

NNIG MONTHLY MEETING
SPEAKER

May, 13 2023
Jamie F.
Reno Nv.
Just 4 Today
Speaker at 7:00

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



NORTHERN NEVADA INTERGROUP

May, 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

This edition of the Bracer is dedicated to the memory of the longtime editor and active member of Alcoholics Anonymous Nancy A. The most cherished gift she gave me was to enjoy the humor in life. She will be missed by all who knew her. Till we meet in the Big Meeting in the Sky, I love you Nancy.
Nancy's "Interview with an Alcoholic" can be read on page 9.

I give you this one thought to keep.
I am with you still. I do not sleep.

I am a thousand winds that blow.
I am the diamond glints on the snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain.

When you awaken in the morning's hush,
I am the swift, uplifting rush
of quiet birds in circled flight.
I am the soft stars that shine at night.

Do not think of me as gone.
I am with you still in each new dawn.

Native American Poem

AA's

**Recovery
Step Five:**

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Three

Unity

Tradition Five:

"Each group has but one primary purpose - to carry its message to the alcoholic that still suffers."

Legacies

Service

Concept Five:

"Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration."

Concept V– Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration

Newcomers to A.A.'s General Service Conference are often surprised at the pains taken by the presiding officer to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by a vote in which a "substantial unanimity" is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself.

This is A.A.'s "Right of Appeal" in action, and Bill says the same principle should apply to meetings of our area committees, trustee committees and boards.

On an issue of grave importance, the minority has the actual duty of presenting its views.

This "Right of Appeal" recognizes that Minorities frequently can be right; that even when they are in

error they still perform a most valuable service when

they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief

protection against an uninformed, misinformed, hasty or angry majority.

"Trusted servants," according to Bill, "do for the groups what the Groups cannot or should not do for themselves."

And in exercising their "Right of Decision"

(see Concept III), trusted servants are almost always "a small but truly qualified minority" — whether in the

form of area committees, staffs, boards or even the General Service Conference itself. It is incumbent upon them, therefore, in their own meetings, to pay special

deference to the minority voice.



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.


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
 Location-Silver Barron Room 1-6

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

May 13, 2023
Speaker- Jami F. Reno NV
Host Group- Women's Just 4 Today

June 10, 2023
Speaker- John H. Apache Junction AZ
Host Group- Jaywalkers Group

July 8, 2023
Speaker- Don L. Bellingham WA
Host Group- KISS Group

August 12, 2023
Speaker- Tina A. Hollister CA
Host Group- Minden-Gardnerville Group

NNIG Speaker Chair: Kevin B. 775-470-4614
 Need more info call: Central Office – (775) 355-1151
 Join us for dinner at Café Central @ ~5pm with the speaker

PAMPHLET OF THE MONTH \$.25



The unity, the effectiveness, and even the survival of A.A. will always depend upon our continued willingness to give some of our personal ambitions and desires for the common safety and welfare. Just as sacrifices mean unity and survival for the group and for the A.A. entire Fellowship.
 A.A. Comes of Age PP. 287-288

For service opportunities please on to nnig.org and view

“Service Opportunities”



OTHER AREA EVENTS

FOUNDER DAY 2023

 
 Dr. Bob Bill W.

Sunday JUNE 11, 2023, 11-3PM

BOWERS MANSION – WASHOE VALLEY

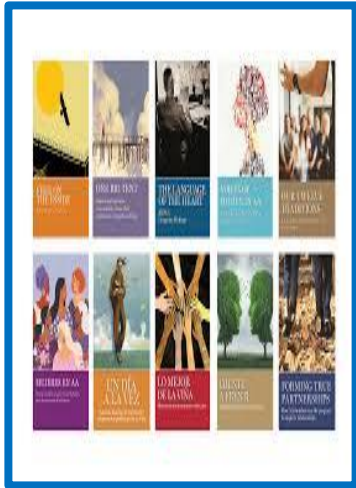
BURGERS & HOT DOGS WITH SIDE DISHES WILL BE SERVED

POTLUCK - PACKAGED CHIPS & DESSERTS

RAFFLE!! GAMES!! FELLOWSHIP!!


