

DISTRICT 23 NEWSLETTER

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

OCTOBER 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 J.	402-507-1859
Events: Lori B. and Kyle K.	402-616-0111 402-201-1746
CPC/PI: Michele B.	
Institutions/BTG: Jim R	402-669-0290
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 – 1ST MONDAY 7:00 PM
Beautiful Savior Lutheran Church
3314 So. 44th Ave
Parking on west side of building

DISTRICT 23

MONTHLY – 1ST THURSDAY
October 4, 2018 6:30PM
Trinity Methodist Church & Community Center
8009 Q St Ralston
Annual BIG Event
Feast, Fling and Fellowship
October 6, 2018
SEE FLYER INSIDE

EVENTS PLANNING COMMITTEE

NONE FOR OCTOBER

MINI WORKSHOP

NONE FOR OCTOBER

HOTLINE ROTATION

October 15-21
December 24-30

Area 41 2018

October 13-14

Ramada Columbus Hotel and Conference

CENTRAL OFFICE LIAISON REPORT

TO: MIKE M
FROM: CENTRAL OFFICE STAFF
SUBJECT: CENTRAL OFFICE TELEPHONE CALLS & VISITORS REPORT
DATE: 24 AUGUST 2018

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

1. Office 12 Step Calls	<u>0</u>
2. Calls for A.A. Meetings	<u>39</u>
3. Calls for Al-Anon/Al-Alateen Meetings	<u>1</u>
4. Calls for A.A. Information	<u>69</u>
5. Calls for other programs	<u>0</u>
6. Visitors to the Office	<u>271</u>
7. Visitors to the Website	<u>14221</u>
8. Calls Taken by Answering Service	<u>88</u>
Total Contacts:	14,689
Total Contacts Year-To-Date (2018):	<u>112,465</u>

Book of the Month for September is Grapevine's AA in the Military. It is on sale for \$1 off at \$11.99 plus tax, which is \$12.83 total.

On the website, 5,942 users made 14,221 visits producing 35,828 pageviews. 62.90% were new visitors, 37.10% returning visitors. 72.05% of the visitors used mobile devices, 23.30% desktops, 4.64% tablets.

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

New products at the Central Office: the abridged Big Book and the 12x12 in ASL on DVD, also available on CD; AA Comes of Age and Living Sober on CD as well. These are AA World Services products. New Where & Whens are now available. Also, a new medallion, the classic Man on the Bed scene, painted and enameled in a fancy medallion, at \$21.35 out the door.

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 th of each month
mjcbellevue@gmail.com

October the 10th Month

Step10 *The excerpts from The Twelve Steps and Twelve Traditions, page 8 are reprinted with permission of A.A. World Services, Inc.*

“Continued to take personal inventory and when we were wrong promptly admitted it.

Can we stay sober and keep emotional balance under all conditions? Self-searching becomes a regular habit. Admit, accept, and patiently correct defects. Emotional hangover. When past is settled with, present challenges can be met.

Varieties of inventory. Anger, resentments, jealousy, envy, self-pity, hurt pride- all led to the bottle. Self-restraint first objective. Insurance against “big-shot-ism” Let’s look at credits as well as debits.”

The purpose of Step 10 of Alcoholics Anonymous encourages you to examine yourself as a part of your daily routine. Just as you addressed your defects, you must keep your successes in check. It’s easy to fall back into a life of pride and self-satisfaction.

STEP 10 WORKSHEET:

REVIEW YOUR ACTIONS AND WHAT YOU DID WRONG TODAY IN RELATION TO OTHERS.(AGAINST YOUR VALUES.)

- 1). What was the incident?
- 2). Did this do harm to others, if so, how?
- 3). How were your actions in contradiction to how you expect yourself to treat others?
- 4). How do you intend to make your amends?

REVIEW EXPECTATIONS OF HOW OTHERS SHOULD ACT IN RELATIONSHIP TO YOU OR IN YOUR PRESENCE, THAT LEFT RESENTMENT/UNRESOLVED CONFLICT.

- 1). What was the incident?
- 2). Who was harmed by their actions?
- 3). How were their actions in contradiction to how you expect others to act around you?
- 4). How do you intend to resolve this issue?

REVIEW WHAT YOU DID RIGHT. (The action that demonstrated strength about your character.)

