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# THE MESSAGE

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Boulder County Intergroup | [www.bouldercountyaa.org](http://www.bouldercountyaa.org)

Serving the Alcoholics Anonymous Community of Boulder County

5401 Western Ave. Suite D, Boulder, CO 80301 303-447-8201

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## What Is Intergroup?

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**An Intergroup or Central Office is a vital A.A. Service that represents a partnership among groups....**

**The office exists to aid the groups in carrying out the A.A. message to the alcoholic who still suffers.**

Elections were held at the November Intergroup meeting. Thank you for your service to all who held Intergroup board and committee positions in 2017.

Election results:

President: Robin, who moves from Board Chair

Secretary: Michael G

Kathy P: Member-at-large, moves from Treasurer.

**We are still seeking an Intergroup Chair and Treasurer**

Thank you!

## Principles before Personalities

“The spiritual substance of anonymity is sacrifice. Because A.A.’s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit—well symbolized by anonymity—is the foundation of them all. It is A.A.’s proved willingness to make these sacrifices that gives people their high confidence in our future.”

**Central Office is NOT moving!**

**Boulder One meetings have moved to 5717 Arapahoe, #215. But Central Office continues in its present location.**

**Central Office is in dire need of volunteers for Saturday and Sunday shifts, at noon time or 5 to 7 pm.**

## Weathering the Holidays Sober

Using the 12<sup>th</sup> Step as a guide to find joy in the season

This time of year can be so triggering for so many of us. We want to be included and have a warm sense of belonging. Or we defensively retreat into a “bah humbug” state of mind, withdrawing and sliding into a depression. No doubt the holidays are tough for us drunks trying to stay sober. Years of expectations around holiday rituals and family gatherings can make it very difficult for us to not think of ourselves at this time of year—what do I want the holiday gathering to look like? How do I want to be welcomed or included? Am I appreciated? Are others thinking of me? All of my struggles around wanting to be accepted and loved by my family and loved ones are always pretty raw at this time of year.

We get some great direction from our literature if we find ourselves becoming sad and lonely, or if we have to deal with family who are still not recovered from the family-disease. The problem only increases with expectations that are sure to come with the holiday season: “Having been neglected and misused in the past [the family] think father\* owes them more than they are getting. They want him to make a fuss over them. They expect him to give them the nice times they used to have before he drank so much and to show his contrition for what they have suffered. But dad doesn’t give freely of himself. Resentment grows. He becomes even less communicative.” (BB p. 126)

Many of us did a lot of damage to our relationships and family dynamics through our drunken escapades at holiday parties, or just by being a no-show, whether physically or emotionally to those around

us. Let us remember that just because we are now sober, we can’t expect that the damage we did in the past will just melt away. The Big Book suggests “Since the home has suffered more than anything else, it is well that a man exert himself there. He is not likely to get far in any direction if he fails to show unselfishness and love under his own roof. We know there are difficult wives and families, but the man who is getting over alcoholism must remember he did much to make them so.” (BB p. 127)

When we are tempted to feel sorry for ourselves or feel neglected or angry in such circumstances, principles found in the Twelfth Step can be applied. If we can give to others the thing that we are wishing for ourselves, the principle of “you get what you give” will go a long way to alleviate holiday blues. “Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics” (BB p. 89) Relief from holiday blues can be found: find someone else who is suffering the same and help them out of it. If we are worried about dealing with unpredictable family situations, help someone else strategize about how to stay sober in those situations. If we feel lonely, call someone to alleviate their loneliness. If we want to feel a part of, invite someone else who might be isolated. These are simple things we can do to benefit others, and the result will be that they benefit us as well.

May you be happy, joyous and free in the coming year.

Liza W

\* Language referring to “father” and “husband” in the Big Book is currently understood to include all alcoholics and all family situations.

**Thank you** to the following groups, who made contributions to Intergroup in October and November of 2017: 12 Steps 12 Traditions Women’s, Eye Openers, Fellowship You Crave, Louisville Group, Monday Night Peoples’ Meeting, More About Alcoholism, Saturday Morning Serenity, Sober Solutions, Walk-In, Weekday Sobriety

We are currently looking for coverage on Tuesday and Saturday nights.

New committee chair position created: Daytime Phone Coordinator (two-year sobriety requirement; position appointed by IG Board)

**Nightwatch**

Nightwatch volunteers help to answer calls to Central Office during hours when the office is closed. As a Nightwatch volunteer, you have calls forwarded to your phone from 7pm to 7am (or later).

**We connect to alcoholics in these important ways:**

- 1. Central Office facilitates 12 step calls.**  
Central Office receives calls and emails from alcoholics needing help. Our 12 step volunteers are available to call on those still-suffering alcoholics who have reached out. Volunteers cover the phones from the office during the day and over night through Night Watch, routing calls directly to our volunteers.
- 2. Central Office helps alcoholics find meetings.**  
Meetings in Boulder County are listed on our website (about 1,000 visits per month) and in printed schedules. We distribute about 4,000 printed meeting schedules each year.
- 3. Central Office is where you can purchase AA literature and medallions.**  
Central Office stocks and sells AA books, pamphlets, and our newsletter, *The Message*, as well as chips commemorating lengths of sobriety.
- 4. Central Office provides opportunities for service.**  
You can contribute by participating in 12 step calls, answering phones at the office, taking a Night Watch shift, and participating in workshops and events.
- 5. Through our Bridge the Gap Committee,** Intergroup connects with Boulder County alcoholics returning from treatment who are looking for someone to help them get started in AA.
- 6. Intergroup publishes a monthly newsletter,** *The Message* to inform Boulder County alcoholics about local AA events, workshops and other AA news. The Message also publishes personal stories from local AA members.
- 7. Intergroup provides workshops on a variety of topics.** Last year, Intergroup sponsored the New Year’s Eve party as a way to give Boulder County alcoholics a safe and fun place to celebrate. Our plan is to do this again in 2017!

**Each AA member who contributes their time and other resources, such as financial contributions, carries the message of Alcoholics Anonymous.**



**Help Intergroup Carry *The Message***

*The Message* is the newsletter of Boulder County Intergroup. *The Message* serves Intergroup by providing a source of news and information about AA activities and service opportunities throughout Boulder County.

**Groups**

Send us information about group events, workshops, celebrations, anniversaries.

**District 24 and 34**

Send us information about workshops, open service positions, elections, events.

**Intergroup and District Committee Chairs**

Send us information about committee projects, needs, workshops, panels.

**Individual Members**

**We are looking for submissions! Share your experience, strength, and hope with a step, tradition, or concept.**

Contact *The Message*

[thessage@bouldercountyaa.org](mailto:thessage@bouldercountyaa.org)

**New Year's Eve Party**

**Dec 31 2017**

**6:30 pm / Speaker at 8:15 pm /  
Group Dance Lessons at 9:15 pm  
AA Speaker / DJ and Dancing  
70s Theme, Costumes  
encouraged**

**Suggested donation \$20  
6:30 pm to 12:30 am**

**MadeLife, 2000 21st St,  
Boulder 80302**