

The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

Welcoming Newcomers and Aiding AA Groups in Our Community.

March 1999

The Family Business

By: Randy K. | Omaha, Nebraska

My name is Randy and I'm an alcoholic. That never was a real revelation for me since my entire family was made up of alcoholics and martyrs. Drinking was the family business, something we believed in. Sometimes one of us would die for our beliefs. But we knew of no other way.

I grew up in and around Omaha, Nebraska. I lived on a farm for a while where we had some horses and chickens, but most of my childhood was in a small town near Omaha. It was very quaint and very boring; at least it seemed so to me.

I took my first drink when I was six. My grandpa would always leave his beer unattended and I could easily sneak a few drinks. I got drunk the first time I tried the stuff, and I liked it. Instantly I was transformed into something better than I thought I was. The meek little kid became a man. From then on, whenever I could get some, I would drink. I always drank to get drunk. What was the point otherwise?

School was no picnic. The other kids all seemed to have more and better, which enforced my own feelings of inferiority. When I was eleven, I tried marijuana for the first time, and that pushed me up the social ladder a bit. But drinking was my true forte. When I drank--or more accurately, when I got drunk--I was better at everything. I could dance, talk, and sing better. I was the life of the party. But every party had to have booze or I wasn't there.

On my seventeenth birthday, some friends and I had a "kegger"--a keg party--out by the river. It lasted all night. I was never a black-out drinker, but I came close this time. I vaguely remember things I was said to have done. I was told that I was handed a jar of white lightening and guzzled it as if it was water.

The night ended the next day, with me being stopped by a park warden in the swimming hole parking lot. I was in the back seat protecting the keg, and when we stopped, I jumped out and hit the warden square on the jaw. Before that incident we probably just would have been asked to leave the park. Of course I was thrown in jail. This was not the first time and somehow I knew it would not be the last.

Nearly a year later, a friend showed up on our doorstep with a stolen car and a desperate look on his face. He asked me to help him dispose of the car. He also had a fifth of Jack Daniels. His request

would have sounded impossible to any normal human being, but after sharing that bottle, I decided this was the least a buddy could do for another. We headed for the highest peak in town with the intention of dropping the car off, so to speak. When we had the thing halfway off the cliff, it hung up and would go no further. Then we had to try and haul it back up only to attempt again. After three unsuccessful tries, we went a different route. We then decided to take off the plates and leave it at a junkyard.

The next day I suspected the jig was up when I was called to the principal's office and found two police officers waiting there to question me. Facing jail again, I called my friend and persuaded him to confess and turn himself in. Miraculously I escaped untouched from that one.

These incidents went on for years. I was asked to leave a prestigious university for numerous counts of public intoxication. In the U.S. Marine Corps, I lost rank due to an episode, but I eventually was honorably discharged. I considered my drinking to be under control at that time, even though I was in trouble on a monthly basis.

When I returned home, I settled in to a life of ever-increasing dol-drums. I was charged with driving while intoxicated three times before the ripe old age of twenty-eight. In Nebraska, drunks who are caught driving under the influence are subjected to a number of punishments, one of which is to go to Alcoholics Anonymous for a certain length of time. For years this was easy to get around. I would sometimes have a girlfriend sign my card, or I would just pick a name out of the phone book. Guys at the local bar were happy to sign, provided I would buy them a cold beer. Never once in the course of those first three DWIs did I ever see the inside of a meeting room. This made me more arrogant than ever.

I began to commit emotional suicide, cutting myself off from the world by drinking. Every night I went to the bar, usually with the thought of having one or two and then going home, but found myself at one A.M. pounding the bar and demanding a six-pack to go.

Finally I got my fourth DWI. For some reason I thought the car in front of me needed a jumpstart and I proceeded to go around him, head-on into traffic, to help out. This caused someone to call the police and I got a free ride downtown to sleep on a metal bench in a brick room. I remember the slam of the door this time. I realized that things would not be okay if I was to continue living this way. I think this was the last straw.

