.

Nancy S. opened the meeting at 7:00 p.m. with a moment of silence followed by the Serenity Prayer.

Bank Balances on page two.

New secretaries introduced themselves, and made announcements.

ALL MEETINGS listed in our meeting directories should routinely contribute to the AA Service Entities; Milwaukee Central Office 50%, GSO in New York 30% and Area 75 Committee 10% and to your Districts 10%.

Renew Between-Us subscriptions now. \$9 yr. for 3 copies/mo. or \$18 yr. for 6 copies/mo. All subscription run through December. **NEW subscriptions welcome.**

BIRTHDAY CLUB! We celebrate birthdays, and we'd like to help you celebrate yours! Send us a donation of \$1 for each year - or more if you'd like - and we'll print your birthday in the Between-Us Newsletter. In-

clude your Home Group, and we'll print that too! Just fill in the form found on page 6 of this newsletter.

Volunteers are needed for the helpline, some overnight and some Saturdays (9-1 or 1-5). Also, some in-office hours available now. You need to have at least 1 year of sobriety, a Home Group and Sponsor. Call Nancy or Dan.

Guest Speaker: Elizabeth (BJ) E. Representing the Deaf AA Community.

Central Office Fall Fling is set for Saturday October 27, 2018. Tickets are on sale now for \$25.00. This event will be held at the Elk's Lodge #46, 5555 W. Good Hope Rd. Dinner will be an "Italian Buffet" with meatless options. Tickets available through the Central Office 414-771-9119.

The meeting closed with the Lord's Prayer at 7:20 p.m.. Next meeting is Tuesday September 11, 2018 at 7 p.m. Next Board of Director's meeting is September 12, 2018 at 6:30 p.

Deaf Access Committee (DAC) July 2018

Balance:	\$5,043.18
Contributions:	\$1,266.41
Interpreter payments:	\$ 880.00

Leslie P. with questions: eclvr@wi.rr.com

ORIENTATION for GSR'S

Second Tuesday of each month, 6:30 p.m. prior to the secretary's meeting, at the Milwaukee Central Office. Call before you come 414-771-9119

DISTRICT MEETINGS

DISTRICT INFO ON THE WEB:

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

1. JACKSON, LaCROSSE, MONROE, VERNON, & TREMPLEAU: 2 & 18 GREEN LAKE & MARQUETTE CNTY'S & PART OF WAUSHARA; 8 & 30 ROCK ; 9. CRAWFORD, GRANT, IOWA and LAFAYETTE; 19 & 37. RICHLAND & SAUK; 20, 21 & 26 DANE; 31. COLUMBIA CNTY; 35. GREEN; 37. JUNEAU CNTY'S

(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

4. MILWAUKEE CNTY is now "District 38"

6. WALWORTH CNTY 2nd Tue. 7:30 p. Feb. Apr. June. Aug. Oct. and Dec. only, Walworth Alano Club, 611 E. Walworth St., Delavan

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

10. Spanish District. Contact: Salvador G. at 414-446-0158. Meets every 2nd & 4th Sunday 9 a.m. to 11 a.m. 1663 S. 6th Street, Milw.

11. JEFFERSON CNTY Meets last Wed. at 5:30 p.m. Moravian Church, 301 College St., Lake Mills,

12. WASHINGTON CNTY 1st Wed. of month, 6:00 p., Jansen Family Park, Schuster Dr. West Bend

13. WAUKESHA CNTY (1 of 3) 1st Sun. of month, 1:00 p, St. Matthias Church, 111 E. Main, Waukesha

14. MILWAUKEE CNTY (1 of 6) 4th Wed. of month, 7:00 p, Milwaukee Central Office 7429 W Greenfield Ave., P.O. Box 13011, Wauwatosa WI 53226

15. MILWAUKEE CNTY is now "District 38"

16. MILWAUKEE CNTY (1 of 6) 1st Wed. of month, 7:00 p, Milw. Central Office, 7429 W Greenfield Ave.

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

22. MILWAUKEE CNTY is now "District 38"

23. DODGE CNTY 1st Wed of month at 7:00 p, Dodge Cnty Alano Club, 115 N. Lincoln, Beaver Dam, call to confirm 920-583-3142

24. OZAUKEE CNTY 3rd Tue. of month, 6:30 p., Peltz Center for Jewish Life, 2233 W Mequon Rd. Mequon

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

27. MILWAUKEE CNTY (1 of 6) 3rd Wednesday of month, 7:00 p.m. Covenant Lutheran Church, 8121 W Hope Ave, Milwaukee WI 53222

28. MILWAUKEE CNTY (1 of 6) 1st Mon. of month, 7:00 p, Bay View United Methodist 2772 S Kinnickinnic Ave. Bay View, WI 53207

29. MILWAUKEE CNTY (1 of 6) 1st Mon. of month, 7:00 p, Luther Memorial Church, 2840 S 84th St., West Allis, WI 53227

32. WAUKESHA CNTY (1 of 3) 4th Tuesday of month, 6:30 p, Bethlehem Evangelical Lutheran Church, 470 Oak Crest Dr., Wales WI.

34. WAUKESHA CNTY (1 of 3) 1st Tue. of month, 6:30 p, Northwest Alano Club, N88W17658 Christman Rd., Menomonee Falls

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

38. MILWAUKEE CNTY (1 of 6) Last Sunday of month 4:30 p.m. All Saint Cathedral, 818 E Juneau Ave.

SEND ADDITIONS AND CORRECTIONS TO:

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

WEDNESDAY NIGHT AIRPORT GROUP 2018 ANNUAL OPEN MEETING

WHEN: WEDNESDAY, SEPTEMBER 12TH, 2018

FELLOWSHIP AT 5:30 P.M.

MEETING/SPEAKERS BEGIN AT 6:00 P.M.

WHERE: ST. LUKE'S UNITED CHURCH OF CHRIST

2200 18TH AVENUE
SOUTH MILWAUKEE, WI

WHO: ALANON SPEAKER: SAMM K.

AA SPEAKER: THERESA W.

COME JOIN US FOR
FOOD, COFFEE AND FELLOWSHIP!

