

NNIG MONTHLY MEETING SPEAKER



October 11, 2025
Minnie M.
Host groups-
Women's New
Harmony & Women's
New Beginning

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

THE BRACER



OCTOBER 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:

(775) 355-1151 Fax: (775) 355-1560

EMAIL: officemanager@nnig.org

Web Site/Meeting Schedule: nnig.org

The Bracer: nnigracer@gmail.com

NORTHERN NEVADA INTERGROUP

My name is Rick O. I'm an alcoholic.

What is your sobriety date and can you describe your drinking.

My sobriety date is September 11, 1983, so I have 42 years and one day today. My drinking started basically about the age of 16 when I got my driver's license. It was kind of juvenile-type drinking, periodic, you know, the occasional excessive occasion, but not too often. When I was a senior in high school, we had a real big blowout at my parents' house. My parents were gone, and I had a bunch of friends over, and we were doing a lot of drinking and playing cards and stuff. I got a little too carried away and went into my bedroom and saw a bottle of cologne sitting up on top of the dresser and I thought, I wonder what this tastes like. So I drank the some of it ,you want to get really sick, that's a good way to do it. After that, anytime I got near alcohol, I'd get dry heaves. I went to college and it was my first time living alone. I really started partying every night and playing poker, until two or three in the morning, which is not really good for your grades. After a year of that, UCLA asked me to go somewhere else. That was during the height of the Vietnam War. I knew that if I lost my student deferment, I would quickly be drafted and become cannon fodder in the infantry. I enlisted in the Army on a delayed enlistment, finished up my semester in college, and then went into the Army. I still couldn't drink much after that. When I got overseas in Korea, that's when things really took off. Alcohol was very cheap. We were on ration coupons. By the middle of the month, I was running out of ration coupons. I was starting to beg, borrow, or buy ration coupons from my friends. The results was I got pretty sick when I was over there and developed a bad skin infection. When I got home I went to a doctor for it. He looked at me and he said, we only see this in terminal diabetics. He asked, do you drink a lot of sugar or you eat a lot of sugar? I said, no, I can't tell you the last time I had a candy bar. He says, do you drink a lot? I said, sometimes. He said, well, you have to give it all up until this stuff is cleared up. It took two years. Once it was cleared up, I was back at it again. By this time it was 1975, and I was going to school and working , I was incredibly busy. There was no drinking during this time. I graduated from UNR , and all bets were off. Things got progressively worse. I worked for different CPA firms and they both ended up letting me go. I went about two or three months on my own then went in for an interview with another CPA firm.

Continued p. 7

AA's

Recovery Step Ten:

"Continued to take personal inventory and when we were wrong promptly admitted it."

Three

Unity Tradition Ten:

