

NNIG MONTHLY MEETING
SPEAKER



April 11
 Matthew M.
 Host group-
 ALOHA Group

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



Truckee River

APRIL 2026

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NORTHERN NEVADA INTERGROUP

Popping up Everywhere

By: Alex M. | Louisville, Kentucky

His fear of past wrongs overwhelming him was put to rest with a thorough Step Four

Step Four: Made a searching and fearless moral inventory of

In reading Step Four, I realized my main character defects were already listed: selfishness, dishonesty, resentment and fear.

Resentment, per my grudge list, was easy to recognize. Dishonesty was also easy, since I lied about everything so you wouldn't discover my secrets. Fear was a defect because it was about losing something I had or not getting something I wanted.

These three defects boiled down to selfishness and self-centeredness. These got me into trouble in so many ways, especially when I believed I was all-powerful and could control every aspect of my life.

Writing my moral inventory of what I had done wrong in my past was a liberating experience. For once, I could be honest with myself and didn't have to keep those skeletons in my closet any more. They were like zombies. They wouldn't stay dead and kept popping up where they weren't wanted. When they did, I was flooded with shame and guilt. The committee in my head got fired up. Fear set in about what I did yesterday while in a blackout and what might happen tomorrow after all was discovered.

So I did Step Four exactly as it's suggested in the book, with a lot of help from my sponsor. I wrote about how I resented my parents, wife, family, boss, coworkers, neighbors, people from my childhood and some who had died long ago. I wrote about the injustices I had so stoically endured and all of my justified anger. I wrote about my fear of dying a long, slow, painful death from cancer and my fear of going broke and fear of people hating me...and my fear of never being loved.

I wrote about my inability to have any kind of healthy or fulfilling relationship with anyone and why that was. I wrote about people I had harmed more than they had harmed me and some who hadn't harmed me at all.

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 decisions 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

AA's

Recovery Step : Four

“Made a searching and fearless inventory of ourselves.”

Three

Unity

Tradition Four:

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

Legacies

Service

Concept Four

Right of Participation assures a voting Representation throughout all of the A.A. service structure.

Concept IV – Right of participation assures a voting representation throughout all of the A.A. service structure.

Have you ever felt that your ideas of how to go about doing your job as an employee or as a volunteer were not appreciated; or, that other ideas you had about your work situation were ignored? These are exact opposites of the meaning of “right to participation “ Concept IV tells us that throughout our A.A. service structure we ought to maintain at all responsible levels a traditional “right of participation,” taking care that each classification or group of our trusted servants be allowed a voting representation in reasonable proportion to the responsibility that each must carry out.

Bill W. says the lessons learned about this right of participation , as in most A.A. lessons , came the hard way. In the early days A.A. headquarters was run on authorization and institutional lines. At that time, the Trustees saw no reason to delegate their managerial powers or to work with voting participation with anyone outside their own body. The result was often grievous trouble and misunderstanding. It was years before we saw that we could never put all authority into one group and virtually all responsibility in another and then expect efficiently of operation, let alone real harmony. Participation can usually stop this sort of demoralizing nonsense before it starts. We are not order-takers nor rubber-stamps. We are participants and trusted servants.

Paraphrasing Bill further, he says that we are not against the idea of ultimate authority. We are only against its misapplication and misuse. The “right of participation” is correction of misuse or harshness in the application of authority.

Bill also discusses how the right of participation is important spiritually to us individually and to A.A. as a whole. This applies to our relationships with each other throughout our fellowship. All of us have a deep desire to belong and to be included. Because of this we prefer an A.A. relationship of “brotherly partnership.” Among A.A. members, in our groups, and among our local and world service workers there should never be any who are considered “second class”. “Right of participation” includes the attitude that all participants in A.A. make valid and important contributions to our work together.

By implication, this relationship of “ brotherly partnership” would extend to how we treat each other as persons and how we respect and honor the job each person is doing. A past A.A. Trustee expands on this idea when she says that as we work together in A.A., it is not so much what we do or accomplish, but how well we treat other while we do it that really matters. “Right of participation “ includes having all our ideas both heard and respected.

This is a 12-part series written by members of the 12 Concepts Study Group in Reno, Nevada. Efforts were made to use simple, everyday language. Each concept is written by an individual member of the group and is not necessarily the opinion of AA as a whole or NNIG. We hope this series will help our community to understand the Concepts and bring interest to those wanting to know more about them. Revised May, 2017.