DEAF ACCESS COMMITTEE AWARENESS EVENT

Saturday - October 13

Underwood Baptist Church

1916 N Wauwatosa Ave, Milwaukee, WI 53213

Speakers - Skit - Auction

11:00 am - 3:00 pm

Lunch (\$5.00 donation)

Spirituality and Money

"While the work of the group treasurer often involves many details, it is important to remember that the money the treasurer oversees serves a spiritual purpose: it enables each group to fulfill its primary purpose of carrying the A.A. message to the alcoholic who still suffers. This is the fundamental work of A.A. and to continue it the group must keep its doors open. The group treasurer is an important part of this Twelfth Step work."

**2 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.

CORRECTIONAL INSTITUTIONS

TAYCHEEDAH CORRECTIONAL,
Meetings are held every Tuesday, 5:45 -7:30 p.m., Gloria K. (920) 921-2395

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

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

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

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

ROBERT ELLSWORTH CORRECTIONAL,
21425A Spring St., Union Grove, 53182 Call for AA Meeting times: Contact Jennifer H. 262) 237-1294 or Cheryl P. (262) 914-3970.

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

WAUPUN CORRECTIONAL INSTITUTION

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets at 6:30 p.m. on the 2nd Monday every odd numbered month at All Saints Cathedral, 818 E. Juneau, Milwaukee, WI 53202. Donations should be sent to: **MCCC, PO Box 270544, Milwaukee WI 53227-0544.** Call coordinator: Kôtâ at (262) 385-3443, email: mcccocoordinator@gmail.com w/ Corrections volunteers must go through the committee to get AA literature to take into the various facilities. Milwaukee Central Office no longer handles the funds.

Area 75, Southern WI, Calendar of Events 2018
Madison Senior Center (MSC), 330 W. Mifflin St., Madison, WI, except where otherwise noted.
Assembly, September 16, 2018
Area 75 Conference
November 2-4, 2018 Wisconsin Dells, WI
Area 75 Conference & East Central Regional Conference
October 18-20, 2019 Milwaukee, WI

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

MILWAUKEE COUNTY HOUSE OF CORRECTION, 8885 S. 68th St. Franklin WI.

MILWAUKEE COUNTY JAIL 9th & State Milwaukee WI.

MILWAUKEE SECURE DETENTION CENTER, 1015 N. 10th St. Milwaukee

Mil Women's Correctional Ctr. 615 W Keefe Ave. Milwaukee

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

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

RACINE CORRECTIONAL INSTITUTION for MEN Mtngs: Sun. 8:30 AM, Dane Rx Unit; Wed. 7:00 p. and two meetings on Thursday at 7:00 p. English and Spanish. Call Paul H. (262) 537-2884

- **Milwaukee Central Office:** 7429 W Greenfield Ave, West Allis, WI 53214
gmco@aamilwaukee.com
- **Area 75 Treasurer:** PMB #167, 5464 N Port Washington Rd., Glendale WI 53217
- **General Service Office:** G.S.O.
- P O Box 459, Grand Central Station, New York, N.Y. 10163
- **Area 75 Corrections, Bridging the Gap and Treatment write to:** PMB # 170, 5464 N Port Washington Rd., Glendale WI 53217
- **Milwaukee Deaf Access Committee:**
www.milwadac.org; Email: MilwaukeeAreaDeafAccess@gmail.com; Mailto: Deaf Access Committee, P.O. Box 1982, Waukesha WI 53186

Central Office Contributions, July 2018
83 Groups Contributed Thank You!

Group Name	Group #	Amount	Group Name	Group #	Amount
#040 Fri Gp	117446	80.00	Lake Geneva Kitchan Table	125435	25.00
#040 Mon Big Book	150771	80.00	Living Sober Wed Night	879236	80.00
#051 Gp	114317	50.00	Matt Talbot Bell Ringers Gp	675208	81.00
#059 Gp	117784	50.00	Meyler Ladies Men & Fri	114336	100.00
#087 Early Risers	119029	13.00	Meyllover, Salem Methodist	161712	105.00
#100 Gp	114445	50.00	Meyville Mon Night	114121	114.00
#158 (Eagle)	174478	80.00	Mon Independence	114095	141.32
A New Day	660862	150.00	Mon Night Women's Walk	114095	141.32
A Vision for You Big Book Study	675262	174.00	Mon Twelve and Twelve	687634	60.00
Airport Group	159589	100.00	New Beginnings Oconomowoc	817659	57.00
Beyond Human Aid (Tue/Thu), Mt	113950	57.51	One Day at a Time Watstrom	864578	40.00
Big Book Readers	617805	60.00	Our Group Lake Mills	800382	75.00
Chicks At Six	114094	29.04	Pewaukee Mon Night	114335	30.00
Cross Roads Gp	119518	25.00	Pow Wow Group	178670	60.00
Daily Reflections Gp (Wales)	665087	75.00	Rule 62 Men's Gp	173372	83.00
Deerfield Tue pm Positive	163884	120.00	Sat Night Live Kocomonowoc	121171	25.00
Early Bird	613662	60.00	Seeds of Recovery/Steps	114117	36.99
Early Bird Rogers Memorial	624742	41.40	Serenity Gp Handma	WA-K-R1	303.42
Elm Grove Living Sober	665770	250.00	Sober Living Big Book Study	MIL-W4	25.00
Eye Opener	603417	42.00	Sun Morning Big Book	130926	50.00
Father Mac's Family Open Steps	123465	60.00	Sun Night Surrender Gp	145851	220.00
First Step	635940	120.00	Sussex Fri Night Action	147499	350.00
Fri Night North Shore	137882	229.00	Terrific Tue Big Book	166339	160.00
Fri Noon 12 & 12	MIL-FB	122.00	There is a Solution/Pewaukee	805313	55.32
Get A Life	MIL-WM	23.90	Thinking Outside the Bottle	719338	24.00
Gravene Topic Fri 4 pm.	MIL-FM	27.00	Thr Success Step	MIL-RB	97.21
Grapevine Lake Geneva	677493	48.00	Traditions 101	MIL-TM	28.42
Happy Hour Promises	MIL-W6	60.00	Treat Yourself Tuesday	138810	50.00
Happy Joys and Free	649966	80.00	Trust Through Fellowship	719337	3.78
Hartford On The Hill Gp.	128035	40.00	The Night /St Anskar	868284	100.00
Hartford Women's Big Book	667036	100.00	The Night Mukwonago	126398	100.00
Honest and Able	618300	100.00	The Nooners Waukesha	123133	90.00
Hd Pdrain Gp	611562	60.00	Tue Reflections	MIL-TH	104.75
Intro Group, St Luke's Lutheran	630740	40.00	Twelve Promises Disc. Thr	MIL-RM	29.00
Into the Books	WAK-W3	90.00	Wanderer's Gp	1440790	25.00
Introductory Gp, Pass It On Clu	MIL-M1	60.00	Wed AM Gp 10 AM	143468	30.00
It Works if You Work It, Aurora	723327	54.00	Wed Noon Lunch Bunch	890831	72.00
Jackson Gp	172965	25.00	West Bend Fri Night Step	615203	25.00
Juraneu Pioneers Men's	628213	120.00	Women's 12 X 12 Gp	644797	60.00
Keep It Simple Sunrise	670420	180.00	Women's Big Book-Step	163896	10.00
Lake Area Fri 1230 pm, Lake Ar	680713	159.50	Written For Us	717556	90.00
Lake Country	117305	50.00			
					6,695.61

