

THE MESSAGE

BOULDER COUNTY INTERGROUP | 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 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.

Intergroup is still seeking candidates for **Intergroup Chair and Treasurer**

Committee Chairs still needed:

Daytime Phone Coordinator, Outreach, 12-Step List, First-Year Message Editor

Tradition One

Our common welfare should come first, personal recovery depends upon AA unity.

We all depend on AA being there for us. Part of recovery is to be able to set aside personal pier-plays, ego-based grievances and to put the health and welfare of the group above our own personal sake in any matter. "The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the A.A. message. The moment this Twelfth Step work forms a group, another discovery is made—that most individuals cannot recover unless there is a group. Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of de-sires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not."

Twelve Steps and Twelve Traditions p. 130

We are seeking input from groups about language in the Newcomer Packet. The cover letter included in the packet currently includes the following: "Our suggestions to newcomers are: 90 meetings in 90 days, don't drink between meetings, get at least one phone number of someone at each meeting you attend, and call at least one person each day." This language is not part of AA literature. Should it be included in the newcomer packet? Tell your IGR what you think.

Surrender to Win

“Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.” 12x12 p. 21

Surrender to win is one of those AA sayings that used to get under my skin, but the longer I'm sober the clearer it is that my journey could be defined as a series of surrenders. Last week I celebrated 34 years sober, and I wish I could say that I've been willing and able to let go of wanting things to go my way, but the trajectory of my sobriety looks more like a pattern where I slip away from actively doing step work and my spiritual program—I start to take my will back (I want what I want)—this causes me pain because I begin to see the world from a more self-centered place—and I surrender again once things become unbearable. The good news is that I can claim progress. I see in myself that the degree to which I can endure the pain before I surrender again has become much shorter over the years.

The big book tells us that we need to concede to our innermost selves that we are alcoholics. Once the debate about whether we can drink safely is off the table, and that is the great gift that this concession allows us, there is a certain freedom that comes to us. I believe my own low bottom also gave me the certainty that whatever difficulty I was facing, it would only be made worse if I added alcohol. To me this is why “surrender to win” is a principle that I can apply over and over. As long as I still find myself in lots of resentment, self-pity, self-centered fear and other emotional jackpots, I have a mind that will look for relief. Alcohol had given me relief—that “ease and comfort” that the book mentions—but my Higher Power continues to give me the grace to know in my innermost self that the idea of relief is self-delusion—that what I endured at the end of my drinking is where I am headed in short order if I drink again. And the surrender comes from letting go of needing that relief right away, knowing from experience that “this too shall pass,” and that my troubles come out of my own narrative about my problems. By letting go of the story, of the identity, of my “old ideas”—by surrendering them, I find that firm bad rock upon which my happy and purposeful life is being built one day at a time.

~Liza W

Thank you to the following groups, who made contributions to Intergroup in November of 2017:

Absolutely Insist Group, Campus Group, Erie Early Risers, Fire Without Smoke, Lafayette Speaker Group, Longs Peak Group, Rude Awakening, Trudging Camels, Way Out Group

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 are currently looking for coverage on Tuesday and Saturday nights.

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

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
themessage@bouldercountyaa.org

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.

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

SUGGESTED ITEMS FOR DONATION TO CENTRAL OFFICE

These are the bulk of the items that make up our office supply expenses and we would
welcome donations to keep our expenses down.

- Copy paper, post it notes
- Legal Size mailing envelopes
- Small and Medium Trash Bags
- Coffee and Tea, Paper Cups, Sugar
- Bathroom Cleaning Supplies
- Toilet Paper and Paper Towels

Thank you!

Happy New Year from your Boulder County Intergroup!