

NNIG MONTHLY MEETING SPEAKER



July 12, 2025
Billy N.
Host group-
Jay Walkers

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

AUGUST 2025

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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:

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Web Site/Meeting Schedule: nnig.org

The Bracer: nnigracer@gmail.com

THE BRACER



NORTHERN NEVADA INTERGROUP

Torn apart

By: Gail V. | Burlington, Ontario

The letter to her sister may have been ripped up. But the lesson she learned about making amends was delivered

Recently I was reading a story in the Steps section of Grapevine, and I remembered how, in early sobriety, I learned the true meaning of the Eighth Step. What I found interesting about gaining understanding about this Step is that the lesson didn't come from a fellow member of AA. It came from my sister.

When I first heard about the Eighth Step, I understood it to mean that I would need to go around saying sorry to everyone for all the harm that I'd caused. And because I still had a lot of guilt and shame about the things I had done in my past, I almost felt like I needed to go around introducing myself, saying, "Hi, I'm sorry and I'm Gail."

The relationship I had with my sister, who's six years younger than me, had been very unhealthy. I got sober when I was 18. She was just a kid then and I had been an abusive tornado in her life.

I was about two years sober when one evening, she and I got into a verbal fight. Today I can't recall what the fight was about, and neither can she. At the time though, it was important to us. During the fight, she ran upstairs to her room and slammed the door. I instantly felt bad about my behavior toward her and how I had reacted. I didn't want to be that person anymore and I was disappointed in myself. I wanted to go up to her room and tell her that I was sorry for yelling and fighting with her, but I knew she wasn't going to listen to me.

Continued p. 7

A A's

Recovery Step Eight:

“Made a list of all persons we have harmed and became willing to make amends to them all.”

Three

Unity Tradition Eight:

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers should employ special workers.”

Legacies

Service Concept Eight

“The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

Spiritual as it is, A.A. remains very much of this world. The Eighth Tradition, like the Seventh, focuses on a vulgar five-letter word that isn't actually mentioned in either: money. Many of us have had to explain to some cynical prospect, “No, I'm not a social worker. I don't get paid for talking with you. I'm doing it because it's the best way to stay sober myself.” This does not mean, of course, that the idea of turning professional has never entered any A.A.'s mind. In the lean years, Bill W. did think of becoming a lay therapist to earn money through his experience in helping alcoholics. But, with a strong nudge from the group conscience, he soon realized that he could never hang out a shingle reading “Bill W., A.A. Therapist, \$10 an Hour”! It became clear to the early members that no A.A. should ever ask or accept payment for “carrying this message to somebody else, person to person and face to face. But new questions arose as membership grew and the word of hope spread, sending thousands of alcoholics in search of A.A. The first intergroups or central offices were usually manned by A.A. volunteers; now, most such offices are so busy that full-time employees are needed as well. Naturally, A.A.'s are better suited to such jobs than are nonmembers — but are these A.A.'s then being paid for doing Twelfth Step work? No. In the office, they are just paving the way for this work. Arranging to get a sick drunk into a hospital, telling a shaky newcomer where the nearest meeting is tonight, they are helping to make it possible for that alcoholic to hear the message “person to person and face to face.” A similar development has taken place at the Fellowship's “headquarters.” Once a tiny office for one co-founder (Bill) and one secretary, it has grown into the present General Service Office, fully staffed, with a big mailroom keeping the lines of communication open throughout A.A. worldwide. The employees, both A.A. and nonalcoholic, are paid on a scale comparable to that in profit-making enterprises, so that the office force can function dependably. And the A.A. staff members are in exactly the same position as the A.A. intergroup employees. Suppose you drop in at GSO one day when you're in New York. Staff members who pause to chat with you may have been working on next year's Conference or corresponding with a group in your home area, helping it to carry the message more effectively. For that, they are paid biweekly checks. But you may also hear them mention to other staff members plans for taking a newcomer to a meeting in the evening or for giving an A.A. talk to a neighborhood group the next week. For that, they are paid only with their own continuing sobriety. In these office jobs and in other assignments, members are actually paid for their business and professional skills. Working at a GSO desk, on Conference approved books and pamphlets, or on the Grapevine, these A.A.'s use their abilities as correspondents, managers, writers, editors, artists, proofreaders — as well as their understanding of A.A. from the inside. On occasion, volunteers have given their time and talent to all these services, and their contributions are deeply appreciated. But what if the Fellowship decided that all such assignments should be handled only by unpaid volunteers? In present-day A.A., there's too great a volume of work to be done in spare hours here and there, and only the rich or the retired could afford to work full-time as volunteers. If we tried to find in this limited group people qualified for particular tasks, obviously the field would be narrowed down — too often, down to nobody at all. There would be another problem in using volunteers alone: It seems ungrateful — or, at least, it's socially awkward — to criticize or reject a job done for free. But paid jobs for A.A. get quite a going-over! Take our literature, for instance (like this pamphlet). Whatever the subject, we want to be sure that each piece expresses as clearly as possible the view of the group conscience of A.A. as a whole. So any new project must first be approved by the Conference. Once it is in process, the Literature Committee of the General Service Board keeps a careful eye on it at every stage. Frequently, drastic changes are required. The “finished” product then must be okayed both by that committee and by the Conference Literature Committee, and further revisions are often — “Now wait a minute!” some old-timer may interrupt. “What's going on here? Didn't Dr. Bob say, ‘Let's keep it simple?’” ...