Court and sentencing seemed different this time. My lawyer sug-

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gested that I at least try AA this time. I was looking at five years in the state penitentiary, and fifteen years' suspension of my driving privileges, so what did I have to lose? I remember sitting in front of the meeting place in my van, which I was not legally allowed to drive, wondering if I should go in. Just then a man appeared at my window and said, "Come on in. If it isn't for you, leave." So I went in.

For some reason the chairman decided to forgo the original plan for the meeting and talk about Step One. As soon as he read the Step, I realized that I had never thought my life was unmanageable. I had always known I was alcoholic, that was the family business, and I did my job well. But I had to think about this unmanageability thing for a few minutes. Someone said that for them, Step One meant that they had no control over how much they would drink. Neither did I. Another said that they couldn't control other people so there was no reason for them to get drunk over it. How true was that? A third person suggested that if we didn't think we were alcoholic, we should try controlled drinking for a while and that would show us. So I did just that for about a week.

The first day was cool. I didn't have a drink, but it was Monday, and I was still hung over. Tuesday I had two at the bar and left at 7:30. I smiled as I walked in my door, thinking I had this thing licked. I didn't drink again until Friday at a party. I was good until the fourth beer, and the next thing I knew it was Saturday. I remember being hit by an old lady and rolling down a hill, but not spilling a drop of my beer. I was back at the same meeting the following day.

I must have gone to twenty-five meetings in fourteen days by the time I saw that I hadn't had a drink in a while. Those first few days were a blur, so I decided that I would make September 3, 1991 my sobriety date. I haven't had a drink since. I won't say it has been smooth sailing from that day on. But I have been granted "a daily reprieve contingent on the maintenance of my spiritual condition." I've talked about the God thing and that simply means to me that there is a power greater than myself working miracles in my life. I know that I couldn't have comprehended any of the things I now know without God's help.

It is a necessity for me to call upon God's help daily to get through. Each morning I ask that he guide me and grant me the willingness to do his will. Without his help I wouldn't get out of bed in the morning. I still have those emotionally suicidal tendencies.

Each night I must thank him for the help he has given me and ask forgiveness for any mistakes that I have made. Then I must ask for the knowledge and willingness to make restitution and amends for those mistakes. That is all I must do for that section of my new life.

Sobriety in AA contains three legacies, recovery being the one I have just described. I am a firm believer in all three of these legacies. You've no doubt heard that we must give it away in order to keep it. That paradox has to do with the other two legacies, service and unity.

After I was sober about six months, I was told that I should get a sponsor. A sponsor is another drunk, with a little humility, who has previously walked the path that you are on now. That person showed me humility by asking me to wash cups and empty ashtrays. And it worked at the time. My current sponsor asks for a little more, that I be a group service representative, or a treasurer, and that I serve on steering committees and the district committee. These things show me the meaning of service and unity.

I now see that there is nothing we can't conquer together with God's help. When I think the world is getting me down, I need only call a friend in the Fellowship and things get just a little bit brighter. Just today I was feeling some minor depression (I tend to feel that way in early September), when my phone rang. I heard my sponsor's voice on the other end asking how things were going. That's true

friendship, when you take time out of your busy day to just ask how someone is doing. Then we expect nothing in return. That's unconditional love.

I hope that I've been able to impart to you some of the joy and warmth I feel about this Fellowship. I also hope that some of my words will ring true for you and help you on your journey.

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October 1991

The Hands of AA

By: Anonymous | Wheeling, West Virginia

I have watched alcoholics' hands for over thirty years. Hands drinking. Newcomers' hands. Sober sponsors' hands. The hands of AA. God's hands.

For fifteen years, my hands had a death grip on the neck of a booze bottle. I never reached the point of having to use a towel around my neck to get a drink up to my mouth without spilling it (I wasn't that bad), but I do remember my first day without a drink in my hand, mimicking Dr. Strangelove, reaching into the cupboard for a nonexistent bottle. "Stop that!" I told my hand, slapping it.