All the groups listed in your When and Where 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.

JOIN the BIRTHDAY CLUB!

We celebrate birthdays, and we'd like to help you celebrate yours!
Send us a donation 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!

All request must be by the 12th of the previous month.
Late arrivals will appear the following month.

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

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



\$ _____ enclosed.

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone: () - _____

Email: _____

Home Group: _____

Holiday Alkathon - *Newsletter* - September 2018 2018-2019

What is it?

The Holiday Alkathon is 2 days (about 36 hours) of continuous AA meetings held on Christmas Eve through Christmas Day and again one week later on New Years Eve through New Years Day. The meetings are hosted by local AA meetings in 2 hour time slots. This celebration of sobriety always includes fellowship from the Greater Milwaukee area, coffee and a variety of food donated by AA's members. The Holiday Alkathon offers AA members an opportunity during hectic holidays to come in **anytime** to share their experience, strength and hope in a warm, dry, welcoming place.

Holiday Alkathon Location:

Bay View United Methodist Church
2772 S. Kinnickinnic Avenue, Milwaukee, WI 53207

When is it?

Christmas Eve 2018 beginning at noon, continuing non-stop through Christmas Day ending at 10:00 pm
New Years Eve 2018 beginning at noon, continuing non-stop through New Years Day 2019 ending at 10:00 pm

Would you like to help?

The Holiday Alkathon is a terrific Service Opportunity!

We need volunteers to serve on the committee to help organize the event. There are a wide range of duties so the more volunteers we have the easier it will be to make it happen. We need AA groups to enter the lottery for meeting time slots. Individuals are needed to make sure everything is in place for the meetings (make coffee, keep ice and water in the cooler, organize the snack table, directing people to rest rooms, cleanup if there is a spill, etc).

For more information come to a committee meeting (or contact Mark V. (414) 588-8049 if you are unable to attend)

This is an opportunity for fellowship, putting the principles into action and having fun doing it! (For those of us not feeling very festive during the holidays it's a chance to get out and interact with others in a safe place.)

*(Special Note for the Group Time Slot lottery; Deadlines for group time slot entries will be honored this year. Please submit your entries on time to be included in the lottery. Dates and details will be made available on upcoming fliers.)

Holiday Alkathon Committee meeting dates:

At 7:00 pm, the 1st Monday of each month beginning August 6th, then on September 3rd, October 1st, November 5th, December 3rd. The final meeting will be on December 17th then the Alkathon happens!

Committee Meeting Location:

Pass It On Club
6229 W Forest Home Ave Milwaukee, WI 53220

***Thank you to everyone who has attended and participated in past Holiday Alkathons.
You made this years Alkathon possible.***

Holiday Alkathon 2017-2018, Financial Disclosure information is available at committee meetings.



AA: WOMEN TO WOMEN

This is a closed AA Meeting

A day of sharing:
To foster the sharing of ideas, feelings and issues
To create a safe atmosphere that nurtures honesty and becoming
To explore the positive energy among AA women

- 9:00-9:30 Registration/Coffee
- 9:30-9:45 Opening/Announcements
- 9:45-10:30 It Takes Time
- 10:30-10:45 Break
- 10:45-11:30 The Only Thing That Has To Change Is Everything
- 11:30-11:45 Break
- 11:45-12:30 Clean Or Sober
- 12:30-1:30 Lunch
- 1:30-2:15 Climbing Out Of The Darkness
- 2:15-2:30 Closing/Countdown

Saturday, October 20th
9:00 a.m. - 2:30 p.m.

THE PASS IT ON CLUB
6229 W. Forest Home Ave.
Milwaukee, WI 53220
414-541-6923

For more information contact:
Joy S. 262-215-7513
Karelyn P. 414-975-6701

Registration **REQUIRED** - No Walk-Ins
Limited Seating Available
Registration will **CLOSE** at 2:00 Women

****IMPORTANT NOTICE****

NOTE: if you register, but are unable to attend, please let us know. Space is limited and we have to turn women away when the room reaches capacity

Deadline: Register early to assure your place
Please use a separate form for each person
Registration: \$10.00 (in advance)
Includes: Lunch buffet, Coffee, Doughnuts

Please Print:

Name: _____
Address: _____
City, State, Zip: _____
Email: _____
Phone: _____

It is okay to leave a message at this number

Makes checks payable to: Women to Women
Mail to: Women to Women c/o Joy Steinbicer
3251 S. 54th Street, Milwaukee, WI 53219



