

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 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.

Intergroup Board

Robin S - President

Michael G - Chair

Andy - Secretary

Deb - Treasurer

Karen - Central Office Manager

Carly - Member-at-large

Committee Chairs

Jon/Jacqueline - Bridge the Gap

Mikael - Daytime Phone coordinator

OPEN - Outreach

Liza/Heather - The Message

Sam N. - Nightwatch

OPEN - 12 Step List

Tom - Central Office Volunteer Coordinator

Mark/Kevin - Web Admin

Please consider volunteering for one of the open committee chair positions.

On the Eighth Tradition

"Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. 12th Step work is never to be paid for."

Sometimes we are suspicious of help offered in AA. "What's in it for you?" is an idea that can undermine the trust that comes from understanding why we offer each other help with no strings attached. Others in recovery have been through the same experiences with alcohol that we have, but if I think the relationship is based on money, I may be cynical about it; it may interfere with the magic relationship one alcoholic has with another.

On the other hand, the work that AA does cannot be handled by volunteers alone. AA is a vast international organization helping millions around the world. Tasks that range from answering phones and printing local meeting lists to organizing large conferences are better handled by people who are hired to accomplish organization and work that can't be covered by volunteers.

AA's 8th Tradition seeks to find a balance between the need for hired office workers and others who help AA with its world-wide reach, and the idea that we are members of AA for our own benefit, and any help we offer one another is not for profit. This is the primary reason why AA doesn't have any of its own rehabs, detoxes or other treatment facilities. Our work with each other to get and stay sober is non-professional. Our sponsors don't charge by the hour. Although treatment facilities may base their programs on AA's 12 Steps, those facilities are not part of or affiliated with AA in any way.

AAs help for each other is part of the spiritual journey each of us embarks on. We understand that we can't keep what we don't give away, and that helping each other is sometimes their best way to keep from drinking ourselves.

Steps Six and Seven: Taking Another Look at the “Flyover Steps”

Early in sobriety, I considered Steps Six and Seven to be easy-peasy. They were the break between the heavy lifting of Steps Four and Five, and the ominous Step Nine. Six and Seven involved a little writing in my 12-step workbook, but with none of the long talks with my sponsor, painful soul searching, awkward personal revelations or difficult conversations I had been through until then.

Was I ready to have God remove all of my character defects? Of course! It worked for drinking. And yes, please, remove my shortcomings. Surely the pride and gluttony, et al., should be a no-brainer for the God who took over for me on the whole vodka thing.

A handful of years later, my release from “the mania of alcohol” is thankfully holding steady, one day at a time. Other areas? Not so much. My character defects still get me into trouble—not like DUI trouble, or even “sorry about what happened on the dance floor at your wedding” trouble—but the kind of stuff that still requires talks with my sponsor, painful soul searching, and difficult conversations. When I’m on autopilot, going through life with my same old “instinctual drives” in charge, I’m working my program in an ongoing personal housekeeping effort that makes me feel like I’m continually addressing the same problems over and over again.

While the AA steps I went through (or brushed past) that first time have kept me sober by giving me a solid program for cleaning up my messes along the way, it’s been a very reactionary process. “Oops, I went about that in a really uncaring way.” The steps give us a way to address that. “Oops, I turned over my problems at work to Ben & Jerry instead of God.” Well, we can tackle that with the steps too.

But by “flying over” Steps Six and Seven, I’ll always be reacting to my stuff as it comes up. What about anticipating and even preventing some of the bigger messes?

Six and Seven are the keys to put us ahead of the knee-jerk responses, the forehead pounding, and even the ice cream that can keep successfully sober people forever in spiritual cleanup mode. We just have to visit *The Twelve Steps and Twelve Traditions*. The guidance in the book gives us reassurance, leeway, and encouragement on our path.

Step Six—Were entirely ready to have God remove all of these defects of character—makes the difference “between striving for a self-determined objective and for the perfect objective which is of God.” No small order. But we’re told, “the only urgent thing is that we make a beginning, and keep trying,” as we “abandon limited objectives and move toward God’s will for us.”

