

NNIG MONTHLY MEETING **SPEAKER**



July 11, 2026
 Jerome J.
 Host group-
 Sunnyside Group

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

JULY 2026

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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 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

THE BRACER



NORTHERN NEVADA INTERGROUP

PRO•CRAS•TIN•A•TION

By: Nicholas L. | Paris

When he does the Steps, character defects get lifted. But is today the day to be ready to look at this five-syllable word?

This morning I sat down at my desk, which is inundated with papers that have been building into heaps over the two years since my ex-wife ceased doing my paperwork. Looking at the pile, I thought about one of my pronounced defects of character—procrastination. Some people call that a five-syllable word for sloth.

Procrastination keeps me from cleaning up my desk and keeps me from doing everything I need to do to improve my little business's profitability and restore my diminished finances. Thanks to AA, this kind of thinking squirreled through my brain only for only about 15 seconds. I was then reminded that in the four years and four months I've been in the program, I've successfully used the Steps and followed the advice given in our Big Book.

Each of the four times I've worked the Steps, I have received the gift of having one of my most severe defects of character removed, notably one that hurts me, such as fear. Some of these were long-standing defects that for most of my life I had been unable to control. Each of these defects were addressed in the order that my mental and physical health—not my finances—required at the time. My addiction to alcohol and other drugs was lifted; my reliance on others to validate my sense of self-worth was lifted; problems I've had with many of my relationships were lifted; and problems related to food are in the process of being lifted.

Continued of page 7



**Recovery
Step : Seven**
“Humbly asked
Him to remove
our
shortcomings.”

Three

**Unity
Tradition Seven:**
“Every A.A. group
ought to be self-
supporting,
declining outside
contributions.”

Legacies

**Service
Concept Seven**
The relationship
between the general
service Conference and
the General Service
Board is Important and
Workable

Concept VII

The General Service Conference, consisting primarily of its democratically elected Delegates, has principle responsibility for finance and working out matters of general policy. There is also the General Service Board whose members are referred to as Trustees. The Trustees have primary responsibility for practical operations of our Fellowship and its world service as provided by the General Service Office located in New York City. Essentially, we have the Conference to maintain the democratic foundation of the Fellowship and its services and the trustees to keep A.A. on solid ground legally as well as sound in its day-to-day business operations. The conference meets once a year to consider its decisions, basing those decisions on input from all participating AA groups and members the Trustees meet much more frequently to take care of ongoing business matters.

The general service conference itself has overlapping membership that includes both the elected Delegates and the Trustees of the General Service Board. The power of the Conference comes from three sources: the written Charter of the Conference, the fact that the elected Delegates are a large majority of the Conference, and what Bill describes as the “power of the purse”. By this he means that the Conference is a Delegates majority as well as the A.A. groups and members themselves may always withhold financial resources if they disagree with decisions of the Trustees. The authority of the Board resides in the law and in the practice business practices experiences of the persons selected as Board Trustees.

Bill points out in his discussion of Concepts VII that having two sources of operational authority sets up a potential for conflict. As he says it “ This concept may appear to be contradictory; it may look like the collision of an irresistible force with an immovable object “. Based on this, he goes on to describe his view of how he sees these two bodies working together to carry out each of their separate but overlapping service functions. The detail of this is quite important, but writing space here does not allow for discussion of the detail.

Bill continues to point out that A.A.'s experience over the years has shown that the balance of power between the Conference and the Trustees is, in his words, “thoroughly workable”. The balance may be expected to be maintained indefinitely because the one is protected by tradition and the other by law. My personal experience and service shows that it also protected by certain “wisdom” among both Delegates and Trustees, a wisdom that guides each to avoid overuse of its authority. There is clearly implicit agreement among members of these potentially conflicting bodies about the important larger purposes they share, with both working for what is best for A.A. as whole rather than to protect their own viewpoints and self-interest. Each operates an agreement to allow the other to have the power to carry out its responsibilities as servants to the A.A. Fellowship, to protect our Traditions, to facilitate our members in carrying the message of recovery from alcoholism, and to ensure that the hand of the A.A. will always be there for anyone who needs it.

