

NNIG MONTHLY MEETING SPEAKER



November 13, 2021
Jimmy K, Santa Barbara
Gratitude Dinner
Speaker at 7:30
Atlantis Casino Resort Spa

November, 2021

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GENERAL WARRANTIES OF THE NORTHERN NEVADA INTERGROUP ASSOCIATION OF ALCOHOLICS ANONYMOUS

In all its proceedings, the Intergroup Association observes the spirit of AA Traditions, taking great care that the Intergroup Association never becomes the seat of perilous wealth or power; that sufficient operating funds, plus a reserve be its prudent financial principal; that none of the Intergroup Association members shall ever be placed in a position of unqualified authority over any of the others; that all important decision be reached by discussion, vote and whenever possible, substantial unanimity; that no Intergroup Association action ever be personally punitive or an incitement to public controversy; that though the Intergroup Association may act for the service of AA Groups in the Northern Nevada area and parts of Northern California, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous, the Intergroup Association itself will always remain democratic in thought and action.

(The above is adapted and modified from "The AA Service Manual", and AA Co-Founder Bill W's. Twelve Concepts for World Service; Concept XII, as adopted by the General Service Conference on April 26, 1962. This adaptation of copyrighted AA material has been approved by the General Service Board)

CENTRAL OFFICE

436 S. Rock Blvd.,
Sparks, NV 89431
Monday thru Friday
9:00 AM to 5:00 PM

Saturday 9:00 AM to 1:00 PM

24 Hour Answering Service:

(775) 355-1151 Fax: (775) 355-1560

EMAIL: officemanager@nnig.org

Web Site/Meeting Schedule: nnig.org

The Bracer: nnigbracer@gmail.com



HAPPY THANKSGIVING

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

~ Melody Beattie, Author

NORTHERN NEVADA INTERGROUP

THE PARADE IN MY HEAD

One of my favorite bumper stickers reads: "**Meditation, it's not what you think!**"

Having attempted meditation on and off for years and having read a lot about it, rather than trying to control and enjoy my thinking, I have come to the conclusion that meditation is a simple matter of just watching what I think.

I recently read that most people think about 200 thoughts a minute, and that 95 percent of our thoughts are repetitive. So by my account, for the hour I lay awake last night watching my thoughts, about 12,000 of them paraded through my head, and 11,400 of those were redundant.

My lines of thinking typically have themes, which for last night was, "things to worry about." I wish I could report that there are acrobats of happiness, marching bands of well-being and columns of contented clowns parading through my nights, but those folks never come to town without an intentional invitation.

So, knowing how I think, I'm learning how to "watch the parade." For example, I know that every 10 minutes while I lie there wide awake in the middle of the night, my work (let's call it an elephant) comes into view.

Although my tendency is to leap forth and jump on every elephant's back (such as, worry about financial insecurities), I find that if I remain on the sidelines and watch the elephants appear and disappear, I don't spend 15 minutes riding them, worrying about the multitude of difficulties associated with elephants (such as, am I going to get fired tomorrow?), which then influences how I function at work the next day.

Don't get me wrong, the elephants still show up every 10 minutes. I just don't feed them as much, so there are less elephant droppings to take to work the next morning, which my coworkers appreciate.

The middle of the night is a great time to watch your thoughts, so long as you don't latch onto any of them. I have just as many or more thoughts during the day, but in the light of day I'm distracted by all the things I'm doing, which presents yet another challenge. At night, I have only my thoughts to keep me company. So I practice a type of disengaged meditation. I simply watch the random thoughts pass through my mind.

By not engaging in the thoughts, I find they don't grow and turn into fear, anger, frustration, worry or resentment. A 15-second-long thought has no weight and is so much nicer than a 15-minute-long woolly mammoth that will smother me in my sleep under its weight. Hey, it's still insomnia, but it's so much lighter without the heavy baggage of emotional engagement.

And I've found yet another opportunity to practice the "Alcoholic's Meditation," which was first published in the November 2010 Grapevine and in a related article entitled "Step 11 to the Rescue" in Grapevine in 2013. That is, late at night when I need a reprieve from a negative train of thought, I engage the positive parade of acceptance and gratitude. By breathing in "welcome" and breathing out "thank you," I actually (somewhat) control the types of thoughts coursing through my mind.

