

February 2024 Concept I 2 Events 3 Book of the Month 4 Showcase Meetings and more 4 Service Opportunities 5 Group Contributions 6 Tradition 2 7 Outside the CircleHigh Fever continued

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
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The Bracer: nnigbracer@gmail.com



NORTHERN NEVADA INTERGROUP

High Fever

At 27 years old, he was getting close to a drink. Would he tell someone or keep it to himself?

About a month before my 27th AA anniversary, I found myself thinking about a drink. Since I had that much time in the program, I rationalized that I should be able to have a drink at dinner. It didn't seem too serious, and I had not acted on it, so I didn't talk to my sponsor or any of my friends in AA about it. Besides, I believed I was working a good program. I went to a lot of meetings, sponsored people, chaired and shared at meetings, spoke at other meetings and talked to a lot of alcoholics.

After my anniversary, I took a week's vacation to Mexico. While I was there, in the back of my mind I remembered a meeting I had attended in my first year of sobriety in Puerto Vallarta, where two AA members came in terribly distraught because they had slipped while on vacation. I remember being surprised that the good times could be as dangerous as the bad times.

Now I was back in Mexico. I thought I was well-prepared for my trip. I was armed with a list of meetings. I had some extra Grapevines, the "Twelve and Twelve" and a Big Book. However, the list of meetings did no good, as I didn't go to any of them. The literature was of no value, as I didn't read any of it. I could not reach my sponsor in the States. On the way home, after five days of not using any of my AA support, I had progressed to a point where I was thinking about what that first drink would be.

By the time I got home, I was scared. I called my sponsor, who was out. So I went to a meeting. The speaker there had nine years of sobriety and had then gone out and relapsed. She was out for six years and vividly recalled how bad it was and how difficult it was to get back.

At a meeting the next morning, a speaker told of being sober for 28 years before relapsing and recounted how tough it was to get back.

Continued on Page 7



Recovery Step Two:

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

Three

<u>Unity</u> 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."

Legacies

<u>Service</u>

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 2

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.

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



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



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!

a nnig presents

TRADITIONS WORKSHOP FEBRUARY 17, 2024

A co-founder of Alcoholics Anonymous tells how members recover and how the society functions.

TWELVE

STEPS

AND

TWELVE

TRADITIONS

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

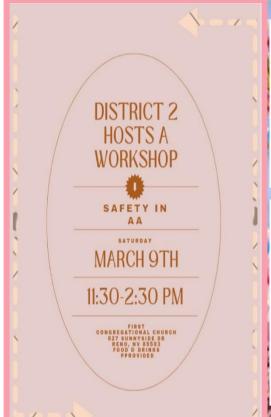
CENTRAL OFFICE

775-355-1151

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



OTHER AREA EVENTS







MEETINGS AND MORE

Central office report from Ronda H. January 2023

The book of the month is "Daily Reflections" \$20FF. Pamphlet is "Frequently Asked Questions about AA." \$0.40.
.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: 128 Hours Calls into Central Office: 159

- Calls for AA help 6
- Calls for Alanon/Alateen 2
- Meeting information 30
- Retail / merchandise 13
- Other 12-step programs 5
- Events 24
- New to AA/ Talked with 4
- Business/Central office- 75
- Visitors 306 -Dogs- 2
- Texts 7

Ronda H. Central Office Manager





<u>December 2023</u> Sean S. 34 Years Mark U. 10 Years Cindy 35 Years

November 2023 Sean L. 32 Years Rich N. 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

Women's Language
of the Heart
Tuesday 5:30pm
1631
Esmeralda Pl.
Garnerville /Minden

Young at Heart
Tuesday 7:30
pm
627 Sunnyside
DR. Reno NV

Touns ett
Heeret
Settureles
7:30pm 1276
Pit Rel. #4
Gerednerville/
Minden, NV

LANGUAGE OF THE
HEART WEDNESDAY
5:15PM 141
INDUSTRIAL WAY
FALLON NV

BOOK OF THE MONTH \$2 OFF



PAMPHLET
OF
THE
MONTH
\$.40



SERVICE OPPORTUNITIES

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!

