

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

Aaron N - 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

Marc W - 12 Step List

Tom - Central Office Volunteer Coordinator

Mark/Kevin - Web Admin

ELECTIONS FOR MANY OF THESE POSITIONS WILL BE HELD ON NOVEMBER 27.

Upcoming Elections for Intergroup Board Positions

Start thinking about service now! Our elections will be held in November, so spread the word and consider supporting Boulder County AA by standing for one of the following positions:

Chairperson (2-year commitment, rotates into President)

- Prepare and distribute an agenda for and preside at Intergroup meetings
- Appoint Intergroup Service Committee chairs
- Serve as vice president of the Board of Directors of Boulder County Central Service Office
- Fulfill other duties as necessary, such as serving as liaison to District or other service meetings
- Meet monthly with the Intergroup Service Committee chairs and coordinate the Intergroup programs

Secretary (1-year commitment)

- Record the minutes of the Intergroup meetings and board meetings, make copies of minutes available to Intergroup members and officers, and arrange for their preservation
- Maintain an updated file of participating Intergroup representatives for distribution to members

Treasurer (2-year commitment, rotates into Member-at-Large)

- Review the monthly Intergroup income and expenses with the Intergroup
- Arrange for the filing of necessary tax forms
- Oversee all policies and procedures to protect our non-profit status
- Prepare and present an annual budget

Member-at-Large (1-year commitment)

- Fulfill any duties as necessary or helpful by the Intergroup, such as serving as liaison to District or other service meetings, or coordinating special events, such as workshops

Two years sobriety is recommended for all board positions. Newly elected board members will begin their terms of service on December 1, 2018.

Step Ten

Why continued self examination is an important facet to long term sobriety.

About 10 years ago, I was tight with a group of women in AA. Most have now moved away from the meeting where we all bonded. There was a time when we all seemed to be hitting a wall in our sobriety, as most of us do sooner or later. Most of us who stay sober long term eventually have to face the idea that no matter how well we have done the program, we'll never reach a point where we are relieved of our struggles and difficulties.

There's a bit of an illusion that I believed, that if I was just a good enough student of AA, if I just somehow got the balance of service, step work, and spiritual growth right, I'd be relieved of the painful feelings that come with just being a human being in this world. Being in recovery doesn't spare me any of that—but this expectation that can crop up, often without our awareness, can lead to a disillusionment with AA and recovery. It's really just that we've been chasing a payoff that AA never promises.

One of the great gifts I've been given by that group of women was this tool: read the 10th Step in the 12x12 every day for a month. Get quiet with the ideas in that piece of writing. Do some self-searching and be honest about whether some of the things it brings up aren't the very things that are contributing to the feeling of being stuck. One bit from that chapter that is hitting home for me right now is this:

*It is a spiritual axiom that overtime we are disturbed, no matter what the cause, there is something wrong **with us**. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about "justifiable" anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us in AA there are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it.*

Few people have been more victimized by resentments that have we alcoholics. It mattered little whether our resentments were justified or not. A burst of temper could spoil a whole day, and a well nurtured grudge could make us miserably ineffective. Nor were we ever skilled at separating justified from unjustified anger. As we saw it our wrath was always justified. Anger, that occasional luxury of more well balanced people, could keep us on an emotional jag indefinitely. These emotional "dry-benders" often led straight to the bottle. Other kinds of disturbances—jealousy, envy, self-pity, or hurt pride—did the same. ~ Twelve Steps & Twelve Traditions, p. 90

If I read through the paragraph replacing *anger* with the other ideas suggested: jealousy, envy, self-pity, hurt pride—it's possible that I can get to the bottom of why I'm disturbed. I also read through replacing *anger* with guilt, frustration, despair, fear, shame, and devastation—because those are also feelings that can debilitate me. It's not that I should deny my feelings, not at all. But there's a difference between processing emotion, and using it as a weapon against my own effectiveness and happiness in the world. If I can examine how I'm giving my power away through holding on to my emotional pain, then I can gain freedom from it. It's one of the gifts of ongoing 10th Step investigation. It can take a long time to see clearly how I can sabotage myself. ~Liza W.

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 planned for September 29 at 7:00 pm.

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

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, October 30
7:00 pm
Shepherd of The Hills Church,
Lookout & 71st, Gunbarrel

New Meeting in Erie!

Join us for the new

"No Reservations" group of Alcoholics Anonymous.

