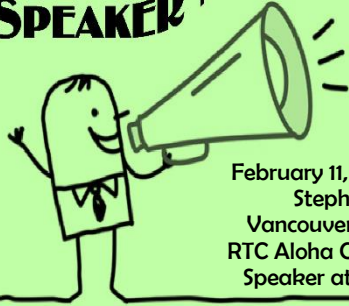


NNIG MONTHLY MEETING SPEAKER



February 11, 2023
Stephen H.
Vancouver, WA
RTC Aloha Group
Speaker at 7:00

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

February, 2023

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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

Easier Led By Example Than Ordered to Obey

Tradition Two: "For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

This Tradition tells me that we are all equal. I am not less than or more than, above or below any other member. We all have the same status--sober drunks.

This is my fourth year in AA, and I've belonged to four groups. I've been in business meetings, two branches of district meetings, and at area assemblies where this Tradition was treasured and others where it was disregarded.

My first group showed me this Tradition in action. The business meetings were full of healthy controversy. All members were respected and their opinions welcomed. Even when our motion was defeated, we were made to feel a valued part of the process and not like losers. We left the meetings feeling good about ourselves and the group. The founders were definitely in the "elder statesmen" class.

Another group I was in was founded by "bleeding deacons." Although service positions were rotated, everyone knew who ran the group. Opposing positions were ignored, and the individual was berated for his opinion. I saw no love and tolerance toward or acceptance of the minority. Meetings were a dreaded confrontation to be avoided by the thin-skinned. Many of those who endured them regretted it.

In the grip of my alcoholism I made bad decisions. A group of us is likely to do the same unless we seek guidance. When we get out of our own way and allow ourselves to be directed by our Higher Power, we generally come to the right decisions for the benefit of all. I don't take well to human authority since no one person is perfect enough for me. So, I must look to rely on divine guidance even when the answer is one I don't want to hear. When we all try to make decisions following the direction of a tolerant and loving God, I don't always like the decision but it is easier for me to accept.

When making my decisions I must always listen attentively to all points of view with an open mind, pray for guidance, and then try to make a decision based on the good of the group and the whole of AA--despite my personal feelings and ambitions. I strive for this and don't always succeed. The step I most often skip is prayer, and the result is a self-centered vote. Most often when this happens it is rectified by the "ultimate authority" in our group conscience.

Tradition Two is the only one that was expanded when the original "long form" of the Traditions was condensed. I suppose that our egos needed a written reminder. When I am asked to do something for the group, it is my responsibility to carry out the wishes of the group no matter my personal feelings. You trust me to serve you, not my own interests.

Following this Tradition will ensure that AA survives and is not led astray by those who may mean well but are misguided in their efforts. I am easier led by example than ordered to obey. I am grateful to those who have shown me how this Tradition works. Being a trusted servant is humbling. Being an equal part of a spiritual whole is enriching. Thank you for giving me my head to grow and reigning me in when I am on the wrong path. **GENI P. | GUELPH, ONTARIO**

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AA's

**Recovery
Step Two:**

"Came to believe that a Power greater than ourselves could restore us to sanity."

Three

**Unity
Tradition Two:**

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscious. Our leaders are but trusted servants; they do not govern."

Legacies

**Service
Concept Two:**

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs."

Concept II – The A.A. General Service Conference, through Our Delegates, Serves as both the Voice and the Effective Conscience for All of A.A.

Concept I establishes the "final responsibility and ultimate authority" of the A.A. groups; but, in actual practice, how are they to manage A.A.'s service affairs? By delegation, Concept II declares. Bill and Dr. Bob, entrusted by the early groups to get the program going and to spread the message, found nonalcoholic friends to help them. They formed a trusteeship and delegated to it the responsibility for finances, the Big Book and other literature, public information, the service office and the AA Grapevine. However, as the trustees constantly looked to the co-founders for advice and guidance and the groups also continued to hold them accountable, it was evident that the leadership should be transferred to the A.A. groups as a whole.



But if the groups were to carry on their primary purpose, they would have to delegate their leadership role to a General Service Conference. They do this by electing a General Service Representative for each group. These G.S.R.s meet regularly in area assemblies and every two years elect a delegate from among their number. Every April, the delegates from the 93 areas in the U.S. and Canada meet for six days with the trustees of the General Service Board, the staffs of the General Service Office and AA Grapevine and certain other service workers. Thus, this General Service Conference of A.A. is "the actual voice and effective conscience of our whole Society in its world affairs."

