

NNIG MONTHLY MEETING **SPEAKER**



April 12, 2025
 Cory H.
 Host group-
 Carson Sand Baggers
 Speaker at 7:00

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

April 2025

Tradition 4	2
Events	3
Book of the Month	4
Showcase Meetings and more	4
Birthdays	4
Service Opportunities	5
Group Contributions	6
Story on Tradition 4	7
Black & Blue & Yellow	7
Shoveling the Snow Continued	8
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



Northern Nevada

NORTHERN NEVADA INTERGROUP

Shoveling the Snow

BY: TERI H. | BLOOMFIELD, CONNECTICUT

A woman comes to understand the Fourth Step through winter's responsibilities

My final geographical cure took place in Connecticut during the height of the winter. It was December 21, 2004 when I finally understood that I could never have just one drink. I was introduced to the Big Book and the Twelve Steps and began working the Steps with a sponsor.

I was eager to complete Steps 4 and 5 since they seemed to be the "big girl" steps. Instead, I have learned that these two steps cannot be rushed because they require willingness and diligence in order to properly complete. And for me, willingness and diligence have occurred differently throughout my sobriety.

When I look back over the years, I liken working Step Four to shoveling after a Connecticut blizzard. The top layer of snow is the largest layer but it is also light and fluffy and easy to handle. And that is how my first Fourth Step happened. I wrote down and confided details of my life that were close to the surface and easy to share. Although I was honest, I omitted the darker truths because I was imprisoned by self-fear and self-loathing. Predictably, I ended up slogging through sobriety for several years, celebrating anniversaries with a heaviness that I could not fathom.

When scooping snow, the second layer is very compact and there is not as much of it. Because it's dense, it requires more effort to remove, similar to how my next Fourth Step was. I dug deeper and harder and wrote about skeletons that I believed would never see the light of day. When I met with my sponsor, I was petrified and could not start. She finally suggested we hold hands and say the Serenity Prayer together. This gesture released my tongue and I was able to further clear my path in recovery by disclosing dark secrets that were received in a loving and nonjudgmental manner. When I left, I finally understood the phrase "burden of self" because for the first time, I had expunged the past and began to experience lightness of the spirit.

Continued on page 8

A A's

Recovery Step Four:

"Made a searching and fearless and 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

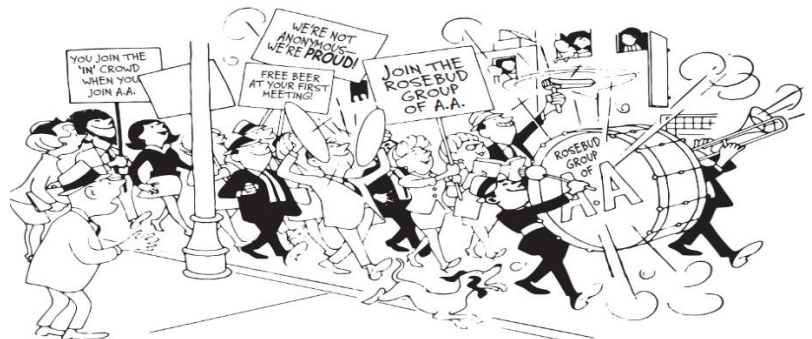
Service

"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."

Tradition 4

A member who does any amount of traveling finds the A.A. spirit much the same everywhere. But apart from this inward kinship, there are vast differences among groups. Here, the traveler finds three members discussing the Steps in somebody's living room; there, 300 listening to speakers in a church auditorium. In one part of the U.S., respectful silence greets the speaker who begins, "My name is Ann, and I am an alcoholic." In another, everybody happily shouts, "Hi, Ann!" And in many other places, she may introduce herself with her full name — at a one-hour meeting or a 90-minute meeting. In each neighborhood in every part of the world reached by A.A., the local group is free to work out its own customs. As always, freedom brings responsibility. Because each group is autonomous, it's up to each group to avoid any action that might harm A.A. And there have been such actions — or this Tradition would be unnecessary. "Implicit throughout A.A.'s Traditions," Bill W. wrote, "is the confession that our Fellowship has its sins. We admit that we have character defects as a society and these defects threatens us continually." Blown up to multiple size, the Big Ego may inspire one group to take over all the public information work for its area, without consulting any of the other local groups. Once the group has decided, "We have all the answers," the lid's off. The group may then decide that, let's say, the Eleventh Tradition is an outdated technicality: "This is a competitive age! We're going to come right out and give A.A. some good, vigorous promoting!" To the general public, this one conspicuous group is A.A. Its antics reflect, not only on the ignored neighboring groups, but on the entire Fellowship. In a way, the Fourth Tradition is like the Fourth Step: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, "Would this break any Tradition?" Like the individual member who chooses to make the Steps his or her guide toward happy sobriety, the wise group recognizes that the Traditions are not hindering technicalities — they are proved guides toward the chief objective of all A.A. groups....