- 1). What was the incident?
- 2). Who benefited from your actions?
- 3). How were your actions supportive of your values/beliefs?
- 4). Give yourself an “at-a boy”, or at-a-girl”

Tradition 10

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Long form

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous Groups oppose no one. Concerning such matters, they can express no views whatever

Concept X:

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Short Form: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Long Form: Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

***** **ATTENTION** *****

**STARTING IN DECEMBER, 2018 THE DISTRICT 23 MEETING WILL BEGIN AT 6:00PM INSTEAD OF 6:30.
PLEASE SPREAD THE WORD AT ALL MEETINGS IN THE DISTRICT**

FROM THE BIG BOOK

Beginning this month there will be printed a short biography of an author of one of the stories in the Big Book. The feature this month is Bob P. from CT. p 554 3rd edition and p 553 4th edition. Reprinted from http://www.a-1associates.com/aa/HISTORY_PAGE/Authors.htm

AA Taught Him To Handle Sobriety

"God willing, we may never again have to deal with drinking, but we have to deal with sobriety every day."

Bob joined A.A. in New York City in 1961, probably never dreaming one day he would be the manager of A.A.'s General Service Office.

Bob was born in Houston, Texas, but raised in Kansas, the only child of loving parents. His parents drank only socially, and his father gave him his first drink -- a tiny glass of sherry to celebrate the New Year -- when he was thirteen. He immediately saw the effect it had on him and prayed he wouldn't drink any more. But in college he began to drink at fraternity parties and beer busts.

The family moved frequently and Bob found himself in a different school every year until high school, where he was always the new kid who had to prove himself. He retreated into a fantasy world. He became the classic over-achiever and sold his first article to a national magazine while still an undergraduate.

After graduation from college he moved to New York to pursue a writing career and landed a good job. He was soon regarded as a "boy wonder." But by age twenty-two he was a daily drinker.

He then had difficulty in every aspect of his life. His service in the Navy was marred when he was given a "Captain's Mast," i.e., discipline for trouble he got into while drinking. His marriage suffered, his values became distorted, and by forty his health was severely damaged.

When the doctor told him he would have to stop drinking he did, for ten months, with no apparent difficulty, but he did not enjoy life without drinking, and soon he was drinking again and his physical condition deteriorated further.

He developed cirrhosis of the liver, had frequent blackouts, severe nosebleeds, angry bruises which appeared mysteriously all over his body. Despite three episodes of losing large quantities of blood by vomiting and from his rectum, he drank again.

His doctor finally gave up on him and referred him to a psychiatrist in the same suite of offices. "He happened to be, by the grace of God," Bob wrote, "Dr. Harry Tiebout, the psychiatrist who probably knew more about alcoholism than any other in the world." At that time Dr. Tiebout was serving as a nonalcoholic trustee on the General Service Board.

Dr. Tiebout sent him to High Watch to dry out. There he read the Big Book and began his slow road back to health and sanity. When Bob had been in A.A. only a short time, an oldtimer told him that A.A. does not teach us how to handle our drinking, but it teaches us how to handle sobriety.

Not only did his health recover, so did his marriage, his relationship with his children, his performance on his job.

All these things A.A. gave him, but most of all it taught him how to handle sobriety, how to relate to people, how to deal with disappointments and problems. He learned that "the name of the game is not so much to stop drinking as to stay sober."

"God willing, we members of Alcoholics Anonymous may never again have to deal with drinking, but we have to deal with sobriety every day. How do we do it? By learning -- through practicing the Twelve Steps and through sharing at meetings -- how to cope with the problems that we looked to booze to solve, back in our drinking days."

Bob has served A.A. in many ways. He worked for G.S.O. for twelve and a half years. He was a director and trustee of the General Service Board for six years and office general manager for a decade. Upon retirement from G.S.O. in 1986, he took on the task for G.S.O. of writing an update of A.A.'s history covering the period from the publication of "Alcoholics Anonymous Comes to Age," through its fiftieth year. Unfortunately, this manuscript was never published.

At the 1986 General Service Conference, Bob gave what the 1986 Final Report called "a powerful and inspiring closing talk" titled "Our greatest danger: rigidity."

He said: "If you were to ask me what is the greatest danger facing A.A. today, I would have to answer the growing rigidity - the increasing demand for absolute answers to nit-picking questions; pressure for G.S.O. to 'enforce' our Traditions, screening alcoholics at closed meetings, prohibiting non-Conference approved literature, i.e., 'banning books,' laying more and more rules on groups and members. And in this trend toward rigidity, we are drifting farther and farther away from our co-founders. Bill, in particular, must be spinning in his grave, for he was perhaps the most permissive person I ever met. One of his favorite sayings was 'Every group has the right to be wrong.'"

Bob continues to give his service to A.A. in many ways. At the International Convention in Minneapolis in 2000, he appeared to be handling many jobs. He filled in to lead at least one of the small meetings, "Pioneers in A.A." The program does not list him as the Moderator. He was probably filling in for someone else at the last minute.

