

# DISTRICT 23 NEWSLETTER

Statewide HOTLINE TOLL FREE PHONE NUMBER  
1-877-AA-OF-NEB (1-877-226-3632)

## August 2018

**WE ARE SELF SUPPORTING THROUGH OUR OWN CONTRIBUTIONS**  
Please put your group # on the check memo line so you receive credit!

District 23	Central Office	Area 41 Treasurer	General Service Office
PO Box 27783 Ralston, NE 68127-0783 c/o Kathy G.	4901 Dodge St. Omaha, NE 68132 402-556-1880	Nick K. 16758 Arcadia Omaha, NE 68116	Box 459 Grand Central Station New York, NY 10163

**Open Positions:**

**None**

**Thank you all for serving**

### 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: Julie F.	402-651-3276
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: Kathy O'K.	402-709-7518

MARK YOUR CALENDARS FOR  
THESE COMMITTEE MEETINGS

### INTERGROUP

MONTHLY – 1<sup>ST</sup> MONDAY

7:00 p.m.

Beautiful Savior Lutheran Church  
3314 So. 44<sup>th</sup> Ave  
Parking on west side of building

### DISTRICT 23

MONTHLY – 1<sup>ST</sup> THURSDAY  
August 2, 2018 6:30PM

Trinity Methodist Church & Community Center  
8009 Q St Ralston

### EVENTS PLANNING COMMITTEE

### MINI WORKSHOP

None in August

NEXT IS SEPTEMBER 16 1-3 PM  
Topic and speakers TBA

### HOTLINE ROTATION

Aug 6-12

October 15-21

### Area 41 2018

October 13-14

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

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# LIAISON REPORT

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

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Telephone calls and visitors to the Office and website for the period beginning 22 May 2018 through 21 June 2018.  
Call/Visitor breakdown:

1. Office 12 Step Calls	<u>1</u>
2. Calls for A.A. Meetings	<u>29</u>
3. Calls for Al-Anon/Al-Alateen Meetings	<u>0</u>
4. Calls for A.A. Information	<u>77</u>
5. Calls for other programs	<u>1</u>
6. Visitors to the Office	<u>282</u>
7. Visitors to the Website	<u>12944</u>
8. Calls Taken by Answering Service	<u>90</u>
Total Contacts:	<b>13,424</b>
Total Contacts Year-To-Date (2018):	<b><u>83,589</u></b>

Book of the Month for July is Daily Reflections. Start the second half of the year off right with an extra discount of \$1.25 off, for \$12.00, which is \$12.84 with tax. Large print likewise at \$12.70, which is \$13.59.

On the website, 5,238 users made 12,944 visits producing 32,842 page views. 60.5% were new visitors, 39.5% returning visitors. 74.29% of the visitors used mobile devices, 21.41% desktops, 4.29% tablets.

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

Central Office now carries the abridged Big Book and the 12x12 in ASL on DVD. These are also available on CD, and the office also now carries AA Comes of Age and Living Sober on CD as well. These are AA World Services products.

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

## **WANTED**

*Newsletter Articles or questions for the "As Marilyn Sees It" column  
Send to Marilyn C. by the 15<sup>th</sup> of each month  
mjcbellevue@gmail.com*

## August the 8<sup>th</sup> Month

### **Step 8: “Made a list of all persons we had harmed and became willing to make amends to them all.”**

Step 8 is the beginning of making amends, of healing the past with others. From the inventory of Step 4, I have a good starting place for making a list of people that I have harmed. I look over my personal inventory and possibly reflect on my life again. I make a list of the people that I have harmed. I can write down thoughts beside each name about what the appropriate amends might be. I then go through the list and make sure I am willing in my heart to make the amends.

From 12step.org

#### **What Should Be on My List?**

In order to fully voice what you did and how that harmed other people, the list should be more than just a series of names. If you can't put what you did on paper, you are still running from the guilt.

Include:

- Name of the injured person (or organization/institution/group)
- The details of the harm
- How the person responded to the situation
- Your current feelings about what took place
- Your goal in making amends
- The type of amends that would be appropriate

Also, don't forget to add yourself to the list. You have certainly been harmed by your drinking and you deserve to have things made right.

reprinted from <http://alcoholicsanonymous.com/step-8-of-aa/>

### **Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get *some* reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?

### **Concept 8:**

**Short Form:** The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active Services, exercising this through their ability to elect all the directors of these entities.

**Long Form:** The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities. *reprinted with permission AAWS*

## Heard at Meetings

Let go or be dragged.

If you're going to worry, why pray? If you are going to pray, why worry?