For years, each day began with a drink in hand, then a cigarette and coffee. Each night my hands wrung each other in a prayer to God not to let me die during the night, followed immediately with a futile promise that tomorrow would be different. Then came the regular nightcap and off to my nightmares.

The teaching and newspaper jobs disappeared in boozy firings and resignations after about ten years and I entered my "handout" phase. My hand was always out for a free drink or a loan. Married, with three small children, I ripped off their piggy banks. When my wife left with the children, she took the car too. I trained my thumb to look really sad and persecuted. I thumbed a lot of rides to the nearest bar. As a top reporter and editor, I had met a lot of important people around the Ohio Valley. Now they no longer offered their hands in greeting.

Still, I thought I could "handle" things. When the gas company turned off the heat in the middle of winter, my hands got very cold. Alone in that house, miles from the nearest neighbor, I talked to myself all day long. My hands clenched into fists of rage, my index finger loaded and aimed and pointing to the former bosses, friends, and family who had handed me the pink slips of rejection, the legal papers of divorce, the written (I had no phone) refusals for further loans.

I ended up empty-handed. Spiritually zero. Financially bankrupt. Family and friends missing. Worst of all, just one bottle left for my hands.

That's when Wade showed up. Insurance salesman in a big Cadillac. Just what I needed. Ha! He strode up the lawn, put out this ham of a hand, and said: "Hi, I'm Wade and I understand you have a problem and if you don't want to talk about it, we'll just shake hands and part as friends." He didn't say "alcohol" or "Alcoholics Anonymous" but I intuitively knew exactly what he meant. We shook hands. I'll never forget that touch. I connected with humanity again in that handshake. I connected with God again without knowing it. Spiritual serendipity. The loneliness of the alcoholic begins to fade when two hands connect. I still can't describe that first handshake, but without it, I wouldn't be here today.

Wade took me to my first AA meeting that night where an old political enemy I had blasted in newspaper headlines smiled, shook hands, and said: "It's about time you got here!" Lots of friendly

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strangers shook my hand in welcome that night. It felt like I was running for political office.

As a newcomer, my hands began to recover. After spilling a half dozen cups of coffee my first six months, I understood why the old-timers gave us new people only half a cup. I sat on my hands while nerve endings came alive. I tore Styrofoam cups to shreds and contemplated the pile of pieces that resembled my powerless, unmanageable life. After ninety-two days dry, I decided to take a drink. This additional research on alcoholism lasted for thirty days. At the end of this period, I remember dialing the AA phone number three times before my stupid fingers got it right.

Anyhow, I made it back. An old-timer suggested I shake hands with everyone at the meeting. I still do that. Ever shake hands with one of your resentments? In West Virginia, we have a high percentage of coal miners and military veterans who have lost their hands. Ever shake hands with someone who doesn't have a right hand? These sober days my hands are clean. I write for a living. Some meetings I leave with dirty hands, hands wonderfully dirty with the oil of a recovering mechanic, the mud of a struggling construction worker, with the grime of honest labor.

Three stories stick out. An old man, smelling, bundled in dirty overcoat, scarf, hat over ears, dark glasses, shows up at an AA meeting. Everyone gives him a wide berth, like he's a skunk with the plague. The twisted top of a paper bag (with bottle inside) sticks out of his pocket. The meeting starts. The old man jumps up, pulls off cap and glasses. It's home group member Jack in disguise! He looks around the room and says: "No one shook my hand!" He sits down in silence.

Saturday one o'clock meeting. Across the table from me, a young overweight woman with "love" and "hate" tattooed across her knuckles is at her first AA meeting and is wringing her hands terribly. The chairman, behind those terrible one-way sunglasses, makes a biting remark about druggies and tattoos. Her hands shoot under the table. Her eyes fall and she doesn't look up again. I've never seen her again at an AA meeting. I didn't have a chance to talk to her and apologize for that guy's "sarcasm."

