

DISTRICT 23 NEWSLETTER

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

June 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:

Central Office Liaison

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:	
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.	402-498-9870

MARK YOUR CALENDARS FOR
THESE COMMITTEE MEETINGS

INTERGROUP

MONTHLY – 1ST MONDAY
7:00 p.m.

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

DISTRICT 23

MONTHLY – 1ST THURSDAY
6:30 p.m.
June 7, 2018
July 5, 2017

Trinity Methodist Church & Community Center
8009 Q St Ralston

EVENTS PLANNING COMMITTEE

MINI WORKSHOP

HOTLINE ROTATION

May 28-June 3
Aug 6-12

Area 41 2018
July 21-22; October 13-14

These are from a website called Realistic Recovery, not an AA approved site. Food for thought only.

Circle all that apply.

1 Abusing Others for enjoyment	52 Dishonesty	104 Isolating	147 Reckless
2 Action, failing to take	53 Dishonesty by omission	105 Jealousy	148 Remorseful
3 Aloof	54 Disorganized	106 Judgmental of others	149 Resentment
4 Anger	55 Egotistical	107 Knowing it all	150 Revenge, vengefulness
5 Antagonistic	56 Envious	108 Laziness	151 Rude
6 Anxiety	57 Exaggeration	109 Lechery	152 Sarcastic
7 Anxious, overly	58 Excess	110 Leering, crude toward lewd	153 Secretive
8 Apathetic	59 Faith, lack of faith in God	111 Lifestyle, not accepting your own	154 Seeking attention
9 Apologetic, overly	60 Fanatical	112 Lifestyles, not accepting others'	155 Seeking negative attention
10 Appearances, preoccupied or obsessed with	61 Fantasizing	113 Love and friendship, refusal to accept	156 Self Condemnation
11 Argumentative	62 Favoritism, playing favorites	114 Lustful	157 Self Deprecating humor
12 Arrogance	63 Fearful	115 Lying	158 Self Importance
13 Avarice	64 Filthy-mindedness	116 Making excuses for disease insecure	159 Self Justification
14 Avoiding confrontation	65 Financially dependent on others	117 Making excuses for behaviors	160 Self Pity
15 Beating yourself up	66 Financially insecure	118 Manipulative	161 Self reliance
16 Beauty, obsession or preoccupation with	67 Following through, failing to	119 Measuring self against others	162 Self Seeking
17 Bigotry	68 Frustration	120 Meddling	163 Self, putting self on pedestal
18 Blaming others for disease	69 Gluttony	121 Messy	164 Self-absorbed
19 Blaming self for disease	70 Gossiping	122 Miserliness	165 Self-centeredness
20 Boastful	71 Greed	123 Negative body image	166 Self-hatred
21 Boundaries, not setting	72 Guilt, about sexual fantasies	124 Negative Thinking	167 Self-indulgence
22 Busybody	73 Guilt, excessive feelings of	125 Negatives, focusing on or magnifying	168 Selfishness
23 Cheating	74 Guilt, feeling guilty for things beyond control	126 Neglectful	169 Self-loathing
24 Choosing easy prey, gossip	75 Harsh	127 Opinionated	170 Setting expectation
25 Choosing easy prey, physical	76 Hate	128 Opinions, not respecting others'	171 Sex, hidden
26 Closed-mindedness	77 Hatred of others	129 Overcompensating for projected wrongs	172 Sex, lack of appreciation for
27 Codependence	78 Hatred of self	130 Overcompensating for weaknesses	173 Skeptical
28 Cold-heartedness	79 Health, irresponsibility with or neglect of	131 Perfectionism	174 Sloth
29 Communication, avoiding	80 Help, refusing/not asking for	132 Pessimism	175 Stealing
30 Communication, poor	81 Hopelessness	133 Physical appearance, obsession or preoccupation with	176 Step on others to get to top
31 Companions, seeking corrupt/ lower	82 Ignorance	134 Physical health, neglect of	177 Stewardship of assets, poor
32 Compassion, lack of	83 Ill wishes toward others	135 Playing God	178 Suspicious
33 Competitive, excessively	84 Immodesty	136 Playing God with self	179 Thoughtless
34 Complaining	85 Impatience	137 Positives, not looking at	180 Thrill-seeking
35 Conceit	86 Impulsive purchaser	138 Possessive	181 Uncharitableness
36 Condemning	87 Inadequacy, sense of	139 Preachy	182 Uncleaness
37 Confrontation, avoiding	88 Incompassionate	140 Prejudice	183 Undependable
38 Controlling	89 Inconsiderate	141 Pride, False	184 Undisciplined
39 Controlling Others	90 Indecisive Indecision	142 Pride, Intellectual	185 Unfaithful
40 Cowardice	91 Indifferent	143 Pride, Spiritual	186 Ungrateful
41 Critical	92 Injustice	144 Procrastination	187 Uniqueness, terminal
42 Crude	93 Insecure in your own skin	145 Program, working other's	188 Unreliable
43 Deceptive, deceiving	94 Insecure in sexuality	146 Psychoanalysis of others	189 Untrustworthy
44 Dependency, dependent	95 Insecurity, financial		190 Valuing the opinion of a sick mind
45 Dependent on parents	96 Insensitivity		191 Vengeful
46 Destructive	97 Insincerity		192 Vulgar Immoral Thinking
47 Devious	98 Intolerance		193 Wasteful
48 Different, thinking you are	99 Intolerance of sick people		194 Worry
49 Disease, feeling responsible for/taking credit for	100 Inventory, taking other's		
50 Disease, making excuses for	101 Irresponsibility		
51 Disease, not accepting	102 Irresponsibility, financial		
	103 Irresponsible		





