

NNIG MONTHLY MEETING SPEAKER



January 13, 2024
Gary C.
Reno, NV.
Happy Hour
Speaker at 7:00

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

January 2024

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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

THE BRACER

NORTHERN NEVADA INTERGROUP

IT'S THE FIRST CAR

BY: SEAN N. | CHICAGO, ILLINOIS

*Fresh off the out-of-control liquor train, he learned a valuable lesson: It's not the caboose that flattens you
If you're hit by a train, it ain't the caboose that does the damage, it's the engine."*

This expression first caught my ears during one of my earliest AA meetings. I can't even remember who said it, but even in the fog that still enveloped my alcoholic brain, the words sure riveted my attention.

Our topic that evening was the significance of the first drink: It's the first drink that gets us drunk and it's that first drink that we have to avoid. I'd heard it all before, or so I'd thought. But I hadn't heard it put quite so bluntly until that particular summer evening. "You can't avoid the last car of the train, only the first one," they said.

Blunt was exactly what this alcoholic needed. I'd spent years counting my shot glasses and beer cans in vain attempts to determine when I should stop. Which one got me drunk? Which one marked the boundary between fuzzy contentment and violent, boozy blackout? This was always tough and frustrating work. Some nights a six-pack might get me good and buzzed. Other times, it seemed at least twice that amount wouldn't complete the job. And if it was whiskey rather than beer, well, the varying possibilities and permutations were positively dumbfounding.

Experiment after experiment failed. I kept drawing lines for myself and nearly always crossed them. It seemed no matter how right my intention, how firm my resolve, I couldn't stop short of inebriation and the quickly escalating consequences.

Continued on Page 8

AA's

Recovery Step ONE:

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”

Three

Unity Tradition One:

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

Legacies

Service Concept One:

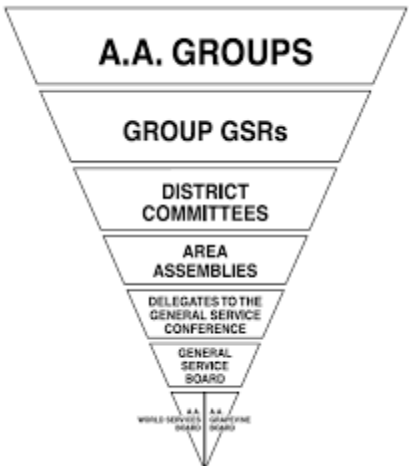
Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Concept 1

Alcoholics Anonymous has been called an upside-down organization because the “ultimate responsibility and final authority for . . . world services” resides with the groups — rather than with the trustees of the General Service Board or the General Service Office in New York. In Concept I, Bill traces how this came to be. The first step in 1938 was “the creation of a trusteeship,” first called the Alcoholic Foundation, renamed in 1954 the General Service Board. Why? To perform the services the groups could not do for themselves: e.g., uniform literature, uniform public information about A.A., helping new groups get started, sharing with them the experience of established groups, handling pleas for help, publishing a national magazine, and carrying the message in other languages and in other countries. A service office was formed to carry on these functions under the board’s direction. Both the board and the office looked to the co-founders, Bill and Dr. Bob, for policy leadership. In the midst of the “exuberant success” of early A.A., Dr. Bob became fatally ill and Bill asked, “When Dr. Bob and I are gone, who would then advise the trustees and the office?” The answer, Bill felt, was to be found in the collective conscience of the A.A. groups. But how could the autonomous, widely scattered groups exercise such a responsibility?

Over great resistance by trustees and members devoted to the status quo, Bill managed to “sell” the idea of calling an A.A. General Service Conference (see Concept II), and eleven years later Bill was able to declare, “The results of the Conference have exceeded our highest expectations.” This Concept is rooted in Tradition Two, which states: “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.” The principles of Tradition Two are crystal-clear, Bill asserts: “The A.A. groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only.”