Reprinted from The Twelve Tradition Illustrated and Experience has Taught Us with permission of A.A. World Services



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

Page 3

EVENTS HOSTED BY NORTHERN NEVADA
INTERGROUP TO SUPPORT CENTRAL OFFICE &
INTERGROUP

Suggested
Contribution \$5

1975 Hawaiian Theme
In Celebration:
50 years of Central Office



FOUNDER'S DAY 2025
SUNDAY-JUNE 1
11AM-3PM

Rancho San Rafael Park
(Peavine Pavilion)
1595 N. Sierra St
Reno

90 YEARS
1935 ~ 2025

Dessert/Packaged Chips
POTLUCK



RAFFLE
FELLOWSHIP
GAMES



Burgers/Hot Dogs
Side Dishes
Provided



OTHER A.A. EVENTS

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 12, 2025

Cory H. – Garden Grove, CA
Host Group- Carson Sand Baggers

May 10, 2025

John L. – Las Vegas, NV
Host Group – Just for Today

June 14, 2025

Dan G. & Jacob G.-Reno NV
Host Group – End of The Road Gang

July 12, 2025

Teressa S.-Las Vegas NV
Host Group - TBD

NNIG Speaker Chair: Robert S. - 775-247-9677
Need more info call: Central Office - (775) 355-1151
Join us for dinner at Café Central @ ~5 pm with the speaker.

NACYPAA PRESENTS
COHOSTED BY LVYPAA
TITYPAA AND BIGGEST
LITTLE CAMPOUT
MIDYEAR EVENT!!!

**Green Eggs and
Spring time**

\$15 SUGGESTED DONATION
COME CELEBRATE EARTH DAY
AND EASTER WITH US.
EASTER EGG HUNTS FOR
THE KIDS, TRASH CLEANUP
PRIZES AND A BARBEQUE



4- Panel Speaker Meeting
April 19th, 2025 1:00pm
Place TBD
FMI Call Smashly
(775)399-9311

SAVE THE DATE
Reno Spring Festival
2025

FRIDAY, MAY 16TH

- SUNDAY, MAY 18TH

Festival Activities Friday-Sunday
W/Saturday Lunch Option
@ J Resort



Annual Festival Golf Tournament
Sunday
@ Wolf Run Golf Course

There is a Solution

REGISTRATION \$25 OR
SPONSOR A NEWCOMER
FOR \$20
NACYPAA 48TH
JULY
24-27TH
SILVERLAND INN
100 NORTH STREET
VIRGINIA CITY, NV
CALL HOTEL FOR RESERVATIONS
775-847-4484



FW 775-430-1842
Buck Katie W 775-315-2321

Central office report from Ronda H. April, 2025

The book of the month is "Experience, Strength and Hope" \$2 OFF That's only \$6! Pamphlet is "Women in A.A." \$0.45. 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: 143

Calls into Central Office: 147

- Calls for AA help - 8
- Calls for Alanon/Alateen - 5
- Meeting information - 47
- Retail / merchandise - 17
- Other 12-step programs - 1
- Events - 7
- New to AA/ Talked with - 2
- Business/Central office- 60
- Visitors - 294 -Dogs- 6

