

The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

Welcoming Newcomers and Aiding AA Groups in Our Community.

Grapevine Online Exclusives

Home Group

By: Bobby P. | Mesa, Ariz.

Get a home group. Support it. And welcome others

I got here to AA in April of 1985. My home group immediately began instructing me in their ways of how they stayed sober. I now appreciate and understand the importations of their message.

The message was get a home group and support it.

The group taught this introvert how to communicate. I was told after attending the meetings for a couple of weeks to say hi to somebody and ask them how long they've been sober. If they had more time than me – how did they do it? If they have less time than me, talk to them and tell them how I've stayed sober, because they may be desperate to find out how they can achieve even one day.

They told me the group needs a greeter at the door and that there were no sobriety requirements—less than 24 hour was fine. This was a great way to get acquainted.

The meeting would start and after announcements and our readings and the chair would announce that there was a beginners' meeting in next room. He used the beginners' meeting outline from GSO and those of us who attended were given tools on how to stay sober.

Having attempted to control my use of alcohol, my "best thinking" knew the worst that could happen was that there would be no drinking for maybe a maximum of 60 days. My body was sick and I was tired from fighting it. I was out of ideas and I saw my life as a total

failure, I was 35 years old now and I had no plan B. No hope and No God. I wanted it all to end.

But I was encouraged to try the ideas discussed in the beginners' meeting and in the AA material and to keep pamphlets in my pocket for reading.

Betty and Jim H., dead now, were instrumental in my getting sober. They began one day before a meeting. I never want to forget Betty getting right in my face and hollering: "We just don't drink. Go to meetings." I was razzing her years later about that. She

said: "I swear to God, when I first saw you, I thought we had a wet brain on our hands. I did that because I was hoping there was something in there that would hear our message."

My home group pulled me aside, got in my face, asked me when I was going to start on my Fourth Step and how long was I going to hang on to that anger, and, by the way, have you said the Serenity Prayer lately?

At one point, Betty pulled me aside and said: "You must be about five years sober now. We lose a lot at five years, so be careful. Hey, did you see that new guy at the meeting? Why don't you go say hi to him?"

Seem to me that lately there has been a shift in messaging. Just go to meetings. Slip in late and take off early. Whatever happened to get a home group and support your home group? To finding a place where we share our experience with each other—a place to discover the beginnings of sobriety by talking to another alcoholic and experiencing the power of "we"—we alcoholics?

Seems the focus is on everybody getting to share. So many times I have heard that I have not worked this Step or that Step. But I have learned it is important to share no matter what you may or may not know or how you may be feeling.

More than 35 years ago, they told me I was here to learn about this way of life. Since I knew nothing about this design for living, my job was to listen, learn and ask questions. I was told the home group would help provide the answers.

We had a great meeting this morning. We talked about our group being unfriendly (no greeters). I'm still excited about this program, still learning more after all these years. I'm excited about going back tomorrow—kind of curious whether we will have a door greeter (we have three doors!). Some wise guy who picked up his 25 year chip this morning said, hey, no sobriety requirement, no election needed, anyone can just stand by the door and say: "Welcome to AA."

I guess I'll add: "Welcome to our home group. We are glad you are here."

The [AA Grapevine online store](#) has a variety of books, ebooks and other publications full of inspiring stories of fellow AAs on their journey to recovery.

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To Live in Peace

By: Lori N. | Schertz, Texas

For years she wanted a God she could trust. With a good sponsor and a little faith, she finally found it through the Steps

When I came through the doors of AA this time, I had no use for your God. I had attempted this program in my 20s. Back then, in all my wisdom, I told myself that belief in God was a requirement for membership. So I went back out.

To put it mildly, God and I have had a very tumultuous relationship. I was raised in a cult from age 3 to 18. When I was in the cult, I believed there was a God, I just had no use for him and thought he was an idiot, as evidenced by his choice of “messengers.” The cult featured daily worship services, extreme punishments, abuse of all types, brainwashing and poverty. If these were the requirements of God, then no thank you.

I felt that pretty much everything and everyone on the planet was more powerful than I was. For many years, I drank and searched for a loving God, a God that actually cared about me.

By the time I walked through the doors of AA in 2009, I was completely destroyed physically, psychologically and spiritually. Even though I knew you all were going to insist on the God idea, I was at least willing to give AA another try because I had nowhere else to go. Perhaps I could find a God loophole.

At AA meetings and in the literature, I heard “Higher Power” and “God of your understanding” and similar phrases. But I knew what was meant. I stumbled through the first three Steps, though hobbled or limped might be better words, still unable to believe that this great Higher Power, this all-powerful being, cared one iota about me. There were much bigger problems in the world than my alcoholism. Why worry about a loose doorknob when the whole house is on fire?

I did the things you all told me to do, such as to pray, to say “Please keep me sober” every morning and to say “Thank you, for keeping me sober” at night. I stayed sober, but I still didn’t truly believe God took a personal interest in me.

As I prepared for my Fourth Step, I was terrified. How could I face the wreckage of my past alone? My sponsor had me write “God loves me” at the top of each page of my Fourth Step notebook and “God still loves me” at the bottom of each page. I rolled my eyes as I wrote these words. But I wrote them. I truly believe this was a turning point for me. By the time I got to the bottom of the first page, I was filled with despair and self-loathing and anger. But for the first time, I didn’t feel alone. I wish I could say it was smooth sailing from that first page of the Fourth Step to today, but I can’t. This is, after all, a program of honesty.

What I am able to say is that I became open. I quit fighting my God. I stopped trying to discount miracles in my life with logic. I ceased praying with attitude.

The Sixth and Seventh Steps brought me a little closer to trusting my God. Praying to have all my defects removed was a frightening proposition. I truly believed I was just a bunch of defects wrapped in skin. If these defects were removed, would I crumble?

Again, through working with my sponsor, I was able to establish a mustard seed of faith in my Higher Power. I was able to begin asking for the removal of the defects that stood in the way of my usefulness. I was also able to sincerely pray for the willingness to cooperate with the request that I quit practicing my defects.

The Eighth and Ninth Steps brought a new challenge to my faith. How could I possibly right all the wrongs? How was it possible for me to make amends for damages done? This was when my faith was shored up again with the realization that I was not alone. I didn’t have to do it myself. We could do it. Yes, the footwork was mine, but the results were up to God. Initially, my goal was merely to not cause more damage. Eventually, I had the desire to be “better.”

About this time, the St. Francis Prayer became almost a mantra for me—a guide on how to do the footwork, what to aim for. It was a guide for my day and my life. My goal was to leave things a little better than I found them.

The remaining Steps all brought me a little closer to my God and strengthened my faith that I wasn’t alone. I wasn’t merely put on this earth to suffer until death. My God was no longer the kid with the magnifying glass and I the ant.

I don’t claim to understand God. I don’t pretend to know what my purpose on this earth is exactly. I no longer believe that it’s me against the world. Because of AA, these Twelve Steps, incredible sponsorship and my mustard seed faith in a Higher Power, I no longer need to waste my days pondering unanswerable questions.

Every day I stay sober, I open myself up to my God and try to maintain the willingness to do what is put in front of me to do and, for the most part, live in peace.

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October 2020 | Money and Sobriety

I contribute

By: Carrie B. | Bend, Ore.

How many of us before coming into AA were always looking for a handout? It feels good to be part of something that’s self-supporting.

One of the things I’ve been taught to do in AA is to honor the Seventh Tradition by using the word “contribute” rather than “donate.” Donation implies charitable causes.

Our Seventh Tradition, like the rest of the Traditions, is spiritual in nature. Therefore, the spiritual principle of self-support, to me, means more than simply throwing a buck in the basket. It offers us another way to begin to contribute to our own sobriety.

How many of us before coming into the rooms were always looking for a handout? It feels good to be part of something that’s really self-supporting. I’m glad AA isn’t a charitable organization and does not accept donations. The “D” word implies giving to a charitable cause. My sobriety is not a charitable cause. It’s my responsibility. I don’t “donate” to my household bills either. I contribute. I “donate” to the animal shelter and to charities that help feed people in need.

I’m glad AA does not accept “donations.” We are self-supporting. The word “contributions” is consistent with our AA Conference-approved literature and service material.

I am a part of my home group, so it’s my responsibility to contribute into the Seventh Tradition basket. My group is part of the local AA community and AA as a whole, so we try our best to contribute our share to Intergroup, our district, our area and the General Service Office.

