

DISTRICT 23 NEWSLETTER

Statewide HOTLINE TOLL FREE PHONE NUMBER

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

May 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: 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 (under construction) | |
| Mini-workshop: Kathy O'K. | 402-498-9870 |

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. (May 3, 2018)

(June 7, 2018)

Trinity Methodist Church & Community Center
8009 Q St Ralston

EVENTS PLANNING COMMITTEE

**Sponsorship and Service Work
Workshop
May 5, 2018**

HOTLINE ROTATION

June 4-10, 2018

Area 41 2018

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 | Joel B. | 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 | Rashid M. | GSR Sunday Breakfast Mtg |
| Kathy O'K. | Mini Workshop | Scott S. | GSR - Sunday Morning 10 a.m. |
| Geri S. | Website | Lisa S. | GSR - Sunday Free To Be 10 am. |
| Craig J. | Archives | George C | GSR So Happens Its Thursday |
| Michele B | CPC/PI | Len S | GSR TGIF Friday |
| Greg B | Grapevine | Randy F | GSR Rocksolid |
| | | Mike I | GSR - CandleLight 10;10 p.m. |

DCM (Warren W.) -Thank you to everyone who has been spreading the word about our new website. I have had some very positive feedback!

- The S+S Workshop is coming up and thanks to Lori B. and her committee for all the planning they are doing. I would ask all District 23 committee members, Chairpersons, and GSRs to attend if possible. We need to continue to spread the word about what we do and attendance at our events is imperative.

- I will be attending the Area 41 meeting this weekend (4/7-4/8) in Columbus, please let me know if you have any issues/comments you want me to bring to the group.

In Service,
Warren W.

Alternate DCM (Cliff V.) D23 meeting lists and trying to determine which meetings are active. Getting names of contacts. Wants to emphasize attendance to SS Workshop and actively ask that everyone attend. Getting a hold of treatment centers to get the newcomers. Opportunity to share with the newcomers. Need contact info for treatment centers and Oxford houses. Have a list that have been contacted and if you know of another center.

Treasurer (Kathy G.) Noticed that donations are decreasing. As of today down by \$200. Can we speak about treasurer's role within the group at the SS Workshop? Some ideas: Putting a box in Chapter VI for donations to district 23. Group visitations by DCM & Alt DCM could an envelope be taken to the group? Thank you notes. March Treasurer's Report was submitted for approval. Motion to accept, seconded and passed.

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

Secretary (Janine) March meeting minutes were submitted electronically to all members on the contact list on March 1. Requested any updates or corrections by 3/7. Requested that the meeting minutes be published in the newsletter. Motion to approve March 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 Sponsorship and Service Workshop is Saturday, May 5th. There are some new ideas for the Workshop which will make it informative and fun at the same time. Planning is underway, but there is still time to get involved. The next event's planning meeting is April 15th at 11:30 am at Chapter VI. On Friday May 4th at 6:00 pm at the church, we will set up and prepare the food. Please join us. The Workshop is a great way to meet people and feel a part of. Hope to see you there.

Thank you for allowing me to serve, Lori B.

Newsletter (Marilyn C.) In March I printed 30 copies of the newsletter and people told me they were out before they could pick one up. For April I printed 40 copies and I'll see how that is. I attended the planning meeting for the upcoming Sponsorship and Service Workshop and they requested 40 copies for the workshop. That will be just a few days after the next District meeting so that will work out well. Thank you for letting me serve. Marilyn C.

Webmaster (Geri S.) Visit the new website d23ne.org. Main tab is the newsletter plus a tab for archives. Calendar of events, where to send donations.

Mini Workshop (Kathy O) Excited to do the mini workshops again. Do every other month and build participation. Would like to have 3rd or 4th Sunday of May. This is a preliminary plan.

Grapevine (Greg B.) Will have a table at the SS Workshop.

Archives (Craig J.) Will have archives at SS Workshop.

