

NNIG MONTHLY MEETING SPEAKER



June 11, 2022
Barbara M., Sparks, NV
Alano Jaywalkers
Speaker at 7:00
Silver Legacy Silver Baron Rm 1-6

Silver Legacy · 407 North Virginia St., Reno · Doors open at 6:30

June, 2022

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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

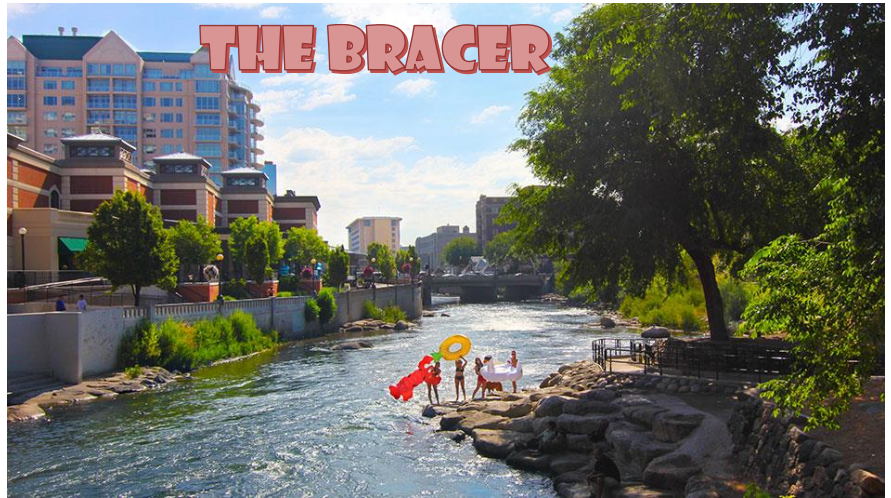
24 Hour Answering Service:

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

EMAIL: officemanager@nnig.org

Web Site/Meeting Schedule: nnig.org

The Bracer: nnigbracer@gmail.com



NORTHERN NEVADA INTERGROUP

Letting go

When a defect arises, she tries to release it like a balloon and let it float up to the sky. It feels so much lighter when it's gone

For a long time I thought Step Six meant doing nothing, just waiting around and being ready. I wondered why it had to be a separate Step. Why not just go ahead to Step Seven and ask?

But one day, during my morning meditation, I was plagued by one of my defects and realized there is an action to take in Step Six. Being entirely ready means letting go. That's my part. Right in the middle of a bad thought or attitude or action—if I recognize it—I can stop it right then, without completing it, without giving myself that satisfaction. And I might have to do this over and over. I might have to because certain defects are, in some strange way, comfortable, familiar, even pleasurable.

Maybe I'm the only one who nurses some of my defects—but I don't think so, from what I've heard at my AA meetings. It seems like we all do it. Isn't there a song with the lyric, "Hurts so good"? That's what I'm talking about.

Somehow when it comes to me, though, my defect always seems so understandable, absolutely justified: No one cares about me. My feelings are hurt. Poor me. Why does this always happen to me? Why does everyone do this to me? As I once heard at a recovery retreat, the way to deal with a defect is to break in and say "Stop it!" when I am obsessing on it. Just stop—and let it go. Easier said than done, of course.

I sometimes think of letting go as releasing a colorful balloon into the sky. Like a child, I don't want to lose it; I have the string tied tightly around my finger. But if I want to be free, I have to let that cherished thing float up to the sky. It looks so light as it floats up, but it's really a heavy harness on my neck, keeping me tethered to old ways that don't work anymore. It actually feels so much better when it's gone.

So here's where I try to do my part. I say to myself, "Stop it. Let it go," right in the middle of doing it if I can. Stop thinking that thought or talking about that person for the millionth time. Stop dragging myself down. Then I ask my Higher Power to help me.

I can't say that I ever do this perfectly. But like the rest of us, I keep trying.