And this last one, a month ago at a clubhouse in Cincinnati after a meeting. Young man, unshaven, dirty, fumbling with a cup of coffee, head bowed, lips perceptibly moving as he talked to himself, totally alone in a jam-packed room of AAs, across the table from me, two chairs down. Crowded, awkward to reach him. I shake hands with the others at the table, extend my hand to him, "Hi!" He doesn't look up. He is the most confused member in the clubhouse. He is hurting the most. He is at the deepest bottom, totally lost in himself, unconnected, alone in the Fellowship. I pray. God, I can't force him to shake hands. I stand, ready to leave. He jumps to his feet, smiles weakly, and shakes my hand. I almost cried on the spot. I realized I needed his hand just as much as he needed mine.

At the end of "How It Works," we read "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible." I'm going to continue watching hands. . . and shaking them.

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July 1981

I Will Always Be an Alcoholic

By: H. B. | La Crosse, Wisconsin

WHEN I WAS about to begin my Fourth Step, my counselor in the treatment center told me to bring him a list of what I thought I was--in order of importance. The first two things on that list were: (1) I

am an alcoholic; (2) I am a woman. I do not recall what else I put down. Whatever the rest of the list contained, it was probably changed in three years--except for those two things, which I will always be. The use of my intelligence, my marital status, my profession, my appearance all may change; but I will always be an alcoholic and a woman in the same degree I am now.

I have objected to the male orientation of AA, but I am sensitive to problems that all alcoholics have in common--problems of self-knowledge and self-image, particularly as they relate to our sobriety. We all need equally to be liberated.

Speaking as a woman, I find the greatest threat to my sobriety is relationships with men. I love 'em, bless 'em. Being a divorcée, I am quite free to pick and choose--or so it would appear. But to solve some problems of adjustment, I need to do some growing up--and I need the help of other women to do that.

When I was married twenty years ago, few of us really thought of ourselves as independent. I was sent to college to find a good man and pick up enough education to take care of myself in an emergency. The university I attended had high academic standards and a "quota"--three men to one woman. Many of those women achieved considerable professional success, in addition to getting married.

A friend recently noted that a remarkable number of those women we knew had become alcoholics. If they were like me, they prided themselves on their intellect, their independence, their ability to compete successfully with men--although few of them went into engineering, law, or medicine. Then, they found their "place in society" by getting married, having babies, and helping to support the family.

For me, that place seemed dull and everyday, and I eventually found that a bottle of sherry went a long way with the ironing. I wanted to be a good wife and had looked forward to that all my life. Fourteen years later, I was a drunk. My home, my husband, my three children were all gone--along with my place in society. I was not very employable, because I had no experience. I had lost whatever identification I had with any family or community. I did get jobs, and I did survive--always looking for a man to take me away from what seemed a demeaning and misplaced existence.

Finally, after several men and several years of on-and-off sobriety, in and out of AA, I confronted the counselor who said: "Who are you?" I realized then that all my life I had consciously worked at being "somebody's something"--though often a rebellious one. I had the attitude that other people were responsible for my identity and my security.

Being responsible is a large part of what being sober is all about--and what we alcoholics keep trying to get around. A woman can get around it longer than a man can. To some extent, we are set up for a cop-out: finding someone to take care of us, someone to follow. We selflessly dedicate ourselves to the daily needs of a family (or maybe an office), because that is what a "good woman" does. I remember crying to myself, "I wish somebody would wash *my* socks, or worry about *my* diet for a change." (Or, later, "Why can't the boss sharpen his own blasted pencils!")

Now, I am firmly attached to AA, have a number of women friends I depend on (particularly when I haven't a man around), and I am happily established as an equal in a male-dominated profession--radio journalism. I am learning to enjoy myself alone, sometimes, and not resent it when somebody tries to get my goat by calling me a "ding-y broad" (though I still wince). I have stayed sober through two disappointing love affairs (which definitely beats my previous record).