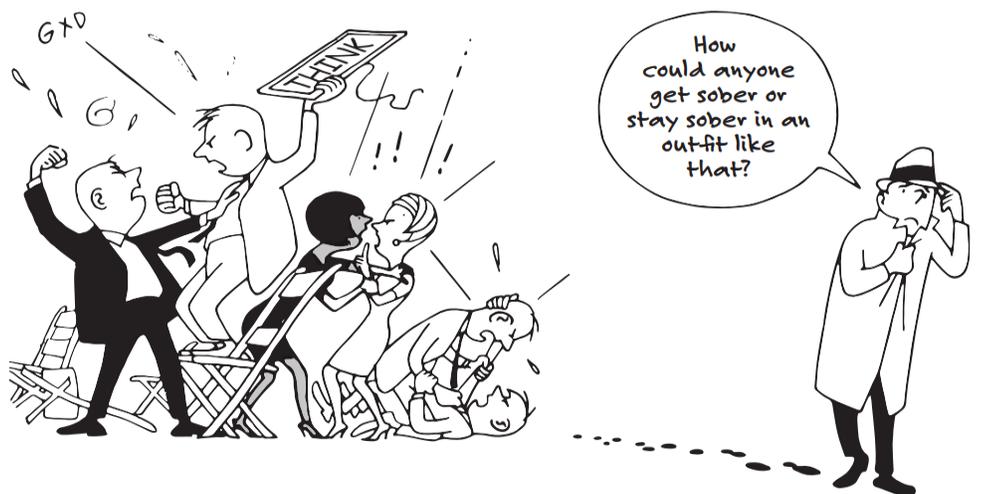
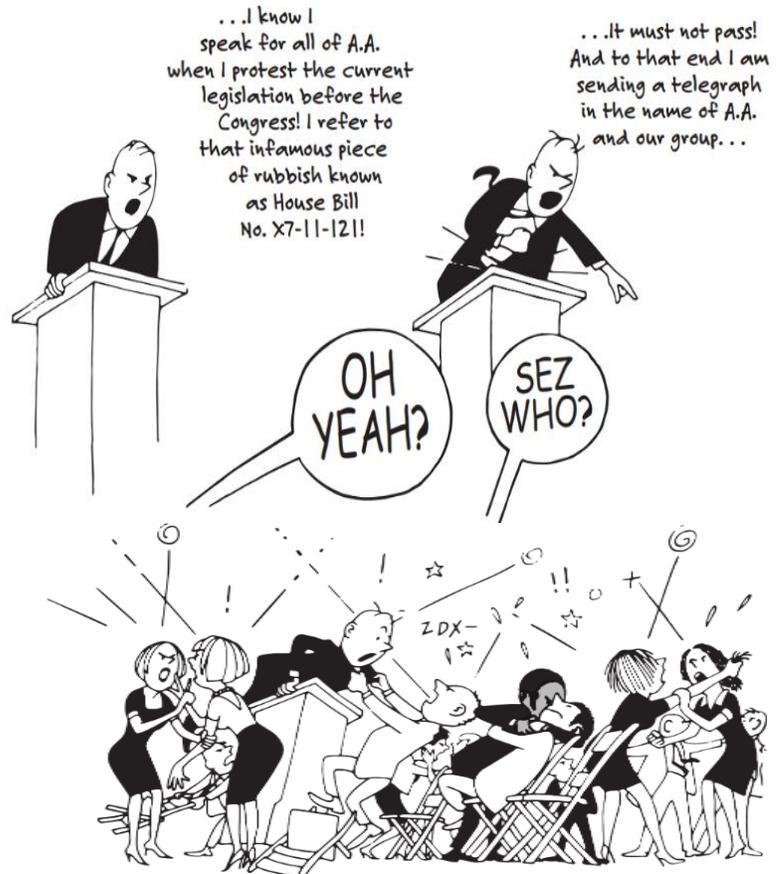
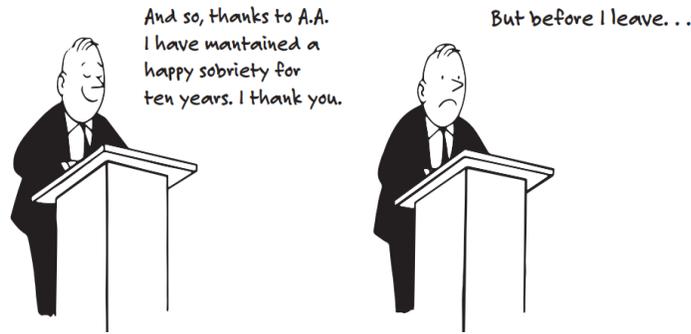
"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

Legacies

Service Concept Ten

"Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws."

Tradition Ten: *Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*



NNIG & AREA EVENTS

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



October 11, 2025

Minnie M. – Las Vegas, NV
Host Groups – Women’s New Harmony & Women’s New Beginnings

November 1, 2025

Father Jeff- Carson City, NV.
Host Group – Young at Heart

December 13, 2025

Sully- Las Vegas, NV
Host Group – Pyramid Way Discussion Group

January 10, 2026

Bob D.- 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.