\$5 SUGGESTED CONTRIBUTION

BOOK OF THE MONTH \$2 Off



ANY Grapevine Book

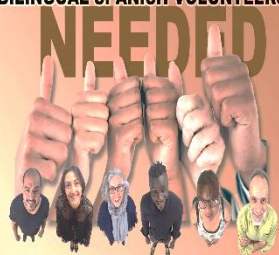
AA Area 42 Translation & Interpretation Committee



All Area 42 members are welcome to help translate minutes, emails, guidelines, etc.

Proficiency in Spanish is NOT required... in fact, you don't even need to speak Spanish

BILINGUAL SPANISH VOLUNTEERS NEEDED



We Meet Online
 Every 3rd Thursday @ 5:30pm PST

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

MEETINGS AND MORE

Central office report from Ronda H. May 2023
 The book of the month is “Any Grapevine Book” \$2 off. Pamphlet is “Circles of Love and Service” \$0.25. Check the website for all service commitments. Please check website for office closures. Website had 16,971 Views . New visitors 48% . Sign up for The Blast, email of what’s happening in our local AA. Email officemanager@nnig.org to be added to this once a month email.

Volunteer Hours: 98 Hours


Calls into Central Office: 122

- Calls for AA help - 2
- Calls for Alanon/Alateen - 1
- Meeting information - 29
- Retail / merchandise - 15
- Other 12 step programs - 1
- Events – 2
- New to AA - 0
- Business/Central office- 72
- **Visitors – 265, -Dogs- 3**

Ronda H.
 Central Office Manager



Previous Birthdays **APRIL**



March 2023

Rent L. 41 Years

Kim D. 46 Years

February 2023

January 2023

December 2022

Sean S. - 32 Years

November 2022

Sharon S. 38 Years

Rich T. 36 Years

October 2022

Maney 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

Danny S. 20 Years

July

Joanne P.

10 Years


June

Ann G. - 18 years


Ron T. - 11 years

May

Donn T. 32 Years



NO Birthdays



about matching socks

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

Times of Corona
 5:45 pm, Every Night, Open Discussion
<https://zoom.us/j/689318173>
 Password: trustgod

Carson City Early Birds
 Phone Meeting 6:45am
 everyday 425-436-6388 access
 code: 775362#
 #6 to mute / unmute



Carson Brown Bagger's
 Noon Mon-Sat
<https://zoom.us/j/845570245>
 Password: faith

4th Dimension
 8:30 pm Daily
ID # 307 354 6842
 password: Driars

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 OFFICE WILL BE CLOSED THE FOLLOWING HOLIDAYS.

- MONDAY MAY 29TH MEMORIAL DAY
- SATURDAY JUNE FOUNDERS DAY
- TUESDAY JULY 4TH INDEPENDENCE DAY
- MONDAY SEPTEMBER 4 LABOR DAY
- FRIDAY OCTOBER 27TH NEVADA DAY
- THURSDAY & FRIDAY NOVEMBER 23,24TH THANKSGIVING
- MONDAY DECEMBER 25TH CHRISTMAS

4th STEP Promises

"Just to the extent that we do what we think He would have of us and humbly rely on Him, does He enable us to match calamity with serenity." Page 68. "We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people." Page 70.



BRIDGING THE GAP NEEDS VOLUNTEERS!!
RETURNING TO CARSON CITY BHS IN MAY
FMI PLEASE CONTACT ED S. @ 775-315-8279

- VOLUNTEERS NEEDED FOR--
- 1 HOUR PRESENTATIONS ON AA AND THE IMPORTANCE OF GETTING INTO MEETINGS RIGHT AWAY AFTER TREATMENT
- PRESENTERS AND GUEST SPEAKERS THURSDAYS 7 - 8 PM
- CONTACTS TO TAKE NEWCOMERS TO MEETINGS AFTER TREATMENT



The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see.

