

The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

Welcoming Newcomers and Aiding AA Groups in Our Community.

September 1995

An End to the Alibis

By: Jack F. | Aurora, Illinois

Compared to other stories I've heard, my drinking history seems quite ordinary, which can't be said of my recovery. In order to continue drinking, I had to learn the unique skills necessary to a practicing alcoholic--skills such as being a phony, a cunning liar, and a clever thief. I learned well. Spending about a year of my life in treatment programs, totaling a few cars, being divorced, fired, sued, jailed, and made to suffer other indignities struck me as just an extended run of bad luck.

For so long as I managed to land on my feet it was easy to ignore the critics of my shenanigans. But beginning in 1959, a progression to heavy binge drinking saw me pressured into repeated and fruitless encounters with AA. After years of recurrent failures, most folks would opine that to enter treatment and then rejoin Alcoholics Anonymous solely in the hope of avoiding another divorce was like buying a lottery ticket to cover unpaid bills. But that is exactly why I came back one more time in 1978. Through the grace of God there was no divorce and I have lived sober since. What was different this time?

During a spirited exchange with my brand-new sponsor, I explained away my earlier failures in AA by pointing out serious deficiencies I had found in the program. Having attended far more AA meetings than he, I hotly disputed his contention that I had learned next to nothing about the AA program in nearly twenty years of "visits" to AA. Grudgingly following his recommendation, I began to frequent Big Book and Step study groups and attended far fewer "feel-good" discussion meetings than before.

I soon caught on to what had been missing. To "get with the program" and start learning the ropes, study groups where discussion is sharply focused on time-tested AA principles are hard to beat. Those "feel-good" groups may be far more entertaining and better attended, but unfortunately such formats allow little time for Steps and principles. Please don't misunderstand--such groups fill a need --but in my AA diet, they're the dessert not the main course.

By now a firm believer that the answers were in the Steps, a persistent feeling of boredom after five years' sobriety pressed me to set up another Fifth Step. Prior Fifth Step sessions had seemed to last

forever. To hear me out this time I searched for a nonalcoholic clergyman on the theory that I could be brief, and be gone. On the eve of my appointment I impulsively ripped up a half-dozen pages of trivial inventory and wrote a one-page list of incidents so shameful I'd have to leave town should they become known. I took it in with me so I couldn't manage to "forget" anything important.

The nonalcoholic I sought turned out to be a hospital chaplain, a priest. I hurriedly read my list and was preparing to leave only to be stunned when he said, "Good Fifth Step, but you didn't go into why you strayed." Now there was no escape. Back to the list we went, item by item casting out alibis and excuses before digging out "whys." At sixty-one years of age, and for the first time in my life, I'd been gently nudged into having a look at what makes me go by a shrewd and gifted priest. The fleeting "Eureka!" feelings I experienced are impossible to put into words. My thick catalog of alibis and excuses, such as an unusual childhood, nagging wife, a stressful job, and other pretenses had to go. My fear that others would see through me caused me to surround myself with higher and higher walls of alibis and excuses. Those very walls became a prison.

I learned something else that was already known in my heart: my deepest wounds were self-inflicted through my own character defects. Nevertheless, I still clung to many hang-ups as if to a beloved teddy bear. Prayer did help but so many nasty foibles revisited me so often I found it important to single out and concentrate on one defect at a time. It is doubtful that I can ever be "entirely ready to have God remove all these defects of character" at one fell swoop. Some flaws creep back in, so it's taking what seems like an eternity to become entirely ready before I humbly ask him to remove my shortcomings one by one.

An idea by some forgotten author makes a handy allegory. Think of me as three separate people. First, carefully posturing far up in front, I'm the guy I want you to behold, faultless, bright, and shiny. Second, standing somewhere behind, I'm the guy that only God can know. Third, far to the rear and hidden away, is the guy I beat up regularly for failing to be as marvelous as the guy up in front. As I continue to earnestly pray and practice the principle of inventory, these three guys move closer and closer together.