Just some fun comments from a friendly Tradition geek. Food for thought.

Reprinted with permission AA Grapevine , October 2020

Connecting

By: Michael B. | Cleveland, Ohio

He needed a new kidney. What he got was proof that his Higher Power was working overtime

I never thought I'd be writing you to submit a personal story about my miracle, but at the insistence of my sponsor and my support group I am doing so. If this story does anything to help someone see the power and love of God, then I know that I made right decision. I submit this story to demonstrate there are no coincidences in AA and that miracles can and do happen.

My story begins in 1986, when I was diagnosed with kidney disease. At that time, I was told that there was no cure and that I would eventually need a transplant. The good news was that it was a slow progressing disease and that I had 20 years before I would actually need the transplant. I suppose I went through the usual stages that one goes through when hearing difficult news: denial, anger, and depression (though acceptance would come much later). I suddenly found myself unable to cope with the pressure of having a chronic and progressive disease and turned to drinking. It didn't take long before I became a full-fledged alcoholic. I lived in self-pity and despair and desperately drank to escape the world and myself. However, it would be November 18th, 2000 before I would get sober after I had lost everything and had nowhere else to go.

After returning from a brief stint in a treatment facility, I got very involved in AA. I attended somewhere between 7 to 10 meetings a week for my first 7 or 8 years. In fact, even to this day, I still average 5 to 7 meetings a week. AA has filled me with love and gratitude, but most importantly, it gave me a deeply personal and intimate relationship with God. I am never happier than when I am sitting in a meeting, hanging out with a bunch of drunks or studying the Big Book.

Beginning in 2010, my kidney disease started to rapidly progress and doctors feared that I would lose all functioning unless I started heavy doses of chemotherapy and steroids. I followed the doctor's directions and found myself battling constant nausea and fatigue. I began to hear my name mentioned at meetings when the group secretary would ask for people's names we should keep in our prayers. I remember the first time I heard my name mentioned at a meeting. At first, I thought why mention my name? There are so many other people who are in more need of prayers than me. And gradually, I began to accept that I probably did need the prayers and became happy to hear my name mentioned at the place I love and treasure the most.

In retrospect, the chemo and steroids and countless prayers from the people in AA bought me another couple of years. However, shortly after the beginning of 2014, my doctor told me that I needed to start dialysis. I was scared and this time ignored the doctor's advice. I avoided the subject when talking to my sponsor and support group. I just wanted to go to meetings, help people, read the Big Book and go to work. I began to deteriorate physically. My skin was grey, my eyes sunken and I was constantly getting sick. My sponsor and support group lovingly convinced me to start dialysis. I began dialysis a short time later, but I had waited too long. The

dialysis was just good enough to keep me alive, but could not keep up with my rapidly progressing kidney disease. I was quickly running out of options.

Prayers were being said at meetings all over Cleveland. I received countless calls of support. My parents were scared, my children worried and my friends treated me as if every time they saw me it might be the last. I had come to a place in my head and heart in which I was at peace with whatever may God's will be. My family in a desperate attempt to find a donor put up a simple Facebook posting. The posting read that "A loving father, son and who is deeply spiritual needs a kidney to live. Call the Cleveland Clinic at -- --- ---- for information about getting tested for being a donor." A person who I do not know saw the posting and thought what a nice posting copied and pasted it to her own Facebook page. Along came a woman named Kate, who did not visit Facebook often. She saw the posting and called the Clinic and began going through the rigorous testing to see if she was a compatible donor.

In the meantime, I continued spending all my time in AA and work—I am an environmental lawyer, which you'll see momentarily is relevant. Sometime in July of 2015, I received a call from Kate. She said: "You do not know me, but I have been getting tested to see if I am a compatible donor for you. It appears that I may be, but I still need to follow up with some basic routine tests. My friends are wondering how I could you give my kidney to a complete stranger, so I thought I should at least meet you."

I readily agreed and we met and had coffee. The conversation flowed beautifully. At some point, I changed the conversation to work. I happened to be working on an interesting underground storage tank case at the time. So I delved into the facts of the case. She appeared utterly bored when I began to explain all the different places that an underground storage could leak. I guess not everybody finds underground storage tanks interesting!

I decided to switch the subject to AA. So I began with my drinking in 1986 and how my life had become completely unmanageable. I told her how I love AA with every fiber in my being; that AA gave me a life that I had only dreamed of and a relationship with God that I had always craved.

Kate suddenly looked at me with awe and disbelief. She said "Michael your Dr. Bob Twelfth-stepped my grandfather in 1938. My grandfather sobered up and met my grandmother in 1940. They got married and my mother was born in 1943. The rest is history. They lived a very happy, God filled life in Akron. My grandfather continued to be integral part of Akron's AA up to his death in 1998. Michael, the only reason I am here today is because of your Dr. Bob. I understand you have a saying, 'There are no coincidences.' I guess it's true."

So I got my new kidney. Kate is doing well and has resumed her regular activities. My kidney is working beautifully. The doctors tell me that they are even amazed by how much my body has accepted the Kate's kidney. I feel better than I've felt in over 20 years. I don't suppose I'll ever get my arms around this miracle. All I know is that someone said a prayer for Kate's grandfather and Dr. Bob showed up. AA said prayers for me and Kate showed up. I am overwhelmed with awe and gratitude.

In fellowship and love.

Reprinted with permission AA Grapevine Online Exclusives, August 2019

Grave danger

By: Rick P. | Vernon, Connecticut

Bored with the same old meeting routine, he had become a “sober fossil.” Time to dust himself off

Shortly after my 30th sober anniversary in AA, I sensed something was wrong. Externally I was solidly sober, but mentally I was slipping. I did an Eleventh Step evaluation, which confirmed there was a “disturbance in the Force.” I felt my “elder-attitude” needed an overhaul. My program soul was shriveling.

I vowed a rigorous inventory, accomplished it and discovered a cunning complacency inching me toward a peril that I was denying. The hidden truth was that I’d grown bored with AA meetings.

How this could be? I wondered. I still felt gratitude for the program, but my years sober had blinded me to the fact that my attitude of service had begun to fossilize over the decades. I’d become a sober fossil.

Further inner digging and conversations with my AA peers led to a shocking discovery. I could see that my passion for AA began to fade as my home group connection frayed. I’d become a wandering elder. Sure, I went to meetings, the same meetings. I sat with the same old friends, who sat in the same chairs and often said the same things week after week. Repetition is an old-timer character defect, I confess. Yet, reflection revealed that in the last few years, my meeting attendance was based on convenience.

When convenient, I’d catch a meeting that was close by. Occasionally, I would pop in to hear a speaker. Sometimes, I’d sneak out of a meeting at the break when I didn’t care for the tone of what people were sharing. Too often, I sat in the back row like so many elder “Buddhas” in hopes that my silence might be perceived as wisdom and praying my isolation would be misconstrued as humility. I’ve since come to believe that you can often glimpse a person’s involvement by where they choose to sit at a meeting.

In self-righteous comfort, I knew no one could criticize me because *I was still coming to meetings after all these years*. Grave danger lurked and smiled.

Rigorous honesty smacked my complacency awake enough to admit that I had slipped from being a meeting member to showing up as a meeting *visitor*. I was one cunning AA resentment away from wandering away. Odd, how complacency can mask itself as serenity, at least on the outside. Honesty humbled me. I knew what I needed: a new healthy home group.

So, I did what my ego didn’t want to do. I picked a group and got involved. I was surprised at how hard my ego fought my recommitment. In the re-beginning, I had a smile on my face but a grudge in my mind. Then, a good verbal rear end-kicking from a friend got me through that minefield of arrogance. Gratitude slowly grew behind action.

For the past 10 years, I have taken my turn to make coffee, I’ve fulfilled speaking commitments and I have been the smiling greeter at the door and the quiet picker-upper after meetings. I even pushed myself from sitting in the back row to a middle-of-the-meeting seat. I disciplined myself to say a few words at each meeting and forced myself to make new friends, even if their

softer way of staying sober was not in line with my old-timer, hardline thoughts on how AA should be worked.

In time, what began as a chore had become a charm. I felt at home. And to my surprised delight, not only did my passion for the program blossom, but so did my “whole attitude and outlook upon life.” I’ve come to believe that my recommitment to a home group saved my aging sobriety.

Today, 42 years down the AA road, I am again peaceful because I am again purposeful. Sharing with members has revealed that I don’t need decades in the program to be stifled by boredom, a sneaky defect that begins with a growing critical attitude of the program. I constantly need to remember what got me here and jump back in and get active. With a little time and effort, the beauty of the “Fellowship of the Spirit” reminded me that there’s no place like home.