When: Wednesday at 6:30 pm

Where: Rejoice Lutheran
Church
3413 Lowell Lane, Erie

The meeting format is Closed, with the exception of the first Wednesday of each month, which is Open for AA birthday celebrations. For more info contact Derek M. at 720-297-5710, or Mark M at 720-366-7705.

Open Intergroup Committee Chair Positions

Outreach Committee Chair

It's a great time to get involved with Intergroup. We have a lot of activity and momentum—and we need help spreading the word. This appointed Intergroup position is responsible for:

- Involving Boulder County AA groups that are not currently represented at Intergroup
- Spreading the word about what we do to help alcoholics in our area

Contact Michael G. at 303-815-8027 to learn more.

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.

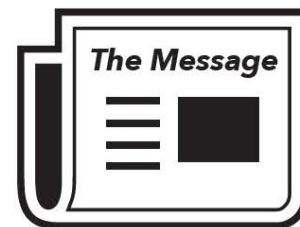
You can contribute by participating in 12 step calls, answering phones at the office, taking a Night Watch shift, and participating in workshops and events.

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

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: 11a-1p Sunday, and 5
To 7 Tuesday, Saturday and Sunday**

**This is a gap in our service to groups and to the still suffering alcoholic.
Please consider volunteering for a shift. 303-447-8201**

Volunteer Training

Join Tom for this month's training session on
Saturday, October 20, 11 am – 2 pm

Parking Update

The reserved parking space in front of the Central Office is available for anyone visiting the office. Please do not park in the other space on the right as you face our front door, which is reserved for the tenant next door.

Meeting Changes?

If your group has a change you are emailing to us at the Boulder Central Office, please also send that email to Denver's Central Office. You can email them at: denveraa@daccaa.org .

Donations Welcome

They can use stamps, Post-it notes, legal size mailing envelopes, medium trash bags (8 gallon or 13 gallon, in great need!), coffee and tea, paper cups, and sugar.

Special Thanks

Thank you to the individual service workers who staff the Central Office: Tom F., Tom H., Kevin W., Ben L., Amber G., Holly A., and Courtney S., as well as to the AA groups that regularly support Central Office by covering volunteer shifts: Robbers Roost, Home Girls, and Eye Openers.

Service is a vital part of a balanced recovery. Our upcoming elections are a terrific opportunity to be of service to all of Boulder County, and to carry the legacy of the work Intergroup has done for years forward.

It's a Great Time to Involve Your Group with Intergroup

When I started out as my group's Intergroup Representative (IGR), I was a bit overwhelmed to learn what this scrappy group was trying to accomplish. To support Boulder's Central Office, they had taken on two very big, very important tasks: the monster effort of reinstating the 501(c)(3) status, and implementing a phone system (and its supporting processes) to enable a single, part-time employee and a group of volunteers to consistently respond any time an alcoholic in need calls AA in Boulder—day or night.

In the last two years, I've been floored by what this group of hardworking volunteers has accomplished.

Intergroup's Recent Highlights

- Regained our status as a nonprofit organization
- Launched a new website at bouldercountyaa.com, making it easier than ever to connect with resources and meetings in Boulder County—and because we're a nonprofit again, the hosting and some features are now free of charge
- Implemented a new call-answering system and organized volunteer efforts to respond to 100% of 12-step calls within two hours
- Brought the organization in line with best practices for nonprofit operating procedures, to ensure that rotating service positions are handed off smoothly, with institutional knowledge kept intact
- Made it easier to order, pay for, and pick up AA literature from Central Office
- Implemented all of these things with a balanced budget—thanks to an amazing event planning committee that helped raise funds

Why It's Important

Though it's not part of the official District and Area structure, the Central Office is often the first point of contact that an alcoholic in our area has with Alcoholics Anonymous. The fact that our work is “close to the action” of helping alcoholics in need is what makes Intergroup work so appealing to many of those who are involved.

Keep Your Group in the Loop

Where does your group come in? Elect an Intergroup Rep and send them to monthly meetings! Your IGR connects your group both with a say in how Central Office works to support Boulder AA—and also with the volunteer opportunities that can help us all stay sober.