Step Seven—Humbly asked Him to remove our shortcomings—contains the deceptively simple H-word: Humility. This chapter in the *12x12* is almost entirely devoted to it. But we don’t have to hit the same kind of rock bottom with all of our character defects that we did when it came to alcohol: “[Humility] could come quite as much from our voluntary reaching for it as it could from unremitting suffering.”

Willingness and humility. Even though they are aspirational, they are necessary. For me, it’s time to circle back and explore the Steps that I checked off with a quick thumbs-up on the first pass.

~Heather F.

Get Ready for the Mad Hatter Tea Party

Watch for information about Intergroup's Mad Hatter Tea Party in late September. We're celebrating our 501(c)(3) reinstatement with a speaker, music and dancing, food and more. The suggested \$20 donation will support Boulder County Intergroup.

Why? So Central Office can pick up the phone for the alcoholic in need.

Budget shortfalls at Central Office mean we're not covering our operating expenses. A downward trend in literature sales have had us cutting budgets and expenses. While we work to address this long-term decline in our primary source of revenue, we're hosting this special event to support our short-term needs.

Contact Carly at 303-999-7147 to get involved on the party committee.

Get Your Group Represented

By sending an Intergroup Representative (IGR) to our meetings, you connect your group with service opportunities, local, District, and Area news, workshops and more. An IGR speaks for your AA home group at a local level and reports back to you. The Intergroup committee manages our Central Office, and meets on the last Tuesday of each month.

Next Intergroup Meeting

Tuesday, July 31

7:00 pm

Shepherd of The Hills Church, Gunbarrel

Lookout & 71st

NEW WOMEN'S MEETING:

Serenity Sisters

Tuesdays 5:30-6:30pm

St. Andrew's Episcopal Church
3700 Baseline Ave. Boulder

(Open discussion)

The Central Office has not moved!

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 NEED of volunteers for shifts: Noon to 2 and 5 to 7 Saturdays and 5. To 7 Sundays

This is a gap in our service to 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.

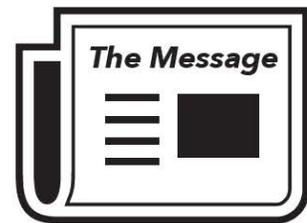
4. Central Office provides opportunities for service.

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

Colorado State Convention

August 31 — September 2
Denver Marriott Tech Center

The 2018 State Convention is Area 10's weekend of speakers, meetings, workshops, food, dancing, and fellowship with AA's from all around the state. The festivities start at 3 o'clock on Friday and don't stop until noon on Sunday. Visit the website to register and to find updates on speakers, lodging and other convention details.

<https://convention.coloradoaa.org>

Make Your Group Part of History

Everybody in AA has a story. The same is true for our groups. The District 24 Archives Committee has acquired fireproof file cabinets, now at Central Office, to store and protect our collective groups' history and institutional knowledge. Here's how to participate:

- Have your GSR return the [Group History form](#) for your home group with interesting minutes recorded at your Group Conscience meetings, formats, event flyers, and anything else that might be of interest.
- Watch for Longtimer Interviews, recordings from local AA members, as part of exciting changes coming up on the website.
- Attend the Archives Workshop and Movie Night, where you can see the *History of AA in Colorado* movie. Details coming soon.

The Archives Committee meets the second Saturday of each month at Lafayette Brewing Market, 9:30 am.

What's Up at the National Level?

Join Erica C., Area Delegate for Colorado, who's sharing news from the 2018 General Service Conference during the District 34 Meeting.

Tuesday, August 21

6:30 pm

Messiah Lutheran Church, Longmont

Alcoholics Anonymous Bridging the Gap 28th Annual Workshop Weekend

September 7-9

Westin Westminster, 10600 Westminster Ave. Westminster, CO

Contact information Pete G 435-590-9126 to coordinator@btgww.org

Register online at www.btgww.org

12 Ways to 12 Step

Share this recap with Your Group!