Reprinted from The Twelve Concepts for World Service illustrated, with permission of A.A. World Services, Inc. You may see the whole pamphlet at AA.org or get one from NNIG Central Office.

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

February 11, 2023

Host Group – RTC Aloha Group
Stephen H – Vancouver, WA

March 11, 2023

Host Group – Central Office
Fernando S. – Concord, CA

April 8, 2023

Host Group – Pyramid Way Group
Tamara B. – Roseville, CA

May 13, 2023

Host Group – They Nearly Lost All Group
Jami F. Sparks, NV.

June 10, 2023

Host Group – Jaywalkers Group
John H. Apache Junction, AZ

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 @ 6pm

BOOK OF THE MONTH \$2 OFF



PAMPHLET OF THE MONTH \$.40



Answering Service is in need of members to answer the phone after hours

- 4-hour shifts
- Training provided
- 1 year sobriety requirement

Please call Central Office
775-355-1151

When anyone, anywhere reaches out I want the hand of help. To always be there...



OTHER AREA EVENTS

March 18, 2023

NNIG's Cabbage & Cribbage Neil Road Recreation Center
3925 Neil Rd

Cribbage – 11am
Corned Beef & Cabbage Dinner \$18
Food served 1-2 pm ONLY
Please bring Potluck - Desserts
Speaker - Frank D. 2:30pm
Followed by Raffle

Family Fun!!
Children games & crafts!!



save THE date



CELEBRATION OF LIFE FOR

CHARLIE S.

MARCH 4, 2023
ABOUT 2:00 PM

First Congregational Church
627 Sunnyside Dr.
Reno, NV 89503

Speakers

Family Members
Tim Caughlin
John Gilmartin
Mark Broadhead

More Info
Next Month

AA Area 42 Translation & Interpretation Committee

BILINGUAL SPANISH VOLUNTEERS NEEDED

To help translate Area 42 minutes, emails, guidelines, etc.
Any proficiency level or none! Northern or Southern Area

We meet online every 3rd Thursday at 530 pm PST

We welcome all interested or just curious!

Questions?
Call the Las Vegas Central Office:
(702) 598-1888
and ask that someone from the translation committee contact you



Zoom ID: 474 938 3601
Passcode: Rule62

Central office report from Ronda H. February 1, 2023
 The book of the month is Daily "Reflections" \$2 off.
 Pamphlet is "The A.A. Group" \$0.40. Check the website for all service commitments. Please check website for office closures. Website had 18442 Views 79% from Mobile devices. Sign up for The Blast, email of what's happening in our local AA. Email officemanager@nngig.org to be added to this once a month email.

Volunteer Hours: 113.25

Calls into Central Office:

- Calls for AA help - 11
- Calls for Alanon/Alateen - 3
- Meeting information - 48
- Retail/merchandise - 13
- Other 12 step programs - 6
- Events - 6
- New to AA - 4
- Business/Central office- 55
- Visitors - 238 , -Dogs- 1

Ronda H.
 Central Office Manager



Previous Birthdays

January 2023



Your Name Here!!

December 2022

Susan S. - 32 Years

November 2022

Sharon S. 38 Years

Rieh T. 36 Years

October 2022

Honey T. 37 Years

Deve S. 39 Years

September 2022

Kathy S. 14 Years

Mike H. 27 years

Phil S. 46 Years

August

Linda G. 30 Years

Denny S. 20 Years

July

Joanne P.

10 Years

June

Tinn G. - 18 years

Ron T. - 11 years

May

Donn T. 32 Years

April

Paul 31 Years

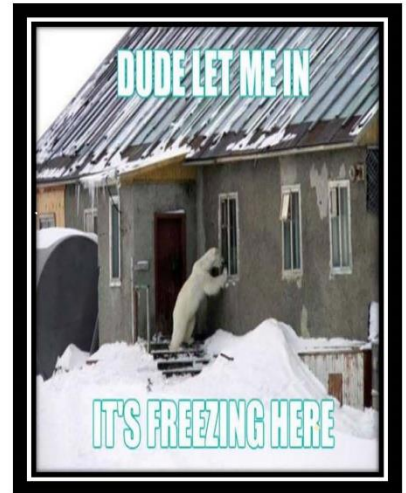
March

Kent L. 40 Years

Kim D. 45 Years

February

Skip 22 Years



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

SOUTH SHORE GROUP
 7AM SUNDAY-
 SATURDAY
 972 TALLAC AVE S.
 LAKE TAHOE CA

Quincy Noon Discussion
 NOON Sunday, Tuesday,
 Wednesday, Friday,
 Saturday
 260 County Hospital Rd
 Quincy CA

Please respect
 all meeting
 place mandates
 about face
 coverings.

