

DISTRICT 23 NEWSLETTER

Statewide HOTLINE TOLL FREE PHONE NUMBER

1-877-AA-OF-NEB (1-877-226-3632)

April 2018

WE ARE SELF SUPPORTING THROUGH OUR OWN CONTRIBUTIONS

Please put your group # on the check memo line so you receive credit!

District 23

PO Box 27783
Ralston, NE 68127-0783
c/o Kathy G.

Central Office

4901 Dodge St.
Omaha, NE 68132
402-556-1880

Area 41 Treasurer

Nick K.
16758 Arcadia
Omaha, NE 68116

General Service Office

Box 459
Grand Central Station
New York, NY 10163

Open Positions

Mini Workshop

YOURS IN SERVICE

DCM: Warren W.	402-990-8586
Alt. DCM: Cliff V.	402-659-5466
Secretary: Janine J.	402-677-4978
Treasurer: Kathy G.	402-689-7734
Newsletter: Marilyn C.	402-690-0448
Central Office: Kevin M.	
Archives: Craig	
Events: Lori B. and Kyle K.	402-616-0111
CPC/PI: Michele B.	
Institutions/BTG: Jim R	
Grapevine: Greg B.	402-740-3088
Hotline: Judd D.	402-659-0253
Webmaster: Geri S.	
D23NE.org	
Mini-workshop: Available	

MARK YOUR CALENDERS FOR THESE COMMITTEE MEETINGS

INTERGROUP

MONTHLY – 1ST MONDAY
7:00 p.m.

CREIGHTON MEDICAL CENTER
30TH & CUMMING

DISTRICT 23

MONTHLY – 1ST THURSDAY
6:30 p.m. (April 5, 2018)

Trinity Methodist Church & Community Center
8009 Q St Ralston

EVENTS PLANNING COMMITTEE

Sponsorship and Service Workshop Event is May 5.

Planning meetings are:
Sunday April 15 11:30 a.m. Chapter VI
Sunday April 29 11:30 a.m. Chapter VI

HOTLINE ROTATION

June 4-10, 2018

Area 41 2018

April 7-8; July 21-22; October 13-14

Present:

Warren W.	DCM	Judd D	Hotline
Cliff V.	Alt DCM	Tim K	GSR - Sat 8AM
Kathy G.	Treasurer	Bill S.	GSR - Thurs 8:15 Smokeout
Janine J.	Secretary	Jack C.	GSR - 12x12 Sat 12:15
Marilyn C	Newsletter	Matt S.	GSR - Tuesday 8:15 Big Book
Lori B.	Event Chair	Melissa K.	GSR - KISS
Geri S.	Website	John M.	GSR Papio 12x12
Craig J.	Archives	George C	GSR So Happens Its Thursday
Michele B	CPC/PI	Randy F	GSR Rocksolid
Greg B	Grapevine	Mike I	GSR - CandleLight 10;10 p.m.

DCM (Warren W.) Attending West Central Region conference. Good feedback re: website.

Alternate DCM (Cliff V.) Attempting to visit D23 meetings, check in with GSRs and gather contact information.

Treasurer (Kathy G.) Motion to accept February treasurer's report as presented. Seconded & passed.
District Donations can be remitted to: District 23 Treasurer PO Box 27783 Ralston, NE 68127-0783

Secretary (Janine) February meeting minutes were submitted electronically to all members on the contact list on February 1. Requested any updates or corrections by 2/7. 1 correction submitted. Requested that the meeting minutes be published in the newsletter. Motion to accept February, 2018 meeting minutes. Seconded & passed. Please submit reports for the next district meeting to district23aa@gmail.com after your meetings.

Events (Lori B) See attached.

Newsletter (Marilyn C.) Treasurer's report is January not February. Asked for reports to be emailed in Word format. District leadership authorized the phone numbers.

Webmaster (Geri S.) Thanks to Matt for developing and initiate the website. Website address d23ne.org (pending).

Mini Workshop ()

Grapevine ()

Archives (Craig J.) As the website gets more developed, then place a tab for Archives on D23 website. Anyone interested in helping and digging through the past please contact Craig.