Next Intergroup Meeting: Tuesday, October 30 at 7 pm
Shepherd of the Hills Church, Lookout Rd. & 71st in Gunbarrel

With elections coming up in November and committee chairs being appointed in December, it's a fantastic time get involved. When it comes to service, it takes all skill sets. Come see how you can put yours to work for our mutual primary purpose: staying sober and helping other alcoholics to achieve sobriety.

The new Boulder County AA website is now live **LIVE!** Look for exciting changes to our website and the way we present ourselves to the world!

ANNOUNCING

NOW You can pick-up your
AA Literature

Any Time
Day or Night

Call or Email Central Office with your order
Then, Pay-by-phone with a Credit Card
Pick up your books at your convenience!



Place your Literature Order by

CALLING

303-447-8201

Or **EMAILING**

centraloffice@bouldercountyaa.com

NOTE: Do not Email your credit card information, we will call you!

Pick It Up!

When YOU want

In a Secure & Locked PARCEL BOX



Boulder County Intergroup

Central Office, 5401 Western Avenue, Suite D, Boulder, CO
Regular Office Hours are Tues, Thurs and Fri 11a-2p

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

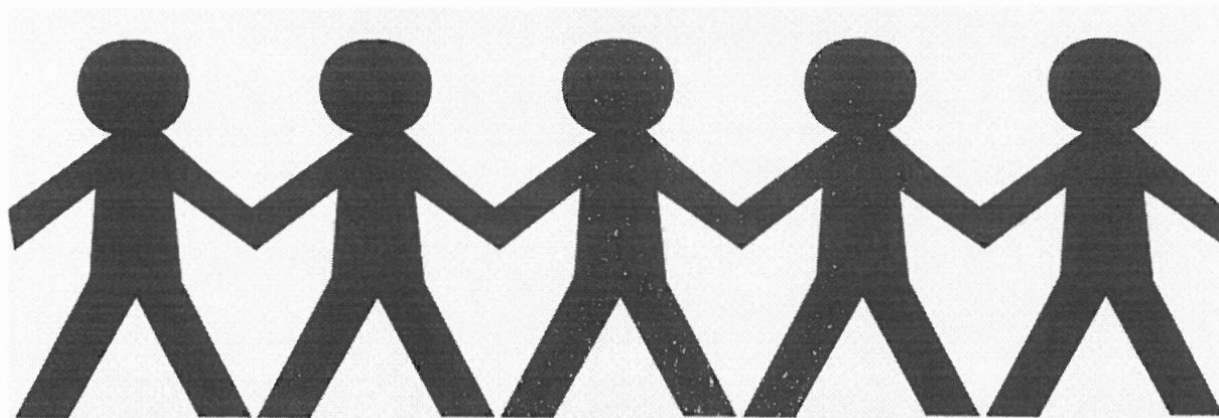
Boulder County Intergroup Faithful Fivers

That the voluntary contributions or pledges of A.A. members should be our principal and eventually our sole support; that this kind of self-support would always prevent our clubs and offices from getting out of hand, because their funds could readily be cut off whenever they failed to serve us well.

—Bill W. *How the Traditions were Developed*

Faithful Fivers are members of the A.A. fellowship who choose to make recurring monthly contributions to Boulder County Intergroup. These pledges support our Intergroup's continued effort to carry the A.A. message of recovery and hope to alcoholics who still suffer from alcoholism in the Boulder County area.

As a **Faithful Fiver**, your contribution will help make our vital services possible! You can contribute \$5 each month or \$15 quarterly or make a yearly contribution of \$60.



Contribution Date: _____

Amount \$ _____ **Monthly**___ **Quarterly**___ **Annually**___

(**Note:** Only AA members can contribute. No AA member can contribute more than \$3,000 per year. Boulder County Intergroup has been approved by the IRS as a 501(c)(3) tax-exempt organization. Your voluntary contribution is a charitable tax deduction.)

Yes! I want to participate in Faithful Fivers

Cut along the line. Save the top portion as your receipt and submit (mail or hand personally to a Central Office volunteer) this bottom portion with your contribution. Please make checks payable to: Boulder County Intergroup.

Date: _____

Fivers Plan Amount \$ _____ **Monthly (\$5)**___ **Quarterly (\$15)**___ **Annually \$60)**___

Name _____ **Address** _____

City _____ **Zip**___ **Email** _____

Boulder County Central Office
5401 Western Avenue, Suite D
Boulder CO 80403

Tel. (303) 447-8201 **Email: centraloffice@bouldercountyaa.com**