Bloom where you are planted.

I can't treat self-will with self-will.

I found a higher power that I didn't know I needed or wanted.

I have a disease that lies to me in my own voice.

My character defects come back and they bring friends.

Alcohol took away my affections.

The steps help me live with myself and the traditions help me live with the world at large.

Humility is the ability to live one's life with no expectation of recognition.

Thank God we are allowed to have a higher power.

Dear God, if there is one, save my soul if I have one.

Busted, disgusted and not to be trusted.

When I don't know what to do, then I should do what I know.

I thought I had to be worthy to be useful. I was useful and became worthy.

You aren't the voices in your head, but you are the idiot that listens to them.

The program will survive an anonymity break, but the individual may not.

I got all my ducks in a row and then I found out they weren't my ducks.

Stay in the mail tent and avoid the sideshow.

## Thought to Ponder

**Don't cry because it's over, smile because it happened.**

## District 23 Meeting Notes

Date: July 5, 2018

### Present:

Warren W.	DCM	Matt S.	GSR - Tuesday 8:15 Big Book
Kathy G.	Treasurer	Lisa S.	GSR - Sunday Free To Be 10 am.
Janine J.	Secretary	Melissa K.	GSR - KISS
Marilyn C	Newsletter	John M.	GSR Papio 12x12
Lori B.	Event Chair	Len S	GSR TGIF Friday
Kathy O.	Mini-workshop	Randy F	GSR Rocksolid
Geri S.	Website	Mike I	GSR - CandleLight 10;10 p.m.
Craig J.	Archives	Renee W	GSR Wed Noonbreak Meeting
Jack C.	GSR - 12x12 Sat 12:15		

**DCM** (Warren W) Greetings District 23,  
I will be attending the Area 41 meeting in Columbus on 7/21 and 7/22. Everyone is welcome if you want to attend. Please contact me with any questions. The Cornhusker Roundup is coming up in August and District 23 is hosting a hospitality room, please consider joining us at the planning meetings. I hope everyone has a safe holiday week, I'd ask you to take a minute to reflect on the many "freedoms" we now enjoy as we trudge this road of sobriety! In Service, Warren

**Alternate DCM** (Cliff V) The first event planning meeting for the Cornhusker Roundup is scheduled for Sunday, July 15th, 12:30 p.m. in the small room at Chapter VI in Ralston. I encourage everyone to get involved. It is a great opportunity to get involved and to fellowship with other alcoholics. We will need people for Transport, signup sheets, setup, greeters, help with food, snacks, desserts, cleanup, and transport back to Ralston.

**Treasurer** (Kathy G) Motion to accept Treasurers report for June 2018 as presented seconded & passed.  
District Donations can be remitted to: District 23 Treasurer PO Box 27783 Ralston, NE 68127-0783

**Secretary** (Janine J) June meeting minutes were submitted electronically to all members on the contact list on June 11. Requested any updates or corrections by 6/15. No corrections were submitted. Requested that the meeting minutes be published in the newsletter. Please submit reports for the next district meeting to [district23aa@gmail.com](mailto:district23aa@gmail.com) after your meetings so they can be added to these notes. Motion to approve June Meeting minutes as presented, seconded & passed.

**Events** (Lori B) District 23 Events Chair Report June 2018

The next event we will be planning is the Cornhusker Roundup Hospitality Room. Cliff V. will be the chair for this event.

We will begin planning for the Feast, Fling & Fellowship in late August. The FF&F will be on Saturday, October 6<sup>th</sup>, with set up on Friday, October 5<sup>th</sup>. Please plan on getting involved in the planning of this event. We will need lots of volunteers to make the FF&F a success.

  
Lori B.  
Events Chair

Thank you for allowing me to serve,

**Newsletter** (Marilyn C) I had 40 copies printed of the July newsletter. Still seeking articles from others in recovery.

**Webmaster** (Geri S.) No report.

Matt – View count is low, 5-15 views/month. It takes 6 hours/month to keep current. Matt requested that we work on letting people know about the website.

**Institutions/Bridging the Gap** (Jim R) Attended the TSCI AA meeting on 6-26 and there was few more inmates at the meeting, was encouraging to have more come. Jim R

**Mini Workshop** (Kathy O) Flyers for mini-workshop available for Sunday July 22 1-3 p.m. Speaker Jessica. Please distribute flyers.