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

AA Slogans and Quote's

- ▯ God=good orderly direction
- ▯ be as enthusiastic about AA as you were about your drinking
- ▯ you received without cost, now give without charge
- ▯ humility is our acceptance of ourselves
- ▯ trying to pray is praying
- ▯ get it ---give it---grow in it
- ▯ faith is not belief without proof but trust without reservation
- ▯ we're responsible for the effort not the outcome
- ▯ this is a selfish program
- ▯ ego=edging God out
- ▯ keep your sobriety first to make it last
- ▯ I drank: too much---too often---too long
- ▯ AA will work if you want it to work
- ▯ minds are like parachutes----they won't work unless they're open
- ▯ what you hear and see here, stays here
- ▯ alcoholism is the only disease that tells you you're all right
- ▯ if you turn it over and don't let go of it, you will be upside down.
- ▯ an AA meeting is where losers get together to talk about their winnings
- ▯ AA is a school in which we are all learners and all teachers
- ▯ God taught us to laugh again but God, please don't let us forget that we once cried
- ▯ serenity is not freedom from the storm but peace amid the storm
- ▯ AA may not solve all your problems but it is willing to share them
- ▯ it isn't the load that weighs us down--it's the way we carry it
- ▯ principles before personalities
- ▯ when you do all the talking you only learn what you already know
- ▯ the 7 t's ---take time to think the thing through
- ▯ there are none too dumb for the AA program but many are too smart
- ▯ we all have another drunk left in us but we don't know if we have another recovery in us
- ▯ to be forgiven we must forgive

WANTED

Newsletter Articles

Send to Marilyn C.

Please submit by the 15th of the month.

[*mjcbellevue@gmail.com*](mailto:mjcbellevue@gmail.com)

LIAISON REPORT

TO: MIKE M.
FROM: CENTRAL OFFICE STAFF
SUBJECT: CENTRAL OFFICE TELEPHONE CALLS & VISITORS REPORT
DATE: 25 APRIL 2018

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

Call/Visitor breakdown:

1. Office 12 Step Calls	<u>1</u>
2. Calls for A.A. Meetings	<u>37</u>
3. Calls for Al-Anon/Al-Alateen Meetings	<u>0</u>
4. Calls for A.A. Information	<u>73</u>
5. Calls for other programs	<u>2</u>
6. Visitors to the Office	<u>290</u>
7. Visitors to the Website	<u>14,613</u>
8. Calls Taken by Answering Service	<u>113</u>
Total Contacts:	15,129
Total Contacts Year-To-Date (2018):	<u>57,184</u>

Book of the Month for May is Living Sober. On sale for \$1 off at \$6.75, which is \$7.22 with tax. On the website, 5,567 users made 14,613 visits producing 36,748 page views. 61% were new visitors, 39% returning visitors. 72.96% of the visitors used mobile devices, 22.12% desktops, 4.92%tablets.

Website usage numbers are from Google Analytics which does filter for traffic such as spiders and bots. Central Office now carries the abridged Bib Book, the 12 and 12, AA Comes of Age and Living Sober in ASL on DVD. These are World Services products.

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

A pessimist sees only the tunnel; an optimist sees the tunnel and the light at the end;
a realist sees the tunnel, the light at the end, and the next tunnel.

June the 6th Month

Step 6: Were entirely ready to have God remove these defects of character.

Tradition 6: An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept 6: On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

Traditions Checklist Copyright © The AA Grapevine, Inc. (Month, Year). Reprinted with permission.

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Tradition Six: *An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.*

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local club for AAs familiar with “Guidelines on Clubs” (which is available free from GSO)?
- Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?
- Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

Heard at Meetings

I’ve always been a loner and a loner is a very lonely person.