Should you choose to meditate this way, here is a cautionary note: There may be pink elephants riding on pink clouds in late night parades focusing on acceptance and gratitude.

ED L. | WIGHTWOOD, CALIFORNIA

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AA's

Recovery Step Eleven:

"Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Three

Unity Tradition Eleven:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Legacies

Service Concept Eleven:

"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

Concept XI - Good Committees, Corporate Directors, Staff and Consultants to Carry Out Day-to-Day Service Activity is a Matter of Serious Care and Concern

The writings under Concept 11 discuss matters related to A.A. service personnel. Paraphrasing here, Bill says: While final responsibility for world services lies with the Trustees, the job of carrying out service activities will require competent leadership and harmonious working relationships among standing committee members, the directors of A.A.'s two corporations, as well as the executives, staff and employees. These matters call for serious care and concern about:

- Who they are; their quality and dedication; their personal qualifications.
- The manner of their induction into service.
- The systems of rotation of membership.
- The way in which the various service jobs are related to each other.
- Special rights and duties of executives, staffs and consultants.
- Having a proper basis for financial compensation for their work.

As in Concept 10, the writings of Concept 11 seem most useful as a reference source. Each detail stands on its own merit; there is no way to summarize. Bill applies the above-listed considerations to the five General Service Board committees existing at the time of his writing (early 1960s). These five committees have since been expanded to thirteen (See Chapter 9 of The A.A. Service Manual).

The early committees consisted of a *Nominating Committee* that aids the Trustees in filling personnel vacancies; *Finance and Budgetary Committee* whose primary purpose is to see that A.A. Headquarters operations are always solvent, in good times and bad; *Public Information Committee* that combines professional public relations methods with the A.A. principle of attraction rather than promotion; *Literature Committee* that revises and updates existing books and pamphlets as well as creating needed new ones; and *General Policy Committee* where any matter of great and significant policy importance can be carefully discussed and hashed out before coming to the Board for final resolution. Today the General Policy Committee has become a General Sharing Session that provides regular opportunity for open discussion of any matter of concern regarding A.A. as a whole.

The writing on Concept 11 concludes with discussion of four principles applicable to A.A. personnel:

- The Board makes policy, but the corporate executives need ample freedom and authority to manage service operations and activities.
- Paid workers are to be compensated commensurate with the value of similar services in the commercial world. They do not get paid less just because they work for A.A.
- Staff rotate among jobs. Among other things, this assures available knowledge and experience in case of emergency situations. It also reduces temptations to destructive competition.
- Full "participation" of paid workers is highly important. All must feel that they are a part of the team.

As usual, Bill concludes the discussion of Concept 11 with a spiritual reference, saying that the only guarantee against the depredations of clashing personalities in A.A. Headquarters is the application of Step 12, a sustained willingness to practice spiritual principles in all our affairs.

This is a 12 part series written by members of the 12 Concepts Study Group in Reno, Nevada. Efforts were made to use simple, everyday language. Each concept is written by an individual member of the group and is not necessarily the opinion of AA as a whole or NNIG. We hope this series will help our community to understand the Concepts and bring interest to those wanting to know more about them.

NNIG & AREA EVENTS

EVENTS HOSTED BY NORTHERN NEVADA INTERGROUP TO SUPPORT CENTRAL OFFICE

NNIG Monthly Speaker Meetings
Silver Legacy – 407 North Virginia Street, Reno 89501