AREA CLUBS

Reno / Sparks Clubs

Alano Club Sparks, 1640 Prater Way (775) 359-2727 Driars Club Reno 345 S. Wells Avenue (775) 324-9210 Triangle Club Reno 635 S Wells Avenue (775) 324-7977

Clubs outside Reno/Sparks Area

Alano Club Carson City, 1800 HWY 50 East (775) 882-0443 Bishop Alano Club (760) 873-6700 Elko Alano Club (775) 738-4747 Las Vegas Triangle Club (702) 435-0597 South Lake Tahoe (530) 541-1243

District Meetings

DISTRICT-2 2nd Thursday 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 @

DISTRICT 22 1st and 3rd Thursday of every month 6:30 PM @ **Central Office**







STEP 2 Prayer

I pray for an open mind so I may come to believe in a Power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy anymore.

NINIIC	/Central	Office	CHALLA	Contrib		2024
DIVIVI	/ Centrai	Office	Group	COLLLID	utions	2024

	nuary	YTD	Group J	anuary	YTI
th Dimension- ON-LINE	52.62		Vings Booch AA Colden Craum		
Way Home			Kings Beach AA Golden Group		
lano Big Book Study			Ladies of the Lake		
lano Brown Baggers	240 40		Ladies of The Evening		
lano Jaywalkers	218.46		Mid-Day Group ON-LINE		
lano Living Sober			McGill NV Freedom Group	45.00	
lano Open Heart Open Mind			Lone Pine Group	45.00	
Jano Sunshine Group			881		
lano Women in Recovery			Minden Language of the Heart	256.24	
men Maintenance Meeting	00.70		Minden Saturday Night Fever	256.34	
ack Room Group	98.73		Minden Stephanie Way Group	40.70	
lack to Basics Saturday Night	321.00		Minden Wednesday Night Live	46.78	
eginners are Winners On-Line Gro	149.00		Mt Rose Recovery Room	450.00	
lairsden Graeagle Sisters in Recove	ry		Mt Rose Candle Light	150.00	
uena Vista Group			NNIG Business Meeting	41.00	
aring & Sharing in Stead	255.58		ADD DELLO DEL PARI	22 772	
arson Big Book Experience	reneral reven		Old Time AA Group	68.42	
arson Brown Baggers	133.00		Positive Acceptance Group	547.16	
arson Early Birds Phone Meeting	830.00				
arson Happy, Joyous and Free					
arson Jay-Walkers Men's	500.00				
arson Men's NO BS Stag			RTC Almost Heaven	200.00	
arson Sandbaggers			RTC Aloha Group	694.06	
arson Valley Gratitude			RTC Monday Night Mens		
hester Fellowship			RTC Beginners are Winners	968.00	
hester Saturday Night Group			RTC How We Stay Stopped		
hester Wednesday Women's Sereni	tv		Pyramid Way Discussion Group		
hoices	100.00		RTC Little Rascals		
old Springs Book Study					
ornerstone Group			RTC Men's Trudgers		
razy Drunks			RTC Not a Glum Lot		
ayton Fellowship Hall			RTC Monday Night Mens		
ayton Friday Night Rule 62			RTC New Awakenings Group	282.14	
ayton Red Rooster			KTC New Awakerings Group	202.17	
ayton Red Rooster Dayton Sunday Morning			RTC Women's Just for Today		
	141.12		Serenity on Sundays		
ecompression Chamber/online	141.12			044.47	
istrict 12	E0 00		Southside Group	211.47	
istrict 14	50.00		Silver Springs Groups		
District 2	6.00		Sisters of Sobriety SOS		
listrict 22	162.35		Slide Mountain Candle light Group		
istrict 6			Sunnyside Group	660.00	
ouble R at Noon			South Y Shore Lake Group		
riars Positive Step Grp			Susanville Fellowship		
ilko					
nd of the Road Group				SCHOOL SERVICE	
ye Operner			Step 1	60.00	
ye-Opener Mid-Morning			Westwood AA		
allon Silver Lining	6.50		Tahoe City Fellowship		
ernley Groups			Westwood Monday Night		
ernley Kiss			The Next Chapter		
ireside Group	829.79		Weekend Warriors	15.63	
Fround Zero			The Shop		
Froupo Latino Reno			Truckee River Men's Stag	600.00	
Grupo Accion			Truckee Dawn Patrol		
Grupo dia a la vez			Whole in the Soul		
Grupo La Nueva Luz	20.00		Truckee Fellowship		
ncline Village Fellowship	20.00		Verdi Greener Pastures		
nclined to be Sober			Whole in the Ground Sunnyside		
amesville God Grant Me			Westwood Back to Basics	21.00	
amesville Women's Monday Night			Wednesday Night Beginners Meet		
amos vine vvoinen s wonday Night			Happy Hour Reno	475.00	
			Minden/Gardnerville Group	473.00	
			The Rock Group		
			Yerington Group		
	7			40.00	
	7		Yerington Group	40.00 250.00	
	7		Yerington Group Winnemucca Serenity Seekers		