Reprinted with permission AA Grapevine , February 2019

December 2018 | Sober for the Holidays

A word from my sponsor

By: Betty L. | Fitchburg, Wisconsin

In the early years of my sobriety, I had to make a number of sudden trips from Wisconsin to Washington, D.C., to help my elderly father who had a number of surgeries and medical problems.

I did not have AA contacts in Washington, and on one visit I somehow forgot to pack my Big Book. I still remember how isolated, scared and lonely I felt. I could probably have recited the “How It Works” portion of the Big Book we read at meetings ... but I needed to *hear* it. I debated calling the central office in Washington to ask for someone there to read it to me. But I was shy and wasn’t sure that was anything they would do.

Now remember, this was long before cell phones, back when you paid a lot of money for long-distance calls. In my family, we made them only in the evenings, on weekends and during emergencies.

In the end, I made a daytime collect call to my sponsor. I asked her to read it to me. I got to witness the “intuitively knowing” thing our book mentions. When she answered the phone, she simply said, “Just a minute.” She got her Big Book and read to me. No questions, no fuss, no bother, and that was only the beginning of the miracle.

We all know that the first word of Step One is “We.” And even though it’s not written, it’s understood that “We” is at the beginning of each of the other 11 Steps. But when my sponsor read the Twelve Steps part to me, she said the word “We” all 12 times. Hearing her voice was, to this day, one of the most healing and unifying experiences of my life.

I believe the Fellowship of AA is a spiritual entity in and of itself. I have developed a practice, which I offer to any of you who find it appealing. I find a quiet space, open my Big Book to the page with the Twelve Steps, and I slowly read them, inserting the word “We” at the beginning of each Step. Thanks to my sponsor, I have done this periodically for 20 years now. It has become a practice that never fails to deepen my connection with the Fellowship and always generates an awakening of my spirit.

Reprinted with permission AA Grapevine , December 2018

Unwanted visitor

By: Corey B. | Soledad, California

From his prison cell, a member writes about the harrowing drunken night he still can't recall

Here I am, sitting at a large steel spider table at a California state prison near Bakersfield, California. It would be easy to complain about my living situation. I could say I'm living in a filthy, staph-infected dormitory with close to 200 criminals. I could elaborate on the uncomfortable beds, the lousy food, the extreme noise pollution, being cut off from society, the abhorrent state of the restrooms, power-tripping corrections officers, or even that I have eight more years to spend in prison. But I won't.

Let's try this again ...

Here I am, sitting at a large steel spider table at a correctional facility. I have a roof over my head, a warm bed to sleep in, enough food, people to talk to and running water to drink and bathe in. I am also lucky to be alive and have been a sober member of Alcoholics Anonymous for more than two years.

This isn't to say that being imprisoned is enjoyable. Far from it. My point is that there's more than one way of looking at any situation. I'm in prison due to alcoholism. Let me rephrase that ... I'm in prison as a result of my actions, symptoms of alcoholism.

I was born in 1990 into an upper-middle-class family in L.A. I was an only child, the well-loved center of attention. I wasn't spoiled by any means but I had a comfortable childhood. I was a well-behaved kid who attended Jewish private school, visited with grandparents, went to summer camp, spent time with friends and played with Pokémon cards.

I wasn't particularly rebellious. I had a social life. But for the most part I just stayed in school and kept out of trouble. I generally received decent marks and even transformed my weakest academic subject into an asset. I passed the advanced placement calculus exam and received five college credits for it, which was a great way to transition into college.

I didn't begin drinking, much less drinking alcoholically, until I was 21. In college, I started as a moderate drinker, but that didn't last long. Within several months I began drinking more heavily and experienced blackouts more and more often. When I drank, I was not my authentic self. I would sometimes be impatient and more impulsive. The more I drank, the more I wanted to drink. This went on for two more years.

In 2013, I was at California State University, Northridge. I was a psychology major studying cognition and neuroscience. I was about three weeks away from earning my bachelor's degree.

One Saturday, I slept in, spent some time with my family, took my chihuahuas for a walk and then went to my job at a local supermarket. My shift ended at midnight. As I had done many times before, I purchased a bottle of tequila and brought it home. I recall popping in a popular action film on TV and beginning to drink, with my parents asleep down the hall. Everything else is lost to me until I woke up handcuffed to a hospital bed in extreme agony.

Many hours before, I had been spotted knocking on a stranger's door a block away from the house. I walked my dogs there almost every day, except this time I was holding my father's .357 magnum instead of a leash. I was never one to run around with guns or to look for trouble. The stranger alerted the police and four officers arrived minutes later. I have zero recollection of any of this.

According to the police report, I was told to drop my weapon. After failing to do so, I took fire from the police officers' handguns. Two officers fired a total of six rounds. Five of those rounds missed, but one shot came at an angle, entering the center of my chest, puncturing my left lung and exiting the back of my right shoulder. The bullet came very close to severing my aorta.

I immediately hit the ground, was taken into custody and transported to a local trauma center. During this chain of events, I allegedly discharged a

lone round from the .357 magnum. I say allegedly not to exonerate myself from taking responsibility for my actions, but because I have almost no memory of that night. I only remember beginning to drink and waking up in the hospital. I wish I could remember firing that gun. It would be easier to accept the situation.

When I was released from the hospital, I was transferred to the county jail. I had a squeaky clean record, not even a speeding ticket. Jail was brand new to me.

At my arraignment, I was charged with two counts of attempted murder on a peace officer and two counts of assault with a firearm on a peace officer with a discharge of firearm enhancement. The case had the potential to result in a double life sentence. Other than myself, nobody was injured. However, the law is quite strict, understandably so. I went from being a college student with no record to potential lifer. Tequila's nickname "to kill ya" took on a whole new meaning for me.

After spending 19 days in custody recovering from my injuries, I was granted an enormously high bail, which was posted by my generous and loving family. They were probably more scared than I was. They will always remain on my list of amends, for I have harmed them with my actions.

Immediately upon my release from jail, my family, who recognized my alcoholism, enrolled me in an alcohol treatment program in a quaint area near Pasadena, California. I stayed there for 22 months, the entire time I was out on bond. I was able to get the help I needed. It was through this treatment center that I was introduced to the Fellowship of AA.

I'd like to say that I immediately admitted to being an alcoholic after entering treatment. But it took several weeks of group therapy, counseling and AA meetings before I was able to surrender. I just couldn't admit to myself that I was powerless over alcohol and that my life had become unmanageable. Once I got honest with myself, I realized that bingeing on booze, blacking out and having a standoff with the police hardly constitutes drinking like a gentleman.

After I'd been at the treatment center a few months, I graduated to sober-living status. During that time, I fought my case while simultaneously combatting my alcoholism and defects of character. This produced a high level of anxiety that could have resulted in a relapse. Fortunately, I am still sober today with more than two years of sobriety. I got a sponsor, found a Higher Power, took commitments in meetings, worked the Steps and actively embraced a new way of life. I even finished my degree while out on bond.

I am eternally grateful to that treatment center. I learned how to use the tools that help me stay sober today and I also met much of my support network through AA. They are a constant comfort to me while I face the difficulties of being in prison.

After almost two years, I pled guilty to assaulting a peace officer with a firearm with a use of weapon enhancement. I was sentenced to 10 years with 85 percent of it to be served. I was allowed six weeks to get my affairs in order and to surrender to the court.

During those six weeks, I continued to live the AA way of life. I changed sponsors and re-worked the Steps. I attended meetings and even led some of them. I did whatever I could to live in the moment and to continue my spiritual growth.

As my surrender date approached, I encountered more stress than I had ever felt in my life. I could have given up but I didn't. With the support of my family, friends and AA, I am still sober. I may be in prison with temptation still around me (yes, prisoners make booze) but I do not have to be a prisoner to my disease.

This experience has been a test for me. It is a test of faith in a power greater than myself and a test of action. If I continue to work a program, I can live a meaningful life, even in here. I was told not to quit before the miracle happens. I haven't quit yet and the miracle has, in some ways, already happened.

Reprinted with permission AA Grapevine, May 2017

3 Bucks In The Basket... Make it a Reality, not just a dream!



“Every AA group ought to be fully self-supporting, declining outside contributions.” Tradition Seven, Twelve Steps and Twelve Traditions, Reprinted with permission AA World Services, Inc. [Seventh Tradition Checklist](#)

Use [VENMO](#) on your smartphone to contribute.