Long a cynic, I now believe that prayer has power. I thank God that late in my life, unexpected blessings have turned up as though by chance--for example unaccountably meeting a very wise priest.

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Life Is Meant to Be Lived

By: Louise A. | Spring Hill, Florida

She decided she didn't want "rocking chair" sobriety

When some of my foggy thinking began to clear in the early days of my sobriety, I realized how often I had drunk to escape the realities of life. As a result, I worked hard at facing my alcoholism head-on, practicing the Steps, and convincing myself that I was, at long last, on a journey of discovery. It was exciting to think I could become a learning, growing, changing person, accepting my limitations, somehow finding the courage to seek a personal honesty for the first time.

I was conscious of the intricate system of intellectual game-playing I had used to avoid the truth about my drinking. I had gone to any lengths to preserve my right to drink and smother the healthy woman within who desperately wanted to be free. I naively assumed the escapist in me would just automatically disappear the moment I joined Alcoholics Anonymous. Now I realize how cunning, baf-fling, and powerful are the old ways of thinking and behaving.

In fact, I allowed the old escape act to seep into my family life in matters that were most important to me. At home, I refused to take an honest stand on issues or ask the questions that might have led to a deeper understanding of my loved ones, or my own role as wife, mother, or grandmother. (Then I wondered why I struggled with depression so often.)

Very gradually I became a champion people-pleaser, a kind of emotional jellyfish who discovered that the silent martyr role at home was an "easier, softer way." What honesty I had was confined to the rooms of AA and talks with my sponsor. At work I avoided additional responsibilities and treated myself like a fragile person to be protected from stress at all cost. I even gave some room in my head to the idea that I was now an AA old-timer and didn't have the energy for very much Twelfth Step work.

I was at a dead halt--spiritually, mentally, and physically. Depression smothered my muffled thinking even more. Serious illness came along, and yet it took me awhile to understand what was happening. Thank God, I never gave up on meetings, so my Higher Power finally got through to me. I realized I'd been playing the great escape act all this time.

I know now I have a lot of work to do. There are more amends to be made, letters to be sent, Twelfth Step work to be done, responsibilities to be assumed, and honest talks to be had with loved ones. Life is meant to be lived by facing the challenges it brings. Otherwise, I'm not living, just existing. God didn't give me this gift of sobriety to sit in a rocking chair, imagining myself as some wise old woman who has arrived somewhere.

There is no easier, softer way. To bring the great escape act into sobriety is to travel with a companion that led me to despair long ago. The teaching I receive in Alcoholics Anonymous about courage and love helps me to continue to grapple with the challenges of life as they are given to me, one day at a time.

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September 1995

All the Way Into the Middle of AA

By: Anonymous | York Harbor, Maine

When we need a coffee maker or a greeter at my home group, I'm usually the one to give the pitch, since I'm the wounded but not quite bleeding deacon of the group. I give the spiel the way I heard

it twelve years ago when I came in: easy work, short hours, a little appreciation, a lot of complaints, and no pay. But what you get is more than a couple hours of volunteer labor will get you anywhere else. I was given a daily reprieve from a disease that kills most of the people who have it, and nearly killed me.

Now, offer this same deal to a group of cancer or AIDS patients, and I bet most of the hands in the room would be waving instantly. But a group of drunks? In my home group, you're lucky if you don't have to corner somebody after the meeting and twist their arm about how this will be good for them.

I know not all groups have this problem. But mine does. And I've been thinking maybe the reason is that I don't hear people talking about joining a group anymore.

When I first came to meetings, my sponsor suggested I join a group *immediately* and volunteer for coffee maker or raffle-ticket taker. I say "suggested" in the same sense that my wife at the time "suggested" I leave the house. Anyway, if I did okay at one of those jobs, my sponsor said, maybe they'd eventually let me be secretary or treasurer. The important thing was to join a group, make it my home group, and do something to make it better.