~Robert Holden

NNIG/Central Office Group Contributions 2023

Group	April	YTD	Group	April	YTD
3rd Tradition Secular Group			Happy Hour Reno	421.33	918.33
4th Dimension- ON-LINE	13.93	63.35	International Cartel Men's Stag	390.76	390.76
A Way Home		183.35	Kings Beach AA Golden Group		137.66
Alano Brown Baggers	43.11	43.11	Ladies of The Evening	263.05	263.05
Alano Big Book Study		145.00	Ladies of the Lake		15.82
Alano Living Sober		120.00	McGill NV Freedom Group		85.00
Alano Jaywalkers	261.92	309.04	Mid-Day Group ON-LINE		82.46
Alano Open Heart Open Mind	155.00	155.00			
Alano Women in Recovery		32.75	Minden Language of the Heart		210.00
Amen Maintenance Meeting		300.00	Minden Saturday Night Fever		117.00
Back Room Group	147.61	242.41	Minden Stephanie Way Group		117.00
Back to Basics Saturday Night	200.00	200.00	Minden Wednesday Night Live	97.36	97.36
Battle Mountain Fellowship			Minden/Gardnerville Group	39.57	164.33
			Mt Rose Candle Light		200.00
Beginners are Winners On-Line Group		818.80	Mt Rose Recovery Room	124.32	772.07
Buena Vista Group			NNIG Business Meeting	45.00	150.00
Caring & Sharing in Stead	338.87	545.52	Old Time A.A. Group		
Carson Airport AA			Out and Sober		
Carson Big Book Experience	70.00	70.00	Portola Group		
Carson Brown Baggers			Positive Acceptance Group		810.85
Carson Early Birds		1696.28	Professionals Meeting		
Carson Happy Hour			Pyramid Way Discussion Group		60.00
Carson Happy, Joyous and Free			Recien Ilegados		
Carson Jay-Walkers Men's			Resentments And A Coffee Pot		
Carson Men's NO BS Stag	60.00	60.00	RTC Almost Heaven	100.00	350.00
Carson Sandbaggers	550.00	1050.00	RTC Aloha Group		847.31
Carson Sisters in Sobriety			RTC Beginners are Winners		
Carson Sunday Morning Fire Station			RTC Big Book Study		
Carson Valley Gratitude		500.00	RTC Don't Trip Music Meeting		
Carson Women's Night Out			RTC Good Morning Sobriety		
Chester Saturday Night Group			RTC How We Stay Stopped		100.00
Choices			RTC Little Rascals	50.00	50.00
Cornerstone Group		150.00	RTC Men's Trudgers		195.30
Crystal Bay Nooners			RTC Monday Night Mens		
Dayton Friday Night Rule 62		300.00	RTC New Awakenings Group	284.43	587.26
Dayton Red Rooster		200.00	RTC Recien Llegados		
Dayton Sunday Morning		200.00	RTC Women's Just for Today		95.55
Decompression Chamber/online	172.50	795.63	Serenity on Sundays		
District 14	50.00	200.00	Silver Springs Groups		
District 2	6.00	25.00	Sisters of Sobriety SOS	77.02	168.02
District 22	70.00	169.00	Slide Mountain Candle light Group		
Double R at Noon		387.88	South Shore Group		
Driar's Oldtimer, Newcomers			Southside Group	56.70	572.62
Driar's Serenity Night Owls			Susanville Fellowship	98.00	98.00
Eye Opener	623.50	973.50	Step 1		
Fallon Fallen Women's AA Meeting			Sunnyside Group	720.00	1217.50
Fallon Grapevine Online			Tahoe City Fellowship		100.00
Fallon The Real Lunch Bunch			The Next Chapter		100.00
Fireside Group					
Galena Friday Night			The Rock Group		120.00
Ground Zero	243.10	443.10	The Shop		300.00
Grupo Accion			Truckee Dawn Patrol		
Grupo La Nueva Luz	10.00	50.00	Truckee Fellowship	51.25	151.25
Grupo Nueva Vida					
Grupo Latino Reno		20.00	Truckee River Men's Stag		596.00
Incline Village Fellowship			Verdi Greener Pastures		
Jamesville God Grant Me			Virginia City Plug in the Jug		
Jamesville Women's Monday Night			Wednesday Night Beginners Meeting		
			Weekend Warriors		
			Westwood Monday Night		
			Whole in the Ground Sunnyside		
			Whole in the Soul		120.00
			Willing to go to any Lengths		
			Winnemucca Serenity Seekers		75.00
			Women's New Beginnings		225.00
			Women's New Harmony		
			Young at Heart		
			Total	5,834.33	20,992.22

