

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

November 2018

Step 11: Evolving My Consciousness

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Sought through Prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of his will for us and the power to carry that out.

Step 11 is intended to become a daily part of our ongoing sober lives. And we don't have to wait until we reach the 11th Step to begin to practice it. Walks in nature, listening to the wind, admiring the snow on the Flatirons—these all can invite us into a meditative state, bring us into contact with God. But often the idea of sitting still and being quiet, even for short periods seems very difficult. I know I had an aversion to just being alone and present with myself with nothing to distract me for a long time.

Even though I had stopped drinking and was working through the steps, I still was really uncomfortable with myself. I still had a racing brain full of self-criticism and doubt. It was loud—and sitting quietly seemed like an invitation to spend some time hating on myself, letting the critical voice take over and obliterate me. So it was easier to stay busy and avoid sitting down with myself and the God of my understanding.

The perfectionist critic inside me won't go away if I ignore her. Like alcoholism itself, she will lay in wait and spring on me—when I try to sleep, when I'm alone in a quiet car, when I have a few unscheduled minutes—or waiting for a doctor's appointment, or other times when I'm forced to be alone with myself. It's only through self-acceptance and self-forgiveness that I can quiet that voice. Alcoholism thrives in an environment of self-hatred. I have found it helpful to identify the critical voice as a form my disease takes in order to keep hold of me. This stance can give me the courage I need to sit quietly anyway, determined that the disease won't win. And yes, the first minutes and attempts are super uncomfortable, but as I persist, some kind of magic distancing happens, and I can watch myself think all that bad stuff, but I don't identify so strongly with it. A self-accusation or criticism could be followed by questioning its veracity. Is that really the truth, or am I just mimicking criticisms from parents, siblings, others and taking them on in a way that validates them?

Once I have a bit of space and quiet in my head, it's a magical time when I can use my imagination to envision how I could do something better or observe my resistances to how things are, or my thoughts about what God might want for me. The 12x12 says this is the correct use of the imagination—rather than foreboding, imagine possibility. If we have decisions to make we can ask for

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

bouldercountyaa.org

Step 11: Continued

guidance. I heard someone say in a meeting the other day that they ask God to bless it or block it. It's a form of praying only for the knowledge of God's will for us. I have come to believe that everything in my life is an opportunity for spiritual growth. One of my favorite meditations is based on the following quote: Life will give you whatever experience is most helpful to the evolution of your consciousness. How do you know this is the experience you need? Because it is the experience you are having at the moment.

If I can live as if that is true, then I can say yes to everything and look for the miracle in it. This is one of the gifts that has come to me by making the practice of Step 11 a priority. Blessings. ~Liza

Intergroup Board Elections, November 27

Our elections will be held Tuesday, November 27, so spread the word and consider supporting Boulder County AA by standing for one of the following positions:

Chairperson (2-year commitment)

- 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 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)

- 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.

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.

Workshop: Anonymity in the 21st Century

Join District 24 for a workshop where we will review the spiritual aspects of anonymity, and what that looks like in the 21st century.

Saturday, December 1

11 am to 1 pm

Boulder Alano Club

4705 Baseline Rd.
Boulder, CO 80303

Agenda

- 11:00 Speaker on Anonymity and the Traditions
- 11:30 Panel: Social Media and AA
- 12:00 Bagel Break
- 12:15 Q&A with Panel
- 12:45 Breakout Groups

11th Tradition: *Our public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio and films.*

District 24

Bill W. is celebrating 83 years of sobriety, write on his wall to say congratulations!

Dr Bob is holding a fundraiser for the charity, "Better Coffee at Meetings". [Click here to donate now.](#)

DEC

1st

District 24 Workshop - AA in the Digital Age held at the Boulder Alano Club. 11a-1p.

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.

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.

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

New Meeting in Erie: No Reservations

Join us for the new "No Reservations" group of Alcoholics Anonymous.

When: **Wednesdays 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 information contact Derek M. at 720-297-5710, or Mark M. at 720-366-7705.

Central Office Updates

5401 Western Ave. Suite D, Boulder, CO 80301
303-447-8201

centraloffice@bouldercountyaa.com

Regular office hours: Tuesday, Thursday and Friday, 11 am to 2 pm

NEW! 24-Hour Literature Pickup

It's easier than ever with our new locking parcel box—whether Central Office is open or not!

1. Place your order by calling 303-447-8201 or email centraloffice@bouldercountyaa.com.
2. Pay by phone with a credit card (DO NOT email your card information; we'll call you).
3. Pick up your order at your convenience from the secure and locked parcel box.

Your purchases support your Central Office and Intergroup, so thank you for purchasing literature and chips from us!

November Volunteer Training

Join our monthly Volunteer Training on Saturday, November 24 at Central Office. The training takes about a half-hour. Stop in any time between 11 am and 1 pm. Call or email Central Office to schedule a different time if that doesn't work for you.

Parking at Central Office

When you're visiting Central Office, you're welcome to use the one reserved parking space in front of the office. Please park in this assigned parking space and not the other space on the right as you face our front door, which is reserved for the tenant next door.

Change to Your Group's Schedule?

To have your meeting added or updated on the bouldercountyaa.org website and included in our next run of printed schedules, please [fill out the form online](#) and:

- Send it to centraloffice@bouldercountyaa.com using the instructions on the form
- CC: Denver's Central Office at denveraa@daccod.org

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. Thank you again to the AA groups that regularly support Central Office by covering volunteer shifts: Robbers Roost, Home Girls, and Eye Openers.

Donations are Welcome!

We are currently in need of:

- Stamps
- Yellow post-it notes
- Legal size mailing envelopes
- Medium trash bags (8 or 13 gallon, in great need!)
- Coffee and tea, paper cups, sugar

Volunteers Needed

Answer Phones at Central Office

Central office is in need of volunteers to keep our doors and phone lines open during the following shifts:

- 11 am–1 pm Sunday
- 5–7 pm Tuesday, Saturday and Sunday

Training is provided. Please call Central Office at 303-447-8201 to volunteer.

Volunteer for Daytime Phone Service Positions

Daytime phone volunteers are needed 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:

Your role is either to call the person directly or use the 12-step list to find an alcoholic who will call.

Typically, our volunteers call back to let the person know that we received the message from the answering service, and to start the conversation.

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 someone commits to make the call.

On average, you will receive 1–2 texts per shift. If you have any questions, or to volunteer for shifts and have 9 months of sobriety, please email the daytime phone coordinator at DPC@bouldercountyAA.com.

Join the 12th-step Call List

If you're willing to respond to 12th-step calls and have a year or more of sobriety, we're updating our list and would love to have your help. Just ask your Intergroup Representative to add you to the list, or email Central Office at centraloffice@bouldercountyaa.com and ask to be added.

Please include your name, gender, sobriety date, city, phone number (and indicate whether it's OK to leave an AA message there), email, and any helpful information (different languages spoken, preferred days and times for calls, etc.).

Contribute to The Message

Our newsletter, *The Message*, serves Intergroup by providing a source of news and information about AA activities and service opportunities throughout Boulder County.

Submit information about group events, workshops, celebrations and anniversaries. We also welcome submissions from individuals! Share your experience, strength and hope by writing an article about a step or tradition. Submit artwork, poetry and other creative work. Contact us at thessage@bouldercountyaa.org.

Join our next
Volunteer Training:

Saturday, Nov. 24
11 am – 1pm

at Central Office

What is Intergroup?

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.

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.

Elections: Tuesday, November 27

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

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