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

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



July 11, 2026

Speaker- Jerome J. Las Vegas, NV
Host Group – Sunnyside Group

August 8, 2026

Speaker- TBD
Host Group-Sisters of Sobriety

September 12, 2026

Chad L. Tacoma, WA.
Host Group Beginners are Winners

October 10, 2026

Speaker-TBD
Host Group- Almost Heaven

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

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

NORTHERN NEVADA INTERGROUP PRESENTS



GRATITUDE DINNER

SAVE THE DATE
NOVEMBER 14, 2026

5:00 PM – 8:00 PM
ATLANTIS BALLROOM
3800 S. VIRGINIA ST
RENO, NV 89502

FEATURED SPEAKER
DEB H – AKRON, OH
DINNER · FELLOWSHIP · RAFFLE

STAYING OVERNIGHT?

WE ARE CONSIDERING A DISCOUNTED
ROOM BLOCK (~\$250/NIGHT) AT THE
ATLANTIS. **SCAN THE CODE TO LET US**
KNOW IF YOU'RE INTERESTED.
YOUR RESPONSE HELPS US PLAN.



SCAN ME!

QUICK 30-SECOND FORM
NO COMMITMENT REQUIRED

SERENITY IN THE SIERRAS XXXVII

JULY 16 – 19, 2026 Camp Richardson
“Eagle’s Nest”

South Lake Tahoe, CA

Email: serenityinthesierras@gmail.com



No One Walks Alone



Scan for Eventbrite
Registration

The Biggest Little Rainbow+ AA Campout!

A family-friendly weekend of pride, recovery, and
community as we celebrate sobriety and connection under
the stars.

Campout Activities

S'mores • Resentment Bonfire •
Speaker Meetings • Raffles •
Floating Meeting • Campout
Olympics • Meditation & Yoga •
Geocaching

Saturday night potluck style with
BBQ entrée and beverages provided.

Potluck Based On Sobriety Month

January – March: Side Dish
April – June: Salad or Fruit
July – September: Dessert
October – December: Appetizer or
Snack

Registration

Pre-Reg (No Vehicle): \$40
Pre-Reg + Vehicle/Parking: \$55
Day of Event (No Vehicle): \$50
Day of Event + Vehicle/Parking:
\$65

Includes camping Thursday–
Sunday, Saturday night dinner,
Sunday breakfast, and
fellowship all weekend long.

Day Use

Day Pass (No Vehicle): \$10
Day Pass + Vehicle/Parking: \$15

Perfect for those joining us for
fellowship and fun during the
day.

Parking is limited - carpooling
encouraged.

Additional Information
Sponsor Tickets Available
Volunteers Needed



Boca Rest Campground
Truckee, CA

August 13-16



SCAN to Register Online

Follow Us On Facebook:

@TheBiggestLittleRainbow+AACampout 2026

MEETINGS AND MORE

Central office report from

Ronda H. July 2026

We still have plenty of Daily Reflections! If you or your group would like some copies of these books, please drop in the office for your copies. Just remember the books are unsellable, give away ONLY.

Volunteer Hours: 110 hrs.

Calls into Central Office: 106

- Calls for AA help - 13
- Calls for Alanon/Alateen - 0
- Meeting information - 31
- Retail / merchandise - 3
- Other 12-step programs - 4
- Events - 6
- New to AA/ Talked with - 1
- Business/Central office- 48
- Visitors - 315 -Dogs- 3



Texts - Phone calls on the text Phone-

Ronda H.
Central Office Manager



Birthdays for the month JUNE

Cassie L. 4 YEARS

Teri G. 13 YEARS

Paul E. 35 YEARS

Previous Birthdays

April 2026

Nancy M. 33 Years

Ron T. 15 Years

March

Rent L. 44 YEARS

Darrell S. 19 YEARS

Kim D. 49 YEARS

February

Jack W. 41 Years

Tom C. 45 Years

January

Chip C. 42 Years

December

Karen C. 42 Years

Cindy M. 37 Years

Sean S. 36 Years

November

Sean L. 34 Years

October

Sharon F. 41 Years

September

Angela 2 years

Mark H. 30 Years

Dave 40 Years

Phil 49 Years

August

Linda G. 33 Years

Joanne P. 13 years

Tina G. 21 Years

Shandra G. 30 years

Paul M. 34 Years

"A mistake is
only a mistake
when I don't
learn from it".



Did you know you can share your sobriety and gratitude in a practical way by joining the A.A. 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



Brown Baggers

Join us, bring lunch, have a meeting

424 Greenbrae Dr
Sparks, NV 89431



Noon M-F

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.

Open Heart
Open Mind
Woman's
Meeting
Sunday
3:30pm
424
Greenbrae Dr.
Sparks NV

Women's
New
Beginnings
Tuesday &
Friday NOON
501
California
Ave
Reno 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
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

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.



ANSWERING SERVICE NEEDS YOU !!



