

**NNIG MONTHLY MEETING**  
**SPEAKER**



October 14  
 Pete L.  
 Reno Nv.  
 A Vision for You  
 Speaker at 7:00

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

## October 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

FEBRUARY 1953

Tradition Ten

**BY: BILL W.**

ALCOHOLICS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE AA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY.

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for as one old-timer recently declared, "Practically never have I heard a heated religious, political or reform argument among AA members. So long as we don't argue these matters privately, it's a cinch we never shall publicly."

As by some deep instinct, we AAs have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which AA was born, and by God's grace has nevertheless flourished.

Continued on page 7

**A A's**

**Recovery  
Step Ten:**

*“Continued to take personal inventory and when we were wrong promptly admitted it.”*

**Three**

**Unity**

**Tradition Ten:**

*“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy”*

**Legacies**

**Service**

**Concept Ten:**

*Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.*

**Concept X**

Our service structure cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corresponding authority to discharge it. This requires that authority must be delegated at every level — and that the responsibility and authority of every entity are well defined and clearly understood. As we have seen (Concept I) “final responsibility and ultimate authority” reside with the A.A. groups, and they delegate this authority to the Conference (Concept II). The Conference, in turn, delegates to the General Service Board the authority to manage A.A.’s affairs (Concept VI) in its behalf. The board is in authority over its subsidiary operating corporations — A.A. World Services, Inc. and AA Grapevine, Inc. — but it delegates to the directors of those corporations the authority necessary to run these service entities.

The directors are in authority over the executives of the corporations, but delegate to these officers the authority needed to carry out their administrative responsibilities. And finally, the executives delegate to the G.S.O. and Grapevine staff members and other employees the authority necessary to carry out their important service jobs.

“It is perfectly clear,” says Bill, “that when delegated authority is operating well, it should not be constantly interfered with.” Otherwise, he warns, “those charged with operating responsibly will be demoralized.” For example, the General Service Board

owns the two operating corporations and its authority over them is absolute. “Nevertheless, so long as things go well, it is highly important that the trustees do not unnecessarily interfere with or usurp the operating authority of these entities.” “To sum up:

Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.”




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  
 Location-Silver Barron Room 1-6

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

**October 14, 2023**  
**Speaker- Pete L. Reno, NV**  
**Host Group- A Vision for You**

**November 4, 2023**  
**Speaker – Leslie K. Modesto, CA**  
**Host Group – For the Effect**

**December 9, 2023**  
**Speaker – Ron H. Portland, OR**  
**Host Group- District 2**

**January 13, 2024**  
**Speaker - Gary C. Reno, NV**  
**Host Group – Happy Hour**

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

**NOVEMBER 11, 2023 GRATITUDE DINNER**

**Atlantis Hotel & Casino**  
**Doors open 5pm**  
**Dinner 6pm**  
**Speaker:**  
**Jennifer H. Dallas, TX**

**Tickets on sale \$65**  
**@ Central Office**  
**436 S. Rock Blvd**  
**Sparks Nv 89431**  
**775-355-1151**

**NNIG HALLOWEEN PARTY**

 **Suggested \$5 contribution**

 **Games**  
**Face Painting**  
**Fortune Teller**

**Speaker**

**Costume Contest**  
**Children, Adult & Group**  
**Categories**  
**Beef Tacos 2 for \$5**

**Bring cupcakes, cakes, cookies, brownies for Cakewalk**

**Raffle**

**Kerak Shrine Temple**  
**4935 Energy Way**  
**Reno NV 89502**

 **Sat Oct 28 4-8PM**

**Central Office 775-355-1151**

# OTHER AREA EVENTS

**COME CHECK OUT WHAT BRIDGING THE GAP IS ALL ABOUT!**


**BRIDGING THE GAP WORKSHOP**

**SATURDAY OCT 21ST AT 11AM**

**627 SUNNYSIDE DR RENO, NV 89503**

RSVP WITH QR CODE 

**PORT OF SUBS PROVIDED AND BRING YOUR FAVORITE SIDE DISH!**

 **NNIG Service Event**  
**October 21, 2023**  
**506 West 4<sup>th</sup> Street 11:00-1 pm**  
**Winnemucca NV**

←————→

**What is Intergroup?**

- Overview of Northern Nevada Intergroup.
- Presentations on services your local AA provides and ways to be of service.
- Lunch provided.