Years Name Home Group

AA Groups Need Your Support

- **Monday at 7 p.** Group 29, St Catherine Church, 5101 W Center St, Milwaukee WI 53210
- **Tuesday 8:30 a.m.,** Home At Last, 6705 Northway, Greendale, WI (men and women welcome)
- **Wednesday 11 a.m.** Gp10-17, St Veronica's 353 E Norwich, Milwaukee 53207
- **Wednesday 6 p.m.** Women's Big Book, Martin Luther Church, 9235 W Bluemound Rd. Milw. 53226
- **Wednesday 8 p.m.** Menomonee Falls, Gloria Dei Church, W180N7863 Town Hall Rd. 53051
- **Thursday at 12:15 p.m. and Wednesday 5:30 p.m.** St. John's Cathedral Complex, 831 N. Van Buren St. Milwaukee 53202
- **Thursday 8:30 p.m.** Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave, 53213
- **Friday at 7 p.m.,** NCIC Gp 24, NCIC Church 2328 W Capitol Dr, Milwaukee WI 53206
- **Friday at 7 p.m.** First Things First, St Margaret Mary, 3930 N 92nd St. Milw 53222
- **Friday 9:30 p.m.** Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw. 53226
- **Friday 8 p.m.** Candlelight, St Anskar Episcopal, N48W31340 Hill Rd Hartland WI (Hwy's 16 & 83)
- **Saturday 11 a.m.** Big Book, St. Pius X Church, 2506 Wauwatosa Ave. Wauwatosa WI 53213

(“Me” Continued from page 1)

Sure, I have troubles, lots of them. Nobody seems to understand me or appreciate me. I'm about to separate from my wife, but that's not my fault. I married the wrong girl. And why does everybody tell me I drink too much? Why can't they mind their own business? Can't they understand that I wouldn't drink if I weren't so nervous and didn't have so many problems? Do they think I enjoy sleeping on the floor or in my car instead of in bed? Maybe I ought to kill myself--that would show them. But then, what would the world be like without me? Maybe I should have been a physicist instead of a lawyer.

Maybe I'd better slow down or even stop drinking. I quit once before, even if it was for only two weeks. God, that was a long time! Two whole weeks--and nothing got better! What in heaven's name is going to happen to me? I'll have to do something, but what? Maybe go to a hospital. I feel bad enough, but what good would a hospital do me? And I did consult with that psychiatrist--he didn't help any, but at least he didn't say I was an alcoholic. He even said he wasn't interested in my drinking. What is an alcoholic, anyway?

Tonight perhaps I'll find out what an alcoholic is. I'm going to a meeting of Alcoholics Anonymous. Why? I really don't know, but I guess it won't kill me, and, after all, I did promise to go. . . .

More than twenty years have passed. I did go to that AA meeting, and I haven't had a drink since. I still attend AA meetings with some regularity, and I speak at quite a few. At that first meeting, I learned that alcoholism is a disease. The possibility that I was afflicted with a disease, albeit a self-induced one, was not only more acceptable to me than the idea that I was just an ordinary drunk, but, indeed, it was a great

comfort. I learned that an alcoholic is a compulsive drinker, in the sense that he cannot take one drink and stop. He needs another and another and another, ad infinitum. It seems to be oblivion he seeks when drinking. I learned that "once an alcoholic, always an alcoholic"; that sobriety must be achieved one day at a time. Such apparent bromides as *Easy Does It, First Things First*, "Of myself I am nothing," "Alcohol is no respecter of persons," "Learn to accept the inevitable," and "A drink is never the answer to any problem of the alcoholic" became respected philosophy for everyday living.

Believe it, the decision that one is an alcoholic is tough to make. The use of alcohol is, after all, not only acceptable in our society, but actually encouraged. So one says to oneself, "Other people can drink. Why can't I? Why should I be deprived of indulging in an enjoyable custom?" I repeat, the decision is hard. It isn't usually made overnight; it may take days or weeks or months. However, recovery from alcoholism starts with that decision, coupled with a desire (an honest one) to stop drinking and a real determination to do so. The battle with the bottle is the only battle I know of that can be won only by surrendering.

Reference has been made to the achievement of sobriety one day at a time. This is the 24-hour program of AA. They say that any fool can stay sober for one day. This is what AA members do: stay sober only for today; let tomorrow take care of itself. And it works.

After some four years of sobriety, I joined the legal department of a medium-sized Midwest company. Over a period of years, I became chief counsel, vice-president, and president. Has being an alcoholic impeded my progress? Obviously not. Contrary to what

(Continued on page 9)

Come Support the Tuesday 6 p.m. Grapevine Meeting

We read & discuss a different AA Grapevine article each week. A first-step mtg. is offered.

Peace United Methodist Church
(lower level)

12860 W. North Ave., Brookfield

(Enter the basement multi-purpose room through the door on the lower parking lot side)



Monthly Central Office/ Intergroup Meeting!

Milwaukee Central Office
7429 W Greenfield Ave
West Allis, WI 53214

Second Tuesday of Every month, at 7:00 P.M. ALL group Secretaries are encouraged to attend.

There is a **New GSR orientation, at 6:30 P.M.**, call to give us a "heads up" if you are a new GSR, and want to attend the orientation. 414-771-9119.

Looking for a
**NO Nonsense
STEP Meeting,**
Look no further.

Come check out our
**TUESDAY NIGHT
STEP MEETING**

at **San Camillo**
in Wauwatosa
Tuesday Nights
at 7:00 pm

10200 W Bluemound Rd
Wauwatosa, WI 53226

Main Entrance on
Bluemound Rd.



**ASL
Interpreter**
**Available: Meeting
for Deaf and Hear-
ing Impaired.**
Tuesday 6:30 P.M.,
Emmanuel Luther-
an Deaf Church,
2306 S 98th St.
West Allis WI
53227

SERVICE MANUAL STUDY
**Meets 2nd Thursday each month
at 6:00 p.m.**
Milwaukee Central Office
7429 W Greenfield Ave
West Allis WI
Find out more about the AA Service
Manual. Study group is open to any
AA member whether currently active
in AA service work, or not.
**Contact: Nancy H at 414-801-
5184 with questions.**

Spanish Speaking Meetings: Meeting at English Speaking Clubs

- GRUPO 5 CONCEPTOS, Pass It On Club, 6229 W. Forest Home Av, Milw, on Saturday at 8:00 p.
- GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Wauertown, 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

2018 Weekend Retreats
Jesuit Retreat House,
4800 Fahrwald Rd. Oshkosh,
WI 54901, call 800-962-7330
jesuitretreathouse.org
Men and Women members of
AA, Al-Anon
Total cost: 4 days \$390.00. Send a
\$50.00 deposit with requests for
specific dates to retreat house or call
for info.
Men: Nov 29 - Dec 2, 2018.
Women: Nov 8-11, Nov 15-18, 2018

Redemptorist Retreat Center, 1800 N
Timber Trail Lane, Oconomowoc, WI
53066, (262) 567-6900 Email:
rrc@redemptoristretreat.org Please
call for reservations. AA and Al-Anon,
\$250 three nights. Members of Alcohol-
ic Anonymous and Al-Anon as we dis-
cuss the 12 steps and related topics.