Texts - 7

Phone calls on the text Phone-8

Ronda H.
Central Office Manager



Previous Birthdays

January & February

Chip C. 41 Years

Jack 40 Years

December

Sean S. 35 Years

Cindy 36 Years

Mystery Person - 37 years

November

Heather L. 7 Years

October

Sharon F. 40 Years

Dave S. 41 Years

September

David 27 Years

Angelica B. 1 Years

Mike H. 29 years

Phil S. 48 Years

August

Dawn K. 15 Years

Linda G. 32 Years

Michael B. 35 Years

July

Jorjanne P. 12 Years

Dennis J. 24 Years

June

Paul C. 33 years

Kyle L. 42 Years

May

Donn T. 34 Years

April

Ron T. 15 Years

March 2025

Eryn W. 2 Years

Don D. 6 Years

Teri G. 12 Years

Kent L. 43 Years



"As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of A.A. life confirm this ageless truth." 12x12 p. 97-98

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

Five N Live
Saturday 5:15 PM
Alano Club
680 River St.
Elko, NV

Southside
Monday-Friday
Noon
780 Del Monte
Ln, Reno NV

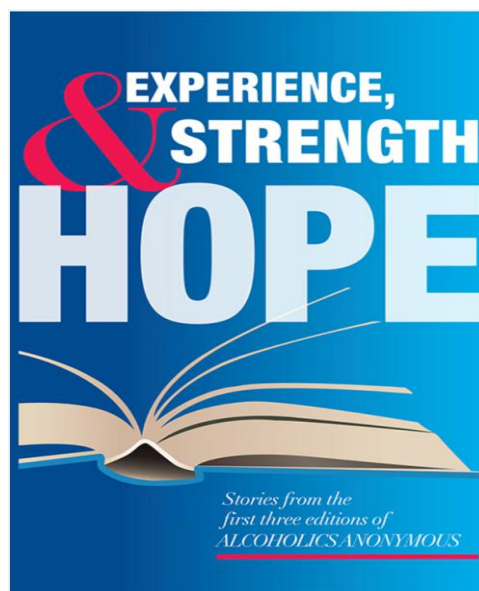
Brown
Beggars
Discussion
1036 N Main St.
Alturas, CA

SATURDAY NIGHT
FEVER
1631 ESERALDA
PL
GARDNERVILLE NV.

Get it while it lasts!!

\$2 OFF

That's in ONLY \$6



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 Thursday of each month, 6:30 Central Office

DISTRICT 4 Fourth Thursday of each month, 6:00 pm
Central Office 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

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

BECOME A VOLUNTEER



ALL AREA 42 MEMBERS ARE WELCOME TO HELP
TRANSLATE MINUTES, EMAILS, GUIDELINES, ETC.

PROFICIENCY IN SPANISH **NOT**
REQUIRED! IN FACT, YOU DON'T EVEN
NEED TO SPEAK SPANISH.

ZOOM
MEETING
THIRD
THURSDAY OF
EACH MONTH
@ 5:30 PM PST

FOR MEETING ID & PASSCODE:
please contact the email below

Questions? ... email
translator_interpreter@nevadaarea42.org
Ask that someone from the translation
Committee contact you

We Are The
Sunshine Committee



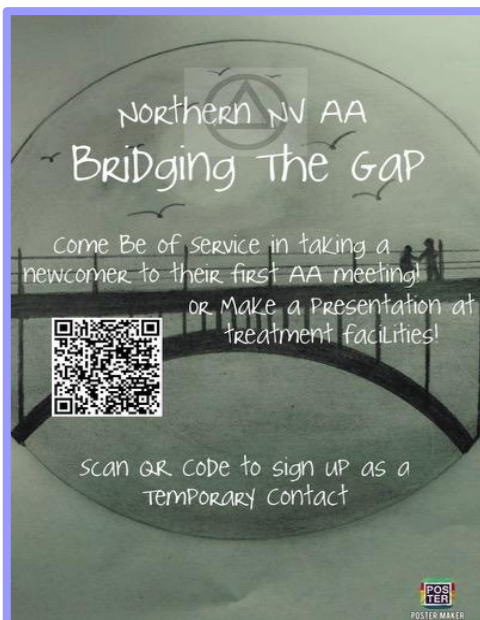
Can You Help?