9606.15

Total



Tradition 2

Wacky women

BY: RHONI M. | SCOTTSDALE, ARIZ.

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

She was outvoted. Everyone liked the new meeting name but her. And it only took 10 years to change her mind!

At around 10 years of sobriety, I was involved with starting a women's AA meeting. It was absolutely perfect for me. The location, the day of the week and time could not have been better. Oh, the fun of it all. The women who invited me to participate had already secured the room for the day and time when the meeting would be held, which was Wednesdays at 2:00 P.M. Again, it was perfect. When we contacted our Central Office to have the meeting included in the local directory, the office staff told us we could announce the meeting on our own and, if there was a need for the meeting and if it were supported, then they would include it in the directory.

Wow, we quickly found that there was good regular attendance at our new meeting, and many of the women quickly committed to various service positions. That gave us a definite green light to move forward.

Did I mention that it was just perfect? It was a meeting in the middle of the week, in the early afternoon, close to my home. It was all going my way. Well, it was until we had the group business meeting to decide on our new group name. Oh boy was I ever happy with the suggestions that I had to offer. But then a very lively, fun member suggested we name our group the Wacky Women's Meeting, which was met with a cheer. But not by me.

I shrieked when I heard that name suggested, quietly though, because I felt certain that a name like that was not going to accurately represent sober women who are now living much less wacky lives. I began a campaign to steer away from this name to a more sober name. But it was too late. The vote was almost unanimous (minus my vote). Our meeting would be named the Wacky Women's Meeting.

I had to speak to my sponsor often about this meeting name. She reassured me that there is a loving Higher Power expressing itself in the group and I was not it. Time passed and the meeting grew twice its size and we had to move to a larger room and yes, just as my sponsor had told me, there was ample evidence of that loving expression.

About 10 years later, I was living in a different state and going through a sad, difficult time after the passing of a sponsee from cancer. I returned to my former town to attend my sponsee's funeral. When I left the service, I felt I needed an AA meeting right away and I remembered that 2:00 P.M. women's meeting. The meeting seemed to just pop into my head as the right place to go to on Wednesday afternoon, even though I certainly was not in any habit of doing that anymore.

I sat there waiting in the room for the meeting to start. I had actually forgotten about the meeting's name until the chairperson introduced herself and welcomed everyone to the Wacky Women's Meeting. I chuckled to myself as all the memories came flooding back. As the chair continued, she asked if there was anyone there for their very first AA meeting. A shaky, timid voice behind me spoke up. "Yes," the woman said, "this is my first AA meeting, and I don't even know what to say. But I chose this meeting because of the name."

The room broke out in gentle laughter as everyone gave this newcomer a warm AA welcome. I turned around to greet her and said, "Keep coming back." Yet to myself I thought, We are in a safe place, stay. My grief lifted slightly as I settled into my seat, humbled by knowing that the woman behind me had been attracted to us Wacky Women and had showed up to ask for help.

As I sat there, my gaze traveled outward from our meeting place, and I recognized the grace from a Higher Power guiding, comforting and protecting all of us. Who knew this lesson would take 10 years to be revealed to me—and with such humor and care at a time I so needed it.