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 Halloween Party

\$5 SUGGESTED CONTRIBUTION



October 25, 2025

5 PM

Neil RD Recreation Center

3925 Neil Rd
Cake Walk

Fortune Telling
Costume Contest

Kids Activities

Tacos 3 for \$6

6 for \$10

Raffle
Speaker



**POTLUCK-
 CAKES AND
 DESSERTS
 FOR THE
 CAKE WALK!**

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



OTHER A.A. EVENTS

Decades of Dedication: Our Elder Statesmen in Service

Join us in celebrating the invaluable contributions of our Elder Statesmen whose years of service have shaped our community.



Las Vegas Central Office
 1515 East Tropicana Ave., Meeting Room
 Las Vegas, Nevada 89119
 Saturday, October 18, 2025 2 pm - 4 pm PST

Can't join us in person? Join us on Zoom!

Zoom Meeting Details:
Join Zoom Meeting
 Meeting ID: 883 2786 4410
 Passcode: access



Brought to you by the Southern Area Accessibilities Committee and Area 42 Archives

MEETINGS AND MORE

Central office report from Ronda H. September, 2025

Book of the month "Our Great Responsibility" \$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: 119.25 hrs.
Calls into Central Office: 121

- Calls for AA help - 3
- Calls for Alanon/Alateen - 1
- Meeting information - 31
- Retail / merchandise - 20
- Other 12-step programs - 6
- Events – 8
- New to AA/ Talked with - 3
- Business/Central office- 49
- Visitors – 269 -Dogs- 8



Texts – 86 Phone calls on the text Phone- 4

Ronda H.
Central Office Manager

Previous Birthdays

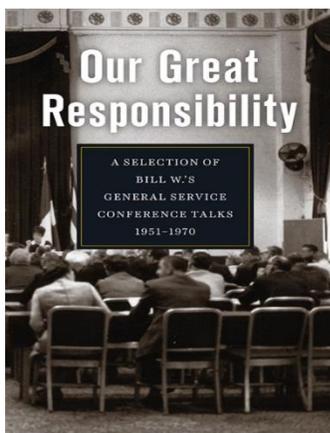
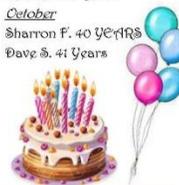
- August
Linda G. 55 Years
Sue M. 30 Years
Jeff M. 50 Years
- July
Jermery L. 4 Years
Joanne P. 15 Years
Ann G. 21 Years
Sandra G. 30 Years
Paul M. 34 Years
- June 2025
Cassie. 5 Years
Teri G. 12 Years
Paul E. 34 Years
- May
Ron T. 14 Years
Tom H. 23 Years
- March
Eryn W. 2 Years
Don D. 6 Years
Kent L. 45 Years
Kim D. 45 Years
- January & February
Chip C. 41 Years
Jaek 40 Years
- December
Sean S. 33 Years
Cindy 36 Years
Mystery Person - 37 years
- November
Heather L. 7 Years
- October
Sharon F. 40 Years
Dave S. 41 Years

September

- Angela-2 years
Mark H.-30 Years
Cheryl – 37 Years
Dave – 40 Years
Phil – 49 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 contribution of only one dollar for every year of your sobriety. Envelopes available at Central Office, NNIG Business Meeting or Intergroup Representatives



The month of September
2025

**Our Great
Responsibility
\$2.00 OFF**

NNIG CENTRAL OFFICE

OPEN HOUSE

Door Prizes
Special Discounts
Snacks

Saturday November 1, 2025
9am-1pm
436 S Rock Blvd

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
 3835 Lakeside Dr. Reno NV 89509 or virtually
 ID: 831 8146 4811 PW: ZoomAA1
**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

btgnng@gmail.com



10th Step Prayer

***I pray I continue: To grow in understanding and effectiveness; To
 take daily spot-check inventories of myself; To correct mistakes
 when I make them; To take responsibility for my actions; To be
 aware of my negative and self-defeating attitudes and behaviors; To
 keep my willfulness in check; To always remember I need Your help;
 To keep love and tolerance of others as my code; And to continue in
 daily prayer how I can best serve You, my Higher Power***