Am I in the Right Place? BY: DILENE S. | WOODBRIDGE, VIRGINIA

I walked into my first meeting of Alcoholics Anonymous one evening in May 1989, in Monterey, California. At that moment I'd been out of jail (my first and, I hope, my last time there) for twelve hours and had been without a drink for nineteen hours. It was the longest I had gone without a drink in almost two years. I had called AA that morning, literally begging for help. The man on the phone told me there was a meeting at noon that day. I explained to him, through my sobs, that I didn't have a car and was in no condition to drive and would not be able to go anywhere until my husband got home that evening. So he told me where the meetings were that evening.

I was fifteen minutes late for the meeting that night. Meetings are sometimes hard to find. My husband and I walked into a room so full of people there was no place to sit. We found a place against the back wall and I propped myself up with my husband helping to support me. I was shaking violently, my stomach was churning, my skin was crawling, I was sweating profusely, I couldn't stop crying, and there was a hole in my heart the size of the Grand Canyon. I was filled with that "pitiful, incomprehensible demoralization," and I was looking desperately for some help and hope. I looked around the room and knew immediately that I was in the right place. There were the Steps, Traditions, and Slogans on the wall, the Big Book was sitting on the table in the center of the room, and the coffee pot was over in the corner (though I dared not get a cup because I would have shaken every drop out of it). I recognized these things because my father had been sober for seventeen years at that time (he is still sober today) and I'd gone to some meetings with him when I was in my teens. But now, at the tender age of thirty-three, I was there for me.

Because we were late, we had missed the readings and the introduction of the speaker. The young lady speaking that night was sixteen years old. About ten minutes into her story I began to wonder if I was in the right place after all. By the time she finished, forty minutes later, I was sure I was in the wrong place, and I was beginning to panic. You see, during her entire talk, she never once mentioned the words alcohol, alcoholic, or alcoholism, and she never shared anything about drinking. She used a lot of drug lingo, so as far as I was concerned, she was

speaking a foreign language. Throughout her talk I had been listening for something to identify with and get some hope from, but what I heard made me feel apart and alone.

I had felt instantly safe when I had walked into the room that evening and seen those familiar things. But I became increasingly anxious and uncomfortable as the hour wore on. The only thing that kept me there was a desperate desire for help that only the dying can have and the hope that someone there could direct me to the right place after the meeting.

Thank God I stayed and thank God for old-timers. As we ended the Lord's Prayer, a little old lady detached herself from the circle and flew across the room and wrapped her arms around me (a bit of the DTs had begun, I'm sure). I told her through my sobs that I had to find an AA meeting that night and asked if she could please tell me where to go. She said, "Honey, you're in the right place. I know you haven't heard what you need to hear yet, but if you stay and have coffee with me there is another, much smaller meeting in an hour. I will be happy to drive you home afterwards so your husband can go on home now."

I stayed, and for the next five days that lady, and three or four others, stayed with me around the clock. Though I didn't yet realize it, I had, at my very first AA meeting, learned a very valuable lesson. I had experienced firsthand why our Fifth Tradition states that "each group has but one primary purpose--to carry its message to the alcoholic who still suffers." It was a lesson I've carried with me ever since. Today I am thankful that I can share my experience and help others to understand the importance of maintaining AA's singleness of purpose, especially when speaking at a speaker meeting. And I am especially thankful for that little old lady who also understood our Fifth Tradition and saw the desperation and confusion in my eyes that night.