I ask myself how I managed that. I know it is not because of my own good sense. Perhaps it is because I am learning to accept the

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facts that I am a person and an alcoholic--and my life will go on with or without any given individual. My first commitment is to myself, and to living my program. To do that, I depend on Sue and Carol and Betty and all those macho guys up at the club who laugh at me like brothers and say I am "a classy broad, if a little too emotional." They all help me accept myself and my immature dependencies, which I am trying to outgrow.

I stay away from alcohol because I can't handle it. My life is sometimes unmanageable where men are concerned, too, but a fling now and then is mighty nice--and I think it's part of being a woman-person. There is a difference in sharing special things with a man. It is important to me to learn to handle such relationships honestly and responsibly--in spite of the risks. So, while nursing my present case of broken heart, I am looking for another chance to practice. I hate to quit--practicing is kind of fun.

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October 1976

Give Me Liberty!

By: B. L. | Manhattan, New York

In AA we demand - But that doesn't give us the right to push others around

AT THE MOMENT when Ebby T. said to Bill W., "Why don't you choose your own conception of God?," our Fourth Tradition began to germinate, it seems to me.

As page 12 of the second and third editions of the book *Alcoholics Anonymous* shows, that question freed Bill almost miraculously from the prison of his old ideas. And I can now use that notion, as expressed in our Fourth Tradition, as my own charter for personal freedom in AA- as long as I behave responsibly.

"Each group should be autonomous except in matters affecting other groups or AA as a whole," the Tradition says.

The idea got to me during my first year in AA, 1945, through the slogan *Live and Let Live*. At that time, I was so hypercritical of everyone that I lived in an almost perpetual state of negative feelings about people. My first AA mentors helped me apply the slogan to my family and to others I was continually finding fault with, including AAs.

Maybe this aspect of our program has more to do with the effectiveness of AA than has been widely recognized. Sitting in judgment on other people--a constant preoccupation of mine while drinking--is a temptation that keeps recurring. God is a heavy role to play, and I've conclusively proved to myself many times that my life becomes unmanageable when I try. In helping to free me from that shortcoming, or defect of character, Tradition Four has proved priceless in my own AA life.

I gingerly tiptoed around the edges of Step Three during my early AA months, not *too* scared of it; after all, it did say, ". . . *God as we understood Him*," Step Four suggested that for my own recovery I pass judgment solely on myself, not on anyone else. Step Eight suggested that I concern myself with the inventory of myself only, not with the inventory of persons I had harmed or who I felt had harmed me.

So, despite the fact that Tradition Four had not yet been spelled out, I think its basic idea of liberty coupled with responsibility was already operating to help me stay sober my first year. As I have since detected other outcroppings of it in many forms within our Fellowship, it seems to slap some new humility into me every time. That is a prime value all the Traditions have in my recovery.

Once, an agnostic member began to object to our group's closing the meeting with the Lord's Prayer. True, he said, the group did not force anyone to pray; but the weight of social pressure pushed everyone heavily in that direction, and since that one particular prayer is identified with one religion, he asked the group to change its custom.

For weeks we discussed it, at times even rationally. Two members, one pro, one anti, wrote GSO about it, each sure GSO or the board of trustees would rule his faction right, the other wrong. Both were irritated when they got GSO's reply--that it was up to the group to decide for itself. (I empathize. I still don't like being told, "Grow up.")

No formal group vote ever occurred, because the objecting friend and some who agreed with him decided to start a new group, with entirely different customs. As a result, for years now there have been two thriving groups where only one existed before--twin fruits of Tradition Four--and I have often been able to get from both precisely the help I needed.

The liberty each of us has to start new groups, experiment with meeting formats, or change our home group provides a resilience in AA that has been important in my sobriety. AA is so flexible, it is hard to fight. Anything we don't like about it, we know we are free to change. We do not need anyone's permission, and no one can declare us wrong or overrule us or read us out. As I and some other "slippers" have learned, we can't resign from AA, because there is nothing to send your resignation to! We can't break AA rules, because there aren't any. How can I take my marbles and run away from a game played without marbles?