Institutions/Bridging the Gap (Jim R) I went to TSCI (Tecumseh State Correctional Institution) on Tuesday 4/3 to attend the 6PM AA meeting and met Amber Gigstad the Volunteer Coordinator. She informed me the attendance for AA is way down, 35-40 men, only meeting twice a month and the inmates have found a way to produce more "hooch" and even manufacture synthetic meth. When I was going there from 2008-2012 they were meeting every Tuesday with 85-90 men attending. I would like to get some more men to go with me, if possible, two or three more. If there is any men interested it can be a one-time visit or on a regular basis, every other Tuesday at 6:00PM. The travel time is an 1:10 each way and they allow the meeting to go up to 1:30. Anyone willing to go needs to fill out the required form for a background check and contact me to get connected. Also, if anyone has AA books/literature they want to donate I'll take it with me.

Jim R
402-669-0290

Central Office (Kevin M.) No report. Would like to resign from the position due to work conflict.

Hotline (Judd) No report.

Hotline week 2018: 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) CPC/PI this month had helped staff the AA booth at the NE Academy of Family Physicians Meeting at UNMC 03/20/2018, area was also involved. I went to the Papillion Library and spoke to Mary, she provided me information on a wall they can put up holders for AA literature, I checked on Ralston libraries rack, it only needs a few items and there are donated Grapevines there as well. I am still working on getting newcomer packets for Midlands Hospital's ER. My next project is talking to local law enforcement to get in touch with public defenders and/or local attorneys to provide literature for clients that might need it.

Michele Blake, CPC/PI District 23

GSR Reports: No reports

Old Business:

2018 Budget Motion to table 2018 Budget discussion until April 5 meeting. Motion to approve the 2018 Budget as was distributed by the Treasurer, seconded and passed.

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.

New Business:

Non-Profit vs. profit treatment center question.

Date for mini workshop May 20 1-3p.m.

Introduction for the Website

Chapter VI donation box? No

Motion to not publish the website until it is updated. Motion rescinded as it is already published in the newsletter.

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, May 3, 2018, 6:30 p.m.
 Trinity Methodist Church & Community Center 8009 Q St Ralston

**District 23 Treasurers Report March 2018
 (Approved at the April 5, 2018 meeting)**

| | Check# | Date | Credit(-) | Debit(-) | |
|--|--------|---------|-----------|------------|-------------------|
| Opening Balance | | | | | \$1,666.59 |
| Expenses | | | | | |
| Chapter VI | 3866 | 3/31/18 | | (\$180.00) | |
| Subtotal expenses | | | | | -\$180.00 |
| Donations | | | | | |
| Interest to checking account #1009605 | | | \$0.15 | | |
| Subtotal Donations | | | | | \$0.15 |
| Ending Balance | | | | | \$1,486.74 |



**DISTRICT 23 WEBPAGE
 UNDER CONSTRUCTION
 STAY TUNED**

Heard at Meetings

The only right amount of alcohol for me to drink is none.
 Newcomers should pick anything as a higher power as long as it's not themselves.
 If you have happiness in your heart, notify your face. If you don't, call your sponsor.
 People who think they know it all are aggravating to those of us who do.
 Learn to listen. Listen to learn.
 Alcoholics Anonymous shows me the path. I must walk it.
 About the time I think I have the world on a string, someone shows up with a pair of scissors.
 I could see the writing on the wall, I just didn't read it.

LIAISON REPORT

TO: MIKE M.
FROM: CENTRAL OFFICE STAFF
SUBJECT: CENTRAL OFFICE TELEPHONE CALLS & VISITORS REPORT
DATE: 23 MARCH 2018

Telephone calls and visitors to the Office and website for the period beginning 22 February 2018 through 23 March 2018.

Call/Visitor breakdown:

| | |
|--|----------------------|
| 1. Office 12 Step Calls | <u>0</u> |
| 2. Calls for A.A. Meetings | <u>34</u> |
| 3. Calls for Al-Anon/Al-Alateen Meetings | <u>0</u> |
| 4. Calls for A.A. Information | <u>80</u> |
| 5. Calls for other programs | <u>1</u> |
| 6. Visitors to the Office | <u>259</u> |
| 7. Visitors to the Website | <u>13207</u> |
| 8. Calls Taken by Answering Service | <u>94</u> |
| Total Contacts: | 13,675 |
| Total Contacts Year-To-Date (2018): | <u>28,380</u> |

Book of the Month for April is A.A. in Prison, on sale for \$1 off at \$4.20, which is \$4.49 with tax.