Or Contribute using [PayPal](#) or your [Credit Card](#) from our website.



MILW. CENTRAL OFFICE

- E-mail us at: dan@aamilwaukee.com
Hours:
M - F 9 a.m. to 4:30 p.m.
Sat. 9 a.m. - 12 p.m.
- Board of Directors Meeting, in-person. Wednesday following 2nd Tuesday (odd months) 6:30 p.
- A. A. Meetings, Sun. at 9 a., Mon.- Fri. at 12:15 p., Sat. 9:15 a., & 10:30 a.
- Dist. 14 monthly meeting, 4th Wed. at 7 p.m.
- Dist. 16, monthly meeting 1st Thursday at 6:00 p.m.

Spanish Speaking Meetings: Meeting at English Speaking Clubs

- Pass It On Club, 6229 W. Forest Home Av, Milw. GRUPO 5 CONCEPTOS, 7:00 P.M. Saturdays, Upstairs. And Viajeros Wisconsin, 7:00 P.M. Saturdays, in lower level.
- GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Watertown, on Tuesdays and Fridays at 7:00 PM and on Sunday at 11:00 AM
- GRUPO FE Y ESPRONZA, Gratitude Club, 295 Ruggles St. Fond du Lac WI on Wednesday at 7:00 PM and Sundays at 4:00 PM

SAFETY CARD FOR A.A. GROUPS

(The General Service Office has made this optional statement available as an A.A. service piece for those groups who wish to use it.)

Suggested Statement on Safety

Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person.

Service Material from the General Service Office

All the groups listed in our meeting directory, should be contributing regularly to the support of your Central Office. We want to be here when anyone reaches out for help. A big thank you to everyone, for all you do.

Need to make a group or personal contribution? Use our [CONTRIBUTE](#) button on our website: aamilwaukee.com or use our your [VENMO app](#) from your smartphone.

Meeting Space Currently Available

- [DryHootch](#), 4801 W National Ave. Space available various time of day and evening. Call Otis W. [414-336-6576](tel:414-336-6576)
- [West Allis Senior Center](#), 7001 W National Ave, West Allis WI. Call Shanon at [414-302-8717](tel:414-302-8717).
- [Luther Memorial Church](#), 2840 S 84th St. West Allis WI. Contact by email: prviviame28@outlook.com
- [St Peter's Episcopal Church](#), 7929 W Lincoln Ave, West Allis, Contact: Steve 414-543-6040 or email: christumc1@sbcglobal.net
- [Anchor Covenant Church](#) 1229 Park Row, Lake Geneva WI 53147, contact Laura, office@anchorcovenant.org

Redemptorist Retreat Cen-

[ter](#), 1800 N Timber Trail Lane, Oconomowoc, WI 53066, (262) 567-6900 Email: rrc@redemptoristretreat.org
Please call for information and schedule of retreats for recovering people. AA and AI-Anon, \$250 three nights. We discuss the 12 steps and related topics.

2024 Weekend Retreats Jesuit Retreat House,

4800 Fahrwald Rd. Oshkosh, WI. WI 54901, call 800-962-7330 jesuitretreathouse.org
Men and Women in AA, AI-Anon
Total cost: 4 days \$390.00. Send a \$75.00 deposit with requests for specific dates to retreat house or call for info.

MEETING TIME CHANGE JANUARY 3rd 2024

[LAKE COUNTRY GROUP Wednesdays](#) at First Congregational Church, 815 S Concord Rd in Oconomowoc has **NEW MEETING TIME: 6:30 P.M.** starting Wednesday January 3rd, 2024 (previously met at 7:00 P.M.)

DISTRICT MEETINGS

CORRECTIONAL INSTITUTIONS

COMPLETE DISTRICT INFORMATION ON THE WEB:

<https://www.area75.org/page/districtmeetings>

1. Jackson, LaCrosse, Monroe, Vernon & Trempealeau; **2 & 18** Green Lake & Marquette Counties & part of Waushara; **7** Kenosha; **17** Racine County; **8 & 30** Rock County; **9** Crawford, Grant, Iowa and LaFayette; **19 & 37** Richland & Sauk; **20, 21 & 26** Dane; **31** Columbia County; **35** Green; **37** Juneau County.

(Check the web address above for meeting info.)

3. MANITOWOC & SHEBOYGAN CNTY'S: 3rd Wed. of month, 6:30 p., Even numbered months at 1907 Club, 2908 N. 21st St., Sheboygan. Odd numbered months: Alano Club, 404 S 29 St Manitowoc

6. WALWORTH CNTY: 2nd Tue. 7:30 p. odd numbered months only, Walworth Alano Club, 611 E. Walworth St., Delavan

10. Spanish District. Contact: Salvador G. at 414-446-0158. Meets 1st Sunday 5 p.m. 1663 S. 6th Street, Milw.

11. JEFFERSON CNTY: Meets last Wed. at 5:30 p.m. Moravian Church, 301 College St., Lake Mills, or Zoom: 817 4085 9820, Password: 665473

12. WASHINGTON CNTY: 1st Wed. of month, 6:00 p., the Jackson Community Center N165W20330 Hickory Ln., Jackson, WI. 53037

13. WAUKESHA CNTY: 2nd Sunday of month, 1:00 p, St. Matthias Church, 111 E. Main, Waukesha

14. MILWAUKEE CNTY: 4th Wed. of month, 7:00 p, Milwaukee Central Office 7429 W Greenfield Ave., West Allis WI 53214

16. MILWAUKEE CNTY: 1st Thursday of month, 6:00 p, Milw. Central Office, 7429 W Greenfield Ave. West Allis WI 53214

23. DODGE CNTY: Last Sunday of month at 6:00 p, Dodge Cnty Alano Club, 115 N. Lincoln, Beaver Dam, call to confirm 920-583-3142

24. OZAUKEE CNTY: 3rd Tue. of month, 6:30 p., Advent Lutheran Church, W63N642 Washington Ave, Cedarburg, WI 53012.

25. FOND du LAC CNTY: 2nd Tue. of month, 5:30 p., Gratitude Club, 295 Ruggles St., Fond du Lac, WI.

27. MILWAUKEE CNTY: 3rd Wednesday of month at 7:00 P.M., the Zoom ID number is [824 0616 9567](https://82406169567) the password is 869 916. Covenant Lutheran Church, 8121 W Hope Ave, Milwaukee, WI 53222.

28. MILWAUKEE CNTY: 2nd Thursday of month, 7:00 p, Prince of Peace Lutheran Church, 4419 S Howell Ave, Milwaukee WI 53207.

29. MILWAUKEE CNTY: 1st Mon. of month, 7:00 p, Luther Memorial Church, 2840 S 84th St., West Allis, WI 53227

32. & 33 WAUKESHA CNTY: 4th Tuesday of month, 6:30 p, Meeting ID: [321 751 3275](https://3217513275), Passcode: 323232

34. WAUKESHA CNTY: 1st Tuesday of month, 6:30 p, Northwest Area Alano Association, N88W17658 Christman Rd., Menomonee Falls. Join online at: [https://us02web.zoom.us/j/6870109941?](https://us02web.zoom.us/j/6870109941?pwd=YVI4SVQzU3FaSE1rc3dzVmtxdFM4QT09)
[pwd=YVI4SVQzU3FaSE1rc3dzVmtxdFM4QT09](https://us02web.zoom.us/j/6870109941?pwd=YVI4SVQzU3FaSE1rc3dzVmtxdFM4QT09)

36. RACINE/KENOSHA: 2nd Tuesday of the month 6:00 p.m., 12 & 12 Club, 482 S Pine St., Burlington

38. MILWAUKEE CNTY: Last Sunday of month 4:00 p.m. Milwaukee Group Meeting Room, 933 E Center St. Milwaukee WI 53212

SEND ADDITIONS AND CORRECTIONS TO:

7429 W. Greenfield Ave, West Allis, WI 53214, dan@aamilwaukee.com

[Area 75, Southern WI, Calendar of Events 2024](#)
[9 A.M. to Noon except where noted.](#)

Sun Apr 7th; Jun 7th 6:30 pm to Jun 9th, ECR Conference; Jun 23rd; Sep 15th; and Fri Nov 1st Noon to Sun Nov 3rd Noon, Area 75 Fall Conference.