The freedom from the necessity of passing judgments on one another has prevented the Fellowship from breaking up in all kinds of disputes. If the General Service Board, GSO, or the Conference constantly refereed arguments among groups or members, it would be tantamount to pronouncing one side or the other wrong. We'd probably keep squabbling until the unhappy losers went away. And this would happen over and over, after every such judgment was passed.

Instead, we are told--sometimes to our exasperation--to decide for ourselves.

Local central offices operate under the same guiding principle, of course. Here in Manhattan, years ago, we formed an intergroup association. For a while, it was a delicate little thing. Its fragile life could easily have been shattered if its steering committee had tried to dictate to groups about officers, or meetings, or whatever. Every resistant group could have simply withdrawn its volunteers and financial support--and poof, no intergroup! Instead, the association decided each group was autonomous, thus avoiding the kind of intra-AA squabble that could have been fatal.

Perhaps this Tradition derived from the ego-inflicted suffering some of our first AAs had to endure after getting sober. Robert Thomsen shows so beautifully in *Bill W.*, his stunning biography of AA's chief architect, that co-founder Bill tried and tried to impose various orthodoxies on AA, only to be frustrated painfully time after time.

One of the delights of growing older can be a lessening of my compelling desire to make everybody else do things right. (For "right," read "my way.") It is liberating to learn repeatedly that I cannot bend AA to fit just my particular shape. The pain of such struggle disappears when I can let other AAs have things their own way. That leaves me more energy that I can devote to my number one problem: me.

The price I must pay for this freedom is a corollary responsibility. I have virtually unlimited independence in AA, as long as I act within the framework of the last part of the Fourth Tradition.

Recently, I decided to stop paying my dues in a political organization. The fee is small, and the club takes very little of my time. I still believe in its purpose and generally approve its methods. So why, I wondered, did I want to resign?

Examining my last few contacts with the society, I realized why I wanted out. I had encountered some members (not all, just some) who seemed to me unpleasant and not entirely trustworthy. (I was better at finding such faults in people when I was drinking, but since sobering up I have certainly not lost all my skill at taking others' inventories!)

I caught myself in time. I was judging the whole outfit by a few of its members. Because I found a few not to my liking, I was condemning the whole group. That reminded me of the last part of our Fourth Tradition: ". . . except in matters affecting other groups or AA as a whole."

Again, I saw that anyone who knows I am an AA member may just as easily judge all of AA by me. If I am found unpleasant and unreliable, someone may easily say, "Those AAs are nasty and dishonest."

Each of us may be the only AA experience some people have. The Fourth Tradition gives me no license to behave in any way that reflects badly on AA.

That's a sobering thought, isn't it? I find that's literally true of all our Traditions, for me.

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October 1965

Finding Faith Again

By: S. A. | Greenville, South Carolina

. . . God as we understand Him

The Grapevine receives a number of manuscripts which go quite deeply into spiritual awakenings, often including religious conversions or reconversions, which individual AA members have experienced. Sometimes these articles contain more about religion than we expect to hear at AA meetings. On the premise that we can be helped in our own questing by hearing from others, we publish the second of a series of articles under this heading, asking readers to remember that publication does not constitute AA or Grapevine editorial endorsement of particular views--The Editors

A FRIEND of mine is a young Christian minister, the rector of a small-town church. He adored his wife and helpmate. They had three charming youngsters, the oldest of which now is five or six years. Another was on the way and the mother had gone to a neighboring city for a routine checkup by her doctor. Suddenly, without any warning, (as happens somewhere every hour of our modern day) a state policeman got in touch with the father to break the news that his wife had been killed outright in a highway motor accident.

The blow was staggering beyond description, and only his faith in God gave him strength to face up to the following weeks and months of loneliness and despair. Weeks after it happened, he recalled for a group of us an incident in which his youngest daughter whom he was readying for bed, looked up and asked "Where's Mommy?" He said that he knew *this was it*. Some kind of acceptable answer had to be forthcoming. So, after a moment, he explained that Mommy had gone to be with Jesus.