- MILW. CENTRAL OFFICE**
- **E-mail us at:**
gmco@aamilwaukee.com
 - **Hours: M, W, Th, Fr** 9 a.m. to 5 p.m. **Tuesday** 9 a.m. to 6 p.m., (until 7:30 p. on 2nd Tues. each month) **Sat.** 9 a.m. - 1p.m.
 - **G.S.R. Orientation,** 2nd Tuesday 6:30 p., call first.
 - **Secretary Meeting,** 2nd Tuesday 7:00 p.
 - **Board of Directors Meeting,** Wed. following Secretaries Meeting, (odd numbered months) 6:30 p.
 - **A. A. Meetings,** Mon - Fri at 12:15 p. & 4:00 p., Sat. 9:15 a., & 10:30 a.
 - **Service Manual Study:** 2nd Thurs. of month at 6 p.m.
 - **Dist. 14,** 4th Wed. at 7 p.m.
 - **Dist. 16,** 1st Wed. at 7 p.m.
 - www.aamilwaukee.com

(Continued from page 8)

many people may think, drinking is not necessary to get along in the business world. If one is a guest at a party where drinks are in abundance, the person who drinks and gets what he wants couldn't care less what other people are drinking, or, for that matter, whether they are drinking at all.

Frequent attendance by the alcoholic executive at functions where drinks are much in evidence and easily accessible naturally makes it more difficult for him to abstain. It has been my observation, however, that the alcoholic who succumbs on such occasions has, consciously or not, let his desire to conform, to be one of the crowd, rise above his desire for sobriety. It isn't that he doesn't know what the consequences will be. Rather it's a "To hell with it! I'll cry tomorrow" attitude. It's his unwillingness (or inability) to admit to his friends, companions, or associates that he can't handle the stuff. The villain of the piece is his false pride.

Success in AA takes dedication and time. One of AA's principles is to try to carry AA's message to other alcoholics when called upon for help. As it is sometimes put, "To keep your sobriety, you must give it away."

The successful AA also strives to know himself; to learn to live with himself, in order that he may live with others; to grow up to an adult status, that he may be not only willing, but also able, to accept the consequences of his own voluntary acts. His highest goal is to achieve humility. The damnable fact is that when he *thinks* he is humble, he obviously isn't.

-- D. B. M.
Akron, Ohio

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September 1968

("Wheels" Continued from page 1)

I am no physical-culturist. Gut-busting exercise for the sheer masochistic joy of it holds no charm for me. But for fifteen years I ignored my physical health entirely, except for the last two, when I dashed desperately from doctor to doctor in search of relief from my "nervous condition."

But, having discovered the source of my "nervous condition" and having taken the monumental major step toward restoration of health and sanity, I fear I am inclined to think that the rest of health takes care of itself. The spectacular results of halting a massive daily infusion of alcohol can lull me into believing that the job is done, that I can consume dozens of cups of coffee per day, smoke soaring stacks of cigarettes, and indulge in frequent horizontal "meditation."

It is a somewhat humbling experience in itself to realize that physically, at least, I am now pretty much like everybody else; that daily, common-sense, *un* spectacular physical well-being is directly related to the emotional well-being on which my sobriety depends.

For a change, medical experts agree with me. Dr. Paul Dudley White, the noted heart specialist, says, "Exercise such as cycling has a very good effect on the brain, the mental state, and the psyche. It's the best antidote for stress and mental fatigue. Instead of tranquilizers, I advise muscular action, even to the point of fatigue, so you won't need medicine to tranquilize you." Dr.

White points out that leg muscles are pumps that, when exercised, allow the heart to receive more

(Continued on page 10)

(“Wheels” Continued from page 9)

blood with which to supply the brain. He also says that cycling reduces the danger of all sorts of heart conditions such as thrombosis and arteriosclerosis.

Dr. Irvine H. Page, president of the American Heart Association, puts it this way: "We ought to replace the automobile with the bicycle. . . .It would be better for our coronaries, our dispositions, and certainly our finances."

A daily bicycle spin can include as much or as little exercise as I like. I can set my teeth in firm determination and surge fiercely forward as if I were training for the Olympics, or I can goof off for blocks, take a rolling stroll, gawk at my neighbors, and loftily observe my freedom, my suburban sprawl laid out like a wall-to-wall waffle.

A bike break makes the day behave itself and keeps events from piling up on each other like a chain-reaction thruway smashup. It is a single-minded pursuit, separate and distinct from all other daily activity in form and in nature. With the help of my muscles and the principle of the gear, I move from Point A to Point B. Simple, direct effort produces specific accomplishment. It is totally non-frustrating and leaves no room for uncertainty, confusion, doubt, or choice. There is not the familiar problem: too much to

do and too little time to do it. There is only one thing to do, with immediate practical impact.

While bike-breaking, I am in immediate personal contact with nature. I admire trees, ogle girls, dodge dogs, sniff flowers, breathe air, I am participating in nature. Nature is beauty. And an appreciation of beauty just has to be gratitude.

Zestful gratitude keeps me happily sober. The hours of each twenty-four build like blocks to a more grateful day-at-a-time when they are broken by a healthful break on my trillion-dollar bike.

-- Chuck H.
Fairfield, Connecticut

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November 1968

“How Did We Find Recovery”
www.aaconferenceattheva.eventbrite.com

The 11th Annual AA Conference at the VA with Al-Anon Participation
Hosted by District 16 of Area 75

Saturday, September 29, 2018 from 7:30 AM – 3:00 PM

AA and Al-Anon Panel Meetings, CPC/Professional Panels, Mini Alkathon,
Area 75 AA Archives and Standing Committees.