Monthly Speaker Meeting
Doors open at 6:30 PM
Speaker at 7:00 PM



All meetings located in Silver Barron Room 1-6
Unless otherwise noted

December 11, 2021
Host Group – District 2
Speaker - Luther B. San Jose, CA

January 8, 2022
Host Group – Reno Happy Hour
Marilyn S. - Los Angeles CA

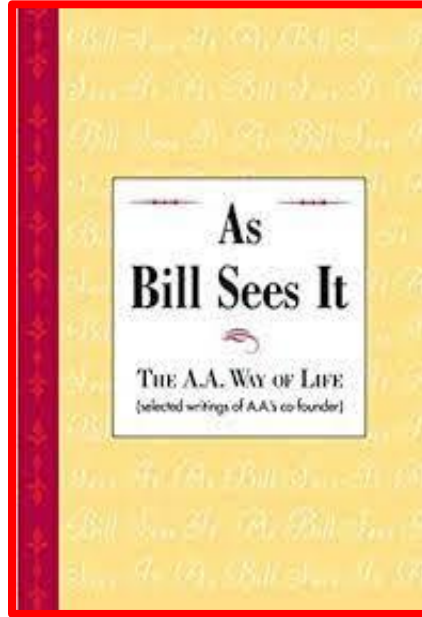
February 12, 2022
Host Group – ALOHA Group
Kristene & Jim B. – Reno NV

March 12, 2022
Host Group - TBA
Speaker - Jim A. – Hayward CA

Speaker Chair – Kevin B. (775) 470-4614
Need more info call: Central Office – (775) 355-1151
Join us for dinner at Cafe Central inside the Silver legacy @ 5pm

BOOK OF THE MONTH

\$2 OFF



PAMPHLET OF THE MONTH

\$0.35



OTHER AREA EVENTS

NEW YEARS FESTIVAL
MARDI GRAS
Friday-December 31st
Bring in 2022 at Hidden Valley
Country Club tickets \$65
Doors open 6pm
Dinner served 7pm
Entertainment 8-9pm
Speaker 9pm - LIZ G.-Sacramento CA
Raffle 10:30pm
Dancing till Midnight

Bring your cell phone for the photo booth
Live DJ
Mask Competition
Watch the fireworks!!

Wear your Marti Gras colors- PURPLE, GREEN, YELLOW

Live Entertainment!!