Central Office (Kevin M.) No Report

Hotline ()

Hotline week 2018: Mar 26-Apr 1; June 4-10; Aug 13-19; Oct 22-28; Dec 31-Jan 6, 2019
 Link to Hotline schedule: [http://www.omahaaa.org/Post/sections/3/Files/Hotline 2017.pdf](http://www.omahaaa.org/Post/sections/3/Files/Hotline%202017.pdf)

CPC/PI (Michele B) Needs an idea on what literature needs to go where. Will touch base with outgoing D23 CPC/PI.

GSR Reports: New GSR Mike I.

Old Business:

Create a D23 mission statement. A couple of people have submitted some ideas. Email ideas to district23aa@gmail.com for next meeting.

Open service positions:

Grapevine Nominate Greg P. Motion to accept Greg P as District Grapevine Rep. Seconded & passed.
Hotline Nominate Judd Motion to accept Judd as District Hotline Rep. Seconded & passed.

Mini Workshop Chair Kathy O.

New Business:

2018 Budget Motion to table 2018 Budget discussion until April 5 meeting.

Announcements:

Area 41 2018 Meeting Dates: April 7-8; July 21-22; October 13-14

Ramada Columbus Hotel and Conference Center 265 33rd Ave Columbus, NE 68601

Area 41 Treasurer

16758 Arcadia

Omaha, NE 68116

Phone: [402-709-4341](tel:402-709-4341)

Email: nickkissel@gmail.com

Next Meeting: Thursday, April 5, 2018, 6:30 p.m.

Trinity Methodist Church & Community Center 8009 Q St Ralston

**District 23 Treasurers Report
February 2018**

	Check #	Date	Credit (+)	Debit (-)	
Opening Balance					\$1,837.41
Expenses					
Ralston PO	3864	2/28/18		-\$70.00	
(PO Box Annual Rent)					
Trinity United Methodist Church	3865	2/28/18		-\$180.00	
(First 6 months rent)					
Sub Total Expenses					-\$250.00
Donations					
Postive Notes/Sleep Walkers/TGIF groups Ralston (Len Skala)	811	1/31/18	\$59.00		
Group #30 Ralston		2/18/18	\$20.00		
(Keith (Promes)					
Interest checking account 1009605			\$0.18		\$79.18
Ending Balance					\$1,666.59

LIAISON REPORT

TO: MIKE M
FROM: CENTRAL OFFICE STAFF
SUBJECT: CENTRAL OFFICE TELEPHONE CALLS & VISITORS REPORT
DATE: 22 FEBRUARY 2018

Telephone calls and visitors to the Office and website for the period beginning 22 January 2018 through 21 February 2018.

Call/Visitor breakdown:

1. Office 12 Step Calls	0
2. Calls for A.A. Meetings	34
3. Calls for Al-Anon/Al-Alateen Meetings	2
4. Calls for A.A. Information	78
5. Calls for other programs	3
6. Visitors to the Office	295
7. Visitors to the Website	14015
8. Calls Taken by Answering Service	108
Total Contacts:	14,535
Total Contacts Year-To-Date (2018):	28,380

Book of the Month for March is Living Sober, on sale for \$1 off at \$6.75, which is \$7.22 with tax. Also in case you missed it, the Service Manual is still on sale for \$1 off at \$4.75, which is \$5.08 with tax.

On the website, 5,283 users made 14,015 visits producing 36,628 pageviews. 61.7% were new visitors, 38.3% returning visitors. 69.73% of the visitors used mobile devices, 26.49% desktops, 3.78% tablets.

Website usage numbers are from Google Analytics which does filter for traffic such as spiders and bots.

THANKS TO ALL FOR THE SUPPORT FROM THE GROUPS AND INDIVIDUALS!
Central Office Staff

UPCOMING WORKSHOP – MARK YOUR CALENDARS

The District 23's Spring Sponsorship and Service Workshop will be held on Saturday May 5 at the Trinity United Methodist Church in Ralston. Set-up and food preparation will be on Friday May 4 at 6:00 pm at the church.

The event planning meetings will be on Sundays at 11:30 a.m. at Chapter VI. The remaining event planning meetings are on April 15 and April 29.

REPRINTED FROM THE OCTOBER 2013 DISTRICT 23 NEWSLETTER

When I was asked to write an article about what AA means to me, I was flooded with ideas. When I was drinking I had no idea what Alcoholics Anonymous was or what it was about or what it did or anything. Somewhere along the way I thought that alcoholics were dirty old men in trench coats with a brown paper sack wrapped around a bottle of booze.