NNIG & AREA EVENTS

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 nnigracer@gmail.com
 Deadline for submission is the last Friday of the month.

NNIG Monthly Speaker Meetings
 Meetings held 2nd Saturday of the month
 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



August 9, 2025
Billy N. – W. Palm Beach, FL
Host Group – Jay Walkers

September 13, 2025
Ralph W. – Los Angeles, CA
Host Group – Open Heart Open Mind

October 11, 2025
Minnie M. – Las Vegas, NV
Host Group - TBD

November 1, 2025
Pat Y.- Seal Beach, CA
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.

Northern Nevada
 Intergroup Presents

Gratitude Dinner

NOV
 SATURDAY **8** 5:00-8:00
 2025

RENO BALLROOM

401 University Way | Reno | 89501

Turkey Dinner 6pm

Dessert | Raffle

AA SPEAKER

Doug R. – Tujunga, CA | 7:00pm

TICKETS \$65

NNIG Central Office
 436 Rock Blvd | Sparks | 89431

Gratitude ~ Gateway to Grace



NNIG Halloween Party

\$5 SUGGESTED
 CONTRIBUTION

October 25, 2025
5 PM

Neil RD Recreation Center

3925 Neil Rd

Costume Contest

Kids Activities

Tacos 3 for \$6

6 for \$10

Speaker



RENO SPRING FESTIVAL ELECTIONS

are on

SUNDAY, AUGUST 17th
4:00PM
at CENTRAL OFFICE

**ALL POSITIONS AVAILABLE,
 PLEASE COME JOIN US TO
 PUT ON AN AMAZING
 EVENT IN 2026!**

OTHER A.A. EVENTS

Central office report from Ronda H. August, 2025

Book of the month Any soft cover Grapevine book \$2 OFF
Please come and support your Central office and the AA events going on in our area.

The office is for every member, if anyone needs anything to get 12 step work done and the office can help in some way please let us know.

Volunteer Hours: 151 hrs.

Calls into Central Office: 137

- Calls for AA help - 5
- Calls for Alanon/Alateen - 3
- Meeting information - 33
- Retail / merchandise - 19
- Other 12-step programs - 6
- Events - 9
- New to AA/ Talked with - 4
- Business/Central office- 58
- **Visitors - 304 -Dogs- 2**