BY: LYNNE D. | CARBONDALE, ILLINOIS

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See election results for Steering Committee &
NNIG Chairpersons on Page 5!



AA's

Recovery Step Six:

"Were entirely ready to have God remove all these defects of character."

Three

Unity Tradition Six:

"An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

Legacies

Service Concept Six:

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Concept VI – A.A. Functions Democratically in Principle While Also Following a Corporate Model in Its Business Operations.

The first five Concepts provide the foundation for Alcoholics Anonymous to operate democratically as a fellowship. Then, in Concept VI, Bill adds discussion of how A.A. at the level of its world services is also a very large business. He introduces the "corporate model" as the basis for A.A. business operations.

A.A. is both a fellowship and a corporation? How complicated is that? It's beginning to sound like Bill had never heard of KISS. I now also needed to figure out why A.A. has and needs two operational sides, working closely together--both the General Service Conference and the General Service Board. Then I was told to read on through Concepts 6, 7, and 8 to really understand.

Bill elaborates on what he means by the "corporate model", saying that "Our Trustees must function almost exactly like the directors of any large business corporation. They must have ample authority to effectively manage and conduct A.A.'s business." Aha! I am beginning to understand. A simple way to think of this is that the A.A. General Service Conference is critical to our working harmoniously together as a fellowship, while the General Service Board, the Trustees, assures that we follow sound business practices, although these purposes do overlap.

Bill says that our Trustees need to be given a wide latitude of judgment and action. They need this because we A.A.'s are holding them mainly responsible for all our service activities. The Trustees have the legal and practical responsibility for the operation of A.A. World Services, Inc. which embraces A.A. publishing as well as the General Service Office, and of the A.A. Grapevine, Inc. These entities have a combined cash flow of many millions of dollars annually. The Trustees are also responsible for A.A.'s public information activities. They are the guardians of the Twelve Traditions. They are responsible for carrying the A.A. message to countries around the world. They are A.A.'s "bankers", overseeing the financial operations and investing A.A.'s substantial Reserve Fund. They are busy people who hold a great deal of responsibility for the effectiveness of A.A. workings.

Who are these Trustees to whom we give such authority? They fall into two categories: Class A and Class B. Class A Trustees are persons who are not and have not been afflicted by the disease of alcoholism and who express a profound faith in the recovery program upon which A.A. was founded. They are persons who have been friends of A.A., including members of professions such as medicine, law, the clergy, finance, or any other field that may have occasion to work with alcoholics, and whose personal and/or professional expertise and dedication can be invaluable to our Fellowship. Class B Trustees are sober A.A. members who have been nominated through our General Service committees and usually are members who have been deeply involved in A.A. service.

All Trustee nominations, Class A and Class B, are approved by the General Service Conference. Trustees serve a limited term. All serve as volunteers with no monetary payment. Each serves out of a 'labor of love' for Alcoholics Anonymous.

I have learned through the study of Concept VI that the General Service Board Trustees give us assurance that our business matters, particularly, are well taken care of. I am confident that the Trustees will perform their tasks effectively, guard our Traditions well, and serve our A.A. Society throughout the world. This ultimately frees me to devote my attention to carrying out our Fellowship's primary purpose found in Tradition Five--to carry its message to the alcoholic who still suffers.

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. Revised May, 2017

The Bracer is a monthly publication intended for members of Alcoholics Anonymous and their families only. It is about, by and for members of the fellowship. Opinions expressed herein are not necessarily those of A.A. as a whole or NNIG. For article submissions or comments, email the Editor at nnigbracer@gmail.com

Deadline for submission is the last Friday of the month.