Other members said the same thing. It came up in every story about getting sober, every discussion of getting back to basics, and every testament to service work. Join a group, people said. Make it your home group. Volunteer for a job, and make it the best group in AA. If it isn't the best group in AA, then find another group. But get a home group.

I wasn't a joiner, not of anything, when I was drinking. I'd fled job after job until I ended up marginally self-employed, was a member of no organization or church, had no regular round of friends (not even drinking buddies), and was getting divorced.

But by that time I was sure that I couldn't stay sober by myself.

If I drank again, my long downhill slide into anger and isolation would bottom out on a barren plateau of loneliness and despair. It was hard for me to imagine, but other people's stories told me it actually got worse than that. So, even though it sounded hokey, I was willing to join a group, and only because other people said I should.

Today I'm glad I did. I can see that making a group "mine" gave me some interest in what took place there. It was much more than just some church basement I dropped into on Thursday nights for free coffee and conversation. It was *my* group. I wanted what took place there to be good solid AA because it was *mine*.

Full of fear and pride as a beginner, I felt that, as coffee maker and setup person, I was putting on a kind of party for other drunks. So, like a jittery host, I wanted everything to be right. The nights the meeting seemed to carry a particularly powerful message, I congratulated myself for having put on a real good meeting. Slow nights I resented the job and thought I'd been bamboozled into dirty work that older, slicker members foisted on dumb newcomers.

So maybe my feelings were screwy. I wasn't altogether stupid, just mildly deranged. But I got some satisfaction in being part of something I knew was much bigger than my little job. Then I got a chance to practice patience with my paranoia. This was brand-new.

And because other group members got to know me a little, it dawned on me that my staying sober was important not just to me. The other members--or so it seemed--had a stake in my sobriety too. Even if I sometimes didn't care enough about myself to stay away from a drink, I had to in order not to let them down. Or sometimes because I didn't want to give others the satisfaction of seeing their cynical remarks about my shaky sobriety come true. One way or the other, they were counting on me. And on bad days I could point to my little job and say honestly, "At least I'm doing some-

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thing right."

So when the discussion comes around to the basics, I like to tell albies who maybe haven't heard it as much as I did: get yourself a home group. Join a group, volunteer for a job, and get all the way into the middle of AA. If you're willing and lucky enough to stay sober, you'll figure it out later. For the time being, just do it. Get a home group.

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Going to Pot

By: E. M. | Bozeman, Mont.

This alcoholic found he couldn't recover if he continued to use a drug

ONE OF THE things that defines me as an alcoholic is that I drank for effect. One of the things that defines me as a pot addict is that I smoked for effect. I didn't restrict my pot smoking to sociability. I smoked to get high, but it was upside-down high.

I know that you can go partway to recovery by just stopping drinking; that alone is a real plus. But I was resting on my laurels those first months in AA, refusing to grow, still hanging on to the pot. That, I feel, was when my Higher Power began to try to move my thinking. But I don't move easy. Lack of faith. Afraid to let go of another crutch--that kept me crippled.

I was standing on the edge of a precipice. I was, on the one hand, trying to get away from pot, and on the other hand, lighting up another dobie.

I couldn't seem to get away from it at home, so I went away to school, in Denver. As I started down the highway, I threw my last bit of pot out the window. A few miles later, I emptied the ashtrays so I wouldn't dig around for leftover roaches--like groveling in the dirt for a drink. I still left my pipe in my pocket with enough--yecch!--black resin to "get me off."

Finally, after I got to Denver, I pitched it, too. Backing away from the precipice was easier there. I found a sponsor and a lot of AA meetings to go to, and didn't smoke any pot. Right after I stopped, there were withdrawal symptoms. A lot of images that had come to me earlier--when I was heavy into pot and freaking myself out by drinking into a blackout--came back. I still get flashbacks, and I think they're reminders of where I came from and where I definitely don't want to go back to.