In-Person: Madison Senior Center, 330 W Mifflin St. Madison 53703. Contact Area Delegate Pete W. at delegate@area75.org

• [Zoom Meeting Contact Area Chair:](#) Andrew I. chair@area75.org

In-person meetings have started back up in the Area corrections facilities. Contact Michelle, Area Corrections Chair by email; corrections@area75.org for information on days and times of meetings.

For meetings at Milwaukee Area Correctional facilities contact: Emily J. at 262-364-7275 or email: mcccoordinator@gmail.com

- **TAYCHEEDAH CORRECTIONAL**, Fond du Lac, WI 54937
- **OAK HILL CORRECTIONAL INSTITUTION:** 5212 County Road M, Fitchburg, WI 53575
- **WAUPUN CORRECTIONAL INSTITUTION**, Waupun WI
- **FOX LAKE CORRECTIONAL**, Box #147, Fox Lake, WI 53933
- **JEFFERSON COUNTY JAIL** 411 S. Center St., Jefferson, WI,
- **RACINE CORRECTIONAL INSTITUTION** for MEN 2019 Wisconsin St, Sturtevant, WI 53177
- **FEDERAL CORRECTIONAL** Satellite Camp, Oxford, WI.
- **THOMPSON FARM**, RT. 2 DEERFIELD, WI.,
- **ROBERT ELLSWORTH CORRECTIONAL**, Union Grove, 53182
- **KETTLE MORAINNE CORRECTIONAL**, Forrest Dr., Plymouth,
- **MILWAUKEE COUNTY HOUSE OF CORRECTION**, 8885 S. 68th St. Franklin WI. Emily J. by Email: mcccoordinator@gmail.com
- **MILWAUKEE COUNTY JAIL** 9th & State Milwaukee WI. Emily J. by Email: mcccoordinator@gmail.com
- **MILWAUKEE SECURE DETENTION**, 1015 N. 10th St. Emily J. by Email: mcccoordinator@gmail.com.
- **MILWAUKEE WOMEN'S CORRECTIONAL CENTER**, 615 W Keefe Ave. Emily J. by Email: mcccoordinator@gmail.com

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON. Contact Emily J. at 262-364-7275 or email: mcccoordinator@gmail.com for date and location. Donation can be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Email: mcccoordinator@gmail.com with questions.

Corrections volunteers must go through the committee to get AA literature to take into the various facilities. Milwaukee Central Office no longer handles the funds.

ADDRESSES FOR YOUR INFORMATION

Milwaukee Central Office: 7429 W Greenfield Ave, West Allis, WI 53214 gmco@aamilwaukee.com

- **Area 75 Treasurer:** PMB #167, 5464 N Port Washington Rd., Glendale WI 53217
- General Service Office, P.O. Box 2407, James A Farley Station, New York, NY 10116-2407
- Area 75 [Corrections](#), [Bridging the Gap](#) or [Treatment](#) write to: PMB # 170, 5464 N Port Washington Rd., Glendale WI 53217
- **Southern Wisconsin Deaf Access Committee :** Email: milwareadeafaccess@gmail.com; Mailto: Deaf Access Committee, P.O. Box 1982, Waukesha WI 53186