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
'squirrely' 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: aschwendlerlauf@gmail.com



4th Step 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 2025

Group	March	YTD	Group	March	YTD
4th Dimension- ON-LINE		48.60	A Vision for You		
A Way Home	604.03	604.03	Happy Hour Reno		350.00
Alano Big Book Study			Kindred Spirits		
Alano Brown Baggers	35.30	65.30	Kings Beach AA Golden Group		
Alano C ST. Discussion			Kingsbury Group		246.00
Alano Jaywalkers			McGill NV Freedom Group	12.00	12.00
Alano Open Heart Open Mind		175.00	Mid-Day Group ON-LINE		25.00
Alano Sunshine Group			Mindeb Language of the Heart		100.00
Back Room Group	65.70	65.70	Minden Saturday Night Fever		
Back to Basics Saturday Night		200.00	Minden Stephanie Way Group		340.00
Beginners are Winners On-Line Group		291.00	Minden Wednesday Night Live		
Bishop High Sierra Group			Minden/Gardnerville Group		
Blue Room Group			Mt Rose Big Book Study		
Buena Vista Group		200.00	Mt Rose Candle Light		
Caliente AA	16.43	16.43	Mt Rose Men's Group		50.00
Caring & Sharing in Stead	182.44	324.85	Mt Rose Recovery Room		339.89
Carson After Shifters		183.70	NNIG Business Meeting	99.00	210.70
Carson Alano Club			Old Time AA Group		67.79
Carson Brown Baggers		122.00	Our Common Welfare	17.00	40.40
Carson Early Birds		388.00	Our Group		200.00
Carson Early Birds Phone Meeting		231.22	Positive Acceptance Group		856.34
Carson Happy, Joyous and Free		438.57	Pyramid Way Discussion Group		60.00
Carson Jay-Walkers Men's		146.33	Quincy Fellowship		
Carson Men's NO BS Stag		78.00	RTC Almost Heaven	50.00	200.00
Carson Sandbaggers			RTC Aloha Group		409.00
Carson Sisters in Sobriety			RTC Beginners are Winners		1916.00
Chester Fellowship			RTC Sober AF		30.00
Chester Saturday Night Group			RTC Little Rascals		
Choices		200.00	RTC Men's Trudgers		194.98
Club 164			RTC Monday Night Mens		450.00
Cornerstone Group			RTC New Awakenings Group		137.58
Dayton Red Rooster			RTC Not a Glum Lot		
Dayton Sunday Morning		572.00	RTC Women's Just for Today		256.22
Decompression Chamber/online	104.35	214.98	Serenity in the Sierras Campout		
District 14	100.00	200.00	Sisters in Sobriety		359.91
District 2	14.00	22.00	Sisters of Sobriety SOS		74.46
District 22	148.50	448.50	Slide Mountain Serenity		85.00
District 6			South Y Shore Lake Group		
Driars Support Hose		100.00	Southside Group	252.76	452.96
Driars Knuckleheads			Southside Online Group		
Driars the Nickle	100.00	250.00	Step 1		
End of the Road Group	2.30	2.30	Steps to Freedom		
Eye-Opener		1676.00	Sunnyside Group		785.00
Fallon Saturday Grapevine		100.00	Susanville Fellowship		
Fallon Silver Lining			Tahoe City Fellowship	400.00	400.00
Fernley Groups		200.00	The Blue Room Group		47.53
Fireside Group			The Rock Group		205.00
First Responders		200.00	The Shop		300.00
Galena Friday Night		200.00	Truckee Dawn Patrol		
Genoa Roadside Group			Truckee Fellowship		53.82
Greenville Group		50.00	Truckee River Men's Stag		500.00
Ground Zero		500.00	Verdi Greener Pastures		
Grupo Latino Reno		10.00	Verdi Meditation		
Grupo Accion	10.00	40.00	Wednesday Night Beginners Meeting		
Grupo Fe Y Esperanza		90.00	Weekend Warriors		
Grupo La Nueva Luz	10.00	30.00	Westwood AA		
Grupo Nueva Esperanza	17.00	17.00	Westwood Back to Basics		
Grupo Nueva Vida	10.00	20.00	Whole in the Ground		
Grupo Solo Por Hoy		40.00	Whole in the Soul		
Grupo Vivendo Sobrio	50.00	150.00	Winnemucca Serenity Seekers	60.00	180.00
Grupo Volver A Empezar			Women's AA Literature		
Incline Village Fellowship			Women's New Beginnings		614.00
			Women's Down and Dirty		205.00
Inclined to be Sober		97.36	Women's New Harmony		
Lone Pine Group		225.00	Yerington Group		
Lovelock AA		20.00	Young at Heart		80.00

Total 2360.81 20,088.45

On a recent trip to Winnipeg, I stopped at an AA meeting at the Central Office. It was a textbook AA meeting: most of the chairs were filled with people of every description and ethnicity, and the coffee was nasty.