On the website, 5,299 users made 13,207 visits producing 33,582 page views. 60.9% were new visitors, 30.1% returning visitors. 73.52% of the visitors used mobile devices, 22.39% desktops, 4.09% 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*

WANTED

*Newsletter Articles
Send to Marilyn C.
mjcbellevue@gmail.com*

| | |
|--|---|
|  <p style="text-align: center;">The First 5 Steps</p> | <p style="text-align: center;">May the 5th Month</p> <p style="text-align: center;">Step 5 “Admitted to ourselves, God and another human being the exact nature of our wrongs”</p> <p style="text-align: center;">Tradition 5 Each group has but one primary purpose- to carry its message to the alcoholic who still suffers.</p> <p style="text-align: center;">Concept 5 Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.</p> |
|--|---|

What is sponsorship?

Alcoholics Anonymous began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: “You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!”

He found Dr. Bob, who had been trying desperately and unsuccessfully to stop drinking, and out of their common need A.A. was born. The word “sponsor” was not used then; the Twelve Steps had not been written; but Bill carried the message to Dr. Bob, who in turn safeguarded his own sobriety by sponsoring countless other alcoholics. Through sharing, both of our co-founders discovered, their own sober lives could be enriched beyond measure.

What does A.A. mean by sponsorship? To join some organizations, you must have a sponsor — a person who vouches for you, presents you as being suitable for membership. This is definitely not the case with A.A. Anyone who has a desire to stop drinking is welcome to join us!

In A.A., sponsor and sponsored meet as equals, just as Bill and Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A. When we first begin to attend A.A. meetings, we may feel confused and sick and apprehensive. Although people at meetings respond to our questions willingly, that alone isn’t enough. Many other questions occur to us between meetings; we find that we need constant, close support as we begin learning how to “live sober.”

So we select an A.A. member with whom we can feel comfortable, someone with whom we can talk freely and confidentially, and we ask that person to be our sponsor.

Whether you are a newcomer who is hesitant about “bothering” anyone, or a member who has been around for some time trying to go it alone, sponsorship is yours for the asking. We urge you: *Do not delay*. Alcoholics recovered in A.A. want to share what they have learned with other alcoholics. We know from experience that our own sobriety is greatly strengthened when we give it away!

Sponsorship can also mean the responsibility *the group as a whole* has for helping the newcomer. Today, more and more alcoholics arriving at their first A.A. meeting have had no prior contact with A.A. They have not telephoned a local A.A. intergroup or central office; no member has made a “Twelfth Step call” on them. So, especially for such newcomers, groups are recognizing the need to provide some form of sponsorship help. In many successful groups, sponsorship is one of the most important planned activities of the members.

Sponsorship responsibility is unwritten and informal, but it is a basic part of the A.A. approach to recovery from alcoholism through the Twelve Steps. Sponsorship can be a long- term relationship.

The excerpts from Questions and Answers on Sponsorship, pages 7-8 are reprinted with permission of A.A. World Services, Inc.

What is Service Work in AA?

If you are among the millions of those in recovery who regularly attend 12-step Alcoholics Anonymous (A.A.) meetings, you already know that the Twelfth Step work involves sharing the A.A. message with other alcoholics – and that such an endeavor can help keep you sober.

But there's a lot of confusion over how you get to the point of sharing the message – without coming across as an evangelist or pushing an agenda on someone. Just what does it mean to be of service to others in recovery, and how do you do it? Here are some answers.

Words from Bill W.

Why not go right to the source to find out what A.A. means about service? In *A.A.'s Legacy of Service*, Bill W. states it quite succinctly: "Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; this is our principle aim and the main reason for our existence." Bill W. goes on to say that is more than just a set of principles. ***Rather, it is a society of alcoholics in action.***

Being Ready to Help – Anytime, Anywhere

The simplest explanation of what it means to be of service to others in recovery is that you're ready to help someone in recovery who's in need — anytime and anywhere.

Maybe that's being on the other end of the line when your friend (or 12-step group acquaintance) calls you crying and begging for help. You don't have to be his or her sponsor to lend your support. Just the fact that you take the time to listen to the person's concerns is often enough to get them over the immediate issue. Maybe their sponsor wasn't available and the individual thought to call you because you hit it off together at various meetings or somehow seemed to share a similar background.

