

# DISTRICT 23 NEWSLETTER

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

**July 2018**

**WE ARE SELF SUPPORTING THROUGH OUR OWN CONTRIBUTIONS**

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

<b>District 23</b>	<b>Central Office</b>	<b>Area 41 Treasurer</b>	<b>General Service Office</b>
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 (under construction)	
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  
6:30 p.m.  
July 5, 2018

Trinity Methodist Church & Community Center  
8009 Q St Ralston

### EVENTS PLANNING COMMITTEE

#### MINI WORKSHOP

July 22, 2018

#### HOTLINE ROTATION

Aug 6-12

#### **Area 41 2018**

July 21-22; October 13-14  
Ramada Columbus Hotel and Conference  
Center 265 33rd Ave Columbus, NE 68601



**DISTRICT 23 WEBPAGE  
UNDER CONSTRUCTION  
STAY TUNED (but take a peek anyway)**

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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: 31 MAY 2018

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

Call/Visitor breakdown:

1. Office 12 Step Calls 0
  2. Calls for A.A. Meetings 26
  3. Calls for Al-Anon/Al-Alateen Meetings 2
  4. Calls for A.A. Information 60
  5. Calls for other programs 0
  6. Visitors to the Office 255
  7. Visitors to the Website 12531
  8. Calls Taken by Answering Service 107
- Total Contacts: 12,981  
Total Contacts Year-To-Date (2018): 70,165

**Book of the Month** for June is As Bill Sees It, on sale for \$1 off at \$10.95, which is \$11.72 with tax.

On the website, 4,982 users made 12,531 visits producing 31,802 pageviews. 60.2% were new visitors, 39.8% returning visitors. 74.82% of the visitors used mobile devices, 20.93% desktops, 4.25% 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

## July the 7<sup>th</sup> Month

**Step 7:** Humbly asked Him to remove our shortcomings.

Every person has character defects, whether they come in the form of impatience, anger, apathy, criticism or negativity. The recovering alcoholic is not strong enough to eliminate these defects on their own, so they ask their higher power to do so.

**Tradition 7:** Every A.A. group ought to be fully self-supporting, declining outside contributions

**Traditions Checklist** 12 step.com

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

**Concept 7:** The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

Let us prepare for the study of the **seventh concept** of service by examining the talents we are using to be of service in AA, at home and at work.

1. Are we serving to our full capabilities?
2. Have I resisted being accountable to others for my service?
3. Do I improve my service when the group conscience tells me I need to change?
4. If I am lonely and I do not have good relationships, is the group conscience telling me I need to give love rather than seek it?
5. When I am not being of service with my work talents, the group conscience speaks to me by not paying me. If my financial situation presents a problem, what is my attitude and motive in giving service? Do I seek to serve or seek to be rewarded?

Reprinted from [http://1212and12.org/homework/concepts/1212and12\\_concept\\_7.pdf](http://1212and12.org/homework/concepts/1212and12_concept_7.pdf)

*Here's a list I found of possible character defects to consider while doing step work. It's by Lydia at her recovery blog: **Don't Drink and Don't Die** Lydia's Character Defect List ( [visit her site](#) for updated versions of this list)*

