

# NNIG MONTHLY MEETING SPEAKER



April 13, 2024  
Pat G.  
Riverside, CA.  
Pyramid Group  
Speaker at 7:00

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

## April 2024

Concept 4	2
Events	3
Book of the Month	4
Showcase Meetings and more	4
Service Opportunities	5
Group Contributions	6
Tradition 4	7&8
Bare-bones AA	7
Rule 62	9

### 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

### Replay Resentment

**He had a bunch of tapes he could pop into the player and use to justify more drinking**

The word "resentment" means to re-feel. I used to love getting resentments because they justified more drinking.

When someone ignored me or didn't like me, it threatened my pride and self-esteem instincts. When someone dumped me, it threatened my emotional and sex instincts. When someone was promoted over me, it threatened my ambitions. When someone made more money than me, or stole from me, it threatened my financial security.

However, something like this didn't become resentment until I started up my resentment replay recorder, which was on perpetual loan from the committee in my head. I'd turn it on and re-play the pain, anger or fear I felt in whatever situation threatened me. I replay it once, then twice, then again and again. After each playback I'd hear a slightly meaner story as my magic magnifying mind embellished and distorted the truth of my original injury. Now I had serious resentments worth drinking over. They all added up too because I never got rid of any.

Whenever there was nothing bad to record, instead of recording what someone did to me, I'd record what someone might have been thinking about me. Then I'd replay that magic tape and after a while, I'd end up with resentment against myself for allowing bad things to happen to me all the time. Self-resentment soon turned into self-pity – the absolute very best reason to go out and get drunk.

*Continued on page 8*

A A's

## Recovery Step Four:

"Made a searching and fearless moral inventory of ourselves."

Three

## Unity Tradition Four:

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Legacies

## Service Concept Four:

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

### Concept 4

The principle of "Right of Participation" is built into the General Service Conference through the Conference Charter. Voting members include not only delegates, but also the trustees, and the directors and staff members of A.A. World Services (i.e., GSO) and the AA Grapevine. In the same way, the boards of these two operating entities include as voting members not only trustees, but also nontrustee directors and paid administrators and staff members. The chairperson of the General Service Board appoints nontrustee members to the standing committees in order to have the advantage of their expertise, and staff members serve as committee secretaries. "There are no 'superiors,' no 'inferiors,' and no 'advisers.'" New trustees on the General Service Board and new directors of the AAWS and Grapevine boards are sometimes surprised to see paid executives, staff members and outside accountants attending the board meetings. They are invited because of A.A.'s "Right of Participation." Thus, the trustees and directors "are put into direct communication with these workers, who. . . feel wanted and needed. Although they do not vote, these workers may freely participate." Bill warns against the possibility of new delegates or trustees trying to "weaken, modify or toss out" the "Right of Participation." He cites arguments by delegates to take away the trustees', directors' and staff members' vote at the Conference. "Certainly," he says, "our trustees and service workers are not less conscientious, experienced and wise than the delegates." "It is vital," he continues, "to preserve the traditional 'Right of Participation,' in the face of every tendency to whittle it down." Finally, there is a spiritual reason for the "Right of Participation." All of us desire to belong. In A.A., no members are "second class." The "Right of Participation" therefore reinforces Tradition Two, that no member is placed in "ultimate authority" over another. We perform our service tasks better "when we are sure we belong — when our 'participation' assures us we are truly the 'trusted servants' described in Tradition Two."



*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](mailto: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



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

**May 11, 2024**  
**Penny P. Livermore, CA**  
**Host Group – Women’s Just 4 Today**

**June 8, 2024**  
**Ron H. Portland OR.**  
**Host Group – Jay Walkers**

**July 13, 2024**  
**Sheldon F. Las Vegas**  
**Host Group- KISS 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 @ ~5 pm with the speaker.