District 23 Treasurers Report August 2018

	Check #	Date	Credit (+)	Debit (-)	Sub Totals	Balance
Opening Balance						\$1,767.08
Expenses						
Tim K.	3881	8/2/18		\$82.60		
Books for S & SW						
Idea Printing	3882	8/31/18		\$58.85		
Aug newsletter						
Subtotal expenses					\$141.45	\$1,625.63
Donations						
May mini workshop		5/20/18	\$14.00			
Tues 12x12 Study and		8/2/18	\$50.00			
Thur Easy Does it						
Meeting #30, Chapter VI		8/2/18	\$45.00			
Interest to checking acct		7/31/18	\$0.31			
Subtotal Donations					\$109.31	\$1,734.94

PONDER THIS

You can't stop the waves, but you can learn to surf.

As Marilyn Sees It

Dear Marilyn, my sponsor is out of town on vacation. I don't want to bother him but I have something I'd really like to talk to him about. What should I do? Perplexed.

Dear Perplexed, when we become willing to sponsor someone, we agree to be of service when needed. Did you ask your sponsor before he left on vacation if it was okay to contact him? Always make sure you have "deputy sponsors" you can call if your sponsor is completely unreachable. You can always call his sponsor, too. I suggest calling your sponsor and giving it a try. He'll let you know if he's somewhere he can talk or not.

Dear Marilyn, I seem to raise my hand to help with any service work there is. Then I find myself overextended and don't feel like doing it. Sometimes I just haven't shown up. What's wrong with me? Always willing.

Dear Always Willing, I love service work! It has helped keep me sober for a long time. Service work is important. It also is important to those you offer to help. Are you volunteering for too many things? Talk to your sponsor about your commitments and see if you need to talk about balance. If you are on a committee, they count on you to be there and actively participate. If you volunteer to chair a meeting or pour coffee or clean up or greet, those are integral parts of that meeting. What happens if you don't show up? Well, someone fills in for you. AA carries on.

Sometimes things come up that we have to take care of. Be responsible. Find someone to fill in for you. It will make you feel better.

District 23 Meeting Notes September 6 , 2018

Present:

Warren W.	DCM	Greg B.	Grapevine
Cliff V.	Alt. DCM	Joel B.	GSR Thurs 8:15 Smokeout
Kathy G.	Treasurer	Jack C.	GSR 12X12 Sat. 12:15
Janine J.	Secretary	Lisa S.	GSR - Sunday Free To Be 10 am.
Marilyn C	Newsletter	Melissa K.	GSR - KISS
Lori B.	Event Chair	Matt S.	GSR Tuesday 8:15 Big Book
Kathy O.	Mini-workshop	Mike I.	GSR Candlelight 10:10
Craig J.	Archives	Renee W	GSR Wed Noonbreak Meeting
Jim R.	Institutions/BTG	Johnnie N.	GSR Papillion Sunday

DCM (Warren W) Hello District 23!

Thanks to all who helped with the hospitality room at the Cornhusker Roundup, especially Cliff and Lori for their planning and leadership. The new setup was great, and I think we helped to spread the message of fun and fellowship. Please join us for our upcoming planning meetings for the Feast, Fling and Fellowship. This is our 29th year of hosting this event and it is a wonderful display of what we do as a district. I want to encourage more GSRs to join us for district meetings, if you would like me to speak at your meeting or have any questions please don't hesitate to contact me. Thanks for all you do! In Service, Warren W.

Alternate DCM (Cliff V) Last month we had our District 23 Hospitality Room for the Cornhusker Roundup. There was a lot of support from members of the District. Thank you everyone for sharing your experience! And thank you to everyone who got into service and made it a successful event! We received \$137.81 from the donation can. Had expenses of \$100.01 for the wings on Friday and the sandwiches on Saturday, \$14.00 for the Big Book we raffled off and \$8.55 for plastic cups, leaving \$15.25 to go into the District's account. I will cover more details at the follow up meeting, Sunday Sept 9th, 11:30 at Chapter VI. This will be after the FF&F planning meeting.

I spoke with Bob M., Chapter VI standing committee member, briefly about working together to get all the Ralston meetings sorted out.

Gratefully in service Cliff V

Treasurer (Kathy G) Submit August Treasurer's report. Motion to approve as submitted, seconded & passed.