Texts - 5 Phone calls on the text Phone- 0

Ronda H.
Central Office Manager

Previous Birthdays

- June 2025
Cassie. 3 Years
Teri G. 12 Years
Paul C. 34 Years
May
 Ron T. 14 Years
 Tom H. 25 Years
March
 Eryn W. 2 Years
 Don D. 6 Years
 Kent L. 45 Years
 Kim D. 48 Years
January & February
 Chip C. 41 Years
 Jaek 40 Years
December
 Sean S. 35 Years
 Cindy 36 Years
 Mystery Person - 37 years
November
 Heather L. 7 Years
October
 Sharron F. 40 YEARS
 Dove 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



- Jermery L. 4 YEARS
 Joanne P. 13 YEARS
 Ann G. 21 YEARS
 Sandra G. 30 YEARS
 Sue M. 30 YEARS
 Jeff M. 30 YEARS
 Paul M. 34 YEARS

"Someone once remarked that pain is the touchstone of spiritual progress. How heartily we A.A.'s can agree with him, for we know that the pains of alcoholism had to come before sobriety, and emotional turmoil before serenity." 12x12 p.96

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 contribution of only one dollar for every year of your sobriety. Envelopes available at Central Office, NNIG Business Meeting or Intergroup Representatives

AA GRAPEVINE
The International Journal of Alcoholics Anonymous

The month of August 2025
**Any Soft Cover
 Grapevine Book
 \$2.00 OFF**

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
Baggers
Discussion
1036 N Main St.
Alturas, CA
Mon-Sat

SATURDAY NIGHT
FEVER 7PM
1631 ESMERALDA
PL
GARDNERVILLE 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 Thursday of each month, 6:30 Central Office

DISTRICT 4 Fourth Thursday of every other even month,
6:00 pm

Central Office OR Zoom ID: 819 5830 2884
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](tel:7609378407)

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 424

Greenbrae Blvd 6:45PM

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: aschwenderlauf@gmail.com*

Northern Nevada Intergroup

Bridging the Gap

Bridging the Gap is one of the many ways to get into
service in Alcoholics Anonymous. Through 12th step work we
aim to bridge the gap of time newcomers have between jails
and institutions and their first days to the fellowship. The
committee is always accepting people who want to be of
service either with being a newcomer's contact or taking
presentations into institutions to help share our message of
hope. Please scan the QR code below.

Our committee is looking for a co-chair, to help assist
the Chair with responsibilities, and a contact coordinator for
the Carson/Gardnerville area. 2 years of sobriety required
with knowledge of our 12 traditions. Please email Becky O.
for more information at

btgnnig@gmail.com



8th Step Prayer

Higher Power,

*I ask for Your help in making my list of all those I have harmed. I
will take responsibility for my mistakes and be forgiving to others
just as You are forgiving to me.*

Grant me the willingness to begin my restitution.