**SAVE THE DATE**

**June 22, 2024**

**FOUNDERS DAY**

**New location**  
**Rancho San Rafael Park**



Happy, Joyous, & Free

# OTHER AREA EVENTS

## GRAPEVINE WRITING WORKSHOP PRESENTED BY DISTRICT 12

Great Fun, Write your story, or audio, or photos with anonymity or JOKES, JOKES, JOKES

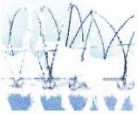


### GRAPEVINE

Bring a snack to share with the group



### Time to Remember



Date: May 18, 2024

Time: 1pm-2pm refreshments, 2pm to 4pm Grapevine story writing  
Location: Epworth Methodist Church, Wolf Center 457 Esmeralda, Fallon, NV  
Zoom: Meeting ID: 496 606 2661, Password: Womenstep (capital W)



Contact: Debbie S.  
775-427-5374 or  
Sober Sue 775-400-0098,  
sobersue1@icloud.com



## RENO SPRING FESTIVAL 2024

Friday May 17 - Saturday May 18th 2024

~ Grand Sierra Resort ~

Lower-Level Convention Center

Sunday May 19th, 2024

Golf Tournament - Wolf Run Golf Course

Scan QR Code to Register Online



Or go to:  
<https://RenoSpringFestival2024.eventbrite.com>

Hotel Reservations  
Special room rates available at Grand Sierra Resort, T.O. Free - 800-501-2651  
(Reservation Deposit Deadline April 18, 2024) Room Block Code: SPRING

Book your rooms online by scanning the QR Code  
Or go to: <https://BOOKPASSKEY.COM/GRANDSIERRA>

FOR MORE INFORMATION, PLEASE CALL 775-453-3006

## RENVYPAA IN-TENTS CAMPCUT "WE STOOD AT THE TURNING POINT"

# 2024

May 31 - June 2



LOCATION: TAYLORSVILLE, CA  
TAYLORSVILLE CAMPGROUND  
PRE-REGISTRATION: \$20.00  
CAMPING, FOOD, AA SPEAKERS, FELLOWSHIP


**Central office report from Ronda H. March 2024**

The book of the month is “12x12” \$2OFF Get yours while supplies last! 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](mailto:officemanager@nnig.org) to be added to this once-a-month email.

Volunteer Hours: 118 Hours  
Calls into Central Office: 147

- Calls for AA help - 4
- Calls for Alanon/Alateen - 1
- Meeting information - 33
- Retail / merchandise - 1513
- Other 12-step programs - 3
- Events – 7
- New to AA/ Talked with - 2
- Business/Central office- 84
- **Visitors – 267 -Dogs- 4**
- **Texts - 8**

*Ronda H.  
Central Office Manager*



## March 2024

*Kim D. 47 Years*  
*Rent K. 42 Years*

Previous Birthdays

February 2024  
Jack W. 59 Years

December 2023  
Sean S. 34 Years  
Mark U. 10 Years  
Cindy 35 Years

November 2023  
Sean L. 32 Years  
Rich H. 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 E. 32 years  
Kyle 41 Years

MAY  
Tom H. 21 Years  
Donn T. 35 Years  
Anonymous 38 Years



Yes, I am adorable.

**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**  
**Sunday 8:15AM**  
**Reno Triangle Club**  
**635 S Wells Ave**  
**Reno NV**

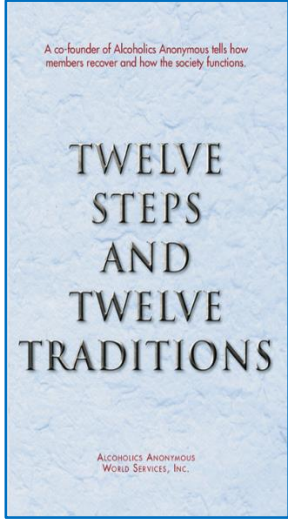
**Sunday Morning**  
**Dayton Senoir Center**  
**320 Dayton Valley Rd**  
**Dayton NV**

BOOK OF THE MONTH  
\$2 OFF

PAMPHLET OF THE MONTH  
\$.40

**Living Sober**  
**Living Waters Church**  
**370 S Main St.**  
**Sunday 7 PM**  
**Yerington NV**

**SERENITY GROUP**  
**SUNDAY PM**  
**10981 TRUCKEE WAY**  
**TRUCKEE 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> Thursday of each month, 6:30 Central Office

**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

## 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 5:30 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 closer

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](mailto: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](mailto:potter_n@rocketmail.com)

Thank you for your service!