NNIG/Central Office Group Contributions 2025

Group	August	YTD	Group	August	YTD
4th Dimension- ON-LINE		141.65	Happy Hour Reno		1325.00
A Way Home		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		172.81	McGill NV Freedom Group		12.00
Back to Basics Saturday Night	260.00	860.00	Mid-Day Group On-Line		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	69.36	160.20	Minden Saturday Night Fever		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		643.04	Mt Rose Bog Book Study	200.00	280.00
Carson After Shifters		590.70	Mt Rose Men's Group		175.00
Carson Alano Club		277.00	Mt Rose Recovery Room	245.10	1058.26
Carson Big Book Experience			NNIG Business Meeting	93.00	572.20
Carson Brown Baggers		272.00	Old Time AA		67.79
Carson Dr. Bob Nightngales			Our Common Welfare		52.40
Carson Early Birds	187.00	635.01	Our Group	176.00	376.00
Carson Early Birds Phone Meeting		808.00	Out and Sober		
Carson Happy Hour		430.03	Positive Acceptance Group	300.00	1156.34
Carson Happy, Joyous and Free	195.30	633.87	Pyramid Way Discussion Group		60.00
Carson Jay-Walkers Men's		389.89	Recien Ilegados		
Carson Men's NO BS Stag	228.00	495.00	RTC Almost Heaven	50.00	450.00
Carson Sandbaggers			RTC Aloha Group		1313.50
Carson Sisters in Sobriety	35.81	159.23	RTC Beginners are Winners	1400.00	3316.00
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		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	68.02	741.90	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	11.00	83.00	South Shore Group		
District 22	150.00	1098.50	South Y Group	15.00	160.00
District 6		6.00	Southside Group		1007.33
Double R at Noon			Steps to Freedom		150.00
Driar's Nickle		450.00	Step 1		61.50
Driar's Support Hose	90.00	190.00	Sunnyside Group		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		648.81
Fernley Groups		300.00	The Shop		300.00
Fireside Group		242.06	Truckee Dawn Patrol		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		914.00	Verdi Meditation		125.00
Grupo Accion	10.00	80.00	Virgina City Plug in the Jug	200.00	200.00
Grupo Fe Y Esperanza		120.00	Warriors in Recovery		300.00
Grupo La Nueva Luz	10.00	80.00	Wednesday Night Beginners Meeting		
Grupo Latino		10.00	Whole in the Ground Sunnyside		500.00
Grupo Nueva Esperanza	23.00	87.00	Whole in the Soul		180.00
Grupo Nueva Dia	10.00	51.00	Westwood A.A.	83.36	83.36
Grupo Solo Por Hoy	20.00	160.00	Willing to go to any Lengths		
			Winnemucca Serenity Seekers	60.00	360.00
Grupo Vivendo Sobrio	100.00	400.00	Women's Down and Dirty		205.00
Inclined to be Sober	122.86	220.22	Women's New Beginnings	225.00	1154.00
Jamesville God Grant Me		15.00	Women's New Harmony		170.00
			Young at Heart	60.25	270.25