**Grapevine** (Greg B) No report

**Archives** (Craig J) No report

<b>Central Office</b> (Julie F) No report
<b>Hotline</b> (Judd D) No report  Hotline week 2018: Aug 6-12; Oct 15-21; Dec 24-30  Link to Hotline schedule: <a href="http://www.omahaaa.org/Post/sections/3/Files/Hotline%20Schedule%202018%20revised.pdf">http://www.omahaaa.org/Post/sections/3/Files/Hotline%20Schedule%202018%20revised.pdf</a>
<b>CPC/PI</b> (Michele B) No report as CPC/PI did not meet in June due to inclement weather.
<b>GSR Reports</b>
<b>Old Business:</b> Consider changing D23 meeting time from 6:30 p.m. to 6 p.m. Janine J will make a survey to poll the attendees.  Lori B. Cornhusker Roundup will be changing. All the districts will be sharing a combined ballroom and there are not room rentals for this year's hospitality event.
<b>New Business:</b> Warren – getting a \$60 6x2' banner with District 23 with circle & triangle to have for events \$60. Multiuse & reusable. Motion to get a banner, seconded & passed.  Announcements:  Area 41 2018 Meeting Dates: July 21-22; October 13-14 Ramada Columbus Hotel and Conference Center 265 33rd Ave Columbus, NE 68601  Next Meeting: Thursday, August 2, 2018, 6:30 p.m. Trinity Methodist Church & Community Center 8009 Q St Ralston

<b>District 23 Treasurers Report June 2018</b>						
<b>(Approved at the July 5, 2018 meeting)</b>						
	Check #	Date	Credit (+)	Debit (-)	Sub Totals	Balance
<b>Opening Balance</b>						\$1,733.30
<b>Expenses</b>						
Idea Printing- flyers	3874	6/30/18		\$42.80		
Chapter VI-Rent	3875	6/30/18		\$180.00		
<b>Sub Total Expenses</b>					\$(222.80)	\$1,510.50
<b>Donations</b>						
Janine J.			\$20.00			
Interest from District 23 checking acct.			\$0.24			
<b>Sub Total Donations</b>					\$20.24	<b>\$1,530.74</b>

## As Marilyn Sees It

Dear Marilyn,

I have heard about 13<sup>th</sup> step but I don't understand. I have been sober 3 weeks and hear the 12 steps all the time. What is 13? Oh, wait! I'll ask my new boyfriend. He's 4 months sober and knows *everything*. Tallulah.

Dear Tallulah. 13<sup>th</sup> step is not a good thing. That's when people hit on newcomers for reasons other than recovery. It is recommended that we don't get in relationships for an entire year when we first sober up. You might want to re-think the relationship for at least a year.

Dear Marilyn,

Why does it seem like everything in the newsletter is a month late? I thought we are supposed to live in today? Thank you, A Little OCD

Dear A Little OCD,

Good question. At the district meeting the reports are read to the members present and they have to be approved before they can be published. Soooooo, at the July meeting, the minutes from the June meeting and the June treasurer's report are read. Once these are approved they may be printed in the next newsletter. The District 23 meeting is on the First Thursday of each month. That is also when the current newsletter is distributed to everyone present. I think this is a very good question and thanks for reading the newsletter. See me for a prize.

Dear Marilyn,

A member of my home group seems to be breaking a few of the traditions during his weekly shares. It appears to me he resents AA and may be running people off? What should I do?  
Signed, Out of Ideas

Dear Out of Ideas,

Wow! That is too bad that he resents AA. I have found AA to be a lifesaver. Is this person relatively new to AA? Does he have a sponsor? Is that sponsor at meetings where this person shares? I would suggest a couple of things here. Some of the more "seasoned" male members may want to talk to him privately after a meeting and let him know he is breaking traditions. He may not even be aware that he is doing so. How about doing a topic on traditions and how they affect how/what we share at meetings? We certainly don't want people to be 'run off' because of this. I learned the hard way that if we don't confront bad behavior we are giving it permission to continue. I don't know what may have been done already to help this fellow. Your sponsor may have more ideas if she is also at these same meetings. I wish I had a magic wand but I don't. Please let me know how this turns out.

## Another Thought to Ponder

I NEED TO REMIND MYSELF HOW BAD IT WAS SO I DON'T FORGET HOW BAD IT WAS.

## DISTRICT 23 WEBSITE

Did you know that District 23 has a website? It has been advertised as a work in progress and “under construction”. **It is now done, so stop by and let us know how you like it. Please submit any questions, suggestions or comments to [district23aa@gmail.com](mailto:district23aa@gmail.com)**

# D23NE.ORG



Matt can count the number of hits to the website so let's get the count up high!

*Please send any critiques, tips, or ideas to [district23aa@gmail.com](mailto:district23aa@gmail.com)*