The outside world cannot imagine an organization run this way, but Bill calls it “a spiritualized society characterized by enough enlightenment, er responsibility, and enough love of man and of God to insure that our democracy of world service will work”



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



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

February 10, 2024
Speaker – Georgia B. Montrose, CA
Host Group - District 16

March 9, 2024
Mike S. Riverside, CA
Host Group – Central Office

April 13, 2023
Pat G. Los Gatos, CA
Host Group – Pyramid Way Group

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

Ever wonder what those 12 traditions are all about?
Well, have we got an event for you!



NNIG PRESENTS

TRADITIONS WORKSHOP FEBRUARY 17, 2024

ALANO CLUB 12-3 PM

4 TRADITIONS PER HOUR

10 MINUTES EACH

10-MINUTE BREAK

TOP OF EACH HOUR

LUNCH WILL BE

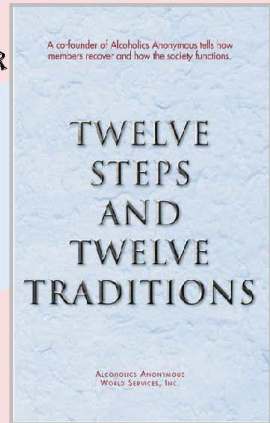
PROVIDED

PLEASE RSVP

CENTRAL OFFICE

775-355-1151

*The steps are to the alcoholic
what the traditions are to
the fellowship.*



OTHER AREA EVENTS



SAVE THE DATE!

St. Patrick's Day

March 17, 2024

Neil Road

Recreation Center



TITYPAA Presents

SLIDE INTO Sobriety

Jan 28th | 1 PM - 3 PM | \$10 Suggested

Hot Coco - Cookies - BYO Sled & Chair
Speaker Meeting 2pm - 3pm
CARPOOL Parking is Limited



24705 Mt Rose Hwy, NV
Top of Mt Rose



venmo


Coreen 530.845.2389

Adam 775.430.0953

Central office report from Ronda H. Dec. 2023
 The book of the month is "Our Great Responsibility" ONLY \$3. Pamphlet is "Frequently Asked Questions about AA." \$0.40. The Answering Service is in need 12-Step volunteers! Please call the office. Sign up for The Blast, email of what's happening in our local AA. Fellowship. Email officemanager@nnig.org to be added to this once-a-month email.
 Volunteer Hours: 120 Hours
 Calls into Central Office: 185

- Calls for AA help - 4
- Calls for Alanon/Alateen - 0
- Meeting information - 12
- Retail / merchandise - 24
- Other 12-step programs - 1
- Events - 9
- New to AA/ Talked with - 2
- Business/Central office- 69
- **Visitors - 307 -Dogs- 4**
- **Texts - 7**

*Ronda H.
 Central Office Manager*



December 2023



The key to meditation is learning to stay.

Previous Birthdays

November 2023
 Sean L. 32 Years
 Rich T. 37 Years

October 2023
 Sharon F. 39 Years
 Dave S. 40 Years

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

August 2023
 Linda G. 30 Years
 Joann P. 11 Years

JUNE
 Ann G. 19 Years
 Paul C. 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

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

**Open Heart
 Open Mind
 Sunday 3:30 PM
 1640 Prater Way
 Sparks NV**

**Sisters in
 Recovery
 Sunday 3:30PM
 8989 CA-89
 Graeagle, CA**

BOOK OF
 THE MONTH
 ONLY **\$3.00**



PAMPHLET
 OF
 THE
 MONTH
 \$.40



**Serenity
 Seekers,
 Women's
 4:00 PM
 506 West 4th
 St
 Winnemucca
 NV**

**WOMEN'S DOWN &
 DIRTY
 WEDNESDAY 6:45 PM
 1800 E WILLIAMS
 ST#5 CARSON CITY
 NV**

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
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** 2nd 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** 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

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



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!

STEP 1 Prayer

I admit I am powerless. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all of my denial.

Tradition 1

JANUARY 1998

Unity Disrupted

BY: ANONYMOUS | MAUI, HAWAII

Tradition One - Our common welfare should come first; personal recovery depends upon AA unity.