Total 4,698.06 44,643.95

Interview with an Alcoholic continued

The guy who owned the firm had just gotten a year under his belt. Before I showed up for the interview I had stopped and had a couple of beers on the way in. He hired me anyway. About a week later, he called me into his office. He says, I noticed when you came in that you'd been drinking. I want you to know that at any time that you're under my employment, from 8 to 5, there's no drinking. If clients offer it or holidays the time, you just pass up on it and don't do anything. As luck would have it, I had hit one of my first bottoms about two months before that, which is what prompted me to get away from being out on my own and going to work for him. I had started seeing a counselor about my drinking, but I was lying to her all the time and not telling a straight story. I told her, that's okay, I'm a recovered alcoholic. I've stopped drinking altogether. He says, well, that's good but I'm a recovering alcoholic and I go to AA. Have you ever been? And I said, no, my father was court-ordered once, but I don't know much about it. He started taking me to the Thursday night closed silk seat meetings, which were always held at that time in somebody's house. When I got into the room, there was about 21, 22 people in the room. I knew about half of them, I was absolutely amazed. These were all people I'd done business with over the years in my capacity as an accountant or as a salesman while I was putting myself through school. I was not ready to quit so I kept looking for the weasel clause. How could I drink and get away with it? From March of '83 until September 10th of '83, I kept trying and trying. I'd get a couple of months of sobriety, go to meetings, and then I'd crash and burn and go back out again, and finally, I was let go by my first sponsor. I was failing to show up for work again, going out for lunch and not coming back till three. He finally said, I just can't put up with that any longer. Then I got a lead on a job with a medical company that was moving from San Francisco to Reno, and they were looking for a controller. I went down for the interview and the interview went great. I had a fantastic time an one-hour interview turned into a four-hour interview and I was so elated when I got done I decided to go to Fisherman's Wharf and have a couple beers and a crab sandwich. Next thing I know is September 11th 1983. I remember a few things from that time, my wife and I wallpapered our bedroom and I remember a big argument over the wallpapering, but that was about all I could remember. September 11th, I came to, and I looked at the calendar and realized how much time had been missing. I was absolutely flabbergasted. I had taken meticulous notes. I was supposed to be investing money for clients of mine in different adventures, but what I was really doing was embezzling their funds. I'd go gamble with it, and drink and gamble, drink and gamble. I had gone through about \$40,000 that I embezzled. I went about another 10 days without drinking before I finally got so depressed so miserable and so disappointed in myself that I attempted suicide. When I got home that night, the minister of our church was sitting in the living room, and he was talking to my wife. I walked in and saw him in there, and I said, What brings you here? He says, Well, last week you mentioned something about being an alcoholic and trying to quit drinking. I thought I'd come by

and see what was going on with you, I just happened to be in the neighborhood. And if you want to talk about a coincidence, that's God working anonymously, that was it. At that point, I just broke down. I told him everything. the embezzlement, the drinking, the hiding. I even confessed to my wife that I had forged her name on loan documents so we could buy property, but I didn't tell her about them. I had basically dug a huge, deep hole for myself. I said to the minister, I should go into a Lakes Crossing where they treat the criminally insane. He says, I don't think you're that bad, but going into a hospital is a good idea. The next day I checked into what was then Truckee Meadows Hospital, I was in there for 19 days. I'm talking with psychologists and psychiatrists, they identified the nature of my illness. They also told me that I probably had a gambling problem, and I should check that out. Which turned out to be the truth. 19 days later, I was discharged from the hospital at 10 o'clock in the morning. I went up to where my wife worked and Jim D. was working in the same building with my wife. Jim had about 40 years in the program at that point. He said, go say hello to Kathy and then get yourself into a meeting as quick as you can and keep going to meetings until you feel comfortable. I was going to meetings about 10 times a week. Back then the central office was over on Park Street, so whenever I didn't have anything to do, I didn't have a job, so I had a whole lot of time with nothing to do, I'd go into the central office and just sit there and listen to other alcoholics and talk to people and got to know the people who had gotten sober around the same time I did. Here we are 42 years later, I still see them. It was a good crowd back then. That's basically how my drinking started, proceeded, and collapsed.

Can you talk a little bit about the service work you've done over the years.

