

The Message

Boulder County Intergroup | bouldercountyaa.com
Serving the Alcoholics Anonymous Community of Boulder County
5401 Western Ave. Suite D, Boulder, CO 80301 303-447-8201
View previous issues at bouldercountyaa.com/message/archives

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Steps 1 & 2: New Insights from Early Lessons

As we enter a new year and make our resolutions, I can remember many mornings waking up and resolving never to drink again. This time for sure. Well, until later that day or that week. Eventually, I did get sober, and have remained so, with help from AA and the people here who have supported me.

It makes me wonder: What was different when I was making the same old resolution that last time?

I think the answer is that for me, it wasn't a resolution at all. I didn't sit down with a sharpened pencil and a fresh notebook to eagerly start working on a new life, beginning with Step One. I truly had admitted complete defeat. I didn't *arrive* at that first meeting so much as I *washed up* there, finding that I had somehow walked in the door with the first couple of steps more or less done at some level. The ink was dry on Step One; Step Two was more of a desperate hope.

For the newcomer who's wrestling with all of this for the first time—or perhaps it's “not your first rodeo” and you're just hoping something sticks this time around—my advice to you (not that you asked for it) would be this: Start at the beginning.

These steps have become a foundation that I don't think about too often. But as we learn over and over in Alcoholics Anonymous meetings, sobriety isn't something we achieve; it's something we work to maintain. And that work involves maintaining the integrity of this foundation by revisiting the early steps from time to time.

As it says in the “How it Works” chapter of *Alcoholics Anonymous*, “The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.” As we continue our progress, we see the early steps each time with different eyes, in the context of recent life experiences, or clearer hindsight, or with some new reminder that we are, indeed, alcoholics.

In my case, the knowledge I gained that first time through the steps was like the straw house that the first little pig built. It was enough to get by on for a while, but I needed to work on brick reinforcements that would keep me safe when the big, bad wolf of my disease came looking for me the next time.

Like any good spiritual program, the teachings of AA are simple and complete. They are simple enough for newcomers to understand what needs to be done, and at the same time, comprehensive enough to touch every area of our lives—over time and in completely new ways—as long as we keep coming back to them.

Meditation Workshop

Saturday, February 23

1–4 pm

Messiah Lutheran Church

1335 Francis St., Longmont

Please join District 34 for an afternoon of prayer and meditation. We will discuss some basic meditation practices and do some group meditations. Water and light snacks will be provided. Please bring a blanket and pillow to sit on if you like.

Contact Eric H. at 720-940-3060 for more information.

Intergroup Updates

Intergroup Year in Review

Reducing all of the work that has been accomplished this year to a quick list seems to shortchange the tremendous effort put in by volunteers, but here's a list of accomplishments, in no particular order, of what Intergroup has been up to:

- Bridge the Gap program became very active and successful in Boulder County
- Daytime phone coordinator position was created to complement our new phone service
- The Message newsletter moved to digital-only publication and gained new subscribers
- New website introduced fabulous features and improvements
- Literature box installed to give groups more flexibility in purchasing supplies through Central Office
- 501(c)3 status reinstated back to May 2010—a HUGE effort and success
- Charter & Bylaws updated to support Intergroup's consistent, flexible operations into the future
- Cut costs, solicited donations, and raised funds to overcome serious financial shortfall
- Researched and updated our literature pricing
- Ring-Ring Workshop trained volunteers to answer the phone in line with AA practices

As always, we encourage you to join us. Send an IGR from your group, stand for a position, or lend your talents to help carry the message in Boulder County.

NEXT MEETING: Tuesday, February 26

7:00 pm

Shepherd of the Hills Church

Lookout & 71st, Gunbarrel

Seeking a Treasurer!

Intergroup is looking for somebody to stand for the first-year treasurer position. This elected position serves for a two-year term. Contact Michael G.: president@bouldercountyaa.com for more information.

Now Appointing Intergroup Committee Chair Positions

Committee Chair positions are now being appointed by the Intergroup Chair. Each position is a two-year commitment. Two people serve during overlapping terms to ensure continuity, with the first-year position supporting and learning from the person in their second year of service.

- Daytime Phone Coordinator: first-year position open
- The Message: first-year editor needed
- Nightwatch Coordinator: first-year coordinator needed
- 12 Step List: first-year coordinator needed
- Central Office Volunteer Coordinator: first-year positions open

Intergroup Updates, Cont.

Intergroup Inventory Coming Soon—Get Involved

Coming this spring, on Saturday, April 20, Intergroup will discuss questions like: What is our mission? Are we meeting our goals? Anybody interested in helping to plan the event is encouraged to contact Michael G.: president@bouldercountyaa.com.

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

Join Our Next Volunteer Training

Saturday, February 16

11 am–1 pm

At Central Office

Next Printing of Meeting Schedules Coming Soon—Update Now!

To have your meeting added or updated on the bouldercountyaa.com 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@daccaa.org

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!

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.

Seeking Donations of:

- Stamps
- Yellow post-it notes
- Legal size mailing envelopes
- Coffee and tea, paper cups, sugar

Opportunities to Serve

Become Our Treasurer

Intergroup is looking for a first-year Treasurer. Details on page 2.

Stand for a Committee Chair Position

Bring your skills to Intergroup. We're now appointing Committee Chair positions. Contact Central Office for details, or join our next Intergroup meeting. Details on page 2.

Answer Phones at Central Office

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

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

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

Volunteer for Daytime Phone Service Positions

Daytime phone volunteers when an alcoholic in need calls Central Office, but no one is physically present in the office 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. Nine months of sobriety suggested.

If you have any questions, or to volunteer for shifts, please email the daytime phone coordinator at daywatch@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 text you or leave an AA message there), email, and any helpful information (different languages spoken, preferred days and times for calls, etc.).

Contribute to the Newsletter

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 themessage@bouldercountyaa.org.

Start 2019 with a resolution to support your sobriety by serving AA and helping other alcoholics.

Share this list of volunteer opportunities with your group.

Website News

With the new website up and running at bouldercountyaa.com, the web team continues to make improvements in functionality.

Meeting List: Be sure to check your meeting online. You can add meeting specifics and additional details that do not appear on the list itself—like whether it's a book-study or step meeting, parking information, or anything else that might be helpful. Additionally, the meeting list is now synched with the global smartphone app: Meeting Guide.

Event Calendar: It's easy for groups to post information on the Event Calendar about upcoming AA events, as well as opportunities for fellowship and service. Guidelines for the Events Calendar are posted on the site. Intergroup is currently discussing and proposing guidelines for including recovery-related calendar items that are not specifically AA events.

New Meetings

Cedar Group

Saturday at 6 pm
Boulder Health Center
5495 Arapahoe Ave Suite 101-A

Late Night

Saturday at 10 pm
Boulder Alano Club
4800 Baseline Rd B102

State Convention Coming Labor Day Weekend in Keystone

August 30–September 1, 2019

Keystone Resort and Conference Center

The annual social event for Area 10 will take place this Labor Day Weekend in Keystone, Colorado. Come for a weekend of speakers, meetings, workshops, food, dancing and fellowship with AAs from all around the state. The event runs from 3 pm on Friday until noon on Sunday.

Learn more and book online at convention.coloradoaa.org

International Convention Coming October 2019 in Biarritz

October 10 – 13, 2019

Belambra Club
Chambre d'Amour Beach
Anglelet-Biarritz, France

Theme: Back to Basics

Register and Learn More

Pre-register online for €35.00; cost is €42.00 after August 30.

<https://aaconventionbiarritz.com>