

# 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 Ben at [volunteer@bouldercountyaa.org](mailto:volunteer@bouldercountyaa.org).

Thank you!

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

## You Are Not Alone

*This story, from AA member Tom H, shows how carrying a meeting into a facility can change lives.*

We share the same dream to be clean and sober. AA is how we realize that dream. But we are not the same person. How we work the program is different for each of us. What is the same is a belief in a Higher Power. We attend meetings, we have a sponsor, we work the 12 Steps, and most importantly, we each define a Higher Power in our own way. The definitions may be different, but we grow through our belief that we are not alone.

The idea of a Higher Power is tough for some of us to accept. We spent our lives believing we could control our drinking. Just one more drink. I'll stop tomorrow. It took a devastating moment to admit we were powerless over alcohol, that our lives had become unmanageable. For each of us, that moment arrived and we knew we needed help. Asking for it was the first step in our journey. We began to believe in ourselves.

I had back surgery three years ago and have been unable to walk since then. I live in a retirement home where we have only one AA meeting each week. The meeting is small and informal. Some AA veterans, a restaurant owner, an ex-Special Forces officer, a teacher, an actor. Different people with a common goal—we never want to pick up that first drink.

When I first arrived at my new home, I was afraid I would be lonely. Daily meetings were no longer possible. But somehow I knew my Higher Power would never abandon me. On the first day, friends from AA began to visit. The visits have continued for three years. As I read the Big Book and try to incorporate in my life what I am reading. I feel hope that just for today I can stay sober. The insanity of my past is over. I live in the moment surrounded by people with the same dream that I have. Our lives may be different. Our conception of a Higher Power is certainly different. But we will never again be ravaged by the fear and insecurity our drinking produced. We will never again feel alone.

## The Steps We Took

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Members share experience, strength, and hope.

### Step Seven—A Transformation of our Thinking

In the Seventh Step, we follow through on the decision we have made in Step Three. Step Three is a blind decision, and we are not working with any understanding of how we create our own problems, we just want relief. By the time we get to Seven, we hopefully have transitioned from blaming outside forces and circumstances for our unhappiness and ineffectiveness, to an understanding that somewhere along the way our thinking, our attitudes, our inflexibility or identity have been the cause of our misery. In other words, we see how our thinking has been the cause of our difficulty. It is hard to let go of our ideas quickly and easily. When we try, we find we are utterly at the mercy of a mind that is automatically creating content. It just goes on thinking and thinking. Even the most experienced of meditators acknowledge that the majority of practice is just noticing that the mind has gone off on its own thinking and the meditator just brings attention back to the present. So clearly we cannot just will ourselves to have different thoughts, or to stop having thoughts at all.

At the end of the chapter on the Seventh Step in the 12 x 12, there is a paragraph that says, “The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration.” (Self-centered fear is just a pattern of thinking and drawing conclusions about our situation.) “Therefore no peace was to be had unless we could find a means of reducing these demands. *The difference between a demand and a simple request is plain to anyone.*”

Well this difference eluded me for a long time. Recently, I came upon a description of the difference: if I make a request and the answer is no and I am ok with that, then that is a request. If I feel betrayal or anger or depression or frustration, then I am really making a demand. This simple test of self-observation clarified for me the nature of my Seventh Step work. Was I asking for my shortcomings to be removed or demanding change?

None of the transformation that is possible in the Seventh Step is up to me. When I want my troubled thoughts to be removed, to strive for it, to try to change myself, these are the trappings of self-sufficiency. I am still assuming transformation is up to me. When I see myself back in a troublesome place, in that moment I will often say in my heart, “This is the moment I was talking about HP, right now. Release me from this.” But then I have to let it go. The more I can trust that my Higher Power is on the case, the easier it is to relax into the process of transformation. Having asked, the outcome is no longer in my hands. I then seek guidance, but not to force solutions.

—Liza W.

## Central Office

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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, 11am - 2pm.

Central office is staffed over the lunch hour every week day. It would be great to have noon time coverage on Saturday and Sunday. Is your group interested?

We need coverage from 5 pm - 7 pm on Tuesdays.