This I pray

NNIG/Central Office Group Contributions 2025

Group	July	YTD	Group	July	YTD
4th Dimension- ON-LINE	73.05	141.65	Happy Hour Reno	500.00	1325.00
A Way Home	564.77	1168.80	Hispanic State Convention		
Alano Brown Baggers		65.30	Kingsbury Group		492.00
Alano Captains Table			Ladies of the Evening		
Alano Jaywalkers		333.64	Lone Pine Group		225.00
Alano Open Heart Open Mind		175.00	Lovelock AA		20.00
Back Room Group	107.11	172.81	McGill NV Freedom Group		12.00
Back to Basics Saturday Night		600.00	Mid-Day Group On-Line	25.00	75.00
Beginners are Winners On-Line Group		1204.00	Minde Language of the Heart		150.00
Bishop Circle in the Park		57.85	Minden Language of the Heart		
Bishop High Sierra Group		90.84	Minden Saturday Night Fever	110.99	110.99
Buena Vista Group		200.00	Minden Stephanie Way Group		340.00
CACYPAA		20.00	Minden Wednesday Night Live		48.60
Caliente AA		16.43	Minden/Gardnerville Group		20.22
Caring & Sharing in Stead	318.19	643.04	Mt Rose Bog Book Study		80.00
Carson After Shifters	212.00	590.70	Mt Rose Men's Group		175.00
Carson Alano Club		277.00	Mt Rose Recovery Room	88.40	813.16
Carson Big Book Experience			NNIG Business Meeting	65.00	479.20
Carson Brown Baggers	79.00	272.00	Old Time AA		67.79
Carson Dr. Bob Nightngales			Our Common Welfare	5.00	52.40
Carson Early Birds		448.01	Our Group		200.00
Carson Early Birds Phone Meeting	231.00	808.00	Out and Sober		
Carson Happy Hour	430.03	430.03	Positive Acceptance Group		856.34
Carson Happy, Joyous and Free		438.57	Pyramid Way Discussion Group		60.00
Carson Jay-Walkers Men's	243.56	389.89	Recien Ilegados		
Carson Men's NO BS Stag	40.00	267.00	RTC Almost Heaven	100.00	400.00
Carson Sandbaggers			RTC Aloha Group		1313.50
Carson Sisters in Sobriety	123.42	123.42	RTC Beginners are Winners		1916.00
Carson Sunday Morning Fire Station			RTC Big Book Study		
Carson Valley Gratitude			RTC How We Stay Stopped		
Carson Women's Night Out			RTC Just for Today Women		256.22
Chester Fellowship		90.00	RTC Little Rascals		50.00
Chester Saturday Night Group		115.42	RTC Men's Trudgers		389.96
Choices		400.00	RTC Monday Night Mens		790.00
Cornerstone Group		90.00	RTC New Awakenings Group	84.00	539.80
Dayton Friday Night Rule 62			RTC Sober as AF		80.00
Dayton Red Rooster			Serenity on Sundays		
Dayton Sunday Morning		572.00	Silver Springs Groups		
Decompression Chamber/online	63.20	673.88	Sisters in Sobriety		271.91
Deer Park Rebels			Sisters of Sobriety SOS		74.46
District 14		350.00	Slide Mountain Candle light Group		195.00
District 2	12.00	72.00	South Shore Group		
District 22	50.00	948.50	South Y Group	15.00	145.00
District 6		6.00	Southside Group	153.57	1007.33
Double R at Noon			Steps to Freedom	150.00	
Driar's Nickle		450.00	Step 1	61.50	61.50
Driar's Support Hose		100.00	Sunnyside Group	415.00	1570.00
Elko Exhale Group		66.15	Susanville Wed Womens		
End of the Road Group		64.30	Tahoe City Fellowship		400.00
Eye Opener		1676.00	The Blue Room		47.53
Fallon Saturday Grapevine		100.00			
Fallon Silver Lining		75.00	The Next Chapter		100.00
Fallon The Week That Was		80.00	The Rock Group	212.50	648.81
Fernley Groups		300.00	The Shop		300.00
Fireside Group		242.06	Truckee Dawn Patrol	1466.70	1466.70
First Responders		200.00	Truckee Fellowship		53.82
Galena Friday Night		200.00	Truckee River Men's Stag		1500.00
Greenville Group		50.00	Verdi Greener Pastures		
Ground Zero	219.60	914.00	Verdi Meditation	125.00	125.00
Grupo Accion	10.00	70.00	Virgina City Plug in the Jug		
Grupo Fe Y Esperanza		120.00	Warriors in Recovery		300.00
Grupo La Nueva Luz	10.00	70.00	Wednesday Night Beginners Meeting		
Grupo Latino		10.00	Whole in the Ground Sunnyside	500.00	500.00
Grupo Nueva Esperanza		64.00	Whole in the Soul	180.00	180.00
Grupo Nueva Dia	11.00	41.00			
Grupo Solo Por Hoy	40.00	140.00	Willing to go to any Lengths		
			Winnemucca Serenity Seekers	60.00	300.00
Grupo Vivendo Sobrio		300.00	Women's Down and Dirty		205.00
Inclined to be Sober		97.36	Women's New Beginnings	90.00	929.00
Jamesville God Grant Me		15.00	Women's New Harmony		170.00
			Young at Heart		210.00

Total 7,245.59 39,945.89

July 1948
Tradition Eight

By: Bill W.