There are some shifts that need to be
filled. Back up shifts are always
needed.

Are you ready to always be there with
the hand of A.A.?

Call Central office 775-355-1151



Seventh Step Prayer

*My creator, I am now willing to that You should have all of me,
good and bad. I pray that You now remove from me every
single defect of character which stand in the way of my
usefulness to You and my fellows. Grant me strength, as I go
out from here to do Your bidding. Amen*

NNIG/Central Office Group Contributions 2026

Group	June	YTD	Group	June	YTD
2PM Last Call	1.75	1.75	Happy Hour Reno		666.50
4th Dimension- ON-LINE	134.92	241.00	Kindred Spirits		220.00
A Way Home		1153.01	Kingsbury Group		
Back Room Group		217.49	Lone Pine Group		250.00
Back to Basics Saturday Night	256.75	499.75	McGill NV Freedom Group	20.00	20.00
Beginners are Winners On-Line Group		1154.00	Mid-Day Group On-Line		62.81
Bishop Circle in the Park		14.00	Minden Language of the Heart		50.00
Bishop High Sierra Group	19.00	178.23	Minden Saturday Night Fever		569.10
Blairsdon Graegle Sisters in Recovery		100.00	Minden Stephanie Way Group		375.00
Buena Vista Group			Minden/Gardnerville Group	75.00	640.33
CACYPAA			Minden/Gardnerville Wednesday Night Live		77.80
Calliente AA			Mt Rose Big Book Study		250.00
Caring & Sharing in Stead		426.58	Mt Rose Men's Group		
Carson After Shifters		283.91	Mt Rose Recovery Room	161.30	796.90
Carson Alano Club			NNIG Business Meeting	80.00	460.00
Carson Big Book Babes		50.00	Old Time AA		50.00
Carson Big Book Experience		40.00	Our Common Welfare	96.00	439.00
Carson Brown Baggers		136.75	Our Group		165.00
Carson Early Birds		342.00	Portola Group		400.00
Carson Early Birds Phone Meeting		553.33	Positive Acceptance Group		186.20
Carson Happy Hour			Pyramid Way Discussion Group		45.00
Carson Happy, Joyous and Free		17.38	Roadside Group		
Carson Jay-Walkers Men's		339.40	RTC Almost Heaven	50.00	248.53
Carson Men's NO BS Stag		193.00	RTC Aloha Group		1631.00
Carson Only Way Home	128.00	388.00	RTC Beginners are Winners		900.00
Carson Sisters in Sobriety			RTC For the Effect		230.00
Chester Fellowship		210.00	RTC Just for Today Women	187.50	309.45
Chester Saturday Night Group	156.18	295.92	RTC Little Rascals		
Choices			RTC Men's Trudgers		194.91
Cold Springs Book Study	344.93	344.93	RTC Monday Night Mens		384.00
Cornerstone Group		75.00	RTC New Awakenings Group		647.38
Dayton Red Rooster			RTC Sober as AF		
Dayton Sunday Morning			Serenity on Sundays		500.00
Decompression Chamber/online		587.68	Sisters in Sobriety		133.85
District 12		200.00	Sisters of Sobriety SOS		162.70
District 14			Slide Mountain Candle light Group		35.50
District 2		48.50	South Y Group	15.00	90.00
District 22	140.00	890.00	Southside Group	187.13	358.86
District 6			Step 1		
Driars A Vision for You		100.00	Sparks Sunshine		183.00
Driar's Nickle		360.00	Sunnyside Group		1405.00
Driar's Support Hose			Tahoe City Fellowship		
Elko Exhale Group			The Blue Room		146.40
End of the Road Group			The Next Chapter		100.00
Eye Opener On-line		9.34	The Rock Group		406.00
Eye Opener		1053.11	The Shop		
Fallon Language of the Heart			Truckee Dawn Patrol		
Fallon Saturday Grapevine			Truckee Fellowship		
Fallon Silver Lining			Truckee River Men's Stag		500.00
Fallon The Week That Was		50.00	Verdi A Dedign for Living		250.00
Fernley Groups	280.00	520.00	Verdi Meditation		
Fireside Men's Stag		100.90	Virginia City Plug in the Jug		
First Responders			Warriors in Recovery		
Galena Friday Night			Wednesday Beginners are Winners		436.37
Genoa Roadside Group		96.00	Westwood A.A.	20.00	53.00
Greenville Group		50.00	Whole in the Ground	240.00	657.13
Ground Zero		384.14			
Grupo Accion	20.00	60.00	Whole in the Soul		
Grupo Fe Y Esperanza			Winnemucca Serenity Seekers	60.00	120.00
Grupo La Nueva Luz	20.00	90.50	Women's Down and Dirty		
Grupo Latino			Women's New Beginnings		779.00
Grupo Nueva Esperanza		58.00	Women's New Harmony		300.00
Grupo Nueva Vida	10.00	57.00	Young at Heart		200.40
Grupo Solo Por Hoy	20.00	100.00			
Grupo Una Vision en El Lago		5.00			
Grupo Vivendo Sobrio		300.00			
Inclined to be Sober		97.18			
Jamesville God Grant Me					
Sparks Brown Baggers					
Sparks Jaywalkers		753.97			
Sparks Open Heart Open Mind		346.50			
Sparks Sunshine Group		186.80			