Mask Competition

NNIG EVENT

District 16
34th Annual Christmas Affair
"A.A. In A Time Of Change"
Saturday December 18th 2021 ~~~12PM - 5PM
Sparks Masonic Center 2425 Pyramid Way, Sparks, NV
Family Members Welcome
Please Bring A Salad Or Dessert To Share
~~~Service Panel Discussion - "A.A. In A Time Of Change"~~~  
~~~Visit From Santa~~~  
~~~Turkey Dinner With All The Trimmings~~~  
~~~A.A. Speaker Meeting~~~  
Julie C. - Chester, CA
Lyle C. - Chester, CA
~~~Raffle~~~  
Raffle Prize Contributions Greatly Accepted  
Contact Dianne P. - 707-337-8826 - dhp@nec1@aol.com  
Service Volunteers Greatly Appreciated  
Contact Pat B. - 707-483-7185 - pat@nec1@aol.com

GRATITUDE, LIKE FAITH,  
IS A MUSCLE.  
The more you use it, the stronger it grows, and the more power you have to use it on your behalf. If you do not practice gratefulness, its benefaction will go unnoticed, and your capacity to draw on its gifts will be diminished. To be grateful is to find blessings in everything. This is the most powerful attitude to adopt, for there are blessings in everything.

~ Alan Cohen

fb/joy of dad

## Central office report from Ronda H. November 2, 2021

This month is Gratitude Month, while you are in the office write down what you are grateful for and we will hang on the board. At the end of the month, we will randomly choose a winner for a \$25 gift certificate and the gratitude printed into the Bracer. The book of the month is "As Bill See's It" \$2 off. This is all Bills writing on different subject matters. Want to see what is said about arrogance, courage, humility, self, willingness? It is all in the book and many more topics. Pamphlet is "The A.A. Member-Medication and Other Drugs" \$0.35. With the holiday season upon us the office will be closed on varying days, please check the schedule. Please remember Central Office this Holiday season for gift ideas for anyone in recovery.

Volunteer Hours: 134

Calls into Central Office: 193

- Calls for AA help - 12
- Calls for Alanon/Alateen - 6
- Meeting information - 69
- Retail/merchandise - 21
- Other 12 step programs - 3
- Events - 16
- New to AA - 3
- Business/Central office- 57
- Visitors - 264

Ronda  
Central Office Manager



## Previous Birthdays

September 2021

Phil S. 45 Years

Mike 26 Years

August 2021

Linda G. 29 Years

Danny S. 19 Years

July 2021

Barbara M. 46 Years

Joanne P. 9 Years

JUNE BIRTHDAYS

Donn T. 31 Years!!!

MAY BIRTHDAYS

Joni S. 26 Years

Ron T. 10 Years

Ann G. 1 LOT

Donn T. 31 Years

MARCH BIRTHDAYS

Kent L. 39 years

Kimmi 44 YEARS

FEBRUARY

Tom E. 40 Years

Skip P. 21 years

JANUARY 2021

Joan H. 50 Years

DECEMBER 2020

Cindy M. 32 Years

Anonymous 33 Years

NOVEMBER 2020:

Rich A. 34 Years

Leslie S. 23 Years

## October 2021

Sharron S. 37 Years

Nancy A. 36 Years

Shawn 30 Years

I like to  
Party  
and by Party  
I mean I take  
Naps



Did you know you can share your sobriety and gratitude in a practical way by joining the A.A. Birthday Club? Sign Up today and be featured in the Bracer Birthday Club section of the Bracer. Show your Support for your NNIG & Central Office, Join the Birthday Club. A donation of only one dollar for every year of your sobriety. Envelopes available at Central Office, NNIG Business Meeting or Intergroup Representatives

Please respect all meeting place mandates about face coverings.

M.O.T.H.  
Meeting

5:30pm Saturday

635 S Wells  
Avenue  
Reno

DAYTON MEETINGS  
SUN-SAT 7PM  
7000 HWY 50  
EAST  
DAYTON

## AA ANSWERING SERVICE NUMBERS

Reno, Sparks, Carson City and all of Northern Nevada: (775) 355-1151  
Las Vegas and all of Southern Nevada: (702) 598-1888  
Mammoth Lake: (760) 934-3434  
North Lake Tahoe: (530) 546-1126  
South Lake Tahoe: (530) 541-1243  
Susanville, CA: (775) 355-1151  
White Pine County/Ely: (775) 296-0656 Jim C.

Willing to go  
to Any Lengths  
M-T-W 6pm  
SAT-noon  
Steward Park  
Reno

DAWN PATROL  
SUN-SAT 7AM  
10046 CHURCH ST  
TRUCKEE CA

**N.N.I.G. STEERING COMMITTEE**  
 Last Tuesday of each month, 5:30 PM  
 Central Office, 436 S. Rock Blvd., Sparks

**N.N.I.G. BUSINESS MEETING**  
 First Tuesday of each month, 6:30 PM  
 Alano Club, 1640 Prater Way, Sparks

**N.N.I.G. MONTHLY  
 SPEAKER MEETING**  
 7:00 PM Silver Legacy - Silver Baron A  
 2<sup>nd</sup> Saturday of the month

**N.N.I.G. H&I**  
 First Monday of each month, 5:30 PM  
 Central Office 436 S. Rock Blvd., Sparks



## District Meetings

**DISTRICT-2** 2<sup>nd</sup> Tuesday of each month, 6:30 Central Office

**DISTRICT 4** First Thursday of each month, 7:00 PM-  
 Zoom ID: 876 7717 4234 PW: District4

**DISTRICT 6** 2<sup>nd</sup> Sunday of even numbered months-  
 For information email  
[district6@nevadaarea42.org](mailto:district6@nevadaarea42.org)

**DISTRICT 8** First Sunday, 3:30 p.m. on odd months  
 Call (760) 937-8407