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High Fever continued

Coincidences? I have learned in AA that there are no coincidences. Later that day, I went to another meeting where the speaker had not slipped. However, he recounted an interesting story of how he had set up an email account with God that he used regularly. In reviewing his emails, he indicated that it was incredible to see that when he got out of the way and let God work, most of those email prayers had been answered.

Soon after, my sponsor returned my call and after appropriately chewing me out for not calling sooner, we had a helpful chat.

I went home and took my dog for a long walk to mull the events of the last 24 hours and had a talk with God. I recalled that by my using the Second Step in AA, God had saved my life in 1986 by removing my obsession to drink. I prayed that he would help me now with this dilemma. I kept remembering the adage that I learned in early AA meetings, "I can't, God can, ask him."

Remember when you are sick and have a fever? Only when the fever breaks can you start to get better. That night my AA fever broke. When I woke up the next morning to a bright new day, I had no desire to drink, nor have I since.

—Bob H., Phoenix, Ariz.

Outside the Circle

A member feels uncomfortable as he learns more about one of the prayers we use.

The Preamble to AA states that we are not aligned with any sect or denomination. My home group ends their meeting with the Lord's Prayer, as do most of the other groups in my area. But recently, my group, dedicated to following all the guidelines set down by our wonderful program, was willing to discuss a change in this format when I brought to their attention the fact that this prayer was indeed a Christian prayer.

The prayer is discussed in the book The Sermon on the Mount, by Emmet Fox. This book was highly recommended to me by an old-timer when I was new in AA more than 33 years ago to help me with my spirituality. And because I'm Jewish, I consulted a rabbi actively involved in AA to see if it was alright to read it, being that it was an interpretation of Jesus' teaching. This highly educated person said, "If it keeps you sober, then read it."

However, the book The Sermon on the Mount, which was influential to early AA I'm told, reads, "The Lord's Prayer is the most important of all the Christian documents ... the one common

denominator of all the churches." So this prayer I've been saying with no compunction all these years is now becoming difficult for me to say. I thus find myself standing outside the circle when it's recited, and that doesn't feel good.

A number of years ago I attended a workshop on spirituality vs. religion in AA. The message I came away with was: Anything that causes a member to stand outside of the circle in a meeting does not belong in AA. After discussing my feelings with members of my home group, it was agreed to bring up the topic at our business meetings of changing the closing prayer at our regular meeting. I feel extremely grateful that my group was open-minded and willing to do this.

Our group discussed this topic for more than six months. I had suggested closing with the Third Step Prayer. Others mentioned the Serenity Prayer. I was willing to go with anything found in our literature. However, even though the vote was 14:1 to keep the Lord's Prayer (at the beginning of our discussions), and changed to 10:5 (at the conclusion of the discussions), the motion was still defeated. I am using my program to work on acceptance.

I do not believe my group is prejudiced against my or any other religion or race. In fact, the absence of prejudice is remarkable throughout all the meetings I've attended throughout the U.S. and Canada, as well as my travels in Europe. However, I believe as alcoholics we are resistant to change. and there may be other reasons. But the message to me is that we are aligned with the sect of Christianity and that goes against our Preamble. If our "primary purpose is to stay sober and help other alcoholics to achieve sobriety," it concerns me that when newcomers come into our meetings (be they Jewish, Muslim, Hindu or any other religion) and they hear that prayer, they too may come away with the feeling that AA is indeed aligned with Christianity.

Nevertheless, I will not leave my group, although some of my rose-colored glasses have come off. Thank God my group adheres to most of the Traditions and Legacies upon which AA is based. Though I'm not as adamant about attending all their meetings now, I still love AA, this group, and all the hundreds of people who have changed my life from one of despair into one of joy.

I do hope you will see fit to publish this. If honesty is one of the cornerstones of sobriety, I am thankful I can express my opinion and disappointment.



RULE 62

A drunk guy in Alaska decides to go ice fishing. So he packs up his stuff and goes out onto the ice.

He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues on. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?"

The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."



"As your sponsor Tom, we need to go over what making amends means."

A man and his wife were awoken at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!"

He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it is pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!"

The man does as he is told, gets dressed, and goes out into the pounding rain.

He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk.



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

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\$7 Yearly Contribution (Suggested) – Electronic Version
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