MEETING ROOMS

<p>NEW DAY CLUB 11936 N. Port Washington Rd Mequon, (262) 241-4673 www.newdayclub.org A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Topic 11:00 a. Topic 5:00 p. Young People 7:30 p. Topic</p> <p>Mon. 12:30 p. Tenth Step Gp 5:30 p. More about Alcoholism 8:15 p. Men's Gp</p> <p>Tue. 10:00 a. Topic 5:30 p. Big Book 8:00 p. Big Book Gp</p> <p>Wed. 10:00 a. Topic 2:00 p. Promises Meeting 5:30 p. Step Meeting 7:00 p. Women's Lifeline</p> <p>Thr. 10:00 a. Topic Meeting 1:00 p. Women's AA Gp 5:30 p. Topic Meeting</p> <p>Fri. 10:00 a. Topic Meeting 5:30 p. Step/Tradition 8:00 p.</p> <p>Sat. 10:00 a. Step Meeting 5:00 p. Fellowship of Spirit 7:00 p. Feelings 10:00 p. Young People 8:00 p. Open Meeting (held on 3rd Saturday of month only)</p> <p>AL-ANON MEETINGS Monday 6:30 p. Al-Anon Tuesday 1:00 p. Al-Anon/ACOA Wednesday 7:00 p. ACOA Thursday 7:00 p. Al-Anon Contact club for information on other fellowships.</p>	<p>PASS IT ON CLUB 6229 W. Forest Home Ave Milwaukee WI (414) 541-6923 www.passitonclub.com A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Sun. Wake Up 9:30 a. Reliance Meeting 11:00 a. Today' choice 3:00 p. Gratitude Plus 7:00 p. Big Book Readers</p> <p>Mon. 7:30 a. Jump Start 10:30 a. First Step 4:00 p. Happy Hour Step Gp. 7:00 p. Open IntroductoryAA</p> <p>Tue. 7:30 a. Comin' Back Gp 10:30 a. Keep It Simple 4:00 p. Drop the Rock 6:00 p. Key To Sobriety Women's 7:30 p. Three Legacies 7:30 p. Double Trouble DD/O 7:30 a. Big Book Study</p> <p>Wed. 10:30 a. Pass It On 4:00 p. Happy Hr Promises 6:00 p. Courage to Change 7:00 p. We, Us & Ours</p> <p>Thr. 7:30 a. Welcome Back Gp 10:30 a. Made Decision 5:15 p. As Bill Sees It 7:00 p. Gateway Topic Gp 7:30 a. Honesty Gp.</p> <p>Fri. 10:30 a. Came To Believe 6:00 p. Women's Fri. Kickoff 6:30 p. Thoughts 4 Today 8:00 p. Broken Arrow 8:30 a. Early Bird</p> <p>Sat. 10:30 a. Happy Joyous Free 7:00 p. Vajeros Wisconsin lower level 7:00 p. 5 Conceptos upstairs 8:00 p. Back to Basics 12x12</p>	<p>LAKE AREA CLUB N60 W 35878 Lake Dr Oconomowoc, WI (262) 567-9912 www.lakeareaclub.com A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Early Bird 9:30 a. Literature Meeting 11:00 a. Friendship Gp 6:00 p. Big Book 8:00 p. Gopher Sunday 9:00 a. Positive Attitude 6:30 p. Otter Gp 8:00 p. Step/Tradition Study</p> <p>Mon. 1:00 p. 4:00 p. 7:00 p. Life House Beginners 8:00 a.</p> <p>Wed. 8:00 a. 10:00 a. Back To Basics 2:00 p. Women's Meeting 6:00 p. 8:00 p.</p> <p>Thr. 10:00 a. 4:00 p. 5:00 p. Woman's Way 12 Steps 6:00 p. Hybrid Meditation Mtng Zoom ID: 89239303536, PW: 999525</p> <p>Fri. 12:30 p. 4:00 p. 8:00 p. Old School House</p> <p>Sat. 10:00 a. Big Book OPEN AA/Al-Anon SPEAKER MEETING Sat. 7:00 p. 2nd & 4th Saturdays (AA and/or Al-Anon Speakers)</p> <p>AL-ANON MEETINGS Mon. 7:00 p. Al-Anon Tue. 9:00 a. Al-Anon Wed. 7:00 p. Al-Anon & Alateen</p>	<p>WAUKESHA ALANO CLUB 318 W. Broadway Waukesha, WI, 262-549-6541 http://www.alanoclubofwaukesha.com/ (IP)=In-person,</p> <p>Sun. 9:30 a. Sun Morn Sunlight (IP) 11:00 a. Sun Go-To-Mtng (IP)</p> <p>Mon. 12:00 p. (IP) 6:00 p. Beginners AA (IP) 7:00 p. (12 & 12) (IP)</p> <p>Tue. 12:00 p. Wed Nooners (IP) 5:30 p. Topic Gp (IP)</p> <p>Thr. 12:00 p. Nooners (IP) 12:00 p. T.G.I.F. Gp (IP) 6:30 p. Half Measurers (IP)</p> <p>Sat. 6:00 a. Early Morning (IP) 10:00 a. Gp 124 (IP)</p> <p>OPEN MEETINGS, DANCES & EVENTS Call for information.</p>	<p>GALANO CLUB - LGBT & All in Recovery - 7210 W Greenfield Ave LL Milwaukee, WI 53214, 414-276-6936 http://www.galanoclub.org/ galanoclub@gmail.com</p> <p>(V)=Virtual, (IP)=In-person, (V & IP)=Both In Person and Phone Meetings Phone/ Video AA Meetings, Call (978) 990-5195 Meeting Id: galano7210 Code: 1919178#</p> <p>Sunday: (V & IP) 10:30 a.m. - AA - Step / Topic Meeting (In-person/phone/video) 10:30 a.m. - Al-Anon - Papillon Group. (In-person)</p> <p>Monday: (V & IP) 7:30 p.m. - AA "Came to Believe" 12 Spirituality. (In-person/phone/video)</p> <p>Tuesday: (V & IP) 6:00 p.m. - AA Over and Under 40 Group (In-person/phone/video)</p> <p>Thursday: (V & IP) 7:30 p.m. - AA - Living Sober One Day at A Time In-person & Phone/video</p> <p>Friday: (V & IP) 10:30 a.m. AA Step & Topic</p> <p>Saturday: (V & IP) 7:30 p.m. - AA - Big Book & More. (In- person/Phone/video) The Galano Club is open one half hour before the scheduled meetings.</p>
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<p>NORTHWEST AREA ALANO ASSOCIATION* N88 W17658 Christman Rd Menomonee Falls WI 53051 (No Phone) Room 202 A.A. MEETING SCHEDULE (V)=Virtual, (IP)=In-person, (V & IP)=Both</p> <p>Sun. 10:00 a. Big Book Rm 202 7:00 p. Sun Night Gp Rm 202</p> <p>Mon. 7:00 p. Just Do It Gp Rm 202</p> <p>Tue. 10:00 a. Step 8:00 p. Topic</p> <p>Wed. 7:00 p. Step/Topic</p> <p>Thr. 10:00 a. Step 6:00 p. Women's</p> <p>Fri. 8:00 p. Step/Topic (V & IP) 5:30 p. Code 3 Mtng Rm 202</p> <p>Sat. 10:00 a. Sat Serenity Gp 7:00 p. Simply Sober Gp Rm 202</p> <p>AL-ANON MEETINGS Wed. 7:00 p. Al-Anon Fri. 7:30 p. Al-Anon</p> <p>*This is a Smoke-Free environment. We have ample meeting space available for 12 Step groups. Contact the Northwest Alano Club by mail.</p>	<p>WALWORTH COUNTY ALANO CLUB 611 Walworth St. (Hwy. 50 & 11) Delavan, WI 53115, (262) 740-1888</p> <p>Sunday AA 10:00 a. Primitive Group 12:00 p. Open Speakers 6:30 p. Delavan Discussion</p> <p>Monday AA 7:30 a. Sunny Side Up 12:00 p. Delavan Step Meeting 6:30 p. Delavan Meeting</p> <p>Tuesday AA 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan 12 Step Topic</p> <p>Wednesday AA 7:30 a. Sunny Side Up 12:00 p. As Bill Sees It Gp. 6:30 p. Delavan IT Meeting</p> <p>Thursday AA 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan Big Book Gp.</p> <p>Friday AA 7:30 a. Sunny Side Up 12:00 p. Big Book Study 6:30 p. Delavan Discussion</p> <p>Saturday AA 7:30 a. Sunny Side Up 12:00 p. Delavan Noon Gp. 6:30 p. Delavan Beginners Gp.</p>	<p>ALANO CLUB 1521 N. Prospect Ave., Milwaukee, WI, 53202 (414) 278-9102 http://www.mkealanoclub.org/ A.A. MEETING SCHEDULE</p> <p>Sun. 7:00 a. AA Express Mtng 7:45 a. AA Big Book/Discussion 10:00 a. Gp 17 Step Mon. 7:00 a. Early Morning 10:30 a. Gp 72 Topic 12:15 p. Gp 76 Lunch Bunch 6:30 p. Gp 40 Big Book</p> <p>Tue. 7:00 a. As Bill Sees It, 10:30 a. Gp 70 Step 12:15 p. Gp 76 Lunch Bunch 7:00 p. Beginner's Meeting</p> <p>Wed. 7:00 a. AA 10:30 a. Gp 9, Step 12:15 p. Gp 76 Lunch Bunch 6:00 p. Chicks at Six Gp, women, Child Care available 7:30 p. We Agnostics</p> <p>Thr. 7:00 a. Thr Express Mtng 10:30 a. Gp 97, Step 12:15 p. Gp 76 Lunch Bunch 7:00 p. AA (LGBT)</p> <p>Fri. 7:00 a. Daily Reflections 10:30 a. Gp 21, Step 12:15 p. Gp 76 Lunch Bunch 6:30 p. Here & Now 7:30 p. Men's Zoom Mtng. 12:15 am. Second Shifters (Sat.)</p> <p>Sat. 7:00 a. AA Meeting 11:00 a. Gp 87 Step 7:30 p. Open AA Speaker AL-ANON MEETING Sunday 10:00 a. Al-Anon</p>	<p>H.O.W. TO CLUB 8930 W. National Ave, West Allis, (414) 543-2448 mailto:howtoclub8930@yahoo.com https://www.howtoclub.org Hours: 9am to 9pm daily.</p> <p>Sun. 8:00 a. Eye Opener AA Gp. 10:00 a. Grass Roots (Steps) 4:30 p. Drop the Rock 6/7 Step 6:00 p. Restore Us To Sanity 7:30 p. Sun. Sober & Serene</p> <p>Mon. 11:00 a. Winner's Circle 5:45 p. Gp 132, Women's Gp 7:00 p. Big Book Gp. 8:00 p. New Hope Gp. 10:30 P. What's the Point Gp.</p> <p>Tue. 11:00 p. Willingness Group 6:00 p. Tue Topic 6pm Gp 8:00 p. New Hope Meeting</p> <p>Wed. 10:00 a. Foundations Meeting 6:00 p. AA Beginners Gp. 7:00 p. Women's Freedom 8:00 p. Promises Group</p> <p>Thr. 10:00 a. But For Grace Of God 6:00 p. Here and Now 8:00 p. How To Get It Going</p> <p>Fri. 6:00 a. Early Risers Big Book 11:00 a. Priority Group 6:00 p. Big Book Friday 8:00 p. R.U.S. For Us 11:00 p. Candlelight Promises</p> <p>Sat. 9:15 a. Men's Topic 11:00 a. Pioneers Group 3:00 p. Spiritual Growth 6:00 p. 1st & 12 Topic 8:00 p. Open Speaker 3rd Sat 8:00 p. HOW To Saturday</p>	<p>24 HOUR CLUB 153 Green Bay Rd. Thiensville, WI Web and Facebook Info</p> <p>A.A. MEETING SCHEDULE</p> <p>Sun. 8:00 a. Topic 10:00 a. Step/Topic</p> <p>Mon. 6:30 a. Topic 10:00 a. Topic 8:00 p. Men's</p> <p>Tue. 6:30 a. Topic 10:00 a. Step/Topic 5:30 p. Big Book</p> <p>Wed. 6:30 a. Topic 10:00 a. Big Book</p> <p>Thr. 6:30 a. Topic 10:00 a. Topic 5:30 p. Step/Topic/Trad</p> <p>Fri. 6:30 a. Topic 10:00 a. Step/12 & 12 8:00 p. Step</p> <p>Sat. 6:30 a. Topic 8:30 a. Big Book/Steps 10:00 a. Big Book</p> <p>8:00 p. Open Speaker Mtng. (1st Saturday Only)</p>
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In Person AA Groups NEED YOUR SUPPORT

- **Sun. 3 p.m.** Gratitude Plus, Pass It On Club, 6229 W Forest Home Ave, Milwaukee WI
- **Sun. 7 p.m.** Waukesha Sunday Night Beginner's, Ascension Lutheran Church, 1415 Dopp St, Waukesha WI
- **Sun. 7 p.m.** Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- **Mon. 7 p.m.** Unity Gp, 4600 Pilgrim Rd, Brookfield, WI
- **Tues. 7 p.m.** Gp 43, Friendship Club, 2245 W Fond du Lac Ave Milwaukee WI.
- **Wed. 8:00 p.m.** Helping Hand, Nativity Lutheran Church, 6905 W Bluemound Rd, Milwaukee WI
- **Thur. 12:15 p.m.** Jeanette Burnett Gp, St John's Cathedral Complex, 831 N Van Buren, Milwaukee WI
- **Thurs. 8:00 p.m.** Grateful Gp. Chabad House, 3030 E Kenwood Blvd, Milwaukee, WI
- **Thurs. 8:30 p.m.** Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave,
- **Fri. 9:30 p.m.** Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw.
- **Sat. 8 p.m.** Gp 18, St Luke's, 3200 S Herman, Bay View, WI