By the grace of God and AA, one day at a time, I won't return to that madness. The longer the period of sobriety (since I stopped drinking) and sanity (since I stopped smoking pot), the more I realize how screwed up my mind was. Getting adjusted to reality was a new trip--a fine trip. I started feeling, seeing. I used to think my awareness of music, color, smell was heightened by pot. But colors are much easier to separate now; the world isn't nearly as wolfish, as snaky-looking.

Time! What miserable long days I had, stoned--a million years old, and not quite twenty-nine; maturity of a seventeen-year-old. Fog it. Go to a room to get something. Forget what it was that I went for. Look in a mirror and be disgusted at what looked back. Now, the man in the mirror is my friend. It is me--the me who had been lost for years. I've learned that my Fourth Step inventory includes the positive aspects of my character, not just self-castigation.

I work the pot right along with the alcohol in my Twelve Steps. For me, stopping drinking was only part of Step One, and smoking pot meant not allowing Step Two to work. Sanity was the treasure

sought; pot kept the door locked.

I still am not completely well, but I feel better than where I was, and I've got time now. When I was stoned, I was afraid of dying--where would I go? I still have some fear, some days, but most days are a good day to die. And if it's a good day to die, it's a better day to live.

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September 1980

Toward the Good Life

By: Anonymous | New Hampshire

I CONTINUE to be amazed at the good life my alcoholism yields for me each new day. Thirty-three years ago, I never thought I could again know happiness, peace of mind, and self-reliance in facing others.

Life was so different before Alcoholics Anonymous came to my community in 1947 and latched on to me. I never drank until I was twenty-four and had become a newspaperman. I learned to use alcohol. It helped me to dance more freely, melted my shyness with girls, loosened my relationships with people in general, and fitted my whims and fancies for years.

But there came change. I drank, and wished I hadn't. Gradually, alcohol began to interfere with my affairs. Eventually, it engulfed my conduct, my hopes and aspirations, and my best intentions.

By necessity, I adjusted myself to my alcoholism. I had to defend my drinking and its disastrous impact on my personality. I had to pretend it was to my liking, and of my own choosing. This may seem stupid, and it was. But I had no choice. For otherwise, I would have had to admit being either a fool or insane.

I lost my car, then my home, and finally my family. Toward the end, I was hospitalized four times in four years, and my job hung on threads of fear. I struggled to control my problems and blamed them on everyone else. I made and failed to keep so many pledges and promises to myself and others that I became heartsick.

I was so muddled that I actually believed my only surcease was the very alcohol that was fostering my problems. This, too, may seem stupid, and it was. But dilution of understanding is the essence of alcoholism, which submerges common sense.

It has been through AA that I have come to know my alcoholism, what it did to me, and, thank God, what I can do about it. AA is an unusual fellowship. I found it so from the start. To my surprise, no one said I was weak, immoral, or lacking in willpower or manhood. I was told in a friendly manner that I alone should decide whether I had become an alcoholic and whether I wanted to do something about it.

As I joined in AA meetings, I began to learn. Simple truths and common sense, served AA style, took shape. At first, I intended to digest quickly what AA offered and then go my way, free of the need and even the desire to drink. I did not think it possible to fit the AA way of life into my busy days as a newspaperman. But in thirty-three ever-improving years, I have found that life is easier, less complex, and immeasurably happier with AA. In place of envy and self-pity, gratitude nurtures the spirit that was weakened by the fears and guilts of compulsive drinking.

And my lessons continue. One came from an Episcopal bishop. He told me that Alcoholics Anonymous, a God-inspired gift for drunks, was patterned after early-Christian life. I asked in amaze-

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ment what he meant. He said that AA strength and success stemmed from two early-Christian ways of life. First, he explained, AA operated in small groups, with members vitally interested in one another's welfare--for their own benefit. Equally important, the bishop said, AA members acquired a sustaining faith and understanding, born out of personal experience and need.

I learned another lesson after I went to speak to fellow alcoholics at a state prison. A young inmate asked about the "spiritual awakening" facet of AA, wondering whether it meant a "flash of something," a "visitation," or an ethereal manifestation of the Higher Power.