NNIG & AREA EVENTS

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

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



April 11, 2026
Matthew M. Issaquah, WA
Host Group- ALOHA Group

May 9, 2026
Laura B. Austin, TX
Host Group – Just for Today Women’s Meeting

June 13, 2026
Kate – Reno, NV
Host Group – Cornerstone

July 11, 2026
Speaker- TBD
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.

OTHER A.A. EVENTS

Come join the Sunnyside Group
as we celebrate our 39th Anniversary
with a Pancake Breakfast and
April Birthday Meeting



Saturday, April 25th, 2026, at 8:00 AM
627 Sunnyside Drive, Reno NV.

Please bring a side dish to share such as breakfast casseroles (preheat at home if needed), sausages, fruit, juice or pastries. Most importantly, bring yourselves for great fellowship.

Our April Birthday meeting begins at 9:30 AM.



MEETINGS AND MORE

Central office report from Ronda H. March 2026
Please consider your Central Office for Chips & Literature. The books prices from AAWS had been raised by \$3 back in February . We will be following this price starting in May.

Volunteer Hours: 139 hrs.
Calls into Central Office: 124

- Calls for AA help - 2
- Calls for Alanon/Alateen - 0
- Meeting information - 41
- Retail / merchandise - 17
- Other 12-step programs - 5
- Events – 6
- New to AA/ Talked with - 3
- Business/Central office- 50
- Visitors –243 -Dogs- 3

Texts – 3 Phone calls on the text Phone- 2

Ronda H.
Central Office Manager



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

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

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.

Saturday Night Speaker Series
April 18
Deb O.
SPARKS, NEVADA
DOORS OPEN AT 5:45 PM

972B Tallac Avenue
SOUTH LAKE TAHOE

Birthdays for the month MARCH of 2026
Kent L. 44 YEARS
Darrell S. 19 YEARS

February
Jack W. 41 Years
Tom E. 45 Years

Previous Birthdays
January
Chip C. 42 Years
December
Karen C. 42 Years
Cindy M. 37 Years
Sean S. 36 Years
November
Sean L. 34 Years
September
Angela 2 years
Mark H. 30 Years
Dave 40 Years
Phil 49 Years
August
Linda G. 33 Years
Joanne P. 13 years
Ann G. 21 Years
Sandra G. 30 years
Paul M. 34 Years
May
Ron T. 14 Years
Tom H. 23 years

“As faith grows, so does inner security-”
As Bill Soos R. p.196

Elmer P.

Did you know you can share your sobriety and gratitude in a practical way by joining the AA. Birthday Club? Sign Up today 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

Reno Spring Festival

Friday May 15 - Saturday May 16, 2026
Sunday May 17 Golf Tournament
J Resort - 345 N. Arlington Ave. Reno, NV 89501

To register online: renospringfest2026.eventbrite.com
Pre-register by May 1st to save! Tickets \$20 before May 1st and increase to \$25 after
Pre-registration for Saturday's Al-Anon luncheon (\$3/person) and Sunday's shotgun start golf tournament (\$86/person)
Call the J Resort at (896)386-7829 use code "renospring2026" to secure a discounted room rate of \$109 +fees/taxes per night

FRIDAY • MAY 15
4:00PM - 8:00PM

SATURDAY • MAY 16
8:30AM - 8:30PM

5:30 PM Opening Speaker (Pete - Reno, NV)	8:45 AM Al-Anon Spiritual Walk	2:15 PM Al-Anon Meeting
5:30 PM Al-Anon Panel Meeting	9:30 AM AA Panel	3:15 PM Al-Anon Panel
7:00 PM Main Speaker (Jillie A. Nashville, TN)	10:00 AM Al-Anon Meeting	3:30 PM Spanish Speaker
	11:00 AM Y-AAA Speaker (M - Sacramento, CA)	4:30 PM Dinner Break
	11:45 PM Al-Anon Luncheon Buffet	7:00 PM Al-Anon Speaker (Wendy D - Coconino, AZ)
	1:00 PM Al-Anon Speaker (Bilene A - Knoxville, TN)	8:15 PM Raffle
	2:15 PM AA Meeting	

SCAN to Register online

All attendees must register. Badges are required to attend. All meetings are non-smoking. No refunds.

To register by mail, return this form and your payment to: 1680 N McCaren Blvd #115, PH15 404, Reno, NV 89703

Name:	Registration Fee	Cost	Quantity	Total
Email:	Reno Spring Festival Golf Tournament Registration	\$20	\$	\$
Phone:	Al-Anon Luncheon	\$3	\$	\$
Amount on badges:	Donation (I understand I will be responsible for my own taxes)	\$	\$	\$
Total Amount Included				\$

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 times 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.