The child had been well-trained in religious belief, including the

story of Jesus and His Love, and the explanation was accepted; the child went off to sleep. The story took me back a long lifetime. I had a deeply religious mother; the thought flashed through my mind that once, I, too, would have accepted such an explanation.

I have observed in AA that one doesn't have to be deeply religious in order to attain, and retain, sobriety. Many regard the strength of their AA group as their Higher Power. But I now feel that religious faith, or more willingness to grow spiritually, can be of enormous help. In my own case, it has helped me in many ways. The study of religion itself has opened many new vistas and brought a growing sense of peace.

But when I first arrived in AA, religion had little significance for me. Many years of alcoholic excess and its consequences had taken me far from any religious interest. At one of my early AA meetings, I chanced to meet an interesting man who had been a national figure and noted scholar, until alcoholism had toppled him. I sought his advice. What should I do first? He replied matter-of-factly, "Get down on your knees and pray."

I was startled and I mumbled, "I wouldn't know how to begin."

He smiled and asked, "Do you know the words of the Lord's Prayer?"

"Of course," I replied.

"All right," he said, "begin tonight by reciting those words and continue to recite them every morning and night until boredom makes you begin to improvise a little."

That's exactly how I began and, except for our closing prayer at the end of each AA meeting, I prefer to keep my praying private and personal, first thing in the morning and last thing at night, or whenever the urge comes over me, and I've long since become convinced that when we ask God's help in our own efforts to help ourselves, help comes and problems soon begin to fade.

This is how it seems to have been for me with respect to my effort to return to the practice of my Christian religion. There were three chief stumbling blocks, as I saw it: the difference between the biblical story of creation and the views of modern science; the idea of the Trinity; the almost humanly impossible task of living up to the Commandments. Suffice it to say I have had help over these stumbling blocks through reading: for example, the writings of the theologian Karl Barth. And I recall particularly something that Professor Rachel Henderlite said in her book, *Forgiveness and Hope*: "What God wants of man is that he shall acknowledge himself as a member of the family of God, and only this."

To those of us who become active in Twelfth Step work, it soon becomes apparent that a prospect must become attracted and ask for help, and that any attempt at compulsion meets with little, if any, success. He must be "ready," or as has been said, "so sick and tired of being sick and tired" that he will reach out for AA as a drowning man reaches for anything offering support. Then, and only then, he finds the help that AA offers, after he has admitted his helplessness and surrenders.

It is the writer's opinion that religion must rely upon a similar approach by the soul-weary. They cannot be driven to worship but must practice of their own volition. They rarely worship because they "ought to," but rather because they "want to." Once they truly surrender to God as they understand Him, learning about Him becomes a fascinating and rewarding thing. Until they seek Him out, themselves, little may be accomplished.

That's the way it has been with many; that's the way it has been with me. The first great hurdle may be summed up in the word *acceptance*, as embodied in the first two Steps of the AA program--
1. *We admitted we were powerless over alcohol--that our lives had become unmanageable.*
2. *Came to believe that a Power greater than ourselves could restore us to sanity.*

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Come Join Our Tuesday Nite Impaired Professional AA Meeting



Tuesday nights at 7:00
Holy Trinity Lutheran Church
11709 W. Cleveland Ave., Milwaukee

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!!



Threads of Recovery
presents

**AA History
Through the Lens of the
General Service Conference Advisory Actions
1951 - 2023**

**Francine W.
Palm Desert, CA**



**Merri M.
Des Moines, IA**

Concept 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Fridays, Starting August 9, 2024

8amPT / 10amCT / 11amET / 4pmUK
Mtg. ID: 826-9431-0797
PW: 124145



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)

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.



venmo

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: prviviane28@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.

CONGRATULATIONS : ANDY B.

On August 16, 2024, Andy Barber celebrated 58 years of sobriety. He was born on June 5, 1933 in Cobh, Ireland. He was one of 9 children. Andy worked as a painter, but also built and sold houses. He attends meetings on Tuesday nights at Whitnall Park Lutheran and Thursday nights at Sacred Heart Monastery.