## STEP 4 Prayer

Dear God, It is I who has made my life a mess. I have done it, and I cannot undo it. My mistakes are mine, and I will begin a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

**NNIG/Central Office Group Contributions 2024**

<u>Group</u>	<u>March</u>	<u>YTD</u>	<u>Group</u>	<u>March</u>	<u>YTD</u>
4th Dimension- ON-LINE	58.04	158.52	Kindred Spirits	250.00	250.00
A Way Home			Kings Beach AA Golden Group		
Alano Big Book Study			Ladies of the Lake		
Alano Brown Baggers			Ladies of The Evening		
Alano Jaywalkers		218.46	Mid-Day Group ON-LINE	20.00	45.00
Alano Living Sober			McGill NV Freedom Group		
Alano Open Heart Open Mind			Lone Pine Group		45.00
Alano Sunshine Group		200.00			
Alano Women in Recovery			Minden Language of the Heart		
Amen Maintenance Meeting			Minden Saturday Night Fever		256.34
Back Room Group		98.73	Minden Stephanie Way Group		250.00
Back to Basics Saturday Night	150.00	471.00	Minden Wednesday Night Live		46.78
Beginners are Winners On-Line Group		149.00	Mt Rose Recovery Room		192.00
Blairsden Graeagle Sisters in Recovery			Mt Rose Candle Light		150.00
Buena Vista Group			NNIG Business Meeting	51.50	115.50
Caring & Sharing in Stead		255.58			
Carson Big Book Experience			Old Time AA Group		68.42
Carson Brown Baggers		133.00	Positive Acceptance Group		547.16
Carson Early Birds Phone Meeting		830.00	Portola Group	100.00	100.00
Carson Happy, Joyous and Free		292.85	A Vision for You	175.00	175.00
Carson Jay-Walkers Men's		500.00			
Carson Men's NO BS Stag		115.00	RTC Almost Heaven	50.00	350.00
Carson Sandbaggers	200.00	200.00	RTC Aloha Group		694.06
Carson Valley Gratitude			RTC Monday Night Mens		300.00
Chester Fellowship			RTC Beginners are Winners		968.00
Chester Saturday Night Group			RTC How We Stay Stopped		
Chester Wednesday Women's Serenity			Pyramid Way Discussion Group		
Carson Sisters in Sobriety	225.60	225.60			
Choices		100.00	RTC Little Rascals		50.00
Cold Springs Book Study					
Cornerstone Group			RTC Men's Trudgers		195.30
Crazy Drunks			RTC Not a Glum Lot		
Dayton Fellowship Hall			RTC Monday Night Mens		
Dayton Friday Night Rule 62			RTC New Awakenings Group		282.14
Dayton Red Rooster					
Dayton Sunday Morning			RTC Women's Just for Today		242.60
Decompression Chamber/online	95.54	236.66	Serenity on Sundays		
District 12			Southside Group	155.10	516.81
District 14	50.00	150.00	Silver Springs Groups		
District 2	10.00	24.00	Sisters of Sobriety SOS		41.35
District 22	39.00	241.35	Slide Mountain Candle light Group		
District 6			Sunnyside Group		660.00
Double R at Noon			South Y Shore Lake Group		180.00
Driars Positive Step Grp			Susanville Fellowship		
Elko			Serenity in the Sierras Campout		500.00
End of the Road Group					
Eye Opener			Step 1		160.00
Eye-Opener Mid-Morning			Westwood AA		
Fallon Silver Lining	25.00	31.50	Tahoe City Fellowship	100.00	100.00
First Responders		130.00	Westwood Monday Night		
Fernley Kiss			The Next Chapter		100.00
Fireside Group		829.79	Weekend Warriors		15.63
Ground Zero			The Shop		
Grupo Latino Reno			Truckee River Men's Stag		600.00
Grupo Accion		20.00	Truckee Dawn Patrol		
Grupo dia a la vez			Whole in the Soul		
Grupo Volver A Empezar	20.00	20.00			
Grupo La Nueva Luz		25.00	Truckee Fellowship		
Incline Village Fellowship			Verdi Greener Pastures		
Inclined to be Sober			Whole in the Ground		350.00
Jamesville God Grant Me			Westwood Back to Basics		21.00
Jamesville Women's Monday Night			Wednesday Night Beginners Meeting		
Greenville Group		100.00	Happy Hour Reno		475.00
Carson City Un Dia a La Vez		293.10	Minden/Gardnerville Group		94.21
			The Rock Group		
			Women's AA Literature	50.98	50.98
			Yerington Group		
			Winnemucca Serenity Seekers	40.00	130.00
			Women's New Beginnings		600.00
			Women's New Harmony	35.00	35.00
			Young at Heart		100.00
			<b>Total</b>	<b>1900.76</b>	<b>16,102.42</b>