- **anger**, hatred
- **anxiety** – Not as a clinical diagnosis, but as a general way of viewing things with an eye toward what is wrong, what might be wrong, what has been wrong or what is going to be wrong. Excessive worry, especially about things I cannot change.
- **arrogance** – Offensive display of superiority or self-importance; overbearing pride.
- **closed mindedness** – Contempt prior to investigation. Disregarding things and ideas just because they are new and unknown. Being unwilling to try things or follow suggestions. Failing to remain teachable. Having a mind firmly unreceptive to new ideas or arguments.
- **dependency, over dependency, co dependency** – Relying on others to provide for us what we ought to provide for ourselves. Feeling we must be in a relationship, or must hold on to others who want to move on. Letting others control us to an extreme due to our fear of being alone, abandoned, or independent.
- **depression, pessimism** – Not as a clinical condition, but as a way to generally see the dark side of things.
- **dishonesty** – Sins of omission and commission. Telling lies, hiding things, telling half truths or pretending something is so that isn't. Withholding important information. Adding untrue details to stories and situations. Stealing, cheating, taking things that aren't ours and that we aren't entitled to.
- **controlling attitude toward people, places and things** – Trying to control others by manipulation, bribery, punishment, withholding things or tricking them into acting as we wish, even when we believe it is in their best interest to do so. Failing to be equal partners with others and to consider their knowledge and opinions.
- **gluttony, greed** – Wanting and taking too much: food, sex, time, money, comfort, leisure, material possessions, attention, security. Acquiring things (material things, relationships, attention) at the expense of others.
- **gossiping** – Speaking or writing about others in a negative manner, especially to get them in trouble or to feel superior to them and bond with someone else against the target of the gossip. When I find myself talking about someone, I must pause and check out why I am mentioning their name.
- **humility**, a lack of humility – Feeling better than and worse than others, and being self centered.
- **impatience** – Being frustrated by waiting, wanting often to be some time in the future, wanting something to change or improve rather than accepting it as it is.
- **intolerance** – Not accepting people or things for who or what they are.
- **inventory taking, being judgmental** – Noticing and listing, out loud or to ourselves, the faults of others.
- **jealousy and envy** – Wanting what others have, feeling we don't have enough or deserve more, wishing we had what others do instead of them. This applies to material possessions like houses, cars, money and such. It also applies to nonmaterial things like relationships, a nice family, children, parents, friends and partners, and fulfilling work relationships. We can envy others their looks and physical appearance, their talents and physical abilities or attributes such as thinness, tallness, sports ability or musical talent.
- **laziness, procrastination, sloth** – Not doing as much as is reasonable for us to do. Putting things off repeatedly. Not carrying our own load as much as we are able. Letting others provide things for us that we ought to get for ourselves.

- **perfectionism** – Expecting or demanding too much from ourselves or others. Treating things that aren't perfect as not good enough. Not recognizing a good try or progress.
- **prejudice** – Pre-judging people based on a group they belong to. Negative feelings about someone based on their religion, race, nationality, age, disability, sexual orientation, accent, politics, economic status, physical characteristics like height, weight, hair style, clothing style, physical fitness.
- **rationalization, minimizing and justifying, self-justification** – Saying and/or believing I had good motives for bad behavior. Saying that I did bad things for good reasons, or that what I did really wasn't that bad.
- **resentment** – The feeling of displeasure or indignation at some act, remark, person, etc., regarded as causing injury or insult.
- **rigidity and fear of change**
- **self centeredness, selfishness** – Spending excessive time thinking about myself. Considering myself first in situations. Not having enough regard for others or thinking about how circumstances hurt or help others. Thinking about what I can get out of situations and people, what's in it for me? Spending too much time considering my appearance, acquiring things for myself, pampering myself, indulging myself.

## Heard at Meetings

It's an 11<sup>th</sup> step issue. It's happened, now it's up to you to deal with it with God's help.

Now. Hear. This.

Can't commit a crime by thinking about it. Can't get sober by thinking about it.

A bad day for the ego is a good day for the soul.

Be where your hands are.

This is a pretty good deal for folks like us.

What I say isn't important but what I hear is.

When you get a good idea, call your sponsor.

Take your mess to your sponsor and your message to the meetings.

Hurt people hurt people.

If I were arrested for being a recovering alcoholic would there be enough evidence to convict me?

Being drunk wasn't fun anymore. It was a necessity.

Don't leave 15 minutes before the miracle happens, but don't leave after, either.

I can turn it over to God, but someone has to sign the papers.

If you wait to go to a meeting when you *need* it, it's too late.

Women in the program have their own "flavor" of crazy.

Happiness is appreciating what you have, not getting what you want.