Opening Ceremony and Speakers 8:30 AM

Main AA Speaker: Jo Mc. Past Area 75 Delegate Panel 53

Al-Anon Speakers: Joe C. Fort Atkinson

Zablocki V.A. Medical Center
5000 W. National Ave.
Milwaukee, Wisconsin 53295

Print Name: _____ Phone #: _____
City: _____ State: _____ Zip: _____
Interest in: AA _____ Al-Anon _____

Bill W. Scholarship Request: _____ Lois W. Scholarship Request: _____

Suggested Voluntary Contribution: \$5.00

Voluntary Contribution for a Bill W. Scholarship _____ \$ _____
Voluntary Contribution for a Lois W. Scholarship _____ \$ _____
Voluntary Contribution Literature (Book or cost of book donation accepted) \$ _____
Total Enclosed: _____ \$ _____

MAKE CHECKS PAYABLE TO: "AA CONFERENCE @ the VA"
Mail Registration form to: AA Conference at the VA
C/O Conference Treasurer
P.O. Box 114
Milwaukee Wisconsin 53295

Mail-in Registration Deadline: September 15, 2018
Onsite registration will begin at 7:30 AM on September 29, 2018
Online Registration: www.aaconferenceattheva.eventbrite.com

Volunteer to help with: Greeters _____ Hospitality _____ Registrations _____
"I am responsible. When anyone, anywhere reaches out for help I want the hand of AA always to be there. And for that: I am responsible." (AA responsibility declaration)

Thursday 6:30 p.m., Aurora Hospital, 975 Port Washington Rd., Grafton WI 53024

Friday at 7:00 p.m., Brentwood Church of Christ, 6425 N 60 St Milwaukee. WI 53223

Friday at 7:00 p.m. NCIC Church, 2328 W Capitol Dr, Milwaukee WI. (open speaker on 2nd Fridays)

Happy Hour Fri, 5:30 p.m., Aurora Sinai Medical Cntr, 1218 W Kilbourn Ave, Milw 53233 Door M6, 1st floor.

Saturday 7:30 p.m. 7210 W Greenfield Ave, West Allis 53214

DISBANDED GROUPS

HOW It Works, Monday 7pm, met at Oak Creek Centennial Church, 8853 S Howell Ave, Oak Creek.

WK 94, 741 N Grand Ave , Waukesha WI, met on Wednesdays at 8pm

Women’s Big Book, North Shore Academy of Arts, 1111 Broad St, Grafton, met on Friday’s at 12 noon.

OTHER CHANGES

Shorewood Gp at Kingo Church 8 pm Tuesdays **MOVED** to Christ Church, 5655 N Lake Dr Whitefish Bay still Tue at 8 pm.

Impaired Professionals Tuesday 7:30 p. formerly at Roger’s West Allis, **NOW** meets at **Holy Trinity, 11709 W Cleveland Ave, West Allis** Tues. at 7:30 p.

Tues Meeting for Deaf and Hard of Hearing, moved to HOW To Club 8930 W National Ave, and now starts at 7:00 p.m.

Tues Night Hales Corners Step/Topic, 12300 W Janesville Rd, Hales Corners...previously at 7pm. **NOW** starts at 6:30 pm.

Tuesdays, Elizabeth Ann Seton, 12700 W Howard Ave, New Berlin, formerly at 8:00 p.m. **NOW** starts at 7:00 p.m.

Gp 23, used to meet at 8pm. **NOW** meets at 7:30 pm. Wednesday at 74th and Lapham. West Allis.

Common Solution, Now meets at Southminster Presbyterian, 200 Richard St, Waukesha, Saturdays at 10 a.m.

OPEN SPEAKER

Weekly & monthly speaker meetings listed in April 2018 When & Where

amilwaukee.com/directory.html

Sundays at 10 a. Milwaukee Gp. 933 E Center St, Milwaukee WI, 53212

Sundays at 6:30 p. VA Hospital 5000 W National Ave 3rd Floor Unit 3A

Every Friday 7:00 p. Christ the King, 1600 N Genesee Rd Delafield

1st Tuesdays at 7:30 p. First Congregational Church, 1111 N Chicago Ave South Milwaukee

Wednesdays at 7:00 p. Salem United Methodist Church, 541 Hwy. 59, Waukesha

1st Saturday 8:00 p. 24 Hour Club Open Meeting, 153 Green Bay Rd, Thiensville.

1st Saturday at 7:00 p. Dist.12, Living Word Lutheran Church, 2240 Living Word Ln., Jackson WI 53037

2nd Saturday at 7:00 p. Dist. 34, St. Francis Episcopal Church, N84 W16525 Menomonee Ave, Menomonee Falls, WI

2nd Sunday at 11:00 a. Alano Club 318 W. Broadway, Waukesha,

3rd Sunday at 11:00 a. Friendship Club 2245 W. Fond du Lac Ave. Milwaukee , WI

3rd Saturday 8:00 p. HOW To Club 8930 W. National Ave, West Allis

3rd Saturday 8:00 p. New Day Club 11936 N. Port Washington Rd, Mequon,

5th Saturday 3:00 p. How To Club, 8930 W National Ave, West Allis

4th Friday 8:00 p. Imago Dei Church, 2327 N. 52nd St., Milwaukee 53210

Last Wednesday 7:30 p. First Lutheran Church, 7400 W Lapham St, West Allis

Tuesday’s at 7:00 p. March 29th, May 31st, Aug. 30th, and Nov. 29th, Christ the Servant Lutheran Church, 2016 Center Road, Waukesha WI 53189

Saturdays 7:30 p. Alano Club 1521 N. Prospect, Milwaukee.

Contact the Central Office via email: gmc0@aamilwaukee.com, with changes.

MEETING ROOMS

12 STEP CLUB

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

A.A. MEETING SCHEDULE

Wed. 11:00 a. Gp. 27
Fri. 11:00 a. Gp. 61
(12x12)
Sat. 10:00 a. Beginner's
7:00 p. Gp 6

CALL THE CLUB FOR INFORMATION ON OPEN A.A. MEETINGS, MEETINGS FOR OTHER FELLOWSHIPS and SPECIAL EVENTS.