MEETING ROOMS

<p>UNITY CLUB 1715 Creek Rd West Bend, (262) 338-3500 unityclub1715@att.net www.facebook.com</p> <p>AA MEETING SCHEDULE</p> <p>Sun. 10:30 a.* Gratitude Gp. 8:00 p. Candlelight Gp.</p> <p>Mon. 10:00 a. Monday A.M. 7:00 p. Men's 7:00 p. Women's</p> <p>Tue. 10:00 a. Tuesday A.M. 7:30 p. Beginner's</p> <p>Wed. 10:00 a. Promises 1:00 p. Steps/Promises 5:00 p. Happy Hour Gp In-person & Zoom: 332602852, pw: 123456</p> <p>Thr. 10:00 a. Big Book</p> <p>Fri. 10:00 a. Step/Topic Gp 6:00 p. Big Book</p> <p>Sat. 10:00 a. Here & Now 7:00 p. Big Book Connection</p> <p>AL-ANON & ALATEEN MTNGS Saturday 9:00 a. Al-Anon Thursday 7:15 p. Al-Anon</p> <p>● Open Mtng. 3rd Sunday of month</p>	<p>FRIENDSHIP CLUB 2245 W. Fond du Lac Ave Milwaukee, WI (414) 931-7033</p> <p>Email: friendshipinc@sbcglobal.net</p> <p>AA MEETING SCHEDULE</p> <p>Sunday 10:00 a. Friendship 11:00 a. Third Sunday Open Meeting</p> <p>Monday 10:30 a. Step Gp</p> <p>Tuesday 7:00 p. Gp 43 Big Book</p> <p>Saturday 10:30 a. Gp 112 Step</p> <p>Call for information on other types of meetings.</p> <p>Email: friendshipinc@sbcglobal.net</p>	<p>BEAVER DAM ALANO CLUB 115 N Lincoln St. Beaver Dam WI 53916</p> <p>Sun: 10:30 a.m. & 7 p.m. Mon: 8 a.m., 6 p.m. & 8 p.m. Tue: 9:30 a.m. & 7:30 p.m. Wed: 8 a.m. & 7 p.m. Thur: 9:30 a.m. & 8 p.m. Fri: 12 Noon & 6 p.m. Sat : 12 Noon & 7 p.m. Open</p>	<p>MILWAUKEE GROUP 933 E Center St, Milw WI 53212.</p> <p>A.A. MEETINGS</p> <p>Sun. 10:00 a In-person 8:30 p. In-Person</p> <p>Mon. 5:30 p. In-Person 7:00 p. In-Person 8:30 p. In-Person</p> <p>Tue. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Wed. 5:30 p. Zoom https://zoom.us/j/8974697046 pw:0 7:00 p. In-Person 8:30 p. In-Person</p> <p>Thur. 7:00 p. In-Person 8:30 p. In-Person</p> <p>Fri. 7:00 p. In-Person 8:30 p. In-Person 8:30 p. In-Person</p> <p>Sat. 8:30 p. In-Person</p> <p>Milwaukee Central Office 7429 W Greenfield West Allis WI 414-771-9119</p> <p>A.A. MEETINGS</p> <p>Sun. 9:00 a. Gp 10 Sunday</p> <p>Mon. 12:15 p.</p> <p>Tue. 12:15 p.</p> <p>Wed. 12:15 p.</p> <p>Thur. 12:15 p.</p> <p>Fri. 12:15 p.</p> <p>Sat. 9:15 a. 1st Step 10:30 a.</p> <p>We do not meet on major holidays.</p>	<p>LIGHTHOUSE ON DEWEY 1220 Dewey Ave. Wauwatosa WI</p> <p>AA MEETINGS</p> <p>Sunday 6:00 p. Jim's First Step 7:30 p. Gp 78 Great Room</p> <p>Monday 7:30 p. Laughs/Leisure</p> <p>Tuesday 6:00 p. 11th Step Meditation 7:30 p. Professionals</p> <p>Wednesday 7:30 p. Presidents Hall 8:00 p. "RES-IPSA"</p> <p>Thursday 7:30 p. Alumni No 12 Friday 7:15 p. Gp 74 Saturday 10:00 a. Gp 59</p> <p>All Saint's Cathedral 818 E Juneau Ave. Milw 53202</p> <p>Sun: 7:00 p.m. Bench Meeting Mon: 7:30 p.m. #08 Sane & Sober Tue: 10:30 a.m. Men's Gp. Wed: 7:30 p.m. Men's Gp. Fri: 7:30 p.m. Big Book Gp. Sat: 10:30 a.m. Men's Gp.</p>
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JOIN the BIRTHDAY CLUB!

We celebrate birthdays, and we'd like to help you celebrate yours! Send us a contribution of **\$1 for each year of Sobriety**- or more if you choose- and we'll print your birthday in the Between-Us Newsletter. Include your Home Group, and we'll print that also!

Requests should be in by the 24th of the month prior to your sobriety date. Late arrivals will appear the following month.

Just fill in the form below and mail, with your contribution, to:

Payable to: "Greater Milwaukee Central Office"
Memo: Birthday Club
7429 W Greenfield Ave
West Allis WI 53214



Payment/Contribution: using [VENMO](#) or from our website, using [Credit Card](#) or [PayPal](#).

\$ _____ enclosed.

I will have _____ years on _____ / _____ / _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone: () _____ - _____

Email: _____

Home Group: _____



Years Name Home Group

32 (6/22/24) Brad G. Brown Deer Monday Night
37 (6/6/24) Richard R. Tues 10 a.m. 24 Hour Club
48 (6/23/24) Ron K. Group 23 Wednesday



Come Join Our Tuesday Nite Impaired Professional AA Meeting



Tuesday nights at 7:30
 Holy Trinity Lutheran Church
 11709 W. Cleveland Ave., Milwaukee [Map](#)

Not just for professionals but for anyone seeking sobriety and a better way of life by working the 12 steps and living well. Come share in the fellowship with us and start enjoying life again.

We meet in person and on Zoom. Meeting ID = 98178765495, Password = 071150.
Hope to see you there!!

HAND OF AA TUESDAYS 7 PM



"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."
 -AA Responsibility Statement

The Hand of AA Group meets in person and online Tuesdays at 7 PM CT. It is a literature meeting where a topic is taken from either conference approved literature or the AA Grapevine.

1st Week: Step
 2nd Week: Open
 3rd Week: Tradition
 Other weeks: Topic

To join us in person: We meet at Mount Zion Lutheran Church 12012 W North Ave, Wauwatosa WI 53226. Parking and the entrance are behind the church off 120th St.



For Zoom:
 Meeting ID "544 131 1866"
 Password: 414

Or use the QR code to see the web page and a direct Zoom link



LGBT AA Meeting
 All AA members are welcome
Sunday afternoons at 4pm

located in

MKE LGBT CENTER
 315 W Court Street
 Milwaukee, WI 53212



Accessibility Lift in building
 and plenty of parking in lot adjacent to the building
 Any questions, call (414)617-1152

"Alcoholics Anonymous is a fellowship of persons who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking."

<https://www.aa.org/>

Posted Dec. 2023



Friday Night Couples in Recovery

We are Back - EVERY Friday!

We welcome couples and singles interested in applying the 12 steps to both self and relationships!

We meet each Friday of the month beginning April 1st and would like couples or singles working any 12 step program to join us

At 7:30 pm



St. Pius Church
 2520 N. Wauwatosa Ave. (76th St.)
 Just north of North Ave.

[Click here for Map](#)

(Enter the building on Wauwatosa Ave. Turn Left & up the Stairs)



**Fox Point Group 86:
Reaching Out,
Join Us on Zoom Monday
Evenings.**

We are doing a group inventory, looking at ways in which we can be more accessible.

Current members with a wide range of sobriety, join our weekly meetings to discuss topics that impact all people in recovery thus providing a healthy balance for all.

We warmly welcome all genders, sexual preferences, ethnicities, and ages.

We meet on-line with ZOOM Monday Nights at 8:00 and will do so until we resume our "live" meetings at the North Shore Congregational Church in Fox Point.

Stop on by! We open up around 7:45 and begin at 8:00. If you are shy about "Zooming," just come on in and listen. It's Alcoholics *Anonymous*.