If God brings you to it, He will bring you through it.

Remember: It's ok to look back but don't stare.

Alcoholic drinking's three stages: impulsive, compulsive, repulsive.

We can no longer be content with just getting by.

I spent a lifetime in hell and it only took me twelve steps to get to heaven.

Would you like to be right or happy?

When I came to recovery I realized that being a child for 28 years nearly killed me

We came to these rooms not because we drank a lot, but because we drank too much.

Serenity is not the absence of conflict, but the ability to cope with it.

Minds are like parachutes. They only function when they are open.

Remember, don't run so fast that your guardian angel can't keep up

The longer I'm sober, the drunker I was.

We don't get hope until we are hopeless.

**District 23 Meeting Notes****Date: June 7, 2018****Present:**

Warren W.	DCM	Greg B	Grapevine
Cliff V.	Alt DCM	Tim K	GSR - Sat 8AM
Janine J.	Secretary	Joel B	GSR - Thurs 8:15 Smokeout
Marilyn C	Newsletter	Jack C.	GSR - 12x12 Sat 12:15
Lori B.	Event Chair	Scott S	GSR - Sunday Morning 10 a.m.
Geri S.	Website	Lisa S.	GSR - Sunday Free To Be 10 am.
Craig J.	Archives	Melissa K.	GSR - KISS
Jim R	Institutions/BTG	John M.	GSR Papio 12x12

**DCM** (Warren W) Thank you to those that participated in 2 events in May. Service and Sponsorship Workshop and Mini Workshop. Workshops were fun, good attendance, and wonderful food. We are starting to get a name in town in putting on really good events. Please attend next mini workshop which will be the 3<sup>rd</sup> Sunday in July. No new news from Area 41. Cliff & I are still trying to visit groups and see what they can add.

**Alternate DCM** (Cliff V) Appreciate support for workshops. Talked to Lori about getting table for Cornhusker Roundup. Planning meetings for Roundup will be July 15 12:30 at Chapter VI, July 29 and August 12. Please come and lend support.

**Treasurer** (Kathy G) Motion to approve Treasurer report as presented with categorization corrections. Seconded and passed.

District Donations can be remitted to: District 23 Treasurer PO Box 27783 Ralston, NE 68127-0783

**Secretary** (Janine J) May meeting minutes were submitted electronically to all members on the contact list on May 3. Requested any updates or corrections by 5/9. 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 meeting minutes, seconded and passed.

**Events** (Lori B) The District 23 Sponsorship and Service Workshop was held on May 5. It was huge success due to all the hard work of the Committee Charis and volunteers. Thank you to the speakers, who did a great job. There were many people from treatment centers who enjoyed the event. The next event we will be planning for is the Cornhusker Roundup hospitality room. Cliff V. is going to take the lead in planning for this. I urge you to become involved in the event planning meetings. It is a great way to get to know people and it is fun. Thanks for allowing me to serve, Lori B.

**Newsletter** (Marilyn C) I had 40 copies printed of the June newsletter. I still would love to see some articles come in. I started a little column "As Marilyn Sees It." Sort of a Hints from Heloise column. I'd like to see some fun questions submitted that I could play with and still carry the message. All articles or questions should be submitted to me at [mjcbelleveue@gmail.com](mailto:mjcbelleveue@gmail.com) by the 15<sup>th</sup> of each month. PLEASE, get your sponsors and sponsees involved. Would really like to see this newsletter take off with lots of input. Any suggestions for improvement are welcome. Any newsletters not picked up tonight will be put at Chapter VI so if you go to meetings in other locations, please take some. Thank you for letting me serve. Marilyn C.