When I lived in Seattle there was a tour of the old underground Seattle before a fire burned it down in 1889. The area was historic Pioneer Square. At the end of the tour the group ended up in a bar where the entertainment was a fellow from skid row who sang a couple of vaudeville songs and got a bottle of whiskey for payment. Everyone laughed at him and I guess I did at first, too. But then I thought that someone must surely love this man. Or at least had at one point. I didn't laugh at him for the rest of his 'show'. His clothes were dirty, his hair unkempt and there were stains down the front of his pants which were probably a mixture of food, booze, urine and who knows what else. That was my image of an alcoholic. I was very young at the time and knew nothing else. My 'real' drinking hadn't even started yet.

My drinking took off with a vengeance in my mid to late twenties and I was off and running. In my early thirties I found myself in treatment. Twice. The second time I really paid attention. I had a job, a house and two kids waiting for me when I got out of treatment. They were almost all gone right before I went to treatment, though. The counselors had been telling the other people in treatment that they had to go to a half way house when they got out. I was scared to death they'd tell me that. When they were releasing me I asked my counselor why I wasn't told I needed to go to a half way house and he said it was because I had a job, a house and two kids waiting for me when I got out of treatment. And I was anxious to get to AA.

I still wasn't too sure what to expect but I was greeted warmly and introduced to a lot of people who were laughing and having a good time. I heard parts of my story over and over again in these rooms. I went to the meeting after the meeting and had coffee. I learned about service work and got a sponsor. When I started coming to Chapter VI I loved it! It was close to my house and I started meeting a lot of really, and I mean really, great AA women. Many of whom I am still friends with today.

AA saved my life. If I had kept drinking the way I had been drinking near the end, I'd be dead. Or I would have ended up in prison for killing someone with my car while I was drunk. That is the tape I play whenever a drink starts to look attractive, which isn't very often, thanks to my Higher Power who I choose to call "God".

AA has been my teacher. AA taught me to be a lady, to be a friend, to be a wife, a mother and a daughter. It has taught me to be a sponsor and to be sponsored. It has taught me through others that when bad things happen I don't have to take a drink, which used to be the only answer! AA has taught me to get out of self. To be of service to others when I can.

AA means everything to me. Without it I'd soon be off the deep end again. My life as I know it today would cease to exist. Today I can hold my head up high and be really grateful for all the program has given me. I guess I stuck around until the miracle happened. If you are new, please stick around until *your* miracle happens.
Marilyn C.

NEW NEW NEW NEW NEW NEW NEW NEW

DISTRICT 23 WEBPAGE

District 23 has a webpage! D23NE.ORG. It is still a work in progress but please take a minute to visit the page

If you would like to submit an article to the newsletter, please send it to Marilyn C. at mjcbellevue@gmail.com



Anonymity in the Digital Age and Safeguarding the Traditions

We live in a very fast paced world filled with seeking instant gratification. Everything is immediate. Text messaging. Facebook. Instagram. Twitter. Instant Messaging. I have noticed an increase in AA members openly sharing about their sobriety, especially on Facebook. I see pictures of AA chips and people even mentioning their sobriety dates. Sometimes it seems like it is a cryptic message that only we in AA might easily recognize, (“Thanks to my Higher Power I was able to turn my life around X number of years ago”) followed by many ‘likes’ and comments from FB friends. I personally don’t click ‘like’ on these entries but may take a moment to privately message the person with a memory of how I first met them in our meetings and a word of congratulations. This had me concerned enough about protecting anonymity that I spoke to my sponsor about it. She recommended the pamphlet “Understanding Anonymity”. Here are some excerpts.

The excerpts from Understanding Anonymity, pages 9-10 are reprinted with permission of A.A. World Services, Inc.