Bishop Meetings
 at 5:30 pm
 Monday,
 Thursday, Friday
 1100 W. Line St.
 Bishop, CA

Alturas Hilltoppers
 8pm Sunday, Monday,
 Wednesday, Friday
 307 E. 1st St.
 Alturas CA

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



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

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

The central Office will be closed the following
 holidays for 2023

February 20- Presidents Day
 May 29 - Memorial Day
 July 4 - Independence Day
 September 4 - Labor Day
 October 27 - Nevada Day
 November 11 - Veterans Day
 November 23, 24 - Thanksgiving
 December 24, 25 - Christmas
 December 29, 30 - Inventory

2ND STEP PRAYER

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today. AMEN (p. 59 BB)

Lakes Crossing Center Meetings

Lakes Crossing would like to start meetings back up at their facility. This is a psychiatric evaluation and treatment center, for incarcerated individuals.

Location: 500 Galletti Way, Sparks, NV 89431

The Need:

- Provide two meetings both on Monday's at 6pm.
 - o One serves primarily women. The women's building could get by with every other week if volunteers are scarce. If another day is better for the women's building, we can do that too, any day but Wednesday works for them.
 - o One at the main building. Requested every week.

Requirements:

- All volunteers must be vaccinated against Covid.
- New volunteers to Lake's Crossing must undergo a quick background check which isn't to explore all legal entanglements, just current ones that are open.
- Orientation. This could be done at any of the TB Tests/readings. Please coordinate with Melissa Curley, facility coordinator. 775-688-0492
- The third step which is the most labor intensive is the 2 step TB test. This requires the person to come in to get test administered, then come back 3 days to get it read, then come back a week from the first administration, they have to come back again to get the other arm tested and then return again 3 day later.
 - o The facility is a 24 hr facility so nurses are available all day to read the tests at your convenience.

Contact:
 Joe H. NAGSC Corrections Chair, 415-203-4888
nagsccorrectionalfacilities@nevadaarea42.org

Drink Like A Fish

by Rick M.





My name is Steve P, I am an alcoholic.

What is your sobriety date? January 26, 1987.

What is your Homegroup? It was the Sat

morning, Men's Camel Group of Huntington Beach, CA. I just moved here in August, so I currently do not have one but I go to a lot of meetings in South Reno. I first got sober living in Downey, CA, but then moved to Long Beach, CA to attend college.

Please briefly describe your drinking. My alcoholism is best described by the prelude to the second set of stories in the Big Book, "They Stopped in Time." I got here very young and I was a binge drinker, mostly because I was obsessed with *controlling and enjoying my drinking*. I wanted to drink like a gentleman because both my parents were alcoholics, and it was important for me that I would not turn out like them and commit the same horrible mistakes.

How were you introduced to A.A.? Because my parents were alcoholics, I attended ACA meetings at 19 years old. There were recovering Alcoholics who would share their stories before the meeting and I loved listening, to which sometimes I could relate. One night, for some reason I decided I would speak up and share a story and one of them turned to me very quickly and said "sounds like you're an alcoholic" and I was really insulted and angry at that person for saying that. You see, during that time I had sworn off forever again. The very next meeting he brought me a 12 & 12 and then he said, "you know part of the ACA program is you're supposed to go to open AA meetings." So, I went to a meeting with him on my 21st birthday just to show him, look I got this thing. I knew I shouldn't drink anymore but I did not need AA! I was smart enough to figure it out myself. I still had not recognized that my own drinking had already gone way past the line and was not normal. I was out there for about 2 and a half years and it painfully became clear to me that I didn't know what I was doing, I wasn't going to win in my obsessive mission of trying to drink like a gentleman. I wasn't controlling or enjoying my drinking anymore, I was drinking when I didn't want to, and was drinking more than I said I would. That's how I related to being an alcoholic, it was the part in the Big Book, "the great obsession of every problem drinker is to control and enjoy their drinking." I had never been in trouble, I never got a DUI, I never got a drunk in public, I've never been arrested, I never crashed a car, but there were a few times when I could have.

What were some of the things that the old timers told you in the beginning?