**Hi my name is Nancy Anderson and I am an alcoholic
What's your sobriety date ?**10/26/1985.

What is your home group? Sunnyside Monday.

Where did you get sober?. Huntington Beach CA., my home group in Huntington beach was huggers. we met at the Huntington Beach Inn every day, except Sunday of the week.

Briefly describe your drinking. What you're drinking. I drink beer on weekends I was a weekend warrior was not much for the hard liquor or the mixed the mixed drinks I did have a few rounds with tequila it makes my clothes fall off. Being born and raised in Texas that's what you do for fun you drink beer. So I drank beer. Usually 3 or 4 beers I would be under the table. I didn't take that much for me. What I learned in A.A. is not what you drink or how you drink it's how the drink affects you. And when I drink, I want to attempt suicide. So, it's been a good day or 2 since I've considered suicide.

What brought you too Alcoholic Anonymous?

A suicide attempt. An ambulance ride from Fountain Valley Trauma Center to Brea Neuro Psychiatric Center. I was there for 5 days. And I found out there that I was an alcoholic I didn't know how I could be I don't think there were any alcoholics in my family. My husband at the time sat in the room with me with the therapist and when they asked if there were alcoholics in my life I said I don't think so. And my husband turned sheet white said what do you think your mother is? and that's when the bells and whistles went off.

What were your first impressions of Alcoholics Anonymous?

The first A.A. meeting I went to was at the Laguna Canyon Club. And I wasn't really quite sure what to think. The reason I went there is that my family attorney stepped me. He'd been sober for just over a year. And he knew about my suicide attempt. And so he told me about the newcomer meeting, it was on Thursday night. And asked me to meet him over there so I met him there. Probably about the third meeting I was looking up on the wall at the steps with him. And when I got to the 9th step you made direct amends I told him I'm out I'm not a copping to the crap that I've done it in my past and so and he explained as an attorney will the 9th step to me but then he also laughed and said honey you ain't even halfway through the first step.

What were some of the things that the old timers told you that you didn't want to listen to, and they turned out to be right?

Well I did want to listen to them because when I first got to A.A. I didn't fit in, I didn't have this glorious awakening that everything that's going to be wonderful. I was extremely confused there were a lot of newcomers at the Huggers and they were addicts and alcoholics, alcoholic addicts you know there was

always an addict in there and I did not relate because I didn't do drugs. I was an alcoholic and I figured well I don't fit in. And somehow somewhere God led me to a few people that have a lot of sobriety that said don't pay any attention to that and you know you're an alcoholic this is Alcoholics Anonymous you fit here and you will fit better once you go further into the steps but at the beginning I was not home I didn't fit in and I thought it I going to be left with an alcoholic death.

When did you come to Reno?

Left my husband Rich here in March of 2010 and I arrived here actually 12 years and one day ago in Reno. I had to go back to Tennessee and close up things, lose my job. get depressed, get the house packed. Pack the car, pack the dogs and left on my journey to come here which I call home it's always been home here. And you know there have been some trials and tribulations here some discomfort but my spirit which I'm still defining but my spirit is grounded here in Reno. The A.A. people here were everything that we were looking for in a fellowship and the nice thing is that when we were in Tennessee we were the old timers original. So people are looking to us for all the answers and we don't know what we're doing either. But you know we come here and we hear them say get in the herd, to get in the middle of the herd. Most of the people in the middle of the herd had the same amount of sobriety as well we do. And you know so we moved here in our twenties and you know when we've just stayed with it and it's just a miracle to be here it is just amazing recovery here. In recovery I was told that you should respect your elders your elders for their time but they are an example of what you want and I had to learn they're also an example of what you don't want. You know so here you know you base your decision on your heart and. Go without.

What do you like to tell the newcomers today?

My favorite one is. Keep coming back even if you're **** is falling off if you're **** is falling off put in a bag bring it to the meeting and we'll put it back on for you. Or the second best one is hang on to your **** you're in for the ride of your life.

What positive changes you've seen in A.A. during your recovery years?