You will find a warm welcome to a lively and amiable group living one day at a time.

<https://zoom.us/j/8700953588>

Support needed for the Helping Hand Gp.

Nativity Lutheran Church

6905 W Bluemound Rd.

Wauwatosa, WI. [Click for map.](#)

Wednesday Night at 8:00 PM



Financial News: Please remember our tradition of self-support. If you wish to contribute to the Central Office, you can now use Venmo from your smartphone.

[@MilwaukeeCentralOffice-AA](#)

...0785 are the last four digits of the phone number associated with the Venmo account. (You may be asked for these numbers)

If you don't use Venmo or PayPal, you can always come visit us at the Central Office or mail a check.

Use QR Code
To Contribute
Using
VENMO



NEW MEETING ANNOUNCEMENT

The Next Frontier: Emotional Sobriety

After we quit drinking, we face various challenges inherent in living sober. Bill Wilson identified that "dependency" was an impediment to our emotional sobriety and maturity. He realized that emotional dependency on people, places and things was the source of his emotional and mental distress, in fact he identified this as his basic flaw. This new meeting focuses on discussing issues relating to our emotional sobriety. We come together to explore ways we can overcome our emotional dependency and the unreasonable expectations and unenforceable rules that our dependency generates. *Are you ready for the next frontier?*

Join us Thursday nights for a closed discussion meeting on emotional sobriety.

When: Thursdays @ 7pm

Where: St. John's Lutheran Church, 20275 Davidson Rd, Brookfield WI



Founders' Day Herald

89th Anniversary of Alcoholics Anonymous

June 7, 8, & 9, 2024 | Akron, Ohio | Birthplace of A.A.

FRIDAY ACTIVITIES

A.A. 12 Step Panel • 10:00 a.m. - 10:00 p.m.

Discussion of One Step Per Hour
Chaired by: Mary K.

A.A. Early Bird Meeting* • 3:00 p.m.

Ron M. - Louisville, OH
"Never Missed A Founders Day"
Chaired by: Jeanne R.

Actors Guild Play • 5:00 p.m. & 8:00 p.m.

"Snow White And The Seven Character Defects"

A.A. Speaker Meeting* • 7:00 p.m.

Will M. - Sergeant Bluff, IA
"Good Is The Evil Of Great"
Chaired by: Karen K.

Serenity Singers • 8:00 p.m. - 9:00 p.m.

Olin Hall

A.A. Speaker Meeting* • 9:00 p.m.

Debbie G. - Vista, CA
"AA Gives Us Sobriety And The Tools For Living"
Chaired by: Scott T.

Junta en Español • 9:00 p.m. - 11:00 p.m.

Open Discussion
Chaired by: Hay una solución

A.A. Alkathon • 11:30 p.m. - 2:00 a.m.

SATURDAY ACTIVITIES

Bus Tours of Historic A.A. Sites

9:00 a.m. - 4:00 p.m.
2 buses continuously - Bierce Circle

A.A. Archives

Located in Akron Intergroup Office
(Stop on bus tour)

The 12 Traditions • 9:00 a.m.

Debbie D. - Concord, CA
Chaired by: Jerry C.

A.A. Old Timers' Panel* • 10:30 a.m.

Topic: "It Should Continue For Our Lifetime"
Ethel N. - Philadelphia, PA
Jim B. - Jamestown, NY
Don C. - Colorado Springs, CO
Chaired by: Jerry C.

La Viña Workshop • 11:00 a.m. - 3:00 p.m.

El Coordinador: Raymundo L. and
Hay una solución

Actors Guild Play • 12:00 p.m. & 2:30 p.m.

"Snow White And The Seven Character Defects"

A.A. & Al-Anon Speaker Meeting* • 12:30 p.m.

Speakers - Kelly P. & Jeff M. - Helena, MT
"Manufacturing Misery or Learning Love: Growing in Recovery"
E.J. Thomas Hall Chaired by: Julie & Adam C.

A.A. Speaker Meeting* • 2:00 p.m.

Drew E. - Altantic Highlands, NJ
"Inspiration-Desperation-Perpetuation"
Chaired by: Mary K.

The History of Our Big Book • 4:00 p.m.

Presented by: Gail L. - Akron, OH
Chaired by: Jeanne R.

A.A. Speaker Meeting* • 8:00 p.m.

Jeff V. - Fargo, ND
"Happy, Joyous and Free"
UA Infocision Stadium**
Chaired by: Aaron K..

****Stadium Weather Contingency Plan
for Saturday Night - See Web Site**

DANCE! DANCE! DANCE!

10:00 p.m. - 1:00 a.m.
Saturday Night

SUNDAY ACTIVITIES

MOTORCADE TO DR. BOB'S GRAVE*

7:30 a.m.
Motorcycle procession and graveside
memorial tribute to Dr. Bob & Anne S.
Speaker: Dolly A. & Paul G. - Akron, OH
Chaired by: Karen K.

A.A. Spiritual Panel Meeting • 9:00 a.m.

Topic: "A Moment Of Clarity"
Heather F. - Akron, OH
Trina R. - Olean, NY
Daryl M. - Cleveland, OH
Chaired by: Juanita W.

A.A. Closing Speaker Meeting*

10:30 a.m.
Ralph W. - Los Angeles, CA
"I'm So Glad God Doesn't Make
Misery Comfortable"
Chaired by: Tony T.

AL-ANON

FRIDAY ACTIVITIES

Al-Anon Panel • 1:00 p.m.

Topic: "Sponsorship; A Piece Of The
Al-Anon Puzzle"
Barbie C. - Lancaster, PA
Brandy F. - New Paris, OH
Erica B. - Toronto, Ontario, CA
Lisa F. - Madison, CT
Olin Hall Chaired by: Leslie S.

Al-Anon Panel • 2:30 p.m.

Topic: "Double Winners; Doubly Blessed"
Barbie K. - Akron, OH
Marc W. - Canton, OH
Janet F. - Akron, OH
Olin Hall Chaired by: Ian R.

Al-Anon Workshop • 4:00 p.m.

Topic: "Made A List Of All Persons We
Tried To Help - An 8th/9th Step Workshop"
Barbie C. - Lancaster, PA
Brandy F. - New Paris, OH
Lisa F. - Madison, CT
Olin Hall Chaired by: Evette W.

Al-Anon Speaker Meeting • 6:00 p.m.

Evette W. - San Francisco, CA
"Two Sides of the Same Coin; The Family Disease and Solutions"
Olin Hall Chaired by: Mary Anne C.

AL-ANON

SATURDAY ACTIVITIES

Al-Anon Workshop • 9:30 a.m.

"Resentment Ball - Removing the Boogie Man from Step 4"
Brandy F. - New Paris, OH
Evette W. - San Francisco, CA
Olin Hall Chaired by: Kristina H.

Alateen Panel • 11:00 a.m.

"Let It Begin With ME"
Olin Hall Chaired by: Lynda M.

A.A. & Al-Anon Speaker Meeting* • 12:30 p.m.

Speakers - Kelly P. & Jeff M. - Helena, MT
"Manufacturing Misery or Learning Love: Growing in Recovery"
E.J. Thomas Hall Chaired by: Julie & Adam C.

Al-Anon Speaker Meeting • 3:00 p.m.

Ken T. - Girard, PA
"Alateen to Al-Anon - Living Serenely"
Olin Hall Chaired by: Jane M.

Program Spoken Here

4:30 p.m. - 5:30 p.m.
Olin Hall Chaired by: Irena H.

REGISTRATION

UA STUDENT UNION

CREDIT CARDS ACCEPTED!

Friday 8:00 a.m. - 10:00 p.m.

Saturday 8:00 a.m. - 6:00 p.m.

Registrations must be picked up by

6:00 p.m. Saturday - **NO EXCEPTIONS!**

Package Plans must be picked up at designated
dormitories. Check confirmation letter or e-mail.

Coffee & Fellowship Room Student Union

A.A. Literature Sales

Friday 8:00 a.m. - 8:00 p.m.

Saturday 8:00 a.m. - 5:00 p.m.

CREDIT CARDS ACCEPTED!

* A.S.L. INTERPRETER



**CLEAR BAGS REQUIRED
SEE INSIDE FOR MORE INFORMATION**

FOUNDERS' DAY IS A SERVICE OF THE AKRON AREA INTERGROUP COUNCIL OF A.A.

Name badges & ribbons must be worn for admittance to all meetings — NO EXCEPTIONS!