I say in meetings, that service was what kept me connected to AA. for about the first 30 years of my recovery. When I had 90 days, I was home alone, and I was bored, and I decided to go look in the refrigerator to get something to eat, and I found a six-pack of beer in there, and suddenly I panicked. I grabbed one of our booklets, Living Sober and randomly opened it up. It described what I was going through to a T. The A.A. guy was told by a sponsor, when you get like this, you need to go find another alcoholic and talk to him. I went down to St. Mary's Hospital they didn't have an alcohol ward then but I knew a couple of doctors who were there that I'd met at the silk seat meeting who worked at St. Mary's. I got up my courage and I went down to St. Mary's, I went up to the reception and I said, do you treat alcoholics here? And she says, yes, up on the third floor. I took the elevator to the third floor, got off the elevator and, I just went cold. I was scared to death. I didn't know what to say. I hurried over to the nurse's station and said, my name's Rick, I'm an alcoholic and I need to talk to an alcoholic. Do you have any? She says, yeah. I walked into the alcoholic's room and there was a friend of mine. He was basically in the process that they thought he was going to die. He and I drank together a few times. He had organ failure, and he was jaundiced. We talked for about an hour, and I told him about my getting into AA and what I was doing and the benefits I was getting out of it.

Then about that time, his wife came in and handed him divorce papers. I figured I'd better get out of there. I left the hospital, I noticed that the urge to drink had gone. completely evaporated. It was all because of talking to another alcoholic. I went down to the central office the next day and talked to the central office coordinator then and said, okay, I need to get involved in service. What do you think I should do? He said, well, here's my home group, we need group secretaries. Go there and volunteer. I went down and at three months become a group secretary. I did that with that group. I ended up getting a job and that prevented me from going to a lot of those meetings. I changed meetings over to the eye-opener group, which used to meet at the bottom of the church in California, Arlington. And then I started doing the secretary work in there. My sponsor, who was very active in doing 12-step work, he would call me up periodically and say, Hey, I just got a 12-step call and I need someone to go with me. You're it, and so we'd go out and go on 12-step calls, and I got into the habit of doing that. At one point, he said to me, you should probably get involved in the CPC committee. You know a lot of these people professionally, and you can be a good candidate for the outreach, because they'll recognize you and they'll probably pay attention to what you're saying, which turned out to be true. I'd tell them my story and the recovery and what I was going through and stuff like that. Then my sponsor called me up and he said, he had been asked to go talk to a group of high school students, and could not make it. This was up at Hug High. Within three years, we had meetings in all of the high schools. I've done everything in service, at the group level, at the intergroup level, and up to DCM within AA and in the other program, I've sponsored close to 50 people in each of the programs, one over 30 years. Helped another 50 people through the 12 steps without actually ever sponsoring them. Seeing those people recover and get their lives back, turning around and giving it away. Because my response was, if you like what you got, give it away, because that's the only way you're going to get to keep it.

What is your biggest gift from sobriety?

Getting my family back together. When I crashed and burned and ended up in the mental hospital, my wife was fit to be tied. She was considering divorcing me, and we'd been married 12 years at that time. My kids were afraid to look me straight in the eye. Over the course of years, as my sobriety has progressed, we all got back together. My wife and I just celebrated 54 years of marriage. I just celebrated my 42nd birthday yesterday. My wife says that's the best gift I've ever given any of us and that's how I feel.

Thank you is there any final words you want to say?

There's three things you have to do if you want to get 42 years .Start early, don't drink, don't die .

Interview was September 12th, 2025.

Tradition 10 Lots of Opinions : D.T. Washington

I have worked to understand how Tradition Ten and Tradition Five connect to our singleness of purpose. The idea that we should not draw the AA name into public controversy made sense to me from

the start. I've read the history of the Washingtonians and found it a relief to know that, no matter what the latest issue is in the world at large, in an AA meeting I do not have to hear anybody's opinion on it.

Meetings for me are a place of recovery and safety, where we are free from having to pick sides or decide what is right or wrong for the future of the country. My only purpose in attending an AA meeting is to help the alcoholic who still suffers, which, as I found out, isn't always necessarily the newcomer. My experience has shown me anyone at any time can be the one in need, including myself.