**Webmaster** (Geri S.) Please send enhancements to Matt.

**Institutions/Bridging the Gap** (Jim R) No report.

**Mini Workshop** (Kathy O) We held our first Mini Workshop on May 20, 2018 and I think it was a success. We had 2 dynamite speakers who talked about "How Service has affected their sobriety" and some great food. There were 18 persons in attendance and I'd like to thank everyone for getting the word out. Hopefully I won't forget to put the location on the next flyer. The next Mini Workshop is scheduled for July 22, 2018. The topic and speaker(s) will be on the flyers. Thank you all for letting me serve! In service, Kathleen O'Keefe

**Grapevine** (Greg B) No report.

**Archives** (Craig J) On May 20, 2018, met at Chapter 6 @ 11:30 AM (prior to the mini Workshop event). Conducted site survey of existing material to understand what is currently in place. Began to contemplate plans to organize and to develop plan/procedures to correlate into District 23 Web Site. Have reached out to others with longer term knowledge to assist as project moves forward. Regards, Craig J

**Central Office** (Julie F)

**Hotline** (Judd D)  
Hotline week 2018: Aug 6-12; Oct 15-21; Dec 24-30

**CPC/PI** (Michele B) No Report

**GSR Reports** No report

**Old Business:**

**New Business:**

Consider to change D23 meeting time from 6:30 p.m. to 6 p.m.

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, July 5, 2018, 6:30 p.m.

Trinity Methodist Church & Community Center 8009 Q St Ralston

**WANTED**

*Newsletter Articles or questions for the "As Marilyn Sees It" column*

*Send to Marilyn C.*

*Please submit by the 15<sup>th</sup> of the month.*

*mjcbellevue@gmail.com*

**Thought to Ponder**

It's an 11<sup>th</sup> step issue. It's happened, now it's up to you to deal with it with God's help.

**District 23 Treasurers Report May 2018**  
**(Approved at the June 7, 2018 meeting)**

District 23 Treasurers Report May, 2018						
	Check #	Date	Credit (+)	Debit (-)	Sub Totals	Balance
<b>Opening Balance</b>						\$1,553.43
<b>Expenses</b>						
Lori B (Service & Sponership Workshop)	3872	5/3/18		\$475.00		
Cash (S & SW)		5/3/18		\$50.00		
IDEA Printing (Newsletter)	3873	5/31/18		\$49.22		
<b>Sub Total</b>					\$(574.22)	\$979.21
<b>Donations</b>						
S & SW Raffle			\$209.00			
S & SW Pop			\$69.25			
"You're Welcomed Here", Janet P.		5/2/18	\$200.00			
Refund S & SW, Vince C.		5/11/18	\$148.26			
Friday Night Beginners		5/16/18	\$7.25			
12 X 12; 12:15 Saturday		5/19/18	\$20.00			
Saturday; 8:00 AM, John G		5/22/18	\$100.00			
Interest to Checking Account #1009605		4/30/18	\$0.33			
<b>Sub Total</b>					\$754.09	<b>\$1,733.30</b>

<p style="text-align: center;">July Mini Workshop  Sunday, July 22, 2018  1-3 PM  Chapter VI</p> <p>Speakers and Topic to be determined. Watch for the flyers.</p> <p style="text-align: center;">Free Lunch.  Main course provided.  Please bring a side dish or dessert.</p> <div style="display: flex; justify-content: center; gap: 20px;">   </div>	<p style="text-align: center;"><b>As Marilyn Sees It</b></p> <p>Dear Marilyn,  I have been going to 5 meetings a week for a year. I am now sober for a year! Yipee! Is it okay to drop one or two meetings?  Sincerely, Just Wondering</p> <p>Dear Just Wondering,  Sure. As long as you don't drop the one that's been keeping you sober.</p> <p>Dear Marilyn,  I heard about something called The Grapevine. Is that at meeting where everyone gossips? You know, "I heard it through the Grapevine". Sincerely, Tongue Waggin' Wendy.</p> <p>Dear Tongue Waggin', The Grapevine is our meeting in print. It's a nice little monthly magazine that fits in your purse. You can take it to the park, the doctor's office or anywhere you may find yourself sitting for a while. By the way, have you called your sponsor lately?</p>
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