For more information call Central Office 775-355-1151

**THOROUGHLY FOLLOWED OUR PATH**

**48TH ANNUAL FALL FESTIVAL 2023**



**2023 Lake Tahoe Fall Festival**  
 October 6th - October 8th 2023  
 Harvey's Hotel and Casino,  
 18 Hwy 50, Stateline, NV 89449, USA


**Golf Tournament**  
 Oct 06, 10:00 AM – 4:00 PM PDT  
 Lake Tahoe Golf Course,  
 2500 Emerald Bay Rd, S. Lake Tahoe

[www.laketahoe-aa-fallfestival.com](http://www.laketahoe-aa-fallfestival.com)

**Central office report from Ronda H. July 2023**  
 The book of the month is "As Bill See's It" \$2 off. Pamphlet is "Young People in A.A." \$0.45. The Answering Service needs a couple of 4 hour shifts filled .Please call the office. There is always a need for 12-call people . Sign up for The Blast, email of what's happening in our local AA. Fellowship. Email [officemanager@nnig.org](mailto:officemanager@nnig.org) to be added to this once-a-month email.  
 Volunteer Hours: 125 Hours  
 Calls into Central Office: 134

- Calls for AA help - 9
- Calls for Alanon/Alateen - 1
- Meeting information - 36
- Retail / merchandise - 8
- Other 12-step programs - 7
- Events – 21
- New to AA/ Talked with - 1
- Business/Central office- 74
- Visitors – 280 -Dogs- 4

*Ronda H.*  
*Central Office Manager*




**September 2023**  
Phil S. 47 Years  
Mike H. 28 Years

Previous Birthdays  
August 2023  
 Linda G. 30 Years  
 Joann P. 11 Years  
JUNE  
 Ann G. 19 Years  
 Paul E. 32 years  
 Kyle 41 Years  
MAY  
 Tom H. 21 Years  
 Donn T. 33 Years  
 Anonymous 38 Years  
March 2023  
 Kent L. 41 Years  
 Kim D. 46 Years  
 December 2022  
 Sean S. - 32 Years  
November 2022  
 Sharron S. 38 Years  
 Rich H. 36 Years  
October 2022  
 Naney H. 37 Years  
 Dave S. 39 Years

What an order I can't go through with it!

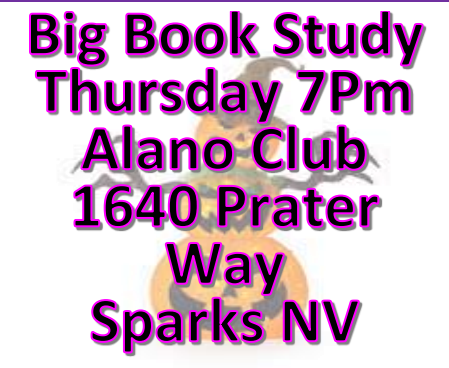


**Did you know you can share your sobriety and gratitude in a practical way by joining the A.A. Birthday Club? Sign Up today and be featured in the Bracer Birthday Club section of the Bracer. Show your Support for your NNIG & Central Office, Join the Birthday Club. A donation of only one dollar for every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