1. **Pick up the phone at Central Office** — Join Tom for the monthly training session on August XX at time or schedule your own, then pick up a shift. (9-months sobriety suggested)
2. **Represent your group as an IGR** — Intergroup meets on the last Tuesday of the month at Shepherd of the Hills Church, 7077 Harvest Rd., Gunbarrel, 7:00 pm.
3. **Serve as a daytime phone volunteer** — When an alcoholic in need calls the Central Office and nobody is available to take the call, you'll receive a text to contact that person and either share your experience, strength and hope, or connect the caller with somebody on the 12-step list. Email DPC@bouldercountyAA.org. (9-months sobriety suggested)
4. **Be a Bridge the Gap contact** — Serve as a temporary contact for a newcomer being released from a treatment or corrections facility. Help them get to a local meeting and introduce them to AA and its members. Email BTG@bouldercountyAA.org (1 year sobriety suggested)
5. **Chair the Outreach Committee for Intergroup** — Connect Boulder County groups with the Intergroup committee to help us represent more alcoholics. Contact Michael G. at 303-815-8027. (9-months sobriety suggested)
6. **Manage the 12th-Step List** — As the 12th-Step List Committee Chair for Intergroup, you'll maintain the list of people who are willing to take a call from an active alcoholic who has reached out to Central Office for help. Contact Michael G. at 303-815-8027. (9-months sobriety suggested)
7. **Join District 24's CPC Committee** — Meets the first Wednesday of the month at Ozo's on Pearl St. at 6:30 pm. See your District rep for details.
8. **Join District 24's Treatment Committee** — Meets the second Tuesday of the month at Illegal Pete's on Pearl St., 6:00 pm. See your District rep for details.
9. **Join District 24's Archives Committee** — Meets the second Saturday of each month at Lafayette Brewing Market, 9:30 am. See your District rep for details.
10. **Take the message to the community** — Join the District 24 Public Outreach Project to contact and equip members of our community in contact with alcoholics with information and resources about AA. Call Sarah Jane: 970.310.5311, Michael 720.989.1514, Jeremy 303.506.1844 to learn how you can help.
11. **Collect Supplies for Central Office** — They can use Stamps, yellow post-it notes, Legal-size envelopes, Medium trash bags (8 gallon or 13 gallon), coffee and tea, paper cups, and sugar.
12. **Help with the Mad Hatter Tea Party** — Contact Carly at 303-999-7147 to get involved on the party committee.

Be Part of Public Outreach

Make sure the message can be found in our community. Get involved with the District 24 Public Outreach Project, a joint effort between the CPC, Public Information and Treatment committees, to contact and equip members of our community in contact with alcoholics with information and resources about AA.

Projects include writing letters, making phone calls to ask if individuals or organizations would like info about AA, and an Informational Event on AA for those who work with alcoholics.

Call Sarah Jane: 970.310.5311, Michael: 720.989.1514, or Jeremy: 303.506.1844 to learn how you can help.

Daytime Phone Volunteer Service Positions!

Seeking a service opportunity? Do you have 9 months of sobriety and are willing to carry our message to the alcoholic who still suffers?

Daytime phone volunteers needed for when an alcoholic in need calls Central Office but no one is there to take the call. You will receive a text on your personal phone from our answering service indicating the caller's name, phone number and reason for calling. You will be the front line of AA to reach out to the caller and share your experience, strength and hope around our program of recovery.

Your responsibility once you receive a text:

Our 12th step is "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs."

The caller, if actively alcoholic like we were, is a sick person and you may be the first contact with AA the person has. You have the responsibility to either call the person directly or use the 12-step list to find an alcoholic who will agree to call.

Typically, our volunteers call back to let the person know that we received the message from the answering service. Some simple questions that can start the conversation:

- 1) What is going on?
- 2) How long since his / her last drink?
- 3) Do they want to stop drinking?
- 4) Has the person been to AA before?
- 5) What happens when they try to stop?

This will provide some more detail if you do choose to go to the 12-step list and have someone else follow up or may open up the opportunity to share how you relate, what AA is, what AA is not, and what your experience has been in the program.

If you choose to use the 12-step list to have someone else make the call, your responsibility is to try as many people on the 12-step list as necessary until you speak with someone who commits to make the call.

On average you will be receiving 1-2 texts per shift.

If you have any questions, or to volunteer for shifts and have 9 months sobriety, please email the daytime phone coordinator at DPC@bouldercountyAA.com