God liked the first Alcoholics Anonymous meeting so much that He hasn’t missed one since!

Winners are losers that don’t quit trying.

This is an honest program, not a rude one.

Responsibility – the ability to respond.

Faith without action is like sitting on a dictionary to learn how to spell.

I may not know where I’m going, but I know where I am.

Live life a day at a time, just make sure today is the day.

Quit expecting, start accepting.

Conscience is that sixth sense that comes to my aid when I am doing wrong and am about to get caught.

Helping others is the rent I pay for my room here on earth.

Anger is just one letter away from Danger.

I know I’m in trouble when I start to see another tunnel at the end of my light.

I get what I need. Not what I want.

Present:

Warren W.	DCM	Tim K	GSR - Sat 8AM
Cliff V.	Alt DCM	Joel B	GSR - Thurs 8:15 Smokeout
Kathy G.	Treasurer	Jack C.	GSR - 12x12 Sat 12:15
Janine J.	Secretary	Matt S.	GSR - Tuesday 8:15 Big Book
Marilyn C	Newsletter	Scott S	GSR - Sunday Morning 10 a.m.
Lori B.	Event Chair	Lisa S.	GSR - Sunday Free To Be 10 am.
Kathy O.	Mini-workshop	Melissa K.	GSR - KISS
Craig J.	Archives	John M.	GSR Papio 12x12
Michele B	CPC/PI	Len S	GSR TGIF Friday
Jim R	Institutions/BTG	Randy F	GSR Rocksolid
Judd D	Hotline	Mike I	GSR - CandleLight 10;10 p.m.
		Justin S	GSR - We are Responsible

DCM (Warren W) Greetings District 23! I attended the Area 41 Meeting 4/7 and 4/8 in Columbus. Our newsletters will be here in the next couple of weeks and I will have them at our next meeting. There were a couple of items that I feel are very important to discuss. Long story short, we are now fully sales tax and 501(c) 3 compliant with the State of Nebraska. For a considerable period of time we were not charging sales tax for our literature/grapevine sales and we have now corrected that and paid the past due amount from our prudent reserve. I have a full report from our treasurer if anyone wants to take a look at it.

Looking forward to our Service and Sponsorship Workshop! Thanks for all the work that has been out in.

In Service,
Warren W.

Alternate DCM (Cliff V) Made contact with 1 GSR and got paper work completed to get group registered and members as the primary contact w/ GSO. Please reach out to me if you need help. Having conversations with A41 to determine current meeting roster.

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

Secretary (Janine J) April meeting minutes were submitted electronically to all members on the contact list on April 5. Requested any updates or corrections by 4/11. No corrections were submitted. Requested that the meeting minutes be published in the newsletter. Motion to approve April meeting minutes, seconded and passed. Please submit reports for the next district meeting to district23aa@gmail.com after your meetings so they can be added to these notes.

Events (Lori B) The District 23 Sponsorship and Service Workshop is May 5th. Thank you to the Events Planning Committee for all their hard work. There are some new ideas that will make the Workshop fun, as well as informative. There will be a break until the next event – the Cornhusker Roundup. Please consider helping with this event. Thanks for allowing me to serve, Lori B.

Newsletter (Marilyn C) I had 80 copies of the May Newsletter printed this time. 40 for the Sponsorship and Service Workshop and 40 for distribution at the District meeting and meeting halls. I get a lot of ideas from the Internet on recovery websites and from A.A. literature. With the literature I properly cite the reference per GSO and Grapevine. I am trying to do articles relating to the number of the month. May, 5th step and tradition and concept. June, 6th step, tradition and concept etc. Please consider writing a short article about AA. It can be about recovery, a step or tradition. I am still looking for other people to write articles. Try to get someone you sponsor to write an article. Or your sponsor. Or yourself They can be submitted to me at mjcbelleveue@gmail.com. by the 15th of the month. Thank you for letting me serve. Marilyn C.

Webmaster (Geri S.) Matt Website has been updated and full front page. Has newsletters and meeting minutes in pdf format. Would like input from others on what we could add. What would you like to see on the website? Discussion about adding D23 meeting list. Alt DCM will give updated list to be published. Upcoming events. Email msnell@unomaha.edu.

Institutions/Bridging the Gap (Jim R) There's five more men that have committed to going to institutions. John T. & I attended AA on May 17 at TSCI and the meeting was small but believe we planted a seed of hope. Hope to have a table set up at the Service & Sponsorship Workshop. Jim

Mini Workshop (Kathy O) May 20 1 -3 p.m.; Vince & Tim K will come and speak to talk about service and what it has done for their personal growth. Am hoping that there will be a lot of newcomers in attendance.