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**

June 11, 2022

**Host Group – Alano Jaywalkers
Speaker - Barbara M. Sparks NV**

July 9, 2022

**Host Group- Fernley Kiss
Speaker Jeffrey N. – Novato, CA.**

August 13, 2022

**Host Group- Minden/Garnerville Group
Speaker- Mike S. – Riverside CA**

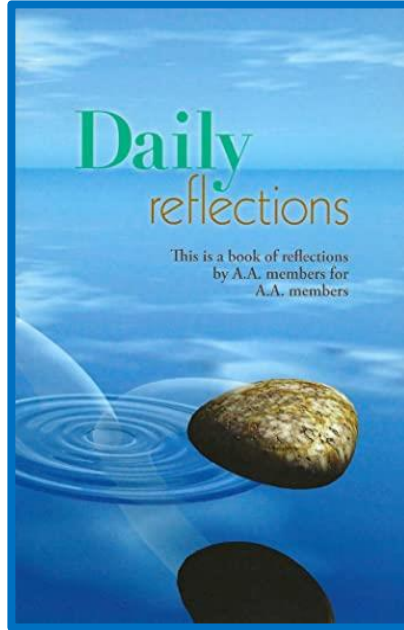
September 10, 2022

**Host Group - Positive Acceptance Group
Speaker- Michelle Q.- Sparks NV**

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

\$0.40



OTHER AREA EVENTS

FOUNDERS DAY 2022



Dr. Bob
Bill W.

SATURDAY JUNE 18, 2022, 11-3PM

BOWERS MANSION - WASHOE VALLEY

**BURGERS & HOT DOGS WITH
SIDE DISHES WILL BE SERVED**

**POTLUCK - CHIPS &
DESSERTS ONLY**

**\$5 SUGGESTED
CONTRIBUTION**

**RAFFLE!! GAMES!!
FELLOWSHIP!!**

Save the Date!!!

SERENITY IN THE SIERRAS XXXIII



**IT'S THE JOURNEY
JULY 14-17, 2022**

The campout committee would like to welcome everyone to Camp Richardson for another sober weekend of camping, meetings and fun for the family. Bring your tent and join us for a great weekend. RV camping available...contact Camp Richardson.

Hope to see you there!
Campout Committee

SEE STORY ON PAGE 7

26th ANNIVERSARY OF LA VIÑA
IN THE PACIFIC REGION - HOSTED BY AREA 42
LAS VEGAS, NV- JULY 22, 23, & 24, 2022



www.lavina26.com

**PALACE STATION HOTEL AND CASINO
2411 W SAHARA AVE. LAS VEGAS, NV. 89102**

For more information:
Chairperson: Leo M. (702) 303-9540
Secretary: Ursula F. (702) 861-1377
Treasurer: Marisol M. (702) 472-0037

Reservations:
(888) 786-7389
Clave: PCI26LV
Hotel discount
deadline 6/22/2022

Central office report from Ronda H. May June 6, 2022

Volunteer hours- 126 hours

Calls into Central Office:

- Calls for AA help - 18
- Calls for Alanon/Alateen - 5
- Meeting information- 41
- Retail/merchandise- 12
- Other 12 step programs- 8
- Events - 18
- Business/Central office- 67
- Total calls - 169
- Visitors – 226, 1 dog

1. Book of the month is Daily Reflection, this is \$2 OFF, pamphlet is The A.A. Group...where it all begins, \$0.40
2. Meetings online and printed schedule will be updated.
3. The website had 19,229 pageviews. 1m37s is the avg. session 45% is new 55% is returning
4. Please let your Home Group know of the Bracer.
5. Looking SO forward to Our Founders Day 2022!! See you all there!!

Ronda
Central Office Manager



Previous Birthdays

May 2022

Donn T. 32 Years !!!

April

Paul 31 Years

March

Kent L. 40 Years

Kim D. 45 Years

February

Skip 22 Years

December

Sean S. - 32 Years

Mystery Person!!

- 34 Years

November 2021

Rich T. - 35 Years

Shawn - 30 Years

October 2021

Sharon F. - 37 Years

Nancy T. - 36 Years

September 2021

Phil S. 43 Years

Mike 26 Years

August 2021

Linda G. 29 Years

Danny S. 19 Years

JULY 2021

Barbara M. 46 Years

Joanne P. 9 Years

MAY BIRTHDAYS

Joni S. 26 Years

Ron T. 10 Years

Ann G. 1 LOT

Donn T. 31 Years



Wild horse- Reno

Q: You're riding a horse full speed, there's a giraffe right besides you. Find a lion nipping at your heel. What do you do?