**DISTRICT 10A** Third Sunday of every other month, 1:30 PM  
 680 River St. Elko, NV

**DISTRICT 10B** Dark since 2017

**DISTRICT 11** Only holds meetings 4 time a year, call DCM

**DISTRICT 12** 2nd Saturday of each Month at 5:00 PM- 457  
 Esmeralda Street Wolf Center, Fallon NV

**DISTRICT 14** 3<sup>rd</sup> Wed of each "Odd" month at 6:00 PM -265  
 Bear Street in Kings Beach CA

**DISTRICT 16** Meeting is held 3rd Tuesday of the month  
 Sparks Family Christian Church 510 Greenbrae  
 Blvd 6:00PM-7:00PM

**DISTRICT 18** DARK DISTRICT

**DISTRICT 20** Third Saturday of Jan, Mar, May, Aug & Oct  
 10:30 AM- Contact DCM @  
[district20@nevadaarea42.org](mailto:district20@nevadaarea42.org) for location

**DISTRICT 22** 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month 6:30 PM @  
 Central Office

### AREA CLUBS

**Reno / Sparks Clubs**  
 Alano Club Sparks, 1640 Prater Way (775) 359-2727  
 Driars Club Reno 345 S. Wells Avenue (775) 324-9210  
 Triangle Club Reno 635 S Wells Avenue (775) 324-7977

**Clubs outside Reno/Sparks Area**  
 Alano Club Carson City, 1800 HWY 50 East (775) 882-0443  
 Bishop Alano Club (760) 873-6700  
 Elko Alano Club (775) 738-4747  
 Las Vegas Triangle Club (702) 435-0597  
 South Lake Tahoe (530) 541-1243

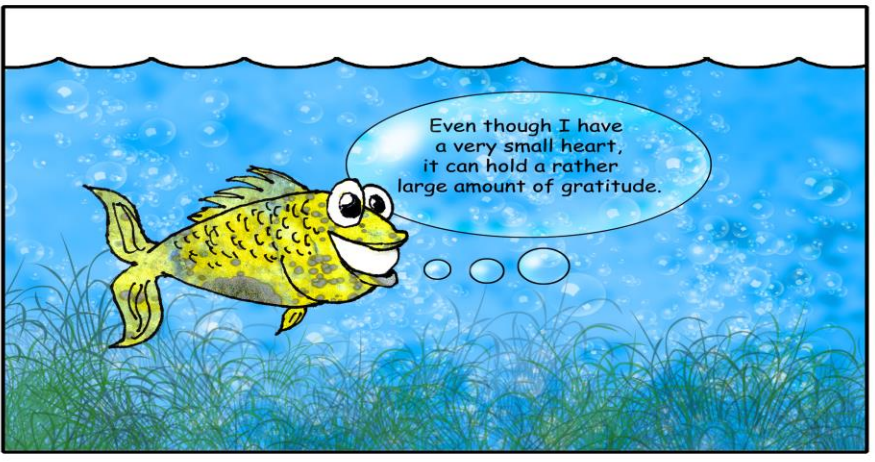


## St. Francis Prayer

Lord, make me a channel of thy  
 peace, that where there is hatred,  
 I may bring love; that where there  
 is wrong, I may bring the spirit of  
 forgiveness; that where there is  
 discord, I may bring harmony; that  
 where there is error, I may bring  
 truth; that where there is doubt, I may  
 bring faith; that where there is despair,  
 I may bring hope; that where there are  
 shadows, I may bring light; that  
 where there is sadness, I may bring  
 joy. Lord, grant that I may seek rather  
 to comfort than to be comforted;  
 to understand, than to be understood;  
 to love, than to be loved. For it is  
 by self-forgetting that one finds.  
 It is by forgiving that one is forgiven.  
 It is by dying that one awakens to  
 Eternal life.  
 Amen

### Drink Like A Fish

by Rick M.



### NNIG/Central Office Group Contributions 2021

| <u>Group</u>                           | <u>October</u> | <u>YTD</u> | <u>Group</u>                  | <u>October</u>  | <u>YTD</u>       |
|----------------------------------------|----------------|------------|-------------------------------|-----------------|------------------|
| 3rd Tradition Secular Group            |                | 110.00     | Happy Hour Reno               |                 | 800.00           |
| A Vision for You                       |                |            | Incline to be Sober           |                 |                  |
| A Way Home                             | 209.00         | 511.50     | Incline Village Fellowship    |                 |                  |
| Alano Afternoon Serenity               |                |            | Jamesville Moment to Moment   |                 |                  |
| Alano Brown Baggers                    |                |            | Kings Beach AA Golden Group   |                 |                  |
| Alano Dawn Patrol                      |                | 50.55      | Ladies of the Evening         | 55.39           | 55.39            |
| Alano Jaywalkers                       |                | 604.35     | Ladies of the Lake            |                 | 204.66           |
| Alano Sunday Morning Speaker           |                |            | Mammoth Good Life Group       |                 |                  |
| Alano Sunshine Group                   |                |            | McGill NV Freedom Group       |                 |                  |
| Alano Women in Recovery                |                |            | Minden Language of the Heart  |                 | 80.00            |
| Amen Maintenance Meeting               |                | 276.00     | Minden Saturday Night Fever   |                 | 420.00           |
| Back Room Group                        | 192.62         | 583.82     | Minden Stephanie Way Group    |                 | 658.80           |
| Back to Basics Saturday Night          |                |            | Minden Wednesday Night Live   |                 | 100.00           |
| Battle Mountain Fellowship             |                | 40.00      | Minden/Gardnerville Group     |                 | 440.29           |
| Beginners are Winners On-Line Gro      | 285.00         | 1324.50    | NNIG Business Meeting         | 30.00           | 191.37           |
| Blairstden Graeagle Sister in Recovery |                |            | Mt Rosa Recovery Room         | 290.00          | 3347.47          |