Anonymity in the Digital Age

Q. *I maintain an Internet website and a personal page on a social media site. I also belong to an online meeting. At what level should I protect my anonymity on the Internet?*

A. *Publicly accessible aspects of the Internet such as websites featuring text, graphics, audio and video can be considered the same as publishing or broadcasting. Unless password-protected, a website requires the same safeguards that we use at the level of press, radio and film. Simply put, this means that A.A.s do not identify themselves as A.A. members using their full names and/or full-face photos.*

Q. *Should I be concerned about the anonymity of others who view my sites?*

A. *When we use digital media, we are responsible for our own anonymity and that of others. When we post, text, or blog, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.*

For more information on anonymity online see the A.A. Guideline on the Internet at www.aa.org, and the October 2010 issue of AA Grapevine on Preserving Anonymity in a Networked World

HEARD AT MEETINGS

There are only 2 cures for hangovers. Don't start or don't stop.
If we look all around us for God we will find Him beside us.
If they aren't ready you can't say the right thing. If they are, you can't say the wrong thing.
The Keys to the Kingdom are the daily disciplines.
I've given up the hope of a better past.
The best way to raise self-esteem is to do estimable things.
I got hope and it turned into faith.
Don't tell God how big your storm is; tell your storm how big your God is.
You don't ever get to do your touchdown dance here. Sometimes you run the field and other times you get sacked.
Today I don't have to burn the house down. I can call my sponsor before I light the match.
My past isn't going to kill me; my future might.

Rent-A-Sponsor

Are you tired of being told like it is?
Do you believe that rigorous honesty is overrated?
Are you interested in taking the elevator instead of the steps?
Have you determined that you are terminally unique?
Would you rather try the easier, softer way?
Do you find old timers boring?
Do you think the Big Book is 164 pages too long?

Then Our Rent-A-Sponsor Service is perfect for you
No Reading! No Writing! No Deadlines!
No effort whatsoever is required!
And we can absolutely guarantee you will **NOT** stay sober! (or your money back)

SOME OF OUR STANDARD FEATURES INCLUDE:

- *Listening to your problems without providing you with solutions!
- *Allowing you to blame others for all your problems!
- *Teaching you all the AA lingo so you can impress other newcomers!
- *Allowing you to decide if and when you want to work the steps!
- *Staying sober is all the amends you need to make!
- *Why "walk the walk" when you can just "talk the talk?"
- *The only resentment you really need to worry about is the resentment you have against yourself!
- *Why save your ass at the cost of losing your face?
- *Learn the secret of giving it away without actually "getting it."
- *We also have expert sponsors for those who would like the special "relapse" program. Note: the cost of this program is based on the number of relapses you would like to have.

AND NOW FOR A LIMITED TIME YOU CAN PURCHASE OUR FOURTH STEP INVENTORY SERVICE FOR A
SMALL FEE!

We are experts at understanding alcoholics, their uniqueness, and all the things they aren't willing to deal with. Leave your fourth step inventory in our hands and you will be extremely pleased with the results. For further information, please call 1-555-SPONSOR.

If you are interested in references, we have clients in rehabs, asylums, jails, and graveyards. In addition, we have some clients living on skid row. We would be more than willing to hook you up with one of them.

April The Fourth Month.

Step 4. Made a searching and fearless moral inventory of ourselves.

How instincts can exceed their proper function. Step four is an effort to discover our liabilities. Basic problem of extreme and instinctive drives. Misguided moral inventory can result in guilt, grandiosity, or blaming others. Assets can be noted with liabilities. Self-justification is dangerous. Willingness to take inventory can bring light and new confidence. Step four is beginning of lifetime practice. Common symptoms of the emotional insecurity are worry, anger, self-pity, and depression, inventory reviews relationships. Importance of thoroughness.

Reprinted from The Twelve Steps AND Twelve Traditions page 6

ANNUAL SPONSORSHIP AND SERVICE WORKSHOP



FREE DISTRICT 23 EVENT

When: Saturday, May 5, 2018 9:15a—1:00p

Where: Trinity Ralston United Methodist Church
8009 Q St, Ralston , NE

9:15-9:45	REGISTRATION
9:45-10:00	WELCOME
10:00-10:45	SPONSORSHIP
10:45-11:00	BREAK
11:00-11:45	LUNCHEON
11:45-12:30	SERVICE
12:30-1:00	RAFFLE AND CLOSING REMARKS



FREE LUNCH

****ARCHIVES, GRAPEVINE LITERATURE WILL BE ON DISPLAY***

Workshop Contact: Lori B. – District 23 Events Coordinator; c: 402-616-0111

D23 DCM Warren W c: 402-990-8586 wwhitted@icloud.com