His question was a challenge. I offered to come back in a couple of weeks with an explanation. So I worked on the project, and it helped me, at least.

I reported to my prison friends that "even I" had experienced a spiritual awakening, over the years, without realizing it. I explained that I had acquired a new feeling of well-being. I said my sense of values and my ability to be trustworthy and share friendliness had been restored. Most of all, I said, I could know and enjoy faith, for my spirit was no longer sick with despair and drowning of purpose, the prime hurts of alcoholic drinking. Through AA, my spirit was once again healthy and a source of strength and inspiration.

I now use this new knowledge in my daily affairs, thanks to that prison challenge.

And so it goes. AA's bounty is limitless, as all goodness ever is. I used to insist in my early AA years that I would never believe in anything I could not understand. Another clergyman friend said that faith could be based upon understanding that there were some things I would never fully understand. Long since, thanks to my AA life, this suggestion has come to pass.

I sought from the start not to become a fanatic about AA. At first, I shunned the suggested Twelve Steps, and I viewed the slogans as trite cliches without meaning--except for simpletons (people less smart and worldly than I considered myself to be). Long since, I have come to appreciate the value of the AA Steps and slogans and to use them in all my affairs. I enjoy knowing that such conduct doesn't mar my manhood or demean me in any way.

AA's simplicity is inspiring. It suggests that alcoholics abandon those useless pledges and promises never to drink again. It suggests, instead, that we can remain sober one day at a time. And when a sick alcoholic suddenly realizes that he can enjoy even the modest success of getting through one day without one drink, by his own choice, the wondrous horizons of AA have begun to unfold.

I like what AA offers, compared with the strife and strains of my active alcoholism. It was a heavy load, living the big lie that I was not an alcoholic. No longer do I have to pretend. No longer must I labor to camouflage what I am. It is a continuing relief to be rid of sham. Precious to me are the peace of mind and sense of serenity that I have come to know in AA.

My AA sobriety is priceless, of course. But, to my continuing astonishment, this Fellowship has guided me into a more satisfying and meaningful way of life than I would ever have known without my utter defeat in the grip of alcoholism.

That conclusion may suggest that I have become a partisan, if not a fanatic, in spite of my early resolve. Be that as it may, it is my belief and a part of my living faith. I hope it continues.

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September 1970

How Much Can I Control?

By: D. J. | Alhambra, California

He thought he was master of much he surveyed, until that moment when he again found himself powerless

THE BROAD panoramic sweep of Los Angeles out the windows of my seventeenth-floor executive office can be impressive in scope. There are few buildings in the city which tower above my windows; none which block the immense stretch of view, ranging from the mountains to the sea. The city, famous for smog and haze, was particularly clear in the early afternoon sun that Friday. The sky's deep, clean blue formed a magnificent backdrop for the scene below.

In my office, I was surrounded by many obvious and by many subtle symbols of executive success. I felt that I had diligently earned a firm place with "stature" during the years of struggle up the well-trodden ladder. I often took visible pride in these symbols of corporate progress and not infrequently felt more than secret satisfaction in the implications I thought they carried. After almost nine years of sobriety in AA, I had begun to believe that maybe there were areas of my life which I could control. Perhaps there even were fields I could manage alone and manage more effectively. After all, I was surrounded by what I thought was evidence.

Yet not visible in my office on that clear Friday afternoon were the three severe high-blood-pressure attacks I had suffered in the past nine months. Invisible in my surroundings at that moment was my collapsed body, unable to move for seconds or minutes; also invisible were the efforts of a good doctor, searching for a means to slow me down and release the high, constant tension. While I looked out my windows that Friday, I could not see him working to prevent another attack, which might be debilitating or even fatal. Nowhere visible among the symbols of my corporate stature and newly arrived ability to manage was the column of mercury on a medical instrument.

So, high above the streets, overlooking a bright, clear, peaceful day, I was surrounded by symbols--visible and invisible.