## Tradition 4

### Bare-bones AA

BY: ANON. | INDIAN ROCKS BEACH, FLORIDA

When you're unhappy with your home group, how should you handle it? Stage a revolt? Grumble and moan? Form a faction and engage in guerrilla politics? Stay on, even when it's apparent that the group conscience has left you behind?

None of the above are constructive to serenity or good AA. But there's another choice: Quietly depart from the group, and start a new one.

That's what a dozen or so of us did five years ago after our longtime home group--I'll call them the Whiz Bangs--had strayed down paths that we didn't want to follow.

It was a strong group, with many longtime sober members. But a cadre of devoted, nonrotating officers, plus a handful of my-way-or-the-highway bleeding deacons, had locked the group into a format that robbed its former upbeat atmosphere.

The meetings alternated between dictatorship and anarchy. After each meeting opened with the moment of silence, the Serenity Prayer, the Preamble, and "How It Works," the secretary took up to ten minutes with rambling announcements. By then it was 8:20. When the members broke up into four subgroups, you couldn't be sure whether chairpersons would be on hand for each one.

Cross-addicts--many of them dropped off at the door by our local rehab centers--were allowed to engage in grassalogues and cokealogues. The treasurer insisted in keeping \$600 or more in cash reserves at all times.

Am I describing inferior AA? Not at all. The Whiz Bangs had a right to set their own policies. The group was--and still is--well-attended. But for a few of us, the former magic was gone. So we quietly split. Sometimes it's better to switch than fight.

We found another meeting place on a different night of the week, and established a closed discussion group with a bare-bones format. It may not be mainstream AA, but it seems to work for us.

We start at eight o'clock. We close at nine sharp. We try for fifty-five solid minutes of discussion in between. One way we achieve this is by eliminating nonvital announcements and "How It Works."

We open with the Serenity Prayer and the Preamble, to which we tack on these words: "This

group has determined that our discussion will be limited to AA, alcoholism, and sobriety. We therefore ask that you please refrain from references to addictions other than alcoholism." This cuts out the grassalogues without actually discouraging attendance by cross-addicts (of whom we have several).

The discussion doesn't open until someone volunteers, loud and clear, to chair next week's meeting. The chair must provide his or her own subject. We have zero tolerance for the "Does anyone here tonight have a problem?" nonsense, which allows thousands of AA discussion meetings to be derailed by members who think a love spat or burned toast are suitable topics.

We welcome visitors. Same for AA newcomers, but we don't devote entire meetings to them. You'll understand why, if you've ever seen a brand-new member--usually hungover and shaking--subjected to an hour of preaching by a roomful of old-timers who think they're inspiring the new guy with details of their own recovery.

We don't give out chips or birthday cakes, either for newcomers or old-timer anniversaries. We hold infrequent business meetings and short ones, at that. Offices rotate often. The set-up person has light duties, and for one month only. But if he or she doesn't show, or fails to get a substitute, there is unshirted hell. It's happened only once since our meeting was founded.

We're a small group, but we outdo some of the larger ones in the size and regularity of our contributions to intergroup, to the General Service Office, and to the church where we meet. In some ways we sound hardline, but our meetings are friendly and usually filled with laughter. We enjoy AA, sobriety, and each other.

