

# 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 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.

For those interested, each month Intergroup offers a short class on volunteering and available positions. To attend please contact Mike at [volunteer@bouldercountyaa.org](mailto:volunteer@bouldercountyaa.org).

Thank you!

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

## Celebrating Our History

*Founders' Day, June 10, 1935*

“The spark that was to flare into the first A.A. group was stuck at Akron, Ohio, in June 1935, during a talk between a New York stockbroker and an Akron physician.

... This physician had repeatedly tried spiritual means to resolve his alcoholic dilemma but had failed. But when the broker gave him Dr. Silkworth's description of alcoholism and its hopelessness, the physician began to pursue the spiritual remedy for his malady with a willingness had never before been able to muster. He sobered, never to drink again up to the moment of his death in 1950. This seemed to prove that one alcoholic could affect another as no nonalcoholic could. It also indicated that strenuous work, one alcoholic with another, was vital to permanent recovery” (*Alcoholics Anonymous*, Foreword to the Second Edition)\*.

As we celebrate Founders' Day, we reflect on our three legacies: Unity, Service, and Recovery. When Bill W. and Dr. Bob met, they sparked a movement that ripples outward through the years. More than eighty years later, we are able to enjoy sobriety because of them.

The lessons of Founders' Day are clear. First, we need to be properly armed with the facts. Bill was able to help Dr. Bob because he had knowledge about his condition, informed by Dr. Silkworth's “description of alcoholism and its hopelessness.” Bill told Dr. Bob the truth about his drinking.

Second, the story reveals the experience at the heart of AA: One alcoholic working with another is the beginning of recovery. The simple truth of AA is one drunk sharing experience, strength, and hope with another drunk. We are able to carry the message because of our shared experience.

Third, the most important lesson of Founders' Day is that we need to continue working strenuously with others. This Twelfth Step work is “vital to permanent recovery.”

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.

### Honesty and the Fifth Step

The beginning of “How it Works” (Chapter 5) tells us that we will need three things in order to make much headway in recovery: honesty, open-mindedness, and willingness. Honesty leads the list for good reason. Until we reach a bottom sufficiently painful enough to allow us to surrender our alcoholic way of life, we spend much of our brain power and emotional energy dodging and weaving through the wake of lies and shady self-deceptions we used to continue to drink. Who among us hasn’t made up a story to cover for some alcohol-related way in which we did not show up in a way we had promised or that was expected of us? We were too hungover. We spent the money in a blackout. We cheated on our partners, if only in our imaginations. We made excuses for missing a deadline at work. We behaved badly and lied about why.

The Big Book describes this aspect of alcoholic behavior this way:

“More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn’t deserve it.

The inconsistency is made worse by the things he does on his sprees. Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension—that makes for more drinking.” (73)\*

When I was first getting sober I had a deeply ingrained belief that if anyone ever really knew all about me, all the terrible things I had said and done, that they would run screaming from the room. It was an unexplored thought, but it drove so much of the way I related to people and the world that I was imprisoned by it. As hard as we try to push our own self-hatred and shame down inside of ourselves, it will be the primary driver of our relationships and behaviors until it comes out. And will likely lead back to drinking.

This is why AA puts so much emphasis on both self-honesty and also honesty with another person, usually through doing a thorough fifth step. There is nothing like the feeling of freedom that comes when we don’t have anything to hide—that we can show up wholly as we are and in the face of judgment or accusation from others, peaceful own what is ours. This relief comes more fully into our daily lives as we make the reparations in the ninth step. But the instant relief I found in both just dropping years of deceit and seeing that my sponsor in fact did not run screaming from the room when I took my fifth step transformed me and allowed me to tentatively step into a life where when people told me that they cared about me I could believe them without the internal dialogue of “well if you really knew who I was you wouldn’t...”

—Anonymous

## Central Office

Central Office is a primary point of contact for individuals with Alcoholics Anonymous. You may be the first person a newcomer meets! **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.

It would be great to have noon time coverage on Saturday. Is your group interested?

We are currently looking for these shifts to be covered:

- Weekdays, 9 - 11 am

**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 March 2017: Allenspark Group / ARC Detox / Erie #1 Group / Eye Openers / Fire Without Smoke / Happy Hour / Home Girls / HOW Group / Longs Peak Group / New Hope Group Frederick / Nooners / Only Requirement Group / Rude Group Longmont / Trudging Camels / Tuesday ARC / Wano Group / Wednesday Morning Women’s / Women in Sobriety

### 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).

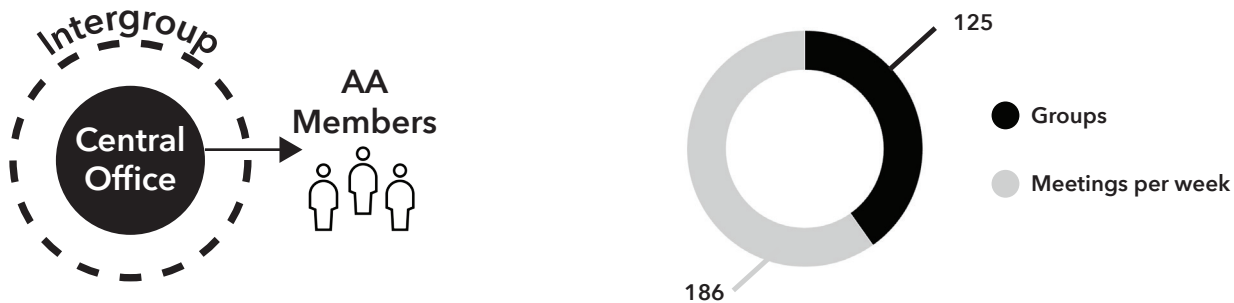
We are currently looking for coverage on Tuesday and Saturday nights.

Nightwatch Coordinator: Aaron  
[nightwatch@bouldercountyaa.org](mailto:nightwatch@bouldercountyaa.org)

# Boulder County Central Office

Our Central Office is the local hub connecting alcoholics to the resources of Alcoholics Anonymous. The volunteer committee that manages our Central Office is called Intergroup.

Boulder County Central Office and Intergroup provide services to AA groups in Districts 24 and 34. There are approximately 125 groups that generate over 184 meetings a week at last count!



## 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.

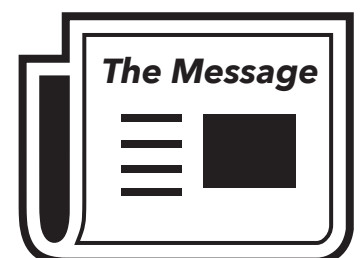
### 4. Central Office provides opportunities for service.

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**

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

**Founders Day BBQ and Potluck**

**Sunday, June 11**

**10:00 A.M. – 4:00 P.M.**

**Roosevelt Park, Longmont**

Corner of Longs Peak Ave and Bross St

10 AM – 12 PM Fellowship and Fun

12 PM – 2 PM BBQ and Potluck

2PM - 3 PM – Sobriety Countdown and Speaker Meeting

- **Judy L from Boulder**

3 PM – 4PM – Closing and Cleanup

Burgers, veggie burgers and Hot Dogs provided

Please bring a chair and a side dish or dessert to share

**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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