People realized that I wasn't a regular and started up conversations with me. One gentleman with a thick Irish accent asked me what prayer we used to start the meetings in Washington. (This meeting in Winnipeg started up the meeting with the Serenity Prayer.)

I told him that my regular meetings started with the AA Preamble and closed with both the Lord's Prayer and the Serenity Prayer. Everyone thought this was odd. I think it's easy to forget that each group is autonomous.

You never know what kind of traditions a meeting will have when you go to it the first time. I've been to meetings in which people counted out loud when "How It Works" was read, and meetings in which each person introduced themselves by first name and sobriety date. I've been to meetings that read the Twelve Steps and Twelve Traditions, some others that read the Responsibility Statement, and even some others that read the beginnings of one of the chapters in the Big Book.

The first time I ever heard lots of "oohing" and "aahing" and clapping at a meeting, I knew they were doing it wrong. AA is supposed to be a bunch of boring, old sticks in the mud. But that

meeting showed me that enthusiasm and joy can be a part of recovery.

The Northside Group and some other meetings in Eau Claire always read the Twelve Traditions and ' Copyright© The AA Grapevine, Inc 2014 Reprinted with permission beginning of Appendix I in the back of the book (Page 561 in the Fourth Edition). When I'm out traveling and hear that at a meeting, I almost feel like I've come home.

A few years ago, I was fortunate enough to go to a meeting in Nashville, Tenn. called the "Back Room Group." It was a Twelve and Twelve group. As I walked in, I saw that most people had brought their own Twelve and Twelve books, pencils, pens and highlighters. I knew immediately it was going to be a good meeting for me. Sometimes I bring my own highlighter and book to meetings and people get upset because they assume I'm writing in the group's book.

Each group can do its own thing and I've seen lots of different things out there. However, if the heart of the meetings is based on helping other alcoholics and carrying the message in ways that don't affect other groups or AA as a whole, then all is well.

"But all who are in the least reasonable will agree on one point: that there is plenty wrong with us alcoholics about which plenty will have to be done if we are to expect sobriety, progress, and any real ability to cope with life."

Black & Blue & Yellow

BY: JUDITH N. | MARYSVILLE, WASHINGTON
Celebrating 50 years of sobriety, she took down her book and marveled at the marks she made that mattered most.

It was my 50th AA anniversary month and time for a good annual house cleaning. So I got down my original Big Book, a sixth printing of the Second edition, to reminisce. I was struck by the fact that there were few highlighted sections throughout its 164 pages. Just some pencil, black pen, blue highlighter and blue pen underlines. The Big Books I see in meetings today seem to be full of highlights everywhere.

I sat down and paged through my book and was intrigued to see the notations I had made. I immediately recalled where my first underline was. It was marked in faint pencil, perhaps as if I wasn't sure the statement pertained to me. You know the one at the beginning of the chapter "More About Alcoholism" about how the delusion that I was like other people had "to be smashed." I then went to look for the black pen underlines, recalling that tough second year of sobriety when I toiled with the Third Step and my disintegrating atheism. In that same chapter, the book suggested that failure was sure to happen if I didn't enlarge my spiritual life. And in "We Agnostics" the book begged me not to let any prejudice against spiritual terms keep me from AA's spiritual tools. The black underlines in my old fragile book brought me to tears, mementos of the struggle in those early years to stay sober and become teachable.

Now it was on to my blue highlights. Boy, they sure brought back those early hopeful years of discovering new faith, doing those housecleaning Steps and learning to do a Tenth step every night, even while Steps Six, Seven, Eight and Nine were ongoing. My highlighted passages in "How It Works" reminded me that I must be rid of selfishness above all else. I even singled out a phrase that's still a vital part of my angry mind's mantra today: The grouch and the brainstorm are "the dubious luxury of normal men." I had also marked the sentence, "We avoid retaliation or argument." And on the last page of "A Vision for You" a single blue highlight stands out: "The answers will come, if your own house is in order."