"You may not have gone to jail or prison, but
you know how to stay out of it."



NNIG Corrections Committee has volunteer opportunities to take meetings
into various correctional facilities.

For more information, please email Correction Chair: luis4720nv@gmail.com or
call NNIG Central Office at 775-355-1151.



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



Fourth 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 id good. I pray for
the strength to complete the task.**

Popping up Everywhere continued

I listed character defects I had never acknowledged or accepted as mine. As I saw it, those defects had always been someone else's. I wrote about how much easier it was to play the victim and blame others for my messed up life rather than be accountable for my own role in my miserable life.

At the end, I couldn't believe the mountain of manure I had created. It reeked. And it was all mine. I hadn't cleaned house, I had cleaned out my insides.

The book says, "When we decide who is to hear our story, we waste no time." No problem there. I wanted that pile of muck gone. So I did Step Five right away. It was long and a little scary, but it was such a relief. I could finally let go of the guilt and shame from my past, and see that maybe, just maybe, I could actually start a new life.

*Reprinted with permission AA
Grapevine 1990*

Tradition Four: Autonomy--not Self-will

By: Richard B. | Iselin, New Jersey

A political science professor at the University of Missouri once said, "The reason that the Constitution of the United States has been so successful for more than 200 years is that it is so general and so flexible that people don't feel they have to change it every time they have an argument." I have come to believe that there might just be some of that flexibility in our Traditions, particularly Tradition Four.

Through the years I have learned to take arguments about the Traditions, or instances of using a given Tradition to support a personal position, with a little grain of salt. As Bill W. explains Rule 62 in Twelve Steps and Twelve Traditions, let's not take ourselves too damn seriously.

I've learned to laugh just a little through the years because I have been around long enough now to hear some pretty good cases on both sides of any given controversy. I've heard the same Tradition used as support for arguments on both sides of the question.

This is the real beauty in the Traditions. They have survived intact, even more so than the U.S. Constitution, in spite of the many ways we as individuals have used and misused them on our AA travels.

Many other times I have heard an argument supported with one part of a

Tradition while the second part is completely ignored. This phenomenon seems to occur quite often in Tradition Four: "Each group should be autonomous except in matters affecting other groups or AA as a whole."

Autonomy most often seems to be used as an argument to explain or defend why a group ought to do what a certain member wants it to do. It occurs to me that the framework that we build around autonomy is the same framework that we build around self, which the Big Book warns us we must get rid of if we are to expect a life of sobriety and serenity. In other words, we often use autonomy to get our way.

I remember a wise old-timer saying to me many years ago that the most important thing that we had to remember about our relations with each other in AA is Tradition One: that everything we do and say should have our common welfare uppermost in our minds and be in support of AA unity.

He went so far as to say that when a group sits down to discuss a given controversy and to have an informed group conscience, that everyone should have the right to know that the meeting is taking place and to say anything they want. But, he said, the group should not feel that it has to take a vote--usually, the group conscience just emerges. If a group is really striving for a group conscience, they won't even be talking about the controversy after a few minutes. They'll be discussing how each of them is so important to the other, and how much they would be willing to sacrifice of "their own way" to preserve the unity of the group.

And so it is with Tradition Four, I believe. It should not be used so much to strike home the point that a group can do anything it darned well wants to. It should also remind us to ask ourselves, in the context of all the Traditions: "Is this decision good for all the groups around us? Will we hurt someone? Are we helping the AA Fellowship as a whole?"

It just appears sometimes that our old habits of trying to concentrate on what makes us different still prevails over concentrating on what makes us similar, what will give us unity, and what will aid in

the survival, growth, and well being of the Fellowship.

It seems to me that the biggest part of AA's growth and success in its almost fifty-five years has been that it has clung firmly to its singleness of purpose, and has not tried to be all things for all people. Because of that, even though groups from different parts of the United States and Canada may have different local customs, they are still basically carrying the same and single message of AA recovery to the newcomer.

Through trial and error, we AAs have found two very important facts about ourselves and about Tradition Four. First, we have discovered that we must take responsibility for ourselves if we are to recover and have complete freedom, or autonomy within our groups. So we cannot use autonomy for selfish means.

Second, we must depend on each other or die alone. No heritage from our AA predecessors is so precious and so clear. We cannot look inward when we talk about autonomy. We must look always to the greater good. There is no one else who will care for the survival of the Fellowship if we do not. We know our own lives depend on the well-being of all the groups and all the members if the Fellowship and its members are to survive.