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

Secretary (Janine J) Aug meeting minutes were submitted electronically to all members on the contact list on August 2. Requested any updates or corrections by 8/8. Requested that the meeting minutes be published in the newsletter. Please submit reports for the next district meeting to district23aa@gmail.com after your meetings so they can be added to these notes. Lori will take minute notes for October. Motion to approve August minutes, seconded & passed.

Events (Lori B) The Feast, Fling & Fellowship will be held on Saturday October 6, with set-up on Friday October 5. Tickets are \$10 or two for \$18. We have had one event planning meeting, but still have some positions that need to be filled - coffee, pop, raffle, supply and transport. If you are interested, please see me. Future planning meetings will be held on September 9, September 16 and September 30 (September 23, if needed). Please consider attending the event planning meetings to help out. The event will be a chance to help other alcoholics and to show that "we are not a glum lot." Thank you for allowing me to serve, Lori B.

Newsletter (Marilyn C) We had to have additional newsletters printed for the Roundup. Someone at Area pointed out to Warren that the Area's Treasurer's name and phone number were printed which may have breached the 12th tradition. This was corrected to his first name, last initial and mailing address (for contributions). The template has been corrected for future newsletters. The planning committee for the Feast, Fling and Fellowship in October, has requested copies be made available there. Please encourage people to write articles for the newsletter and submit to me at mjcbellevue@gmail.com. Thank you for letting me serve. Respectfully submitted, Marilyn C.

Webmaster (Geri S.) Website 57 views; 20 visitors; steady use. Would like to train someone else to help keep it current.

Institutions/Bridging the Gap (Jim R) Continue to attend AA meetings at TSCI and believe some progress is being made with a few more inmates coming but most of all they are sharing more of their experiences and the meetings are lasting longer. Jim R

Mini Workshop (Kathy O) Workshop September 16 1-3 p.m. Chapter VI Topic: How Helping Others Helps You. Speaker Bryan B. I want to say "Thank You" to all those that have helped out and to those who have supported the mini workshop. Hope to see you at the September workshop. Thank you for letting me serve!

Grapevine (Greg B) If you would like to have some sign ups for yourself or as a gift, please pick up.

Archives (Craig J) No report

Central Office (Julie F)

Hotline (Judd D)

Hotline week 2018: Oct 15-21; Dec 24-30

Link to Hotline schedule: <http://www.omahaaa.org/Post/sections/3/Files/Hotline%20Schedule%202018%20revised.pdf>

CPC/PI (Michele B) No report

GSR Reports Matt 8:15 Tues doesn't have a steering committee meeting member. Marilyn invited him to invite one of their members to come to the meeting.

Old Business: Asking for input for D23 hosting Area 41 4 Corners Workshop in 4th Quarter, 2019. A decision was made to not be the Host District for 4th Q 2019. Area 41 will be informed.

Banner Sign update: Hopefully will be completed by 10/6 for FFF.

New Business:

Announcements:

Area 41 2018 Meeting Dates: October 13-14

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

Next Meeting: Thursday, October 4, 2018, 6:30 p.m.

Trinity Methodist Church & Community Center 8009 Q St Ralston



Are you, or do you know someone, who is: homebound, in a nursing home? You can go to meetings on the phone! Visit Online Intergroup at: aa-intergroup.org. Then click on the 'online meetings' box. Then click on 'telephone' and find your meetings. I was amazed to find this in the Grapevine! There are meetings every day of the week and at all hours.



2018 Omaha AA Christmas Party

Saturday, December 8th

NEW LOCATION

Sheraton Omaha Hotel

655 N 108th Ave, Omaha, NE 68154

SPEAKER: Jane L, Tallahassee, FL

TICKETS COMING SOON

Please support the AA Omaha Central Office with it's ONLY fundraiser!

District 23



District 23

29th ANNUAL FEAST, FLING & FELLOWSHIP

Saturday, October 6, 2018
Trinity United Methodist
Church & Community Center
8009 Q - Ralston, NE

4:30-5:30PM ----- Registration
5:30-5:45PM ----- DCM Welcome
5:45-6:30PM ----- Dinner
6:30-7:00 PM ----- Fun and Games
7:00-7:15PM ----- Break
7:15-7:30PM ----- Steps and Traditions and
Sobriety Countdown
7:30-8:30PM ----- AA Speaker
8:30-8:45PM ----- Raffle
8:45-9:00PM ----- Closing Remarks
9PM ----- Cleanup

Tickets are \$10.00 Each or 2 for \$18.00
Fun & Fellowship are Free!

Questions & Volunteer Service Work
Please contact Lori B. – Events Coordinator 402-616-0111
lori.brinkman@yahoo.com
or
Warren W. District 23 DCM 402-990-8586 wwhtted@icloud.com