They told me very endearing things that really made me want to come back. Things I heard, especially from the older women and men couples told me, "Honey, you never have to drink again if you don't want to", or, "what we have here is a new way of life, if you just want sobriety, go to the rehab down the street." The crazy thing is because of my family I thought I was doomed to be an alcoholic just like them. I am so glad they told me AA was a new way of life, if they were just offering sobriety I would not have been interested. What good is being Sober if you don't know how to live!

What suggestions did you hear in the beginning, what was the hardest, easiest? The hardest for me in the beginning was "don't leave before the miracle happens" because I just didn't have any faith or I hope I would really get this miracle "new way of life." The easiest suggestion for some reason was when they said, "don't drink between meetings, even if you're ass falls off!"

When did you come to Reno? We moved here in August 2022.

What do you like about Reno A.A.? The meetings here are generally smaller so, people tend to know each other a little more; meetings in the Long Beach/Orange County area can be quite large, it's easy to hide out in a meeting if you want and many do.

What are some of the positive things that you've see in A.A. over the years?

I have witnessed thousands of members, with every type of bottom you can think off, high and low, turn their lives into successes as productive human beings, and who no longer make excuses for anything.

What's your favorite part of the Big Book? I don't have a favorite part, so many parts are equal to me. We hear at almost each meeting, the promises of jail, institutions or death caused by continued drinking. But what I appreciate is the warning the BB tell us of what really kills us: our Selfishness. "Above everything we Alcoholics must be rid of the selfishness or it kills us...God makes that possible." Second, I love the promises the most, because they really came true for me, and it was proof those Oldtimers told me the truth. I am so grateful I listened and did not leave before the Miracle happened! Now I get to help others achieve that same Miracle, if they want to work for it.

Our connected energy

The power in the rooms that helped her stop drinking also expanded her faith.

My family went to a Protestant church when I was growing up, but we were not religious. I think my mother wanted to give us some values to stand on. My father was agnostic, yet I always believed in God.

In my teens, I tried Christianity but it didn't fit me. Later in my 20s, I had a spiritual hunger that led me to a Unitarian church that did not espouse a creed or dogma, but instead encouraged a personal search for truth and meaning. I still go there.

In AA, I've gone through stages of defining my Higher Power. I resonate with Native American spirituality, believing in Mother Earth, Father Sky and Great Spirit. I've participated in sweat lodge ceremonies that I've found to be extremely cleansing and healing. Once after I did the sweat lodge, I had a revelation of my truth, that all of nature and humanity are intertwined. It's easy to forget that when I am acting from ego-based fear.

I like that AA encourages me to find a Higher Power of my understanding. My soulful journey in AA has expanded my faith in God. I have a conviction in the "we" of the program. I know that alone I could not control my drinking. After a lot of self-inflicted pain, I realized I needed help with it. Even then, I was in and out of AA for years, getting some lengths of sobriety but always relapsing.

Eventually it took an overdose and a detox to wake me from my nightmare, and I ended up in a month-long treatment center. I had literally just gotten on Medicare, which I desperately needed to cover the cost. That was definitely what I'd call a "God thing." Next I went into a sober house for two years. I now believe it was God who got me there and God who got me through. People were praying for me. At the time, I was haunted by depression and anxiety and had to get outside help. It was a lengthy, slow process, but I continued to make strides.

Unfortunately the sober house closed down, and all of a sudden I had nowhere to go. I panicked. Amazingly, right around that time I got a call from a HUD apartment complex where I had put in an application two years before! Another "God thing," or "cosmic coincidence." These events seem to flow together when I'm open to change.

I am now five years sober. I have an awesome sponsor and work the Steps continuously. I am the treasurer at my home group and a secretary at another one. At my AA meetings I feel the connected energy of the "we" in process.

Finding my Higher Power has been a long, circuitous path up mountains and down valleys. Even deeper than valleys, actually, *under* the earth itself at times, while I kept digging my way to my bottom.

Today, I pray every morning and every night and ask all of me to be aligned with God's will. I know sobriety has to be my top priority in life; without it I have nothing. And with God I have everything I need.

AMY C. | CLEVELAND, OHIO

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

**THE BRACER SUBSCRIPTION WOULD MAKE A FANTASTIC 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
 NNIG Intergroup Office
 436 S. Rock Blvd.
 Sparks, NV 89431
www.nnig.org



2023 FAITHFUL FIVER CLUB

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

We are members of Alcoholics Anonymous that want the hand of God 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.