I believe any document, whether it's the Constitution or the Traditions of our Fellowship, which has survived all trials and remained for the common good of many people, is spiritual in its nature and its origins. Tradition Four exemplifies in its true meaning this spiritual foundation of our Society.

Taken in this context, all that we do and say should be for the good of the greatest number. The future of the Fellowship and our own futures depend on it.

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Tradition 4 Many Ways to Do It

By: Chad P. Mt. | Vernon, Ind.

A member shares his experience with the concept of autonomy

When I was drinking, I had this idea that the word "autonomous" meant something like proud, isolated and alone. I considered myself autonomous and I had

this picture of myself as being a person outside the crowd, someone who everyone was maybe frightened of but definitely impressed by. p. 8

Meanwhile, I was passing out in crowded places and, upon waking up, trying to figure out how to get out before anyone found out I had wet the furniture I passed out on. There were times I had to be helped up before I choked on my own vomit. I was isolated, yes, and as alone as I could get, and a lot of the time I was treated like a threat to myself because I was.

When I came to AA, I hoped I was wrong about what autonomous meant, just like I'd been wrong about everything else. And thank God, I was.

The definition of the word autonomous that jumps out at me right now is "not subject to control from the outside." That definition fit the AA members I met even before I came into the program. They were free, in the sense of not being in trouble with someone like I always was. They carried their freedom on the inside while functioning as happy, responsible people in society. I could see that freedom in their eyes.

At my first home group—the Here's H.O.W. group in Carbondale, Illinois—the autonomy there hit me beautifully. Nobody monitored our meeting to see if we were doing things right. Nobody treated our meeting like a personal AA franchise, checking to see that we displayed the logo prominently. Nobody shared reports about our meetings with the "home office." Our group didn't look anything like any organization I'd ever tried to join. Again, the freedom I saw in the people there touched me. A sense of peace came into me when I walked into our meeting room.

Since those very early days—thanks to the Third Step—a lot of great life changes have taken me to many different places and different AA meetings. And Tradition Four has helped me tremendously along the way to do what an old-timer friend once suggested: Be open to how people at a new meeting are staying sober. That "committee" that lives up in my head will often start making a list of things "they" are doing "wrong." But then, as the meeting goes on, I slowly become one of the "we" and those delightful differences help me see what we all share. I get to experience the same thing, no matter where I go to meetings—alcoholism, and sobriety through the Twelve Steps.

Recently, I counted up all the AA meetings I've gotten to attend. I believe I've been to meetings in 22 states in the U.S. and four different countries. Throughout my travels, I've kept on getting this gift that I could never give myself: an open mind. It's because the Twelve Steps give me an open heart. Maybe I have gotten more autonomy because of all those different meetings I've been able to attend, along with the grace to accept other people's autonomy. Caring without controlling, that's what I've been shown at all those meetings, in one way or another. That's something I can share at my current home group, at other meetings and outside of them too.

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RULE 62



A man walks into a bar and says,
"Give me a beer before the trouble
starts!"

The bartender gives him a beer, and
he downs it.

"Give me another before the trouble
starts!"

He downs the second one.

"One more before the trouble starts!"

The bartender asks, "Hey, when are
you going to pay for these?"

The man sighs, "And so the trouble
starts..."

A guy walks into a bar with a dog. The bartender says, "No pets allowed." The guy says, "But this is a talking dog! If he can answer your questions, can we stay?" The bartender agrees. The guy asks the dog, "What's on top of a house?" The dog says, "Roof!" The guy asks, "How does sandpaper feel?" The dog says, "Rough!" The bartender kicks them both out. On the sidewalk, the dog looks at the guy and says, "Should I have said 'shingles'?"



A guy is sitting at a bar looking miserable. The bartender asks, "What's wrong?"
The guy says, "My wife said she wouldn't talk to me for a month if I didn't stop
drinking."

The bartender says, "That's terrible!"

The guy takes a long sip and says, "I know... today is the last day."

Three men—a Texan, a Montanan, and an Alabaman—are sitting in a bar. The Texan finishes his drink, throws the glass in the air, pulls out his gun, and shoots it. "In Texas, we have so much glass we never drink from the same one twice!"

The Montanan finishes his drink, throws the glass in the air, shoots it, and says, "In Montana, we have so much sand to make glass, we never drink from the same one twice!"

The Alabaman finishes his drink, throws the glass in the air, shoots the Texan and the Montanan, and says, "In Alabama, we have so many Texans and Montanans, we never have to drink with the same ones twice!"



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to the website

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436 S. Rock Blvd.
NNIG Intergroup Office

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