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://us02web.zoom.us/j/6870109941?pwd=YVl4SVQzU3FaSE1rc3dzVmtxdFM4QT09) 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://us02web.zoom.us/j/3217513275), Passcode: [323232](https://us02web.zoom.us/j/3217513275)

34. WAUKESHA CNTY: 1st Tues. of month, 6:30 p, Northwest Area Alano Association, N88W17658 Christman Rd., Menomonee Falls. Join online at: <https://us02web.zoom.us/j/6870109941?pwd=YVl4SVQzU3FaSE1rc3dzVmtxdFM4QT09>

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 2025 Madison Senior Center, 330 W Mifflin St, Madison WI. 9 A.M. to Noon except where noted.](#)
2024 [Area 75 Fall Conference.](#) Fri Nov 1st to Nov 3rd. Chula Vista Resort, Wisconsin Dells
2025 [Winter Service Assembly](#) – January 19 at the [Madison Senior Center Delegates Workshop](#) – March 9, at the [Madison Senior Center Spring Service Assembly](#) – April 6, at the [Madison Senior Center Summer Service Assembly](#) – June 22, at the [Madison Senior Center International Conference](#) – July 3-6, in [Vancouver, B.C., Canada](#)
[Fall Service Assembly](#) – September 14, at the [Madison Senior Center Area 75 Fall Conference](#) – November 7-9, at [Ingleside Hotel, Pewaukee, WI](#)

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 Correction facilities contact: Emily J. at 262-364-7275 or email: mcccoordinator@gmail.com

- TAYCHEDAH 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</p> <p>Mon. 9:00 a. Positive Attitude 6:30 p. Otter Gp 8:00 p. Step/Tradition Study</p> <p>Tue. 1:00 p. 4:00 p. 7:00 p. Life House Beginners</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. 8:00 p. Grapevine Mtng 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) Fri. 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 - Papillion Group.</p> <p>Sunday: (V & IP) 4:00 p.m. - AA - Personal lead & Daily Reflections. Meeting (In-person/ phone/video)</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)</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 a. 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. 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
- **Mon. 7 p.m.** Group 232, Mother of Good Counsel, 6924 W. Lisbon Ave, Milwaukee, WI 53226
- **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. 6:00 p. More About 12&12 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>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</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>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>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: _____



HAPPY BIRTHDAY!

<u>Years</u>	<u>Name</u>	<u>Home Group</u>
14 (10/5/21)	Val S.	Group 51, Sicker Than Most
36 (10/12/15)	John H.	Sun Night Hartford Big Book
40 (10/1984)	Elizabeth N.	
35 (10/31/18)	Dave W.	Brown Deer Monday Night
27 (10/9/1997)	Richard D.	Oak Creek meetings



Congratulations!

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

GRATITUDE GROUP TUESDAY 7:30PM
ST. LUKE'S EPISCOPAL CHURCH 3200 S. HERMAN ST.
BAY VIEW



WE GRATEFULLY NEED YOUR SUPPORT!
COME AND CHECK US OUT

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](https://www.instagram.com/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

25TH ANNUAL

MMAAC

**SAVE
THE
DATE!!**

MAY 30TH - JUNE 1ST 2025

Green Lake Conference Center



*Scan for
MMAAC.org*

W2511 WI-23

Green Lake, WI 54941



Scan for Green Lake Website

Featured Speakers TBD

**** SOMETHING FOR EVERYONE ****

- BBQ Dinner Saturday night
- 24hr Alkathons
- Motorcycle Rodeo with Field Events for Non-Riders
- Organized Motorcycle Runs
- Hospitality Area
- Biking, fishing, boating, swimming, golf,
- volleyball, disc golf, hiking, and more!!
- Souvenirs and Merch

Visit us at www.mmaac.org , for updates on maps, schedules, pre-convention events & other exciting convention information.

HOWEVER DO YOU WANT TO BE?