

# THE MESSAGE

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

## What is Intergroup?

An Intergroup or Central Office is a vital service that represents a partnership among local AA groups... The office exists to aid the groups in carrying out the AA message to the alcoholic who still suffers.

New officers:

Michael G: Intergroup Chair

Carly: Member-at-large (to replace Kathy P, who stepped down)

Andy: Secretary

Yay! The board is filled!

Mikael appointed Daywatch coordinator

Other appointments **still open**:

First year Bridge-the-Gap (pref. female)

Outreach

Nightwatch

12 step list coordinator

## Traditions Two and Three

Most of us are used to some kind of hierarchy in organizations. And most of us have also resented that authority. We rebel, we don't want to be told what to do. The Traditions can be very helpful to us in managing relationships—they can help us check our impulses to be an authority ourselves, or to see where our own rebelliousness can undermine our willingness to take actions to get sober. There are many ways we can apply not only the Steps but also the Traditions as a guide for living.

*Tradition Two: For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

*Applied to how I practice these principles in all my affairs:*

- Do I insist on being the leader? Do I feel that it is my place to govern? Do I strive for equity with others?
- Do I try to speak for others without consulting them? Do I work toward consensus, and solicit other's opinions before making decisions?
- Do I criticize others? Or do I trust them?
- Am I absolutely trustworthy? Try this little prayer: "God, treat me tomorrow the way I treat others today."
- Is my ego so strong that I must have credit for more than I do? Am I so insecure that I must always have praise for my actions and ideas?
- Do I do my share? And is that my opinion or that of other people?
- Does the thought of God being in charge of how things are between myself and others cause me any discomfort or do I like and rely on that idea?

*Tradition Three: The only requirement for AA membership is a desire to stop drinking.*

*Practicing this principle in all my affairs:*

- Do my actions say that I have a desire to be present to others regardless of their life experience? Am I welcoming and open to everyone I meet?
- Do I set myself up as a judge of other's intentions or sincerity? Do I judge others in anything?
- Do I approach friendships, work relationships and partnerships unselfishly or do I depend on other people's language, looks, race, education, age, appearance, job, or other such things for my own self esteem? What do other people have to do to keep my ego fluffed up?
- Am I committed to and do I encourage other people's spiritual, professional, and individual growth and freedom?
- Am I able to share my feelings with others? Can I listen to other people's feelings with an open mind?
- Am I reluctant to work on my part of any relationship?

## Relieve Me of the Bondage of Self

*"...Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties that they may bear witness to those I would help..." (Big Book p.63)*

When we get to AA, something in our lives has gone wrong. Whether or not we have to reach a "bottom" as described in our literature, one conclusion we do have to reach before we are really willing to take Steps two and three is that our way of coping with life and our way of operating in the world isn't working. We can reach this conclusion because the outside world is showing signs that it is no longer willing to put up with our crap: DWIs, job losses, jails or institutions. We can reach a spiritual or moral crisis: we are doing things we never would have done before to keep drinking, we lower our moral standards to continue our drinking behavior, we lie, cheat, steal, and the person we used to be gets chipped away so that we find we are willing to do whatever it takes to keep drinking (demoralization). Or we have an emotional crisis: our partner leaves, alcohol no longer brings relief from our feelings of self-hatred and no matter how much we drink, we are no longer able to deaden our feelings. It's our thinking that makes these consequences unbearable—thus the term being restored to sanity. All the self-created turmoil is a symptom of our crazy uncontrolled thinking; we have to recognize the connection between the way we think and the experience we are having of the world. In the Second Step, we acknowledge that our thinking is the thing that leads us to behaviors, attitudes and feelings that make us and the people around us anxious, bitter, full of self-pity, angry, depressed, reactive, etc.

Until we were exposed to AA's twelve steps, most of us lived entirely self-focused lives. Step three says "Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Some times they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!" (Big Book p. 62) There are direct links between our unhappiness, our self-centeredness and the insanity we seek relief from. They are one and the same. In Steps Two and Three we do not yet dig up how these patterns drive our lives, but we do acknowledge that the way we've been approaching life, imprisoned by the bondage of self, has cost us enough so that we are willing to try something new.

~Liza W

# The Central Office is not moving!

For the foreseeable future, we are staying at our location of 5401 Western Ave. Suite D, Boulder, CO 80301

If you attend meetings at the NEW BOULDER ONE LOCATION of 5717 ARAPAHOE AVE #215, we hope you make the extra effort to continue to support your CENTRAL OFFICE and INTERGROUP by purchasing literature and chips from us.

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**CENTRAL OFFICE is in DIRE NEED of volunteers for Saturday and Sunday shifts: Noon to 2 and 5 to 7**

**We have no coverage whatsoever on these days and this is a real gap in our service to the groups and to the still suffering alcoholic. Please consider volunteering for a shift. 303-447-8201**

## 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.

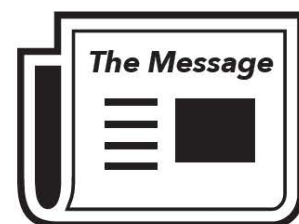
You can contribute by participating in 12 step calls, answering phones at the office, taking a Night Watch shift, and participating in workshops and events.

**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 make this an annual event.

**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 and anniversaries.

### District 24 and 34

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

### Intergroup and District Committee Chairs

Send us information about committee projects, workshops and panels.

### Individual members

We are looking for submissions! Share your experience, strength and hope by writing an article about a step or tradition. Submit artwork, poetry and other creative work.

Contact the Message at [themessage@bouldercountyaa.org](mailto:themessage@bouldercountyaa.org)

*That the voluntary contributions or pledges of A.A. members should be our principal and eventually our sole support; that this kind of self-support would always prevent our clubs and offices from getting out of hand, because their funds could readily be cut off whenever they failed to serve us well.*

--Bill W. *How the Traditions were Developed As a Faithful Fiver*, your contribution will help make our vital services possible! You can contribute \$5 each month or \$15 quarterly or make a yearly contribution of \$60.

We are reaching out to the fellowship with this *Faithful Fivers* initiative to raise funds to cover the necessary fees for our endeavor to reinstate our 501(c) 3 status.

**Contribution Date:** \_\_\_\_\_

**Amount \$** \_\_\_\_\_ **Monthly (\$5)** \_\_\_ **Quarterly (\$15)** \_\_\_ **Annually \$60)** \_\_\_

**(Note:** Only AA members can contribute. No AA member can contribute more than \$3000 per year. This initiative is to reinstate our nonprofit status. At this time, your voluntary contribution is not a charitable deduction.)

\_\_\_\_\_ **Yes! I want to participate in the Faithful Fivers Club**

Cut along the line. Save the top portion as your receipt and submit (mail or hand personally to a Central Office volunteer) this bottom portion with your contribution.

**Date:** \_\_\_\_\_

**Fivers Plan Amount \$** \_\_\_\_\_ **Monthly (\$5)** \_\_\_ **Quarterly (\$15)** \_\_\_ **Annually \$60)** \_\_\_ **Name** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Email** \_\_\_\_\_

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