A: Get off the carousel and sober up.

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

"The Next Chapter"

Saturday 8:30am

514 Upper Colony Rd.
Wellington NV

"THE NEXT RIGHT THING"

SATURDAY 7PM

1800 WILLIAMS ST. #5
CARSON CITY

Please respect all meeting place mandates about face coverings.

"There is a Step for That"

Saturday 10am

345 S. Wells Ave
Reno

"Dawn Patrol"

Monday-Sunday
7:30am

1640 Prater Way
Sparks

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.

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
2nd 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



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

District Meetings

- DISTRICT-2** 2nd Tuesday of each month, 6:30 Central Office
Zoom # 91904741396 Password D2
- DISTRICT 4** First Thursday of each month, 7:00 PM-
Zoom ID: 876 7717 4234 PW: District4
- DISTRICT 6** 2nd Sunday of even numbered months-
For information email
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** 3rd 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 for location
- DISTRICT 22** 1st and 3rd Thursday of every month 6:30 PM @
Central Office

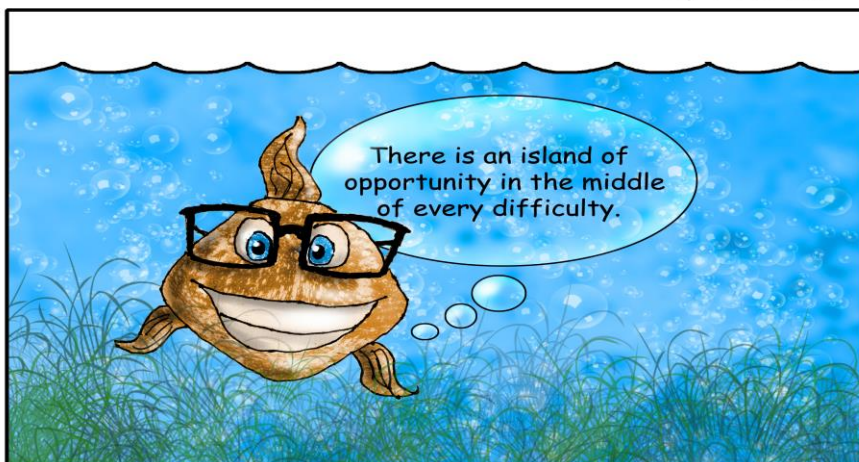
6TH STEP PRAYER

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. AMEN
(p. 76 BB)



Drink Like A Fish

by Rick M.



ELECTIONS JUNE 7, 2022

CHAIRPERSON Rob A.
VICE-CHAIR Adam
SECRETARY Don D.
TREASURER Sharon L.
2-INTERGROUP LIASONS 1-Tyson 2- Nick

NNIG Chairpersons
Activities Events – Michele Q.
Archives - OPEN
Answering Service – Kirk S.
CPC- Cooperation Professional Community – Don T.
PI- Public Information – OPEN
Bridging the Gap – Heather L.
Corrections – Natalie
Treatment – Tammie A.
Monthly Speaker Meeting – Kevin B.
Sunshine Committee – Megan

Not a river in Egypt

Even in sobriety, denial ruled his life. But Step Six and a cool Higher Power helped him begin to accept reality and lift his head out of the sand

"Your daughter has something in her lung," the doctor said. "She needs to have it removed and it needs to be today."

My daughter was 18 months old when she inhaled a popcorn seed deep into her left lung. It was a big deal and had to be surgically removed. When the doctor used words like "probability of death" and said, "She could incur permanent damage," well, let's just say that I handled the news like I usually handle anything that scares me. "This doctor is nuts," I said to my wife. "We should get a second opinion." And some vodka, I thought to myself.