**The BOOM BOOM Group**  
**Thursday 8:15 AM**  
**635 S. Wells Ave**  
**Reno NV**



**Big Book Study**  
**Thursday 7Pm**  
**Alano Club**  
**1640 Prater Way**  
**Sparks NV**



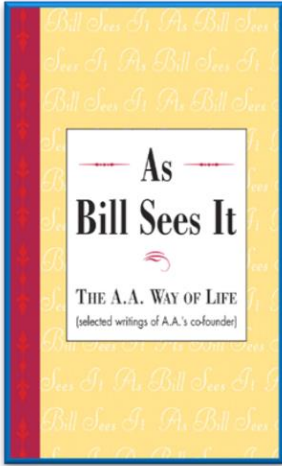
BOOK OF THE MONTH \$2 OFF

PAMPHLET OF THE MONTH \$.35

**Lone Pine Group**  
**Thursday 7PM**  
**183 N Jackson St.**  
**Lone Pine CA**



**As Bill Sees It**  
**Saturday 9 AM**  
**45 S Weatherlow St**  
**Susanville 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**  
 Call Central Office  
 775-355-1511

**CENTRAL OFFICE**  
 IS OPEN ON SATURDAY  
 FROM 9:00 AM TO 1:00 PM!  
 STOP IN FOR A CUP OF COFFEE  
 AND FELLOWSHIP!

## District Meetings

**DISTRICT-2** 2<sup>nd</sup> Tuesday of each month, 6:30 Central Office  
 Zoom # 91904741396 Password D2

**DISTRICT 4** First Thursday of each month, 6:00 pm  
 Triangle Club OR Zoom ID: 916 3107 1014  
 PW: bestdamnd4

**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

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

## 10th STEP Prayer

God, please help me watch for  
 selfishness, dishonesty,  
 resentment and fear. When  
 these crop up in me, help me to  
 immediately ask you to remove  
 them from me and help me  
 discuss these feelings with  
 someone.

**AA Area 42 Translation & Interpretation Committee**

**BILINGUAL SPANISH VOLUNTEERS NEEDED**  
 To help translate Area42 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

*El servicio nos mantiene unidos  
 El servicio keeps us together*

**We Are The  
 Sunshine Committee**



### Can You Help?

*There are cases where sober AAs are unable to  
 make it to meetings. They are in the hospital or  
 physical rehabilitation hospital or are home-  
 bound while they recuperate.*

*When you cannot attend meetings do you get  
 'squirrelly' or on edge? Be a part of carrying the  
 message to those shut-ins by joining us as we  
 trudge the road of happy destiny on the*

**Sunshine Committee!!**

*Sobriety requirement—1 year  
 We will work with your schedule  
 Call: Ann .—650-290-4335  
 Email: aschwenderlauf@gmail.com*