| Caring & Sharing in Stead              | 323.42         | 1317.96    | Our Common Welfare            |                 |                  |
| Carlin Crystal Light Group             |                |            | Our Group Big Book            |                 | 25.00            |
| Carson AA Way of Life                  |                |            | Out and Sober                 |                 | 150.00           |
| Carson After Shifters                  |                | 250.00     | Portola Group                 |                 |                  |
| Carson Airport                         |                |            | Positive Acceptance Group     |                 | 408.53           |
| Carson Big Book Experience             |                | 168.00     | Pyramid Way Discussion Group  | 60.00           | 150.00           |
| Carson Brown Baggers                   |                | 962.80     | RENVPAA                       |                 |                  |
| Carson Dr. Bob Nightngales             |                | 110.50     | RTC Afternoon Delight         |                 | 290.00           |
| Carson Early Birds                     |                | 2707.98    | RTC Almost Heaven             | 150.00          | 1300.00          |
| Carson Happy Hour                      |                | 1508.21    | RTC Aloha Group               |                 | 2400.00          |
| Carson Happy, Joyous and Free          |                | 30.00      | RTC Big Book Study            |                 | 359.00           |
| Carson Jay-Walkers Men's               |                | 200.00     | RTC Beginners are Winners     |                 | 416.52           |
| Carson Men's NO BS Stag                |                | 100.00     | RTC Coffee with Bill          |                 | 81.00            |
| Carson Sandbaggers                     |                | 300.00     | RTC Don't Trip Music Meeting  |                 | 301.00           |
| Carson Fallen Women                    | 13.25          | 13.25      | RTC Grapevine/Big Book        |                 | 85.00            |
| Carson Sunday Morning Fire Station     |                |            | RTC How We Stay Stopped       |                 | 200.00           |
| Carson Sunday Night Step Study         |                |            | RTC Just for Today Women      |                 | 113.25           |
| Carson Women's Night Out               |                | 200.00     | RTC Mid-Day Group             |                 | 67.26            |
| Chester Fellowship                     |                | 250.00     | RTC Champions of Sobriety     |                 | 27.77            |
| Chester Saturday Night Group           |                | 200.00     | RTC Mid-Day Group ON-LINE     | 91.77           | 494.72           |
| Choices                                |                | 200.00     | RTC Recien Llegados           | 50.00           | 50.00            |
| Cornerstone Group                      | 250.00         | 250.00     | RTC New Awakenings Group      | 384.50          | 1356.61          |
| Crystal Bay Nooners                    | 50.00          | 50.00      | RTC Little Rascals            |                 | 197.50           |
| Dayton Friday Night Rule 62            |                | 400.00     | RTC Sober N Sane              |                 | 105.00           |
| Dayton Sunday Morning                  |                |            | Serenity Sisters Big Book     |                 |                  |
| Decompression Chamber/online           | 153.25         | 352.16     | RTC Seniors in Sobriety       | 100.00          | 350.00           |
| Deer Park Rebels                       |                | 66.00      | Serenity on Sundays           |                 | 150.00           |
| District 12                            |                |            | Silver Springs Groups         |                 |                  |
| District 14                            | 50.00          | 1250.00    | Sisters in Sobriety           | 175.00          | 374.40           |
| District 2                             |                | 649.00     | Sisters of Sobriety SOS       |                 | 81.00            |
| District 22                            | 51.00          | 475.00     | Sober Readers                 |                 |                  |
| District 6                             | 250.00         | 250.00     | South Shore Group             | 60.00           | 120.00           |
| Driars 4th Dimension- ON-LINE          |                | 242.53     | South Reno on Sunday          |                 | 70.39            |
| Driar's Oldtimer, Newcomers            |                | 50.00      | Step 1                        |                 | 110.00           |