Grapevine (Greg B) No report

Archives (Craig J) Archives will be reviewed on 5/20 11:30 a.m. Chapter VI. If you are interested, please come help.

Central Office (Julie F) No report

Hotline (Judd D) CHANGE in HOTLINE WEEK; See below.

Hotline week 2018: May 28-June 3; Aug 6-12; Oct 15-21; Dec 24-30

Link to Hotline schedule: <http://www.omahaaa.org/Post/sections/3/Files/Hotline 2017.pdf>

CPC/PI (Michele B) Last month we participated in the Omaha Health, Wellness, and Fitness Expo at the Baxter Arena 4/7/2018 thru 4/8/2018. I won't have the numbers on how many visitors we had until next meeting. When I was there Sunday we had multiple people stop and ask questions. We also handed out literature along with hotline and Alanon phone numbers. Michele B CPC/PI District 23

GSR Reports No Report

Old Business:

Create a D23 mission statement. No consensus on mission statement or what the purpose of D23 is about. Take a month to think about it. Revisit on May 3, 2018. Table and remove the discussion. Motion do not include a D23 mission statement. Seconded. Passed.

Non-Profit vs profit treatment center question. Should we invite for profit treatment center patients to the events and have it be free? As we are affiliating ourselves with for profit treatment. Motion that D23's position welcome those people who want to attend our D23 events and we don't exclude anyone based on treatment center affiliation, ability to pay and D23 will actively invite in accordance with the 3rd Tradition. Seconded. Passed.

New Business: None

Announcements:

Area 41 2018 Meeting Dates: 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)

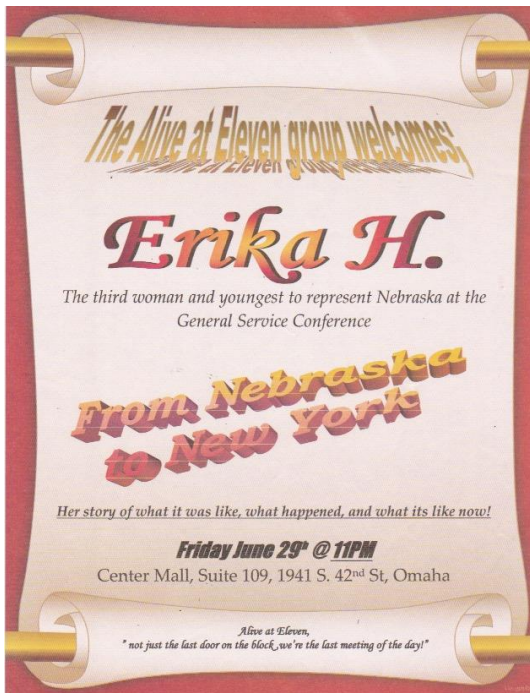
Email: nickkissel@gmail.com

Next Meeting: Thursday, June 7, 2018, 6:30 p.m.

Trinity Methodist Church & Community Center 8009 Q St Ralston

**District 23 Treasurers Report April 2018
(Approved at the May 3, 2018 meeting)**

	Check#	Date	Credit(-)	Debit(-)	
Opening Balance					\$1,486.74
Expenses					
Marilyn C. Newsletters (2 months)	3867	4/5/18		\$39.38	
Warren W. Area 41 Conference	3868	4/5/18		\$291.47	
Vince C. food supplies for Service and Sponsorship workshop	3869	4/15/18		\$300.00	
Vince C. food supplies for Service and Sponsorship workshop	3870	4/15/18		\$150.00	
Terri B. Decorations for Service and Sponsorship workshop	3871	4/29/18		\$139.88	
Subtotal expenses				\$920.73	\$920.73
Donations					
Perfectly Broken Scott B. 2014		4/4/18	\$158.90		
2015			\$136.96		
2016			\$91.58		
2017			\$93.64		
Free To Be Lori G.		4/6/18	\$55.00		
Ralston Noon Break Mtg Beth K.		4/19/18	\$200.00		
Positive Notes/Sleep Walkers Len S.		4/25/18	\$51.00		
John G.		4/25/18	\$200.00		
Interest to checking account #1009605			\$0.34		
Subtotal Donations				\$987.42	\$987.42
Ending Balance					\$1553.43



As Marilyn Sees It

Dear Marilyn,
My sponsor says I should work the steps. All of them. In order. What should I do? Get a new sponsor? Thank you, a Newcomer,

Dear Newcomer,
No, you should not get a new sponsor. Yes, you need to work all the steps and in order. Why do you think they are numbered?

Dear Marilyn,
My sponsor says I don't know as much as I think. I'm 30 days sober. Thank you, an Oldtimer.

Dear Oldtimer, you are not. Keep coming back.