CORRECTIONS SERVICE  
 COMMITMENT

### Lake's Crossing Center

**INFORMATION:**  
 Two meetings (with two chairs for each meeting)  
 on Monday nights at 6:00 pm

**REQUIRED:**  
 Background check for current cases  
 - Two step TB test  
 Orientation

**CONTACT:**  
 Natalie M.  
 775-342-8045  
 potter\_n@rocketmail.com

*Thank you for your service!*

### NNIG/Central Office Group Contributions 2023

Group	September	YTD	Group	September	YTD
3rd Tradition Secular Group			Happy Hour Reno		1618.33
4th Dimension- ON-LINE	180.76	427.86	International Cartel Men's Stag		390.76
A Way Home		1475.11	Kings Beach AA Golden Group	509.09	646.75
Alano Brown Baggers		68.11	Ladies of The Evening		263.05
Alano Big Book Study		145.00	Ladies of the Lake		131.81
Alano Living Sober		120.00	McGill NV Freedom Group		85.00
Alano Jaywalkers		534.30	Mid-Day Group ON-LINE	38.45	180.91
Alano Open Heart Open Mind		375.00			
Alano Women in Recovery		32.75	Minden Language of the Heart		40.00
Alano Sunshine Group		100.00			
Amen Maintenance Meeting		300.00	Minden Saturday Night Fever	219.00	429.00
Back Room Group		474.13	Minden Stephanie Way Group	318.00	435.00
Back to Basics Saturday Night		500.00	Minden Wednesday Night Live		97.36
Battle Mountain Fellowship			Minden/Gardnerville Group		201.02
Alano Afternoon Serenity			Mt Rose Candle Light	200.00	400.00
Beginners are Winners On-Line Group		818.80	Mt Rose Recovery Room	166.14	1572.41
Buena Vista Group			NNIG Business Meeting	45.00	350.00
Caring & Sharing in Stead		971.52	Old Time A.A. Group		
Carson Airport AA			Out and Sober		
Carson Big Book Experience		70.00	Portola Group		
Carson Brown Baggers		60.00	Positive Acceptance Group		1255.72
Carson Early Birds		1805.67	Professionals Meeting		
Carson Happy Hour			Pyramid Way Discussion Group		160.00
Carson Happy, Joyous and Free		150.00	Recien ilegados		
Carson Jay-Walkers Men's	500.00	500.00	Resentments And A Coffee Pot		
Carson Men's NO BS Stag		160.00	RTC Almost Heaven	50.00	750.00
Carson Sandbaggers		1350.00	RTC Aloha Group		1046.42
Carson Sisters in Sobriety			RTC Beginners are Winners		100.00
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	120.00	245.00	RTC How We Stay Stopped		100.00
Choices			RTC Little Rascals	50.00	150.00
Cornerstone Group		350.00	RTC Men's Trudgers		390.06
Dayton Fellowship Hall		250.00	RTC Monday Night Mens		375.00
Dayton Friday Night Rule 62		300.00	RTC New Awakenings Group		806.22
Dayton Red Rooster		500.00	RTC Recien Llegados		
Dayton Sunday Morning		200.00	RTC Women's Just for Today		95.55
Decompression Chamber/online	197.26	1550.22	Serenity on Sundays		250.00
District 14		270.00	Silver Springs Groups		300.00
District 2	6.00	57.00	Sisters of Sobriety SOS		168.02
District 22	66.75	373.75	Slide Mountain Candle light Group		150.00
Double R at Noon		687.88	South Y Shore Lake Group		500.00
District 12		1.00	Southside Group	166.39	1247.71
			Susanville Fellowship		98.00
Eye Operner		973.50	Step 1		85.00
Elko		6.80			
Fallon Fallen Women's AA Meeting			Sunnyside Group		1657.50
Fallon Grapevine Online		120.00	Tahoe City Fellowship	100.00	200.00
Fallon The Real Lunch Bunch			The Next Chapter		100.00
Fireside Group		400.00			
Galena Friday Night			The Rock Group		400.20
Ground Zero		657.42	The Shop		300.00
Grupo Accion		60.00	Truckee Dawn Patrol		1640.00
Grupo La Nueva Luz	20.00	110.00	Truckee Fellowship		151.25
Grupo Nueva Vida					
Grupo Latino Reno		50.00	Truckee River Men's Stag		1196.00
Incline Village Fellowship		97.43	Verdi Greener Pastures		
Jamesville God Grant Me		30.00	Virgina City Plug in the Jug		
Jamesville Women's Monday Night		89.20	Wednesday Night Beginners Meeting		
End of the Road Group		140.00	Weekend Warriors		
Fernley Groups		120.00	Westwood Monday Night		60.00
			Whole in the Ground Sunnyside		
			Whole in the Soul		550.00
			Westwood AA	20.00	20.00
			Yerington Group	250.00	250.00
			Winnemucca Serenity Seekers		225.00
			Women's New Beginnings		417.00
			Women's New Harmony		494.50
			Young at Heart		100.00
			<b>Total</b>	<b>3,222.84</b>	<b>41,208.00</b>

AA is no success story in  
the ordinary sense of the  
word. It is a story of  
suffering transmuted,  
under grace, into spiritual  
progress.

Bill W.