Greater Milwaukee Central Office

7429 W Greenfield
West Allis WI 53214,
414-771-9119

(amilwaukee.com)

A.A. MEETINGS

Mon. 12:15 p
4:00 p
Tue. 12:15 p
4:00 p
Wed. 12:15 p
4:00 p
Thur. 12:15 p
4:00 p
Fri. 12:15 p
4:00 p
Sat. 9:15 a. -
- Newcomer
10:30 a

LIGHTHOUSE ON DEWEY

1220 Dewey Ave.
Wauwatosa WI
AA MEETINGS

Sunday

6:00 p. Jim's First Step
7:30 p. Gp 78

Tuesday

6:00 p. 11th Step
Meditation Practice
7:30 p. Professionals

Wednesday

7:30 p. Big Book
8:00 p. "RES-IPSA"

Thursday

7:30 p. Alumni No 12

Friday

7:15 p. Gp 74

Saturday

10:00 a. Gp 59
7:00 p. Big Book Topic

Directory Changes

NEW MEETINGS

Sunday 6 p.m. 11th Step Prayer/Meditation, Rooted In Mindfulness Center, 4040 N Calhoun Rd Brookfield WI

Mondays 7:30 p.m. First Unitarian Society, 1342 N Astor St. Milwaukee, "**We Agnostics**".

Tuesdays at 8pm, Alano Club, 1521 N Prospect Ave, Milwaukee WI 53202

Tuesdays at 6pm, Ephesians Baptist Church, 2412 N 6th St, Milwaukee 53212

Tuesday 7pm, St Anthony's on the Lake, W280N2101 Prospect Ave, Pewaukee WI 53072

Wednesday at 7:00 p.m. Immanuel Church of Christ, 501 Walnut St., West Bend WI 53095

Wednesday at 7:00 p.m. New Leaf Sober Living, 6401 W Oconto Place, West Allis WI 53219

Rage

He reached a plateau in his AA progress. Could he cross it without slipping off the edge?

WHEN I first came in full sincerity to the program, I was completely out of steam. I had alcoholically beaten myself unmercifully. I had demanded by word and deed that others take stringent emotional or physical action against me, which they did take, I challenged twelve policemen to a gun battle in my front yard. I wasn't going to shoot them, but I wanted them to think I was, so they would shoot me!

The police didn't shoot me. Instead, they downed me, bound me, and tossed me into a cell, where I believe I had a spiritual awakening. Upon emerging, I crept into my first AA meeting as a member *in* the program, rather than *on* it. I had been merely *on* it during the eight months when I went to meetings and continued to drink, although telling everyone I was a member of AA, particularly when I got into trouble due to booze.

This time, the members again told me to go to a lot of meetings, one a day for at least the first thirty days. And this time I did, assiduously. In fact, I loved what I saw and heard so much that I went to five or six meetings a week for the first two years.

But, just as we slide over the invisible line into alcoholism, I was sliding over an invisible line onto the plateau of rage. How do dictionaries define that danger area?

"Plateau: a period in the evolution of something, characterized by a relative absence of progress."

"Rage: violent and uncontrolled anger."

The doggonedest things could and did trigger those rages: my wife not arising early enough for me; the dogs barking; my sponsor being rough on me; my dislike for a speaker; a member disagreeing with me; intermittent resentment about and against everything and everyone. Physical sobriety I had; emotional sobriety I had not. I read Bill W.'s beautiful and searching article on "Emotional Sobriety," but at the time I was in no mood for anyone to tell me anything.

I had entered the plateau of rage, but in the AA concept an "absence of progress" means a threat of relapse. There certainly wasn't any standing still at that point!

So I did talk exhaustively with AA members whom I could tolerate. In this hypercritical period, my AA friends were narrowed down to about four. Actually, they were the only ones who could tolerate *me* in the flailing rages I flew into. If nothing else was accomplished, slowly I became aware of what was happening to me. My friends told me that we still tend to repeat our patterns after we get sober. When these periods of rage and hate came upon us during our drinking days, we would grab the bottle. What could I do now?

"God does not give us more than we can bear," I was told.

"When the pupil is ready, the teacher appears," I was told.

"This, too, shall pass" was hammered into me.

When that plateau did pass, and I did get across it successfully, sober, I at once realized that I'd been through something. A plateau had been reached and traversed and was behind

(*"Rage" Continued on page 22*)

Milwaukee Group
933 E Center St,
(River West)
Milwaukee WI 53212

A.A. MEETINGS

Sun. 10:00 a Open (Disc.)
8:30 p. Big Book
Mon. 5:30 p. Big Book
7:00 p. Open (1st Step)
8:30 p. Topic
Tue. 7:00 p. Open (Topic)
8:30 p. Open (Big Book)
Wed. 7:00 p. Open (Big Book)
8:30 p. Topic
Thur. 6:30 p. Open (Topic)
8:30 p. Step
Fri. 7:00 p. Beginner's
8:30 p. Open (Big Book)
Sat. 8:30 p. Topic

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

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

MEETING ROOMS

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

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
7:00 p.
8:15 p. Men's Gp

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

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

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
8:00 p.

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

8:00 p. Open Meeting (held on 3rd Saturday of month only)

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

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

A.A. MEETING SCHEDULE

Sun. 8:00 a. Sun. Wake Up
9:30 a. Reliance Open Disc.
11:00 a. Today'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
7:30 a. Comin' Back Gp

Tue. 10:30 a. Keep It Simple
4:00 p. Drop the Rock
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
5:30 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
6:00 p. How It Works Disc.
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
3:00 p. Twelve Promises
3:00 p. How It Works Big

Book
8:00 p. Spanish Speaking
8:00 p. Back to Basics 12x12

AL-ANON MEETINGS

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

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
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 Stdy

Tue. 1:00 p.
4:00 p.
7:00 p. Life House

Wed. 8:00 a.
10:00 a. Back To Basics
6:00 p.
8:00 p.