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. (from the July 1948 Grapevine)
Throughout the world AAs are twelfth-stepping with thousands of new prospects a month. Between one and two thousand of these stick on our first presentation; past experience shows that most of the remainder will come back to us later on. Almost entirely unorganized, and completely nonprofessional, this mighty spiritual current is now flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; that's all.

Could this vast and vital face-to-face effort ever be professionalized or even organized? Most emphatically, it could not. The few efforts to professionalize straight Twelfth Step work have always failed quickly. Today, no AA will tolerate the idea of paid "AA therapists" or "organizers." Nor does any AA like to be told just how he must handle that new prospect of his. No, this great life-giving stream can never be dammed up by paid do-gooders or professionals. Alcoholics Anonymous is never going to cut its own lifelines. To a man, we are sure of that.

But what about those who serve us full time in other capacities--are cooks, caretakers, and paid intergroup secretaries "AA professionals"?

Because our thinking about these people is still unclear, we often feel and act as though they were such. The impression of professionalism subtly attaches to them, so we frequently hear they are "making money out of AA" or that they are "professionalizing" AA. Seemingly, if they do take our AA dollars they don't quite belong with us AAs anymore. We sometimes go further; we underpay them on the theory they ought to be glad to "cook" for AA cheap.

Now isn't this carrying our fears of professionalism rather far? If these fears ever got too strong, none but a saint or an incompetent could work for Alcoholics Anonymous. Our supply of saints being quite small, we would certainly wind up with less competent workers than we need.

We are beginning to see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily those folks are not doing Twelfth Step work. They are just making more and better Twelfth Step work possible.

p. 7

Secretaries at their desks are valuable points of contact, information, and public relations. That is what they are paid for, and nothing else. They help carry the good news of AA to the outside world and bring our prospects face to face with us. That's not "AA therapy"; it's just a lot of very necessary but often thankless work.

So, where needed, let's revise our attitude toward those who labor at our special services. Let us treat them as AA associates, and not as hired help; let's recompense them fairly and, above all, let's absolve them from the label of professionalism.

Let us also distinguish clearly between "organizing the AA movement" and setting up, in a reasonably businesslike manner, its few essential services of contact and propagation. Once we do that, all will be well. The million or so fellow alcoholics who are still sick will then continue to get the break we sixty thousand AAs have already had.

Let's give our "service desks" the hand they so well deserve.

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Torn Apart continued from p. 1

Instead, I wrote her a letter. It was a letter of amends. In it, I did something I had never done before. I listed out a plan of action describing how I was going to change the way I behaved and the different types of tools I was going to use to implement that change.

I slid the letter under her door and went to my AA meeting. When I returned from the meeting, I found at my bedroom door my letter ripped up, with a sign saying, "I don't think so, not this time," followed by some more colorful language. My immediate impulse was to run upstairs to her room, grab her and shake her and yell, "Didn't you read the letter? I said I was sorry and that I love you!"

I didn't do that, thank God. Instead I realized it didn't matter that she didn't believe me because I didn't want to be that type of sister anymore. I decided to follow through with the plan of action that I had outlined in the letter.

I once heard someone share at a meeting that the word "amend" does not mean "to say sorry" as much as it means "to change." If I say I'm going to amend a document that means I am going to change something in it. That was the lesson I learned that day with my sister. Instead of just saying that I was sorry, I had written out for her—but mostly for me—a plan of action to change.

This realization has had a big impact on the way I now approach the Eighth Step. Not only do I look at what I've done to harm others, but I think about what I'll be doing now to change and not be that person again. Then I have to ask myself whether I'm truly ready to follow through on that plan, because nothing sucks more than having to go back and make an amend on an amend that I already made! Please don't get me wrong. It is important to feel remorse and to apologize for harm done to others. In fact, recognizing that I had done harm was an important internal shift for me. Before I was only concerned about what others had done to me. AA, however, is a program of action and I have learned that it's action where I've found my recovery. That's where the big changes happen for me.