**TRADITION TEN CONTINUED**

Let us re-emphasize that this reluctance to fight each other or anybody else is not counted as some special virtue in which we feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to AA as a whole, that's quite a different matter. In this respect we do not enter into public controversy, because we know that our society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

Maybe this sounds as though the alcoholics in AA had suddenly gone peaceable, and become one great big happy family. Of course this isn't so at all. Human beings that we are, we squabble. Before we leveled off a bit, AA looked more like one prodigious squabble than anything else, at least on the surface. A corporation director who had just voted a company expenditure of a hundred thousand dollars would appear at an AA business meeting and blow his top over an outlay of twenty-five dollars' worth of needed postage stamps. Disliking the attempt of some to manage a group, half its membership might angrily rush off to form another group more to their liking. Elders, temporarily turned Pharisee, have hurled rocks. Bitter attacks have been directed against people suspected of mixed motives. Despite their din, our puny rows never did AA a particle of harm. They were just part and parcel of learning to work and live together. Let it be noted, too, that they were almost

always concerned with how to make AA more effective, how to do the most good for the most alcoholics.

The Washingtonian Society, a movement among alcoholics of a century ago, almost discovered the answer to alcoholism. At first the society was composed entirely of alcoholics trying to help each other. The early members foresaw that they should dedicate themselves to this sole aim. In many respects, the Washingtonians were akin to AA of today. Their membership passed the hundred-thousand mark. Had they been left to themselves, and had they stuck to their one goal, they might have found the rest of the answer. But this didn't happen. Instead, the Washingtonians permitted politicians and reformers, both alcoholic and non-alcoholic, to use the society for their own purposes. Abolition of slavery, for example, was a stormy political issue then. Soon Washingtonian speakers violently and publicly took sides on this question. Maybe the society could have survived the Abolition controversy, but it didn't have a chance from the moment it determined to reform America's drinking habits. When the Washingtonians became crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics. The lesson to be learned from the Washingtonians was not overlooked by Alcoholics Anonymous. As we surveyed the wreck of that movement, early AA members resolved to keep our society out of public controversy. Thus was laid the cornerstone for Tradition Ten: "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy."

## Thoughts on the Tenth Step

BY: JEFF H. | COLUMBIA, MISSOURI

For this AA, that was the Step that helped him become an adult

The Tenth Step is the teen years of the Steps for me. This Step makes me start acting like an adult or make my amends. For me, it is about honesty, humility, courage and acceptance.

Honesty is something I had to learn. I am still learning how to be completely honest. In "how it works," it talks a little about honesty. I needed to grasp and develop a manner of living that demands rigorous honesty.

I learned how to look at my actions with honesty: Did I do my best? Were my actions based on fear, anger or love? Am I looking at my actions, and not just my intentions? Am I telling the whole story or just the parts I want others to hear? And at the end of the day, I ask myself: Did I do what I said I would do?

Humility teaches me that there are other people here besides me. I'm not always first or last; sometimes others get the job, the girl, or whatever it is sometimes.

With humility, I can learn what my strengths and weaknesses are and what I'm good at and what I need to work on. I'm no better or worse than anyone else.

I've learned that there is no "us or them," nor "me or you." There is only "we." We are all just trying to get through this life as best we can.

I have to remember to pray for courage to do the things I need to do and to do God's will. I need to pray for the courage to change my actions when I'm having problems with people, places and things. And courage to look at my part in a problem and make my amends. I ask for the courage to do the mundane things in life I need to do but don't want to. And the courage to do things to improve my life. Lastly, I pray for the courage to say I'm wrong.

Acceptance has a big learning curve for me. I try not to waste so much time trying to changing things that aren't mine to change. Acceptance for me is that I'm the one who needs to change in accordance with people, places, and things.

## Interview with an alcoholic

Please introduce yourself.

**My name is Barbara F.**

What is your sobriety date?

**February 7, 1974.**

What is your home group?

**Aloha Group at the Triangle.**

Where did you get sober at?

**In LA.**

Briefly describe your drinking .

**I didn't drink that much. I was a medical assistant in school and a teacher saw that I was having a problem. And she put me in Friendly House, a woman's recovery home. And that's where I got started in the recovery home.**

What were your first impressions of Alcoholics Anonymous?