Thr. 10:00 a.
4:00 p.
6:00 p. Women's Group
8:00 p. Grapevine Mtng

Fri. 12:30 p.
4:00 p.
6:00 p. Non-smoking
8:00 p. Old School House

Sat. 8:30 a. 11th Step
10:00 a. Big Book
5:30 p. Perfect Time B/B

AL-ANON MEETINGS

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

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

MEETING ROOMS

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

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

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

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

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

Thursday AA
7:30 a. Sunny Side Up
12:00 Noon Delavan Noon Gp.
5:30 p. Step Sisters Women
6:30 p. Delavan Big Book Gp.

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

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

ALANO CLUB 1521 N. Prospect
Ave., Milwaukee, WI, 53202
(414) 278-9102
<http://www.alanofoundation.com>

A.A. MEETING SCHEDULE

Sun. 10:00 a. Gp 17 Step
4:30 p. Life Savers

Mon. 7:00 a. Early Morning
10:30 a. Gp 72 Topic
12:15 p. Big Book Meeting
6:30 p. Gp 40 Big Book

Tue. 7:00 a. As Bill Sees It,
10:30 a. Gp 70 Step
12:15 p. Gp 76
7:00 p. Beginners, 1st Step
8:00 p. (Big Book Study)

Wed. 7:00 a. AA
10:30 a. Gp 9, Step
12:15 p. Oasis Topic Gp
6:00 p. Chicks at Six Gp
7:30 p. AA
8:00 p. Gp 3, Step/Topic

Thr. 7:00 a. Big Book Meeting
10:30 a. Gp 97, Step
12:15 p. Here & Now Gp
5:00 p. AA
7:00 p. Sober and Out
7:00 a. Daily Reflections
10:30 a. Gp 21, Step
12:15 p. Gp 65
6:30 p. Here & Now
8:30 p. Gp 30 Tub Topic
12:15 a. Second Shifters (Sat.)

Sat. 11:00 a. Gp 87 Step
3:00 p. Spiritual Growth
7:30 p. Open Speaker
9:00 p. Here and Now
11:30 p. Late Night

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

H.O.W. TO CLUB
8930 W. National Ave,
West Allis, (414) 543-2448
<http://howtoclub.info/>

M, W, F, Sat. 9 a. -11 p,
Tue Thr 9a. - 9p., Sun 8a to 9p.

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

Mon. 11:00 a. Winner's Circle
5:45 p. Gp 132, Women's Gp
7:00 p. Big Book Gp.
8:00 p. New Hope Gp.
11:15 p. What's The Point

Tue. 11:00 a. Willingness Group
6:00 p. Tuesday Non-Smoke
7:00 p. Deaf/Hearing Impaired
8:00 p. 12 & 12 AA Meeting

Wed. 10:00 a. Foundations Meeting
6:00 p. AA Beginners Gp.
7:00 p. Women's Freedom
8:00 p. Promises Group
11:15 p. After Hours Gp

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

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

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

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

A.A. MEETING SCHEDULE

Sun. 9:30 a. Sun Morn Sunlite
11:00 a. Sun Go-To-Mtng
(Open speaker 2nd Sunday & Breakfast)
7:00 p. (Open Step Gp)

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

Tue. 12:00 Noon

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

Thr. 12:00 Noon

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

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

OPEN MEETINGS, DANCES & EVENTS
Call for information.

GALANO CLUB
- LGBT & All in Recovery -
7210 W Greenfield Ave
Suite 1, Lower Level
Milwaukee, WI 53214
(414) 276-6936
<http://www.galanoclub.org/>
galanoclub@gmail.com

MEETING SCHEDULE

Sun. 10:30 a. Step Topic

Mon. 7:30 p. Came To Believe

Tue. 6:00 p. 40 + Topic

Wed. 7:00 p. 12 x 12

Thurs. 7:30 p. Living Sober - ODAT

Fri. 7:00 p. Step/Topic

Sat. 7:30 p. Big Book & More

AL-ANON MEETINGS

Sun. 10:30 a. Al-anon

Meeting Space Available
See website for Club Events.
www.galanoclub.org

NORTHWEST ALANO CLUB*
N88 W17658 Christman Rd
Menomonee Falls WI
53051 (No Phone)

A.A. MEETING SCHEDULE

Sun. 7:30 p.

Mon. 7:00 p. Just Do It Gp
8:00 p. Action Gp

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

Wed. 8:00 p. Step/Topic

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

Fri. 8:00 p. Step/Topic

Sat. 10:00 a. Step
7:00 p. Simply Sober Gp

AL-ANON MEETINGS

Wed. 8:00 p. Al-Anon

Fri. 8:00 p. Al-Anon

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

24 HOUR CLUB
153 Green Bay Rd.
Thiensville, WI

A.A. MEETING SCHEDULE

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

Mon. 6:30 a. Topic
10:00 a. Topic
8:00 p. Men's

Tue. 6:30 a. Topic
10:00 a. Step/Topic
5:30 p. Big Book

Wed. 6:30 a. Topic
10:00 a. Big Book
5:15 p. Women's

Thr. 6:30 a. Topic
10:00 a. Topic
5:30 p. Step/Topic/Trad
8:00 p. Men's 12 & 12

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

Sat. 6:30 a. Topic
8:30 a. Big Book/Steps
10:00 a. Big Book

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

UNITY CLUB
1715 Creek Rd
West Bend, (262) 338-3500
unityclub1715@att.net

AA MEETING SCHEDULE

Sun. 10:30 a.** Gratitude Gp.
8:00 p. Candlelight Gp.

Mon. 10:00 a. Monday A.M.
7:00 p. Men's
7:00 p. Women's

Tue. 10:00 a. Tuesday A.M.
6:00 p. 1st 164 Big Book
7:30 p. Beginner's
8:00 p. Step Gp

Wed. 10:00 a. Promises
1:00 p. Steps/Promises
8:15 p. Step Gp

Thr. 10:00 a. Big Book
7:00 p. EZ Dozen 12x12

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

Sat. 10:00 a. Here & Now
7:00 p. Big Book

AL-ANON & ALATEEN MTNGS

Saturday 9:00 a. Al-Anon
Thursday 7:15 p. Al-Anon

* Open Mtng. Last Friday of month
** Open Mtng. 3rd Sunday of month (10:30 a.m.)

FRIENDSHIP CLUB
2245 W. Fond du Lac
Milwaukee, WI
414. 931.7033
Email: friendshipinc@sbcglobal.net

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