Total 2,723.46 30,846.17

PRO•CRAS•TIN•A•TION continued from page 1

One by one, the behaviors that hurt me most have been lifted. And each time I did the Steps, I made myself entirely willing to change and grow. And each time I received a helping hand from the loving Higher Power I've met through AA.

I remember when I received my one-month chip, I said, "I feel like this is the first time I've ever really earned something." So many things—material and genetic—were gifted to me by my parents, but this relief from character defects was all due to my own hard work on the Steps.

When I thought this morning about why my defect of sloth had not yet been lifted, I realized it's still with me because I'm able to function despite it. My business still plugs along; I have four or five happy employees who enjoy coming to work, who can provide for their families; I have enough to eat and a place to sleep; and I have friends.

Since I had not yet started my latest round of working the Steps to address my powerlessness over this sloth, I have faith that when I do, I'll have a very good chance of being relieved of it. I know that because the Steps have always worked for me.

I've yet to hear someone in the thousands of AA meetings I've attended complain that they tried working the program fearlessly and thoroughly only to find it didn't work.

As I said my prayers and meditated this morning, I thanked God for the defects from which I have already been released. I thanked God for not waving a magic wand and making it all clear up at once, but allowing me to feel that I'm actually working to help effect positive change in my life through spiritual development.

My Higher Power has granted me the patience to savor each gift I've already obtained. I also have the serenity to hope that the rest of the Promises will materialize—sometimes quickly, sometimes slowly—if I work for them. I am incredibly lucky.

*Reprinted with permission AA
Grapevine June 2021*

A Friendly Dog Story
By: Joe R. | Indianapolis, Indiana



During my last years of drinking, I developed many phobias, and some of these irrational fears persisted well into my sobriety.

One in particular was my fear of dogs. I do a lot of walking for exercise, and for a long time, whenever I heard a dog barking I would immediately change course. During one period in my life, I walked to my favorite restaurant for lunch every day, about a mile away. I did not take the most direct route after finding out that there was a big dog at a house along the way. The dog was not tied up. My fear and avoidance of dogs was really bothering me, and finally I decided to use Steps Six and Seven on this fear. I said my prayers and proceeded to walk past the house with the dog. As I went by, I waved and said a friendly "Hi" to the dog. The dog barked but did not chase me.

For a number of days, I continued giving my friendly greeting, and the dog barked as I went by until one day, it did not bark; it just looked at me. More days passed with the dog no longer barking, and I continued my friendly greeting. Then one day as I was passing by, the dog walked up to me and let me pet it. This was a spiritual experience for me, an awareness of God working in my life as the dog and I became friends. In the days that followed, even though the dog did not come up to me again, I felt its friendliness whenever I passed by. It was as if we understood and accepted each other.

*Reprinted with permission
AA Grapevine July 2003*

*The difference between my will
and God's will is that my will
starts out easy and gets hard,
while God's will starts out
hard and gets easy.*

Tradition Seven

Priceless

By: S.H. | Sarnia, Ontario

A retired single mom uses Tradition Seven to find peace with her expectations and resentments about money

I have always had a very complicated relationship with money, one fraught with shame and guilt. I grew up in a home in which money was weaponized. Though my alcoholic father always earned sufficient money to keep a decent roof over our heads, he frequently shamed my mother and us kids for needing or wanting money for even the most basic items, including clothes, school supplies or entertainment.

As a little girl more than 60 years ago, I watched helplessly as my desperate mother would rummage through my father's coat pockets looking for spare change to buy herself a pair of stockings or to purchase a can of soup for our lunch. Yet there was always money for his alcohol.

Receiving money from him always came with a harsh reminder that I was "bleeding him dry." I soon learned that the giving or withholding of money was his control mechanism for wielding power over our family.