A sudden, sharp, breathtaking pain stabbed in the center of my chest. It was like an overwhelming force driving into my rib cage, doubling my torso over the desk before me. The pain was all too familiar, only more severe than before. My face was pressed against the clutter of papers on my desk. My hands tried to reach out and grasp something--anything. My mind comprehended at once.

"If," I whispered to myself, "if I can only manage now to control, it will pass. If I can only manage to muster enough will to hold on and control myself, it will pass."

The pain only intensified. Breathing became harder.

"I must manage. I must manage." My mind automatically sought its well-worn route toward control. "If I can control, it will pass."

But the pain grew worse; my breath seemed to stop. I had lost all control of hands and arms. Nothing worked. Yet I still fought for control. Each attempt was more feeble; each was met with failure. I began to feel consciousness leave, and I knew that death was certainly very near. Tears came. There was no fight left.

"What a waste," I finally realized. "What a horrible, incredible waste. Dear God," I thought, "only You can manage. Only You can give and take away. What a foolish waste this fight for control has been."

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The pain decreased, and breath returned. During the long ride to the doctor's office, I wondered, with tears of gratitude in my eyes, at the way I had been taught once again the basic fact of my existence. A power far greater than I has paid the price for my life. I belong to Him. Restive, self-centered egotism against His will does not bring results; acceptance does. The results, the symbols, and I, just like the beauty of a clear California day, all belong to Him.

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September 1975

Social Drinking as a 'Way Back' for Alcoholics?

By: A. S. | Toronto, Ontario

A dangerous theory when human lives are at stake, writes this psychologist

OVER THE last fifteen years, a great deal of psychological experimentation relating to alcoholism has been carried out. The findings and conclusions of many of these experiments suggest there is a way for alcoholics to drink normally--i.e., they can learn how to become "social drinkers." I have read and heard of such a viewpoint with increasing emphasis, especially over the last year. Since I disagree with this viewpoint, my awareness and concern have increased proportionately.

No, I am not against research and experiments in general. Such work is useful and necessary in a world of rapid scientific and technological change. But I do become extremely concerned over experiments and research in the field of alcoholism that suggest "a way back" to social drinking habits for the alcoholic, especially when such a controversial theory is presented, dogmatically and without proof, as the truth. Then personal concern necessitates a personal voice of rejection, accompanied by personal feelings of alarm. For, you see, many human lives are at stake.

In our local newspaper, I read an article by an American psychologist, relating to the experimental work he had done in the area of alcoholism, using behavior modification. The title of the article: "Controlled Drinking Urged as an Alternative to Cure, Alcoholism."

The writer stated, "Alcoholism isn't a disease. Laboratory studies conducted over the past fifteen years have shown that the conditions attributed to alcoholism as a disease--physical cravings, a physical dependence leading to loss of mental control, and progressive and irreversible deterioration--are unsubstantiated."

I really don't understand how this psychologist can make such an exaggerated statement. The American Medical Association views alcoholism as a disease, and the Student American Medical Association has passed a resolution urging American medical colleges to include training in the disease concept of alcoholism in their curricula. These are only two professional organizations viewing alcoholism as a disease. There are numerous others. And we must not overlook the fact that the majority of those in the Fellowship of Alcoholics Anonymous also view alcoholism as a disease.

Ask the alcoholic who has *lived* his experiment in life's laboratory, with all its hard-knock practicalities. He will provide you with personal research and conclusions substantiating all the conditions attributed to the disease of alcoholism.

Why have I written this article? I believe the first answer has been given: I am a self-admitted alcoholic. Second, my professional field is psychology. I cannot omit the third reason, because it relates closely to what has been written so far.

I uncorked the bottle because I was influenced by the theory and findings of the experiments conducted in the field of behavior-

modification therapy. I was influenced at first, and convinced at the end. That wasn't hard to do in my case. You see, I had twelve months of sobriety in AA in 1967, but I had hung on to my stinking thinking throughout that period. At the end of that year, booze beat me. Booze is indeed patient!