I would have to say that some of the positive things is that I find that there are people, some people, that A.A. is their primary in their life and they want to protect Alcoholics Anonymous for their families to come. The sad part is I see too many newer people thinking that the A.A. can cure everything and we can't. A.A. can arrest alcoholism. We want everybody to know and to find recovery and treatment. A.A. is not in the organization that's focused on helping everyone. We have to help each other and I have another great grandchild on the way this will be my second and I just pray that when my time is up here that I have left A.A. stronger and strong enough to survive.

The Fifth Step - a Way to Stay High

BY: E. S. | BROOKLYN, NEW YORK

He felt he had found the secret of flying without a machine

OUR CO-FOUNDER Bill W. indicates in the Big Book that a return to drinking is a definite possibility if the Fifth Step is not taken conscientiously. I believe this. I have had faith in the AA program since my first meeting.

In the depth of my despair while drinking, and not thinking that I was an alcoholic, I was sure there was a force somewhere that could help me. It never occurred to me to stop drinking. The sheer logic of that never entered my mind. And I did not consider AA. But I was searching. When I arrived at AA, I knew the mirage of help had become a reality.

I realized that I needed all of AA if I wanted more than bits and pieces of sobriety. That meant taking all Twelve Steps. I began reading about them. I am sad for the people who do not read the book *Twelve Steps and Twelve Traditions*. This is the most meaningful book I own. It is a million wise books in one. It's miraculous how AA books grow in impact every time I read them.

I was interested in Bill's explanation of the Fifth Step in the Big Book. In meetings, I told people about my drinking exploits, but something at the perimeter of my mind kept nudging me and saying, "They know all this. This isn't the Fifth Step. Tell them. . .something painful!"

I took the question to my sponsor. He talked about the misguided drive that some people have to tell all, over and over and over again. He advised me to look for "the exact nature" of my wrongs, instead of just drawing lurid pictures. In preparation for the Fifth Step, he said, I should think through the Fourth, counting my assets as well as my liabilities ("something painful"). "The Steps are there to help you, kid," he said, "not hurt you."

I had already gone the clergy, doctor, and analyst routes. Now I wanted that "other human being" to be an AA. So I finally picked one and began talking as honestly as I could. When I finished, guess what this guy said. (I don't have to tell any long-time member.) He said, "Is that all? Wait till I tell you about me. . ."

I felt as if I had discovered the secret of man being able to fly without a machine. What a high! And a safe one. I had been introverted and tense. I had been blocked by a fat ego that made sharing impossible, by a lack of communication, by a fear of love. The Fifth Step swept away all those barricades.

With some humility, I could begin to find joy in the simple delights of life. Sober-and-serene is much better than drunk-and-depressed. I plan not to drink today. The safest way I know to avoid it is to keep my ego down while building up my self-esteem, and the surest

way to do that is to continue taking the Tenth Step--a comforting continuation of the work I finally did in the Fifth Step.

I believe in God. I have no secrets, and I fear no man. I am not anxious about death. I am alive, forever, within this 24 hours. And I stay high all the time, high on life, thanks to the Twelve Steps of Alcoholics Anonymous.

List debits, not credits

BY: P. H. | WAUKESHA, WISCONSIN

Whenever I attend a meeting where the Fourth and Fifth Steps are being discussed, someone always mentions writing down assets along with defects. My life, before sobriety and the AA program, was spent pampering myself. As soon as I would entertain thoughts about my wrongs, I would quickly dismiss them by remembering all my good deeds. What a cop-out!

Let's face it, folks; these are uncomfortable Steps. Fear of being "too hard on ourselves" only complicates matters. I heard and read that the Fourth and Fifth Steps were necessary for my continued sobriety. This fact made the pain bearable.

I have never read, in the Big Book or the "Twelve and Twelve," that we should write down our assets when doing our moral inventory. I wanted to rid myself, finally, of my wrongs and to wipe the slate clean. No way did I want to rid myself of my assets! These I just clutched close to my heart.

Being painfully honest in these two Steps started me on the road to humility. I could finally accept myself as human and go to work on my varied defects of character (Step Six).



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