**Thank you** to the volunteers who staff the Central Office.

**Thank you** again to those that regularly support Central Office by Volunteering: Mike H., Tohm F., Laura H., Spin Dry, Robbers Roost, Home Girls, and Eye Openers.

### Nightwatch

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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).

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

## Thank You

**Thank you** to the following groups, who made contributions to Intergroup in May and June:

Allenspark Group • Burning Desire Group  
 Superior • Clean Livers • Design for Living •  
 Erie #1 Group • Eye Openers • Happy Hour •  
 Home Girls • Keep Coming Back • Kneeling  
 Camels • Long’s Peak Group • Louisville Group •  
 Nooners • Seekers of Serenity • Spin Dry Group •  
 Sunday Men’s Group • Third Step Meeting •  
 Lafayette Wano Group • Way Out Group •  
 Wednesday Night Beginners • Women in  
 Recovery • Women’s Big Book Meeting

## What We Do

Intergroup provides the following services for the A.A. community and the general public:

- A.A. Hotline
- Central Office
- Literature distribution
- Meeting schedules
- Liaison services for A.A. groups
- Liaison services for the general public
- Service committees
- Special functions

<b>President</b>	Kit D.	<a href="mailto:president@bouldercountyaa.org">president@bouldercountyaa.org</a>
<b>Chair</b>	Mike J.	<a href="mailto:intergroupchair@bouldercountyaa.org">intergroupchair@bouldercountyaa.org</a>
<b>Central Office Manager</b>	Karen	<a href="mailto:centraloffice@bouldercountyaa.org">centraloffice@bouldercountyaa.org</a>
<b>Treasurer</b>	Jeremy	<a href="mailto:treasurer@bouldercountyaa.org">treasurer@bouldercountyaa.org</a>
<b>Member-at-Large</b>	Jon V.	<a href="mailto:memberatlarge@bouldercountyaa.org">memberatlarge@bouldercountyaa.org</a>
<b>Secretary</b>	Aaron	<a href="mailto:secretary@bouldercountyaa.org">secretary@bouldercountyaa.org</a>
<b>Message Editor, 2nd year</b>	Michael G.	<a href="mailto:themessage@bouldercountyaa.org">themessage@bouldercountyaa.org</a>
<b>Message Editor, 1st year</b>	OPEN	
<b>Web Admin, 2nd year</b>	Bill W.	<a href="mailto:web@bouldercountyaa.org">web@bouldercountyaa.org</a>
<b>Web Admin, 1st year</b>	Mike E.	<a href="mailto:web@bouldercountyaa.org">web@bouldercountyaa.org</a>
<b>Nightwatch Coordinator</b>	Terry	<a href="mailto:nightwatch@bouldercountyaa.org">nightwatch@bouldercountyaa.org</a>
<b>Bridging the Gap, 2nd year</b>	Brian F.	<a href="mailto:btg@bouldercountyaa.org">btg@bouldercountyaa.org</a>
<b>Bridging the Gap, 1st year</b>	OPEN	
<b>Central Office Volunteer</b>	Ben	<a href="mailto:volunteer@bouldercountyaa.org">volunteer@bouldercountyaa.org</a>
<b>Central Office Volunteer</b>	OPEN	
<b>12th-Step List Coordinator</b>	Annie P	<a href="mailto:12steplist@bouldercountyaa.org">12steplist@bouldercountyaa.org</a>
<b>Outreach Chair</b>	OPEN	

### 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*

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

#### Get involved! Intergroup is looking for a first-year *Message* editor!

Responsibilities include: Attending monthly Intergroup meetings, collecting and editing information for the newsletter, and maintaining email and postal mailing lists for distribution. Contact [thessage@bouldercountyaa.org](mailto:thessage@bouldercountyaa.org) for more information!

### Elections!

Intergroup will hold elections for several key positions at the regular monthly meeting in November.

Please encourage your group to send an Intergroup Rep so your voice and vote can be heard.

Consider standing for one of these open positions if you are qualified.

The October issue of *The Message* will include more details about these positions, so stay tuned!

Tuesday, November 29, 7 pm

Positions to be elected

- Intergroup Chair
- Intergroup Treasurer
- Intergroup Secretary

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