After we left the Whiz Bang group, many of its members looked on us as traitors. But now some of them are drifting into our meetings, and like it. We have no argument with the Whiz Bangs or anyone else. We're neither the best AA group around, nor the worst.

We're just a small band of men and women who were out of step with an established AA group, and who elected to move on rather than stay behind and play dog in the manger. The end result was a plus for everyone concerned.

When I did my Fourth Step, I wanted to put myself down" as my biggest resentment. My sponsor said, "No way." He explained that putting myself on the list was just another example of my selfishness and self-centeredness. The Big Book instructions say to "list people, institutions or principles with whom we were angry." He'd say, "People means other people, not you".

When I did as instructed I was amazed how many resentments had piled up over the years. I had resentments going back to age six about schoolmates that had humiliated me, and family who were suffocating me. Looking at my part in my resentments, including the justifiable ones, all led to the same conclusion: selfishness and self-centeredness was my role in everything. When someone didn't do what I wanted, I began a new grudge which I beat myself up with until I could stop the pain by drinking.

I discovered that my part in my resentments over abuses I endured as a child was that I was still carrying those justifiable resentments today, rather than letting them go by forgiving those involved so I could live in this day rather than staying stuck in yesterday.

In looking at my role in my resentments, I was able to lay the groundwork for addressing the harms I had done others, despite the harms they had done to me, during my Ninth Step amends.

I've been unable to destroy my resentment replay recorder, but I have been able to return it to the committee in my head. During my sober years I've rarely had to borrow it back for very long, and as long as I perform daily maintenance on my spiritual condition I'll never need to use it.

—Alex M., Louisville, Ky.  
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## TRADITION FOUR

TRUE freedom is not doing what we want, but doing as we ought. There is no government in Alcoholics Anonymous, no rules or regulations. Each group may do as its members wish; they are autonomous. But to live in true freedom they ought to take every care that their actions do not interfere with other groups or contravene AA principles lest we lose our freedom. Our freedom only lives by our willingness to give to others that same right.

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Excerpt from:  
JULY 1946  
A Way of Life  
BY: CLEM L. | CHICAGO, ILLINOIS

Point Four: "With respect to its own affairs, each A.A. Group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the Alcoholic Foundation. On such issues our common welfare is paramount."

We as groups should try to live with other groups as we try to live with fellow members in our particular group. Charity, kindness, tolerance, thoughtfulness, a striving to be unselfish--these are the hallmarks of the A.A. who is living the life of the 12 Steps. . . .

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## RULE 62

### Bad patch job

A drunk decided to take off early from work and go bar-hopping. When he finally got home, he tiptoed up the stairs. Halfway up, he fell backward and the pint bottle in his back pocket broke and cut his rear end.

A few minutes later as he was undressing, he noticed blood, so he checked himself out in the mirror and saw the injury. He repaired the damage as well as he could under the circumstances and went to bed.

The next morning, his head and his rear were hurting badly, but he stayed under the covers trying to think up a good story for his wife. "Well, you really tied one on last night," she said.

"Where'd you go?"

"I worked late," he said. "I stopped off for a couple of beers."

"A couple of beers? That's a laugh," she replied. "You got plastered!"

"What makes you so sure I got drunk?" he asked.

"Well," she replied, "my first big clue was when I got up this morning and found a bunch of band-aids stuck to the mirror."

—Bob M., Green Valley, Ariz.

### Heavenly coffee

A guy dies and goes to heaven. Upon arrival, he meets Peter at the Golden Gates. Peter asks the fellow, "So, where do you belong?" The gentleman replies, "I don't know." Peter says, "Let's look around and see if we can find where you fit in."

Peter opens the first door and there are many people kneeling and repeating Hail Marys. "Who are they?" the gentleman asks. "Those are the Catholics," Peter replies. "Hmm ... I don't belong there," says the man. Peter opens up the second door and there are people praying on the ground. "Who are they?" asks the guy. Peter tells him they're the Muslims. "No," he repeats, "I don't belong there either."

Peter then opens up a third door.

Smoke, the smell of coffee and laughter pour out of the room. "Who are they?" asks the man. Peter gives him a look and replies, "I don't know. They won't tell me!"





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