It could be offering to pick up and take a newcomer to a meeting or buying the person a cup of coffee during a time of need.

So, one-on-one help is an important part of being in service to others in recovery. But it's not the only way you can help accomplish the work of Step Twelve.

Become Active in Your Local Group

A.A. isn't governed like an organization, but it does rely on the combined expertise and volunteerism of individuals in local groups, the local intergroup or central office, institution committees, and general service.

Remember back to when you first started going to meetings, how confused and a little afraid you were? What you were really afraid of was what you didn't know – how A.A. worked and what was expected of you. Then, someone came forward and invited you in and suddenly this meeting place didn't seem quite so intimidating after all.

Part of helping out in your local A.A. meeting is as easy as greeting newcomers and helping to put them at ease with a smile, a hearty handshake, and a few gentle words of welcome.

Becoming active in your local group could also involve volunteering to set out the chairs, ensure the coffee is brewed and hot, that the cups are all arranged. By the same token, after the meeting is over, there's the breakdown of chairs, cleaning the coffee pot, disposing of the cups, taking out the trash, and other duties.

Someone has to do this and even if there's a person who regularly does it, you can offer to help to speed things along.

Ask Your Sponsor

By the time you arrive at the Twelfth Step, you'll probably have many discussions with your sponsor under your belt about any number of points related to the Steps, the Twelve Traditions, and the Twelve Concepts of Service. But, if you haven't touched on being of service to any great extent, now is certainly the time to ask your sponsor about how you can get involved.

Chances are pretty good that your sponsor will encourage you to become active in service early on. In fact, some long-time fellowship members refer to A.A. as a kind of 36-point program: 12 steps, 12 traditions, and 12 concepts.

There's really no mystery about service work. In fact, your sponsor is doing service work when he takes you under his wing and tries to make you aware of what A.A. is as a whole. Think about the things you and your sponsor talk about. It's very likely that he has made an effort to interest you in service work beyond the group.

Read the Literature

Want to start out as soon as possible? Other long-time A.A. members, sponsors, and those involved in service work advise that you read the *Big Book* and *A.A. Comes of Age*. Not only will you "find yourself," but you'll also think of many ways that you can start being of service.

There's also *The A.A. Service Manual Combined with Twelve Concepts for World Service*, also by Bill W. The manual begins with a history of A.A. services and then goes on to explain the Conference structure and the importance of its year-round work. There's also the Conference Charter and General Service Board By-Laws, if you want to get in-depth into that. But most important is the section on The Concepts, as set forth by Bill W. These are the principles of service that have grown out of A.A.'s accomplishments – and its mistakes – from the beginning. If nothing else, reading this publication will prove eye-opening – and inspiring.

Be Active to Stay Sober

There certainly is no requirement that you have to go into service. But many in recovery relate that they felt they were only able to remain sober because they became active in service to others.

How can this be? The truth is that being abstinent takes hard work. You can't just sit back and say to yourself that you're doing okay so far; maybe you can skip meetings and still get by. You know where that gets you – a quick slip or major relapse can't be far off. You know you have to actively work the 12 steps, and you can't take sobriety for granted. When you do, something will happen that will rock your stability and you'll be ill prepared to handle the challenge.

You may have heard the stories yourself, or read about them in the A.A. literature. One member says that he doubted he'd have been able to stay sober for 26 years without being in service. Another proclaims that service is a part of who he is.

Good Intentions are a Good Start

Don't worry about the right way to do something. Start off by just trying to help – the aforementioned greeting newcomers with a smile, being of assistance wherever and whenever you can. And helping some of these many newcomers may be part of your future.

That's it, in a nutshell. Simple and uncomplicated, giving of yourself and being of service to others in recovery is one of the best ways to strengthen your own recovery. In essence, you give and you receive. Twice blessed.

Excerpts reprinted from The Promises website



BACK BY POPULAR DEMAND

Kathy O"K. is the new chairperson of the Mini Workshops that were so popular in the past. She is going to start coordinating them again starting this month! The first one will be at Ralston Chapter VI on Sunday, May 20th from 1-3 PM. Topic and speaker to be determined. THIS IS A FREE EVENT with food! Main dish will be provided. Please bring a side dish or dessert.