I will never forget the first time I really understood the meaning of Tradition One and how important our common welfare was to me personally. I was sitting in my home group meeting one morning a little after seven A.M., not quite awake but aware that I was safe and among friends. These were the people who'd been there for me as I learned how to stay sober and live a life of love and service. Through the sharing of their own experience, I've learned the spiritual principles of the Steps and Traditions.

My home group is a large group that meets six days a week, has a lot of long-term sobriety and a very strong service structure. The monthly home group meetings (what we call business meetings) are often focused on what we can do to better carry the AA message to the newcomer. We celebrate birthdays by giving away AA literature and the Grapevine. The minority is respected and encouraged to speak. As a result of this concerted effort to examine ourselves, our group continued to grow and prosper and attract newcomers.

That morning, a fellow (a new face) stood and began to hold forth, to preach really, about the Bible. Suddenly, I was no longer in a meeting of Alcoholics Anonymous but in a revival meeting. I was extremely uncomfortable and fearful. I wanted to say something, to interrupt him, but either I couldn't figure out a way to do it so as not to embarrass him or myself or I didn't have the courage. So I sat there looking at my feet, feeling miserable and hoping that any newcomers in the room would somehow know that this was not the message of AA.

After a few minutes, a member of the group interrupted the man--rather gruffly everyone later agreed--and told him that this was an AA meeting, that we really didn't want to hear about the Bible, and he asked him to sit down. The room heaved a silent and collective sigh of relief. Thank goodness someone had thought more of the group, thought more of our common welfare, than of his own ego

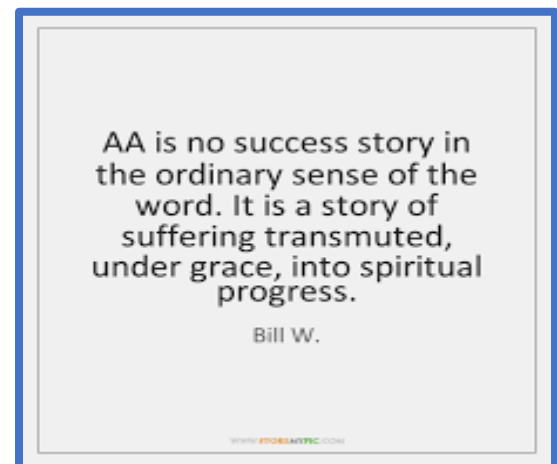
and had the courage to speak up. There were a few seconds of awkward silence before the chairperson quickly called on someone else and the meeting got back on its normal footing.

Naturally, this incident was a topic of much discussion at the next home group meeting. It provided the basis for a lengthy discussion about Tradition One and how we could deal with disruptive people in the future. We all worried that telling someone that their sharing wasn't appropriate might jeopardize their sobriety. If embarrassed they might go out and drink. Others felt strongly that the welfare of the group as a whole was more important and that we had a responsibility to the newcomer to carry the message of AA. If our group failed in our primary purpose, newcomers would not be attracted to our meetings or worse yet, would not stay.

The result of this discussion was increased unity for the group. Everyone had their say and in the end we agreed that our common welfare as a group must come first. We would do our best to lovingly explain Tradition One to anyone who disrupted the group.

To participate in God's will through the group conscience process was a tremendous spiritual experience to me. I understood that in being a member of AA and of my home group, I was a part of something much greater than I was. For this I am truly grateful. The principle of putting AA's welfare above my own self-interest teaches me humility and self-sacrifice. These are principles that do not come naturally to a "me-first" alcoholic. But it's a tremendous way to live.

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Exasperated, I tried another course: Give the responsibility to someone else. I deputized my girlfriend as “beer cop,” and asked her to stop me when I’d reached about three beers in an evening. That should be a good starting point, I figured. But before long, she resigned her police posting: I’d blown through every roadblock she put up and she began to resent my resenting her for doing exactly what I’d asked her to do. Imagine that.

