

THE MESSAGE

Boulder County Intergroup | www.bouldercountyyaa.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.*

Looking for an opportunity to do service work and grow in your program? Please consider donating your time and talents as service work back to the most important organization in your life.

All are welcome to attend Intergroup meetings on the last Tuesday of the month, 7:00 p.m. at Shepherd of the Hills Church, 7077 Harvest Road in Gunbarrel.

Training for new volunteers is offered by appointment. To schedule a training session, contact Mike at

volunteer@bouldercountyyaa.org.

Thank you!

*(Reprinted from AA literature with permission of A.A. World Services, Inc.)

The Seventh Tradition

Where Money and Spirituality Mix

The AA groups themselves ought to be fully supported by the voluntary contributions of their own members.—Tradition Seven.*

Twelfth Step work is the lifeblood of Alcoholics Anonymous—carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money.

To help support AA's essential services, the General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation.

Your group may decide to carry the message by sending money to the following AA service entities.

The local district, which serves as a link between the area delegate and groups.

The area committee, which coordinates AA activities over a broad geographical area and sends a delegate to the General Service Conference.

The local intergroup or central office, which provides phone service for Twelfth Step calls, AA literature sales, and coordinates group activities.

AA's General Service Office, which publishes AA literature, functions as a storehouse of AA information, and supplies information and experience to professionals and others interested in AA.*

Your group's GSR and Intergroup Rep are vital links between your group and the AA service structure. They can help provide information to your treasurer and your group so you can make informed decisions about how your group can participate in our vital Seventh Tradition.

[*Adapted from the pamphlet, *Self-Support: Where Money and Spirituality Mix*.]

At Intergroup, we are grateful to be able to carry on this legacy of service, and we invite you to join us!

The Steps We Took

Members share experience, strength, and hope.

When I walked into the rooms of Alcoholics Anonymous on October 1st, 2009, just one month after getting married, I was afraid of losing everything. Today, I have been sober for a few years and have lost everything that I was afraid of losing that day, except my sobriety. My life's "interruptions" have not derailed the most important accomplishment up to this moment—living sober. I am painfully very intimate with living life on life's terms which at times makes surrender feel like taking away my security blanket. I have come to truly embrace the reality that I can not do this alone. That some days it takes a whole tribe to get me through anxiety-ridden, fearful times.

The voice of my Higher Power is taken hostage by my ego. My prayers are filled with selfish, self-centered words. Then I am frustrated if they are not answered immediately. I am gently reminded by my sponsor to meditate, quiet my mind and make room to let my Higher Power back in. Some days the tug of escape is the vortex of Netflix that feels like a cozy safe warm blanket. But intuitively I know and sometimes need to be reminded that this program requires action. I need to get comfortable with feeling uncomfortable. This I know for sure is the truth, as demonstrated in writing and sharing my Fourth Step. More gifts are presented to me when I am in action. I honestly cannot think of any gifts showering on me after binge watching on Netflix.

—Lisa M., Longmont

Why Wouldn't I Be Entirely Willing to Let Go of My Defects?

The 12 x 12 says that working Step Six "separates the men from the boys." I don't really know about the men and boys aspect of this, but I do know that it is here in our process, at Step Six, that we begin the life-long process of reckoning with the supremacy of our egos. If we have been honest enough in our look at ourselves in the Fourth Step, we have seen how much we have lived in a kind of reactive state, forever defending our egos from the perceived onslaught of threats to its survival. And in that light, it seems reasonable that I *would* be entirely willing to let my defects of character go. But not so fast. Many aspects of my ego can make up who I think I am. My whole identity or the way I have always related to the world are often aspects of my ego. And feeding my ego-driven needs can look a lot like addiction because even if I gain some kind of self-satisfaction or upper hand from an ego-building "win," just a short time later the ego is no longer satisfied and wants some other "hit" to build itself up.

There are some definite ways that my ego takes over and undermines my ability to be useful to my higher power or to lend a hand to my fellows. I have found a list of those ways (in non-conference approved literature) that has really helped me to identify exactly how my ego seeks to maintain power, edging out the smaller but ultimately much more profound voice of the divine. They are my compulsive and knee jerk need to control, to look good, to get even, to keep score, to know, to be right, and to judge. To the extent that these rule my interactions with others (and my thinking patterns) that is the same extent to which I lose peace, contentment, and serenity and maintain the idea that other people are the main root of my discontent.

I've heard so many alcoholics say that they just don't like people. But really and truly, isn't it that I am controlling, want to look good, that I am keeping score or viewing others with judgement? If the end-goal is to be right, then I will continue to be discouraged and find life difficult. But if I am tired of living in psychic turmoil, then I can look at those behaviors and thought patterns, and, like Dr. Phil, ask myself "How's that working for me?" Embedded in that question is the process of becoming willing to have my Higher Power remove the supremacy of ego from my life.

Luckily for us all, this process is like a life-long spiral shaped dance. We let go of ego driven thinking once it causes us more pain than satisfaction. And the farther away from that chaotic inner world we get, the less we can tolerate it. When it comes around again, I get to see it from a new perspective, and how it still operates in my life. And so, I then become willing to move ever closer toward humility, if only because the alternative just doesn't "work for me" any longer.~ Liza W.

Central Office

Individuals and groups are needed now to help staff the office. All Central Office volunteers must have at least 9 months of continuous sobriety and receive training.

Current Needs

Karen, office manager, has regular office hours on Tuesdays, Thursdays, and Fridays, 11 am - 2 pm.

Central office is staffed over the lunch hour every week day.

We are currently looking for these shifts to be covered:

- Weekdays, 9 - 11 am
- Saturdays, 11 am - 1 pm
- **Thank you** to the volunteers who staff the Central Office! And to the groups who cover shifts: Robbers Roost, Principles Before Personalities, Home Girls, Campus Group, and Eye Openers.

Thank you to the following groups, who made contributions to Intergroup In April 2017: Burning Desire / Centennial Peaks / Cherry Creek Promises / District 34 / Erie Group #1 / Erie Early Risers / Eye Openers / Fellowship You Crave Louisville / Fire without Smoke / Kneeling Camels / Longs Peak Group / Nederland Group / Nooners / Pine Street Meeting / Secular Sobriety / Spin Dry Group / Steps to Sobriety Longmont / The Gay Group / Triangle / Wednesday Night Beginners / Women's Solutions Longmont

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.

Nightwatch Coordinator: Aaron
nightwatch@bouldercountyaa.org

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

Share your experience, strength, and hope with a step, tradition, or concept.

Contact The Message

themessage@bouldercountyaa.org

2017 Summer Assembly

July 14-16

The Montrose Pavilion and Event Center
1800 Pavilion Drive, Montrose, CO 81401

For info: Pete K. (970) 596-0607 or
Marlene W. (970) 209-8368
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Carrying the AA Message to Treatment Centers

Area 10 Treatment Committee Workshop
Saturday, August 5 / 9 am - Noon
St Johns Church, downstairs
700 S. Franklin Street, Denver
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2017 State Convention

Unity: The Heart of Alcoholics Anonymous
September 1-3
Loveland CO
Embassy Suites 4705 Clydesdale Pkwy
<https://convention.coloradoaa.org/>

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