| Driar's Positive Step                  |                |            | Southside Group               |                 | 1004.22          |
| Eye Opener                             | 127.00         | 698.35     | Sunnyside Group               |                 | 538.60           |
| Fallon Grapevine Group                 |                | 65.00      | Susanville Fellowship         |                 |                  |
| Fallon Grapevine Group-Online          |                | 40.00      | Susanville Thursday Night     |                 |                  |
| Fallon The Real Lunch Bunch            |                | 24.15      | Susanville Wed Womens         |                 | 56.80            |
| Fernley Groups                         |                | 800.00     | Tahoe City Fellowship         |                 | 62.50            |
| Fireside Group                         |                | 540.00     | The Rock Group                |                 | 360.50           |
| First Responders                       |                |            | The Twilight Zone             | 50.00           | 200.00           |
| Galena Friday Night                    |                | 133.00     | Truckee Dawn Patrol           |                 | 1200.00          |
| Ground Zero                            | 125.00         | 1325.00    | Truckee Fellowship            |                 | 583.80           |
| Grupo Accion                           |                | 60.00      | Truckee River Men's Stag      |                 | 2388.34          |
| Grupo Fe Y Esoeranza                   |                | 20.00      | The Next Chapter              |                 | 100.00           |
| Grupo La Nueva Luz                     | 10.00          | 40.00      | Virginia City Plug in the Jug |                 | 542.00           |
| Grupo Latino                           |                |            | Verdi Greener Pastures        |                 | 185.00           |
| Grupo Nueva Vida                       |                | 20.00      | Westwood AA                   |                 | 72.50            |
| Grupo Solo Por Hoy                     |                |            | Wednesday Night Beginners Me  | 175.00          | 175.00           |
| Jamesville God Grant Me                |                | 141.27     | Whole in the Ground Sunnyside |                 | 525.00           |
| Jamesville Women's Monday Night        |                | 103.00     | Willing to go to any Lengths  | 206.00          | 1307.00          |
|                                        |                |            | Winnemucca Serenity Seekers   |                 |                  |
|                                        |                |            | Women's 24 Hours A Day        |                 |                  |
|                                        |                |            | Women's New Beginnings        |                 | 383.25           |
|                                        |                |            | Women's New Harmony           |                 | 355.00           |
|                                        |                |            | Yerington Group               |                 |                  |
|                                        |                |            | Young at Heart                |                 |                  |
|                                        |                |            | <b>Total</b>                  | <b>3,967.20</b> | <b>46,235.32</b> |



## Interview with an Alcoholic

Please introduce yourself:

My name is Tom Bates. And I am an alcoholic.

What's your sobriety date?

January 1of 1989 was my last drink. I

consider January 30 my sobriety date, this was my 1<sup>st</sup> A.A. meeting until then I was struggling and trying to do it by myself.

Where? Saratoga, California.

Do you have a home group? Yes I do, Wednesday Night Men's Fireside Meeting down on Double R Blvd.

Please briefly describe your drinking.

My drinking started at 15 and ended at 46 I used booze to anaesthetize the rage and frustration I felt every day.

What brought you to Alcoholics Anonymous? Losing control of my ability to control my drinking.

What were your first impressions of A.A.?

First meeting I was in wonderment of how the old derelicts we're going to show me how to have a good life. I proved to be wrong.

What did the long timers/old timers tell you in the beginning? Shut up, sit down, and take the cotton out of my ears and put it in my mouth. If nothing changes nothing changes.

What was the hardest suggestion for you to follow?

Shut up and sit down. Take the cotton out of my ears, Because I am very, very unique and special.

What was the easiest?

The easiest suggestion would be, try not to drink between meetings and keep coming back.

When did you come to Reno? May 2014