As I studied the Traditions with my sponsor, I began to understand the importance of AA not having an opinion on outside issues at the public level. That is a very sensible policy. But I still held onto my personal opinions. I continued to attend public rallies on controversial issues I felt passionate about. That, I felt, was OK. I was not breaking the Traditions by doing so, as I did not represent AA. These were personal matters that I participated in.

As time passed and my understanding of how to live a sober, happy life grew, I began to think about my passion for those controversial issues I rallied for in the public eye and how my participation would appear to my fellow AA members who may also be passionate for the same issue, only from the other side. What might they think if they saw me rallying and I then sat in a meeting with them and spoke of compassion? I had to ask myself: Was I concerned about what they thought or what I thought? Could I really honestly believe that while in a meeting, I was able to turn my opinions off and feel true compassion for the alcoholic sitting next to me who did not believe as I believed?

The Big Book states how some of us tried to hold onto our old ideas. Did that apply here? I have discovered that, for me, my outside activities were a barrier that prevented me from reaching the next level of the Traditions. Having strong, vocal opinions on outside issues, for me, creates a separation, a feeling of right and wrong, good and bad. The Big Book also warns of resentments being the dubious luxury of normal men, but for alcoholics, these things are poison. Can I apply that same warning here with those opinions I held in such high regard as defining who I was?

It took me close to 13 years of consideration to come to this point of view about my opinions on outside issues. I believe fear prevented me from seeing this, fear of who or what I would be without my strong opinions. What I have found is that trust in a power greater than myself, along with a willingness to allow my opinions to melt away, has eased the fear, and it is being replaced with tolerance, compassion and unconditional love, not only for the still-suffering alcoholic, but all living beings.

When I truly feel this at a deep personal level, I no longer have fear of breaking the Tradition. Understanding the Traditions in this way has provided me with a vital connection to AA as a whole, which is one reason why the Traditions work.



RULE 62

A guy walks into a bar after a long day at work and orders a drink.

As he sits there, mulling over his day, he hears a high-pitched voice say, "That shirt looks great on you!" The man looks around, sees nothing, and returns to his drink thinking nothing more of it. But then, a moment later, the voice returns, this time offering, "You seem like a really cool guy!" Again, the man looks around, sees nothing, and returns to his drink, wondering if he should get checked out by a professional. Finally, when his nerves have cooled, and he believes the voice is gone, he hears, "I bet your parents are really proud of you!" He slams down his drink and looks around wildly. Frustrated and finding no possible source of the voice, he calls over the bartender. He says, "Hey barkeep! What's that voice I keep hearing?" "Oh, those are the peanuts," the bartender replies. "They're complimentary."

Two friends are walking their dogs together. One has a big black lab, while the other has a minuscule chihuahua. They pass a bar and the lab owner says, "Let's get a beer."

The chihuahua walker complains, "That would be great, but we can't take our dogs in there." The first responds, "Watch me." The lab owner strolls in with her dog and orders a beer. The bartender tells her, "Sorry, you can't bring your dog in here." "He's my seeing-eye dog," the woman replies, feigning offense. The bartender quickly apologizes and serves her the beer. The other woman follows, her chihuahua in tow, and orders a beer as well. Again the bartender says there are no dogs allowed in the bar. "He's my seeing-eye dog," the woman replies. "Yeah, right," the bartender says, "A chihuahua? Give me a break." Without missing a beat, the woman replies, "They gave me a chihuahua?!"

Not my circus.
Not my monkeys.
But I definitely know the clowns.



The past, present, and future walk into a bar...
It was tense.

A French man walks into a bar with a cat on his shoulder.

The cat is wearing a little baseball cap. "Hey, that's neat," says the bartender.

"Where did you get that?" "France," the kitty says.

"They've got millions of them!"





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