Still bewildered, I wound up in the rooms of AA. That June evening, I finally heard this concept about the first drink worded in a way even this headstrong drunk could understand: “If you don’t want to get hurt, keep the hell off the train tracks.”

The answer I needed to hear about that first drink had literally been right under my nose—in a beer can. Yet I had always looked past it. How could one little drink be responsible for so much wreckage?

My newfound AA friends helped me focus my attention more skillfully. Didn’t every one of my drinking binges have one thing in common? They identified for me the first drink as enemy No. 1. They explained that the first drink assumed an unstoppable, obsession-of-the-mind force in my life, much the same as an out-of-control train. It certainly wasn’t I who would decide when, where and how that train stopped.

My friends referred me to the Big Book’s declaration about losing “the power of choice” in such situations: “We are without defense against the first drink.” That pronouncement appears in the chapter entitled “There is a Solution.” And the solution, they added, was to trade the first drink for the First Step, and gradually every Step that follows it.

While I’d been drinking, I’d never grasped just how little choice I really had in the matter. Now, with the help of AA’s Fellowship and a power greater than myself, I’ve regained the power of choice.

When I was drinking, I’d never fully realized how defenseless I was against the first drink. Now I’ve come to realize an unflinching defense against it by refusing to engage it.

Significant daily reminders about my choices and defenses come in prayer and meditation, as well as in AA meetings where I hear the most profound truths delivered in terms I can easily grasp. Sometimes the reminders come in still other ways.

Many mornings, as I hit the street for my 5:00 a.m. run before work, I hear a faint train whistle from a nearby freight line. It often reminds me of the tracks I used to drunkenly follow in the night, stumbling home from another drinking jag at the local tavern. That whistle never fails to call to mind the single most important principle I’ve ever heard, reduced to just a few words for my maximum understanding ...

“It ain’t the caboose, it’s the engine.”

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*When all else
fails...
The directions
are in the Big
Book.*

Word Search

F I N S U R M O U N T A B L E A M V
 C O U T B W J K T L P L D O I W O M
 H N R J L E R S D S E T D U M A O Q
 I M J G S C W E L H A E U T M R D J
 C A U O I I N I C U C R B D I E F U
 A B T S J V N N L O E E A R L N A L
 N L N F K X E I O D V D T U L E I A
 E A G E J E E N S R E E X N I S T R
 R Z K A J O T X E T M R R K O S H C
 Y E O R M O R A S S E A E Y N Y C H
 E F J G O K M P C O S R L D S Y G N
 G C L S J Y A P A T H Y Y P D U C I

Find the following words in the puzzle.
 Words are hidden → ↓ and ↘ .

ABLAZE	DRUNK	MORASS
ALTERED	FAITH	MUSKET
APATHY	FEAR	NORMAL
ARCH	FORGIVENESS	PEACE
AWARENESS	INSURMOUNTABLE	RECOVERY
BEWILDERED	MILLIONS	SINISTER
CHICANERY	MOOD	

**Q: Why did the
 accountant do so well in
 A.A.?**

**A: He was already a friend
 of bills.**

Johnny B. is struggling with recovery and, as luck would have it, he is pulled over by a policeman the one time he slips up.

“Sir, I smell alcohol on your breath. Have you been drinking today?”

“Well, officer, you’d be drinking too if you’d just killed your wife.”

“WHAT!? Are you confessing to murder?”

“The handgun is hidden under the seat. In the glove box, I stashed the heroin and a syringe I used to knock her out.

Her body, bless her soul, is wrapped in a sheet in the trunk of the car.”

The officer, stunned, handcuffs Johnny B. and calls for his sergeant. The sergeant arrives, takes the car keys and opens the trunk.

“There’s no body in here,” he says to the patrolman. “I thought you said there was a homicide?”

The sergeant then looks in the glove box.

“There isn’t any heroin and there’s no syringe,” he says. He then searches under the seat.

“And no gun either.”
 The sergeant turns to Johnny B. for an explanation.

“Gee, I bet he said I was drinking too.”



Scan here to go
to the website

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

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: _____

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\$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

5 2023 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.