As I reviewed my old book, I became lighthearted. I then sought out my blue pen underlines, knowing that they were made later when I began walking with my new God, sponsoring women as sick as I had been, and hoping to be able to repay what I had been given. My underlines told me that faith had to be accompanied by self-sacrifice. The blue pen-marked phrase I saw in "Working with Others" I hope to take to my grave: "Your job now is to be at the place where you may be of maximum helpfulness to others."

And finally, one blue pen mark in "A Vision for You" underlines two words which I finally came to understand and have since attempted to fulfill in my life. Today I'm making a commitment by marking them again with a new yellow highlighter:

"Abandon yourself."

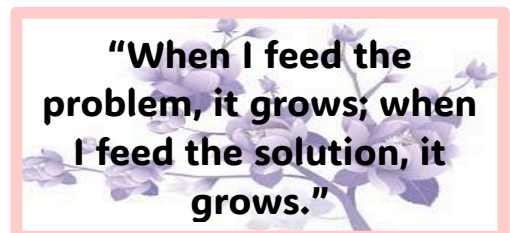
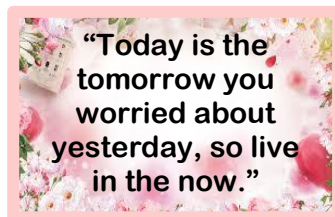
Shoveling the Snow Continued

Page 8

The final layer of any snowstorm is the layer of ice that forms on the ground. It is the most difficult to remove and sometimes you can slip on it because it is not visible. In my recovery, I have chosen to be excruciatingly honest and confront reality through Fourth Steps dealing with family, work, relationships, and illness. My life today does not look at all the way I imagined it would. I live more simply, quietly, and gratefully.

However, I do not want to slip so I deal with that ominous ice that represents unrevealed secrets and realities. Many people throw salt onto the path they have shoveled to melt the ice. I often think the tears I've shed have been the salt instrumental to a healthy recovery as I do yet another Fourth Step.

Today, I still write a Step Four when it seems necessary or is suggested by my sponsor. I have also been entrusted with the privilege of listening to other women's Fourth Steps. I continue to be amazed at the peace that can be derived by purging the past. Before AA, my life had been a series of storms. Alcohol never allowed me to excavate myself and I became trapped by self-deception, resentments, and secrets. Becoming physically sober and working all the Steps have been necessary for my recovery. However, Steps Four and Five continue to be crucial tools I use to maintain my emotional and spiritual sobriety. Today, I keep my AA shovel nearby because I can never predict when I will need to use it – just like the one I have for those Connecticut snow storms.





RULE 62

*AA is not easy. It takes a lot of work.
And it can be very confusing...*

We have to surrender to win. We have to give it away in order to keep it. They tell us to hang on, but let go! It's an anonymous program, but we state our name before we share. We shouldn't judge others, but stick with the winners. Get a sponsor and find a Higher Power, but no new relationships in your first year! We stop drinking because we have to change or die, but then they tell us "no major changes" in our first year. Half measures avail us nothing, but we'll be amazed before we're halfway through.

And then we have the numbers...

The 12 & 12... 90 in 90... the first three Steps... the five things... do a Fourth or drink a fifth... one day at a time... the first 164... the Four Horsemen... the seven deadly sins... and 449 has now become 417!

And you know when this all makes sense?

After a few 24s!



"Turns out what I had was a thinking problem"

"Your eyes look red," said the cop to my friend. "Have you been drinking?"

"Your eyes looked glazed," my friend responded. "Have you been eating donuts?"



Sponsor: "I haven't heard from you in over a month. Don't you know that alcoholism requires daily work on your program? What's your excuse?"

Sponsee: "I was just doing what you told me."

Sponsor: "What are you talking about? I told you to keep in touch."

Sponsee: "You told me to work the Steps every day and to avoid people who irritate me."



Scan here to go
to the website

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

THE BRACER SUBSCRIPTION WOULD MAKE A FANTASTIC GIFT!
THIS IS ALSO A GOOD TIME TO UPDATE YOUR SUBSCRIPTION! USE THE 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: _____

\$15 One Year (Suggested) - Paper Version

\$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