Denial. We all live with it. It's the first of the five stages of grief. Denial not only presents itself in my life when someone dies, but whenever anything happens that involves having to accept any kind of change that scares me. I go into denial at work, over finances, with my kids, my wife, my sponsor. Doesn't matter. If something is about to happen and I don't want it to happen, then it didn't happen. Denial is one of my defects of character. It is the first aggressive angle I take to say no to reality.

As an alcoholic, I use denial as a weapon because I really, really want things to go on as they were. People tend to retreat when I get snide and cocky. I'm really good at it and I'm even better at it when I'm hammered.

When it came to my drinking, my denial was unbreakable. There wasn't a spouse, a parent, a therapist, a friend or a religion that could convince me that I had a problem. And even when alcohol stopped working for me physically, mentally, spiritually and socially, I still wanted it in my life. That's how powerful the obsession was for me. I did not want to stop drinking.

So when I got to AA and accidentally got a sponsor, I did what any upstanding drunk would do when it came to Step One: I faked it. "Oh, yes. I am an alcoholic," I said. "I am powerless over alcohol. Sure, my life is unmanageable." I'm ready for Step Two, suckers!

But as I faked it, even though I was staying sober, my life got worse. My wife asked for a divorce after I got sober; my relationship with my kids broke after I got sober; I saw my financial situation failing after I got sober; I realized I had no friends after ... shall I go on? My life really was unmanageable. It's amazing what a few weeks of "undrunkness" will show a person. I was in serious denial over all of it.

I have said in meetings many, many times: the only thing that alcohol has ever given me was the gift of desperation. Desperation drove me to try a couple of new things that were foreign to me—honesty and God. I was terrible at honesty when I got to AA. I lied and distorted everything for personal gain and to avoid confrontation. Even when I could tell the truth, I lied. Just a little tweak here and a little fake there and I looked like an even bigger hero, or a much more generous person, or a martyr or just an all-around great guy. It took a lot for me to go to a meeting and finally admit that I used alcohol to fix my life and that I didn't want to stop, that I was scared, unhappy and alone. But from that moment on, my life has not been the same.

That was my first lesson in true acceptance, and it is acceptance that eventually overcomes denial in my life. I don't have to be OK with a situation that develops. I just have to stop denying that the situation is there. If I work an honest program, acceptance soon follows.

I did get to make one choice as an alcoholic. I got to pick a cool Higher Power, and that Higher Power will exist as long as I try to give him my life and connect with him every single day.

Every now and then, the old version of me pops in for a sneak attack, but it only takes over temporarily, thanks to the Steps and all the other resources that AA has given me: meetings, a good sponsor, literature, good conversation with other alcoholics and some service work equals acceptance. It is all wrapped up in the power of my God.

I pray for the newcomer and for anyone who is starting over in this program to get a good sponsor to take them through honest Step work, so that they can ultimately seek and find a Higher Power to manage their daily lives.

God was there for my daughter during her surgery. Even though I didn't know him very well at the time, he was there. He was always around, actually. With the help of AA, I can see him in my life now and it is amazing.

For today, I feel that AA is and always will be a part of my life. God willing, I'm not in denial about that. **BY: R.T. | QUEEN CREEK, ARIZONA**

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My name is Diana, I am an alcoholic and the Liaison for the English-speaking Area 42 AA community for the Pacific Region 26th Anniversary of La Viña Committee. My service as liaison encompasses sharing and utilizing all the available resources of communication within the entire Area 42 English-speaking fellowship, both north and south, online as well as in person to this event committee.

Last fall, when I found out that a host committee for the 26th Anniversary of La Viña (Grapevine in Spanish) was being put together with headquarters in Las Vegas' District 21, I wanted to see what it was all about. I soon realized that this was a unique opportunity to help widen our sense of mutual belonging and to strengthen the unity between the English and Spanish speaking AA communities in our Area. For many years, the Hispanic AA community has been supporting their "meeting in print" by holding writing workshops to record their stories and since 2011 has organized celebratory anniversaries in the Pacific Region to promote and raise awareness among Spanish-speaking members.