"One drink--one drunk." You better believe it. My last drunk lasted six years, in six different areas of Ontario--a geographical cure that called for six different jobs. There were more than six hangovers. At the end of that time, there was no job. And I experienced all the agonizing emotional, physical, mental, and spiritual pains that go with this package deal I will not waste time talking of these problems, because we have all lived most of them, in one form or another, haven't we?

In my opinion, there is absolutely no way back across "the invisible line" to social drinking. One drink, and you might get drunk immediately or it might take weeks, months, or even years before the uncontrollable binge--but it will come. However, the time when the drunk will start is not the real issue. The real issue is: How long will the drunk last?

The psychologist concluded that behavior modification is an alternative cure for alcoholism. As an alcoholic, I do not want to operate daily in a mechanical, robotlike fashion, I have been that route--it doesn't work. I now respond to life by personal decision-making, based on the AA philosophy that so abundantly flows from the Twelve Steps, and set in the framework of spirituality that develops from within. Grow with AA philosophy; develop moral thinking based on moral values that work for you; and the light of the spirit will eventually give you enough illumination and insight to remain calm in periods of indecision and self-deception.

The psychologist also spoke of "enforced abstinence." The description may be apt for those who use their own willpower, perhaps. But for those who build on the foundation of AA philosophy, there is no such enforcement. In AA, our self-will is replaced by God's will.

There is no way in this world (proved to date, anyway, although some will tell otherwise) that we in Alcoholics Anonymous can be conditioned to drink socially. In my opinion, there is only one answer for the suffering alcoholic and for those fortunate few who have passed through the doors of AA, by God's grace. It is in the program of Alcoholics Anonymous, where we receive God's gift of physical, mental, and spiritual growth--given freely to all those who truly want it.

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September 1975

The Mysterious Source

By: Betty M. | Washington, District of Columbia

Seek it out and follow its promptings as an act of faith

IN MY opinion, one of the most potent sentences in our literature reads: "Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely." Probably the oldest of our old ideas are those we have about spiritual things--values, experiences, practices, and most of all, our relation to the Spirit. As soon as we try to put a label on things of the spirit, we fall back into the "old ideas" and limit the spiritual to the knowledge we have gained, or might gain, on the sensory, emotional, intellectual levels.

There is a fourth dimension to human existence. Since, for many of us, it is unknown or unacknowledged, it is difficult or impossible to give it a name. Without doubt, all of us have experienced glimpses of this dimension. While we often confuse the realm of ideas with the mental process, the two are, in reality, separate and distinct entities. Ideas come to us seemingly from "out of the blue"; long-sought--for answers and solutions to problems "suddenly" become clear and possible; strength that we did not know we had wells up within us;

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we receive a call or meet the person who is able to give us the very help we need.

In our naive attempts to identify the source of these inspirations, we call them hunches or coincidences and think them purely accidental, uncommon, and isolated events, probably due to luck. Artists of all descriptions depend upon inspiration and live in a sort of habitual receptivity to the influence of this spiritual activity. The nonartistic among us experience the stimulation of this force less frequently only because we are not aware of it. We do not acknowledge its presence, because this dimension of our personality remains unknown to us.

In the early stages of awareness, it is unnecessary, and probably unwise, to try to understand or to identify the source of this power. In our daily lives, we use many forms of energy that we do not understand. Electricity is a case in point. To be sure, an electrical engineer understands more than the rest of us, but his knowledge is based upon the demonstrated properties of the force and upon theories formulated as a result of experience with the use of electricity. We do not hesitate to use electricity for light and power because we do not understand how it works. In fact, we would feel severely deprived in its absence and would speak of an "energy crisis." If we think about the source of our electrical power at all, we do not find it necessary to give that source a label or name that would place limits on our use of the product. And so we continue to plug in appliances, turn switches, manipulate dials, and use this wonderful, but mysterious to us, source of power.

In the early stages of spiritual awareness, then, we begin to use the power without trying to understand it. As experience accumulates, knowledge increases, and we gradually, or suddenly, come to believe in this power within us that is greater than the rest of our fragmented, divided selves--this spiritual self that has so long remained unknown--this self that is above and beyond our sensory, emotional, and intellectual selves.