**It was a new way of life for me.**

What did the long-timers tell you in the beginning?

**Keep coming back.**

What was the hardest suggestion for you to follow?

**Don't drink. Keep coming back and don't drink.**

How did you not drink when you wanted to drink?

**I went to A.A. meetings.**

What was the easiest suggestion for you to follow?

**Keep coming back.**

When did you come to Reno?

**My husband worked in Texas as a petrochemical designer and we would fly here from Texas to Reno and I had a timeshare. We would stay in the timeshare and we would drive to see our folks in California.**

**We said when we retired, we're going to live here. He died in 2008 when he had 18 years of sobriety.**



Did you meet him in A.A.?

**Yes, we used to go to a club in California, Long Beach and he was on one side of the room and I was on the other side of the room; next thing you know, we were together. We went to Australia and New Zealand and we got married in Australia. We always wanted to go to Australia and I said. Why don't we go and get married? So we contacted a justice of the peace in Australia and we were married by a justice of the Peace on a little golf course.**

Do you see a difference between A.A. in Reno and the other places that you've lived?

**No. It's basically the same.**

What do you like to tell newcomers today?  
Keep coming back.

Have you seen any changes in A.A.?

**It's been about the same, the messages keep coming back and your life will get better and mine has.**

**This lady Barbara, was my sponsor at the time, we would go up to a woman's prison once a month and carry the message. Unfortunately Barbara went back out and they found her with a needle in her arm. I don't know if she ever made it back or not. But she was my first sponsor.**

Do you think that going into prison was helpful for you in your sobriety?

**Yeah, we would carry the message to them, they were all happy to see us.**

What's been your favorite service that you've done in Alcoholics Anonymous?

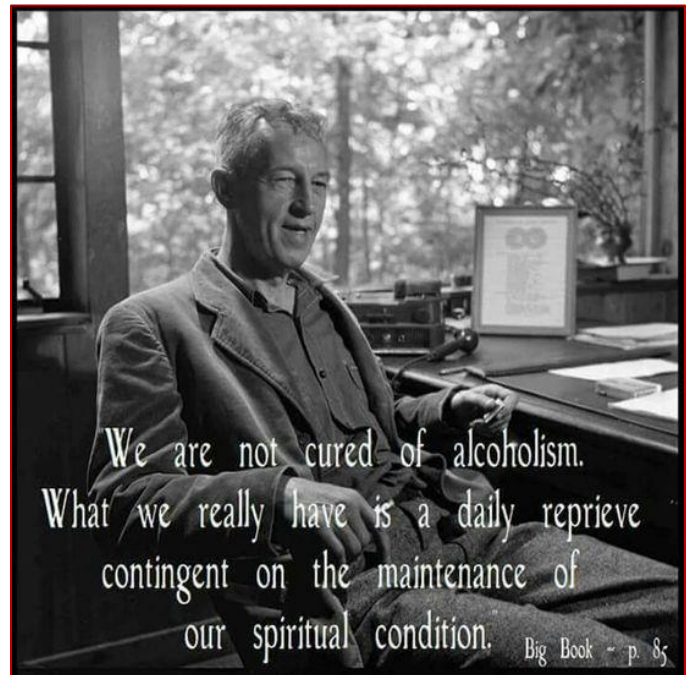
**The prison.**

Do you have any final thoughts?

**I love A.A. It has been my life. February 7th I will have 50 years.**

**I probably wouldn't be alive today. I had drank a bottle of Brandy. That was my last drink and I was knocked out on the floor and my mom found me and called the ambulance. And then they took me to the hospital. Then I went to the halfway house.**

Interviewed July 2023



**A "shortcoming" is like a flat tire. A "character defect" is like driving on it.**

Sobriety is never owned.

It's rented.

And rent is due everyday.



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 \$5.00 per month or \$60.00 per year!  
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