Our Anniversary committee have been very busy from the beginning with our members getting together every Tuesday night, giving monthly progress reports at their Intergroup and District 21 meetings as well as for the "Junta de Enlaces" which is a special meeting for La Viña Liaisons in the Pacific Region. Just about every week visits are organized to reach out to all the local Hispanic AA home groups in Las Vegas as a means to present the history and purpose of La Viña plus special gatherings for writing workshops. Also, out-of-town excursions are coordinated over entire weekends to participate in Hispanic AA State Conventions and visits to just about every Area, Hispanic district, and state in the Pacific Region – (except for Hawaii and Alaska, of course!). Every presentation, announcement, and visit has been done in person.

An amazing program has been put together with involvement from different areas and Hispanic districts within the Pacific Region as well as participation from the Associate Editor of La Viña, Karina C., a Trustee from the General Service Board, Paz P.; the Area 42 Grapevine Chair, Jason M.; our very own Area 42 Delegate, Julie C., and Marita R. who is a Trustee at Large. This is quite a line up!!

The Pacific Region 26th Anniversary of La Viña will be celebrated on July 22, 23 and 24 at the Palace Station Hotel & Casino. Please check out our website for more information – it's in English and Spanish:

www.lavina26.com

The Registration fee is \$23 and includes a one year subscription to La Viña. The (Saturday night) Banquet fee is \$60 (it will be buffet style) There is a category for Registration AND Banquet together for \$83 There is also a contribution (called "DONAR" in Spanish) button with the words "Support La Viña 26"

This event will also provide Interpretation in English. I will close with these heartfelt words written by Ursula F., the Secretary of the La Vina Anniversary Committee: "It would be our greatest pleasure to have your participation at this event. We have always been supported by our English-speaking AA members. We are so grateful for how generous and kind they have been to us. We ask for your support to be able to achieve our goal. Just as our pioneers worked so diligently to leave us this legacy, today it is up to us to protect and preserve this for future generations."

Con Un Corazón Agradecido (With a Grateful Heart),
Diana M.



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to the website

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Sparks, NV 89431
436 S. Rock Blvd.
NNIG Intergroup Office

**THE BRACER SUBSCRIPTION WOULD MAKE A FANTASTIC SUMMER GIFT!
THIS IS ALSO A GOOD TIME TO UPDATE YOUR SUBSCRIPTION! USE SUBSCRIPTION FORM BELOW!**

NNIG BRACER SUBSCRIPTION FORM

Date _____
 New _____ Renewal _____
 Donation for Electronic Version _____
 I cannot send a donation at this time but I would still like to receive the BRACER electronically _____

Name _____
 Address _____
 City _____ State _____ Zip _____
 Email address: _____

\$15 One Year (Suggested) - Paper Version
\$7 Yearly Contribution (Suggested) – Electronic Version
 Email us at nnigbracer@gmail.com to sign up for your Electronic Version of the BRACER.

The BRACER
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 436 S. Rock Blvd.
 Sparks, NV 89431
www.nnig.org

5 2022 FAITHFUL FIVER CLUB

Joanne P. Linda G. Tom E.
 Paul E. Skip P.
 John L. Tom E.
 Ann G. Deanna S.
 Carl H. Donn T.
 Barb P. Ron T. Paul M.
 William F. Cheryl Z.

We are members of Alcoholics Anonymous that want the hand of A.A. always to be there in Northern Area 42 Community with Central Office Services. It's Easy to Join!

Use a Check or Credit Card to pay monthly, or one time. Easy ways to contribute- pay in person at the office (so we can see your pretty face) mail, online at nnig.org or phone Central Office for a one time card charge over the phone. \$5.00 per month or \$60.00 per year! This membership directly supports 12 step work in Northern area 42, Group Services and Central Office Operations.