What did you like about Reno A.A.? What was different?

Groups were smaller. I found a men's group that was very much like what I left. Except it was smaller and I met a man named Brett who made me feel very comfortable and we had about the same amount of sobriety.

What do you tell newcomers today?

Nothing changes if nothing changes and keep coming back no matter what.

What positive changes or evolutions have you seen in A.A. during your sobriety?

The ability to embrace the reality that drugs are becoming more of a constant with the new people coming in.

What was it like about drugs when you came in?

Well, if you introduce yourself as an alcoholic and, they'd ask you to take your and over to that door and keep going.

What's your favorite part of the big book?

The promises. It's starts off "if we are painstaking". I used booze to avoid all the emotional pain that I felt so I ran away from everything that I could. And then the last part is when it says this will "work if you work for it", that is the second condition I got to be painstaking and I got to work for it and all those things in between have come true for me.

Final thoughts?

Once you've been given this gift pass it on. I think that was probably Bill Wilson's most significant statement, and however you get this gift, either by following a group of drunks and falling in love with the consistency of the program. Keep coming back. And try to do no harm. Thank you.

## **TO BREAK OR NOT TO BREAK**

When it comes to telling others that he's in AA, whether in person or through his computer, he looks to our Twelve Traditions A few years ago, I was working in retail with a couple fellow employees when an AA member I knew happened to walk by the counter. We chatted a moment and I asked him if he was going to an upcoming AA event. He said he would attend and I thought nothing more of it.

The next day, when I was off, he called and told me I had broken his anonymity. I apologized and promised to be more careful in the future.

As I rationalized about this, I told myself that my fellow employees knew I was in AA and that most everyone else I knew was aware that I was in AA. Therefore, my coworkers would have surmised he was in AA.

This is wrong on my part. I must respect the fact that everyone's anonymity is their own, at whatever level they choose.

I live in a military town and many military folk feel their careers depend on keeping their membership very anonymous. On the other hand, I've been told by others that this is not always true and that any military individual's need for anonymity may depend on their chain of command. This is probably similar to the private sector. A person I know told me a coworker was fired shortly after revealing his AA membership.

I like to maintain my anonymity in the same manner that Dr. Bob called for. Precisely at the level of press, radio and film. I use my last name in meetings and I'm willing to let just about anyone know if I think "the hand of AA" could help them. My profession requires licensure and the recovery of my license was a five-year process that any future employer would easily discover. I pretty much have to be up-front about my past in job interviews.

The reason I let coworkers know is that it seems most everyone has an "alkie" in their family. Again, I share my experience if it will help ease someone's journey.

Anonymity online is a different matter. I try to err on the side of caution. On social media, I have not joined any recovery groups. Someone recently added me to a "secret" group. I value their friendship and respect their recovery, but I may withdraw from it as well. Some wise person said of social media, "If you're not paying for it, you're not the customer, you're the product."

This is why you see the ads that get served up to you online. I get ads for motorcycle parts, ads related to my job and ads related to recovery. I'm sure that just using my browser to visit our website, aa.org, triggers the recovery ads. There's your anonymity online. Having said that, I don't think any human tracks this, just the faceless algorithms of search engines.

Even though I'm open with my anonymity, I get upset when it is broken by others. I've been tagged in posts about folks celebrating AA birthdays, for example. My approach is to send these folks a private message questioning if they think their post may violate the Eleventh Tradition.

It is because I am sensitive to my own anonymity being violated that I must remember not to break others'.

As far as our public relations policy goes, it's all about attraction, according to the Traditions. I must remember that if I'm going to be open about my anonymity, I darn well better be attractive in my sobriety.

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