So now before I move on to the Ninth Step, I make sure that the plan of action that I listed in my Eighth Step is solid and realistic. I go over it with my

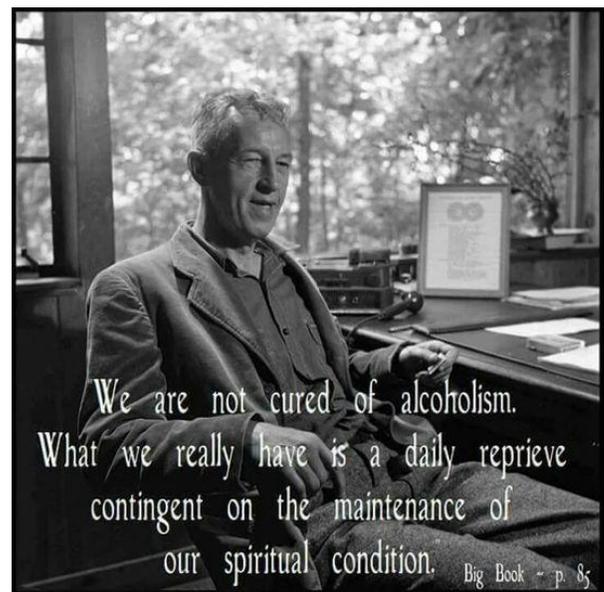
sponsor and other close AA friends and I pray about it.

I will always be grateful for that lesson from my sister, as I feel it has improved my recovery. Sometimes we can learn valuable AA lessons from people outside of our meetings.

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Let us always remember that any society of men and women that cannot freely correct its own faults must surely fall into decay if not into collapse. Such is the universal penalty for the failure to go on growing. Just as each A.A. must continue to take his moral inventory and act upon it, so must our whole Society if we are to survive and if we are to serve usefully and well.

A.A. Comes of Age p.231





RULE 62

Be careful what you wish for....

A man walks into a bar with an ostrich behind him, and the bartender asks for their order. The man says, "I'll have a beer" and turns to the ostrich "What's yours?" "I'll have a beer too." Say the ostrich. The bartender pours the beer and says "that will be \$3.40 please" and the man reaches into his pocket and pays the exact change.

The next day, the man and the ostrich come again.

This time the bartender serves them two scotches and once again the man pays with exact change.

This becomes a routine, until late one evening the two enter again. This time, the bartender can't hold back his curiosity any longer. "Excuse me, sir," he says.

How do you manage to always come up with the exact change every time?"

"Well," says the man, "several years ago I was cleaning the attic, and I found this old lamp.

When I rubbed it, a genie appeared and offered me two wishes. My first wish was that I ever needed to pay for anything, I just put my hand in my pocket and the right amount of money will be there."

"That's brilliant!" says the bartender. "Most people would wish for a million dollars, but you'll always be as rich as you want for as long as you live! You're a genius!"

"Oh, one other thing sir," adds the bartender. "What's with the ostrich?" The man replies, "Oh, my second wish was for a chick with long legs."



Sometimes I feel like a Fruit
loop in a bowl of cheerios

After 30 Years of sobriety, I'm often asked by newcomers how many people I sponsor.

The answer is always the same: "about half of them."

At a Scottish wedding reception the D.J. yelled,
"would all married men please stand next to the one person who has made your life worth living."

The bartender was almost crushed to death.



A Sponsor's Wish

A sponsor and a sponsee are talking after a meeting:

SPONSOR: "I'm happy to be your sponsor. I wish I had one or two more sponsee's like you."

SPONSEE: "Gosh, that's nice to hear. I argue with you all the time and mostly refuse to do most of the things you suggest."

SPONSOR: "yeah, but I still wish I had one or two more like you. The problem is that I have six!"

A man walks into a bar. As he sits down, he looks up and notices three pieces of meat hanging from the ceiling. He asks the bartender "what's with the meat?"

The bartender says, "If you can jump up and slap all three pieces at once, you get free drinks for an hour. If you miss even one, you have to pay for everyone else's drinks for the rest of the night. Wanna give it a go?"

The man takes another look at the meat, then says, "I think I'll pass. The steaks are too high."



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