The next time you experience the activity of this power, acknowledge its presence by acting on its inspiration. Do not try to name it; later, you will know what to call it. Try to avoid questioning, which is a sign of doubt. To follow its promptings is a sign of faith. Follow, and you will come to believe in its power. Then, and only then, will you be able to communicate what you have learned to another, and thus become an aid in his discovery of his own spiritual self.

Reprinted with permission of AA Grapevine, Inc

September 1975

Denial

By: J. S. | Denver, Colorado

IT OCCURS to me that many thousands of alcoholics die each year simply because they would rather die than admit they are powerless over alcohol. It also occurs to me that many people do not achieve and maintain sobriety in AA simply because they would rather die than do what the program suggests. Perhaps you do not feel that, for an alcoholic, to drink is to die. Perhaps you're right. Just the same, please translate and join me in testing the following statements:

1. I'd rather die than admit I can't drink.
 2. I'd rather die than admit other people know more than I do.
 3. I'd rather die than ask for their help.
 4. I'd rather die than take a long, hard look at myself.
 5. I'd rather die than expose my weaknesses to another person.
 6. I'd rather die than change my mind.
 7. I'd rather die than ask God for help.
 8. I'd rather die than admit I've hurt other people.
 9. I'd rather die than swallow my pride in front of people I've hurt.
 10. I'd rather die than admit I'm wrong.
 11. I'd rather die than ask God what He wants me to do.
- I'd rather die than help somebody.
For an alcoholic, to drink is to die. AA means learning how to *live* sober.

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.

2025 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
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
8:00 p. Grapevine Mtng
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://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)

Wed. 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)

6:30 p. Half Measurers (IP)

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

10:00 a. Gp 124 (IP)

OPEN MEETINGS,
DANCES & EVENTS
Call for information.

GALANO CLUB

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

http://www.galanoclub.org/

galanoclub@gmail.com

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

Sunday: (V & IP)

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

Sunday: (V & IP)

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

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

Tuesday: (V & IP)

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

Thursday: (V & IP)

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

Friday: (V & IP)

10:30 a.m. AA Step & Topic

NORTHWEST AREA

ALANO ASSOCIATION*

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

Room 202

A.A. MEETING SCHEDULE

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

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

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

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

Wed. 7:00 p. Step/Topic

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://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://www.24hourclub.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

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

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

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

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

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

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

\$ _____ enclosed.

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone: () _____ - _____

Email: _____

Home Group: _____


HAPPY BIRTHDAY!

<u>Years</u>	<u>Name</u>	<u>Home Group</u>
Apparently, nobody got sober in September. Maybe October will be better.		


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

GREATER MILWAUKEE CENTRAL OFFICE
WOULD LIKE TO INVITES YOU TO OUR



Fall Fling



DINNER AND AA SPEAKER EVENT

Saturday, September 27, 2025

HOSPITALITY: 5:30 PM, DINNER: 6:15ish

A.A. SPEAKER: KANE B. AT 7:30 PM

Seating is limited:
Get tickets early.

Proceeds support
Central Office.

Clifford's Supper Club

**10418 W Forest Home Avenue
Hales Corners, WI 53130**



\$30 PER PERSON (SEPTEMBER 23rd , LAST DAY FOR TICKETS)

MENU: SERVED BUFFET STYLE

**BROASTED CHICKEN, ROAST BEEF, OVEN BROWNED POTATOES, HOT
VEGETABLE, TOSSED SALAD, RELISH TRAY, JELLO MOLDS, DESERT, COFFEE**

Tickets by mail, \$30.00 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 _____ CID# _____

Address _____ Zip Code _____

E-mail Address: _____

Number of tickets ____ X \$30.00 = \$ _____

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

Check or Credit Card **Total**..... = \$ _____

Seating is assigned by table. If you
want to sit with your friends, please
buy your tickets together.

- Tables of 8 available.