I eventually grew up and got married. Now it was my turn to take control of the money. I'm ashamed to admit that I criticized my husband for his spending habits, and like my father, I also developed a problem with alcohol. My dysfunctional relationship with money and my growing dependency on red wine eventually brought me to the rooms of AA following the breakdown of my marriage.

I spent years rebuilding my self-esteem in sobriety. I became financially stable enough to eventually purchase my own home, raise my son on my own and see him graduate from university. My son grew up and became very wealthy in his chosen field. He was a multi-millionaire by the time he was 30 years old. I began to feel entitled to some of his wealth and felt resentful that he was not particularly generous toward me. My modest existence paled in comparison to his extravagant lifestyle.

I knew that I was teetering on the brink of losing my emotional sobriety with my dreadful covetousness of his wealth. I instinctively turned to my Higher Power to "relieve me of the bondage of self" and to take away my resentment of unmet expectations.

Thank goodness for Tradition Seven! I was able to relate to AA's wisdom of being self-supporting through our own contributions. I am not entitled to my son's wealth. I live comfortably on my own modest pension, and I'm grateful that his occasional monetary gifts over the years helped me to pay down my mortgage so that I now own my own home outright. I may never be a millionaire like my son, but I'm blessed with sobriety and with relief from resentment and covetousness.

In a perfect world, families would operate with boundless love and generosity, but my world is not perfect. I carry the legacy of my father's domination and my own limited attempts to nurture a cohesive family unit. AA's founders wisely advocated for financial autonomy so that there are no resentments or undue expectations concerning money. Each group is "fully self-supporting, declining outside contributions." And that is the ideal I have set for myself as a grateful, recovering mom in AA.

*Reprinted with permission AA
Grapevine July 2024*

"Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was taking about in regard to alcoholism from actual experience. In other words, he talked my language." BBp.180





RULE 62

After the husbands fifth trip to the host's bar for refills, the wife asked,
"Aren't you embarrassed to go back so many times?"

Hubby: "Nope. I keep telling them it's for you."

When the panhandler collapsed on the street, a crowd gathered and began offering suggestions. "Give the poor man a drink of whiskey," a little old lady said.

"Give him air," advised several men.
"Give him a drink of whiskey," repeated the little old lady.

"Get him to the hospital," someone suggested.
"Give him a drink of whiskey, the little old lady said again.

Slowly the panhandler sat up. "Will you all shut up," he demanded, "and listen to the little old lady?"

A one-dollar bill met a twenty-dollar bill and said, "Hey where have you been lately?"

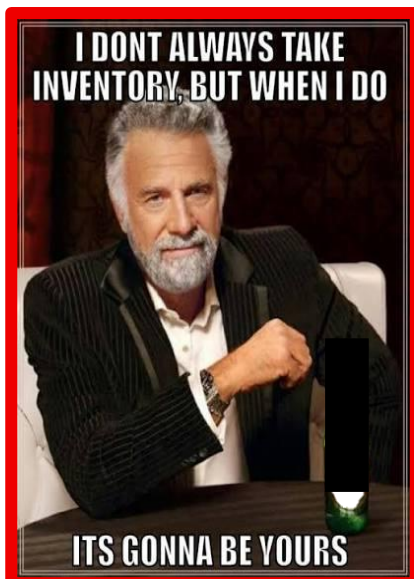
The twenty answered "I was on a cruise ship for a while and hung out in the casinos, then I came back to the states and flew out to L.A., went to a couple of baseball games, out of dinner, took in some of the new movies, that sort of thing. How about you?"

The one-dollar bill said, "Oh you know, the same old thing -Meetings, meetings, meetings.

A Texan walks into a pub in Ireland and addresses the crowd. He says, "I'll give five hundred American dollars to anybody in here that can drink ten pints of Guinness back-to-back." The room is quiet and no one takes up the Texan's offer. One man even leaves. Thirty minutes later this chap comes back and taps the Texan on the shoulder. "Is your bet still good?" The Texan says, "sure" and asks the bartender to line up ten glasses of Guinness. Immediately the Irishman tears into all ten glasses and drink them all back-to-back.

The pub patrons cheer as the Texan sits in amazement. He gives the Irishman the five hundred dollars and says, "If you don't mind me asking, where did you go for the thirty minutes?"

The Irishman says, "Oh, I went to a pub down the street to see if I could do it first."



I knew I was getting better through AA. I starting saving my best arguments when someone was in the room.



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