

The MAICO

April - June 2017

GAAZETTE

Our meeting in print.

About MAICO

The mission of MAICO (Madison Area Intergroup Central Office) is to help A.A. groups within its service area (South Central Wisconsin) carry the A.A. message. MAICO helps coordinate and facilitate communication and cooperation among individual A.A. groups, area 12-step and other committees, and components of the A.A. service structure. MAICO provides needed services that are beyond the scope and ability of any individual A.A. group, and is at all times responsible to the groups it serves.

“Easy Does It”

One of A.A.’s Most Workable and Useful Sayings

One of the most useful of the sayings that has been adopted in A.A. is that which advises, “Easy Does It.” So universally workable is this good advice that it qualifies as the expression of one of the fundamental steps in personal rehabilitation.

If this particular saying is applied sincerely and intelligently, it will greatly ease the path of the newcomer in A.A., avert “slips” and further the development of a mature life both inside and outside A.A.

Axioms are only words in themselves, of course, and the phraseology has become trite in many cases. Pseudo-intellectuals are especially scornful of the old sayings, and even less snobbish observers may overlook the worth to be found in the meaning behind the words.

It Means Relax!

For example, “Easy Does It,” means – relax! Don’t fret and worry and stew and struggle! Take it easy! Relax! Everyone who has an intimate knowledge of the alcoholic will agree that one of the first things he needs to do is to relax, not only in the early stages of A.A. but forever after and a day. “Easy Does It” applies no matter how long one has been in A.A. and, in fact, it is essential to continue progress in A.A. and to a return to more normal living outside.

Physical realization has long been identified as a characteristic of great athletes. The DiMaggios and the Williams have an easy swing that belies yet accounts for much of the power of the bats. The fastest of swimmers relax with each stroke. In football, the relaxed player is less prone to fumbles and injuries. The great runners have a relaxed stride even when they are driving the hardest.

Relaxation frees the intellectual, the emotional and even the spiritual functioning of the personality no less than it loosens the muscles of the body.

“Easy Does It” for the newcomer during those first early days of confusion, fear and doubt. If, instead of worrying and “tensing up” because he does not grasp the whole A.A. program in the first sitting – if he will relax, he will find that the emotional understanding as well the intellectual understanding of the A.A. philosophy will come along much more readily.

Fortunately, this is a saying, which can be tested easily. It does not have to be accepted on faith alone. Anyone can find out for himself whether it works simply by trying it himself.

Suppose a problem has arisen. Suppose it is the old urge to reach for the bottle. Or suppose the problem is one of those by-products of alcoholism, which continues to come up long after the urge to drink has gone. The reaction of the alcoholic, and of more than a few non-alcoholics, is to fight the problem, to worry about it, to get into a stew. The tension begins to mount. Emotion runs wild. Self-control is slipping rapidly.

That’s the usual sequence. It can be broken if in the midst of it, the victim sits way back. Physically and mentally, and relaxes. First, he must relax his muscles, because that’s the easiest to do. Then he must relax his mind, by directing his thoughts to pleasant subjects, to a reminder that others have succeeded and so can he, to mental pictures of peace and success. If he will but direct his mind away from the problem, he will find a new source of strength rising up within him.

Has Advanced.

At least that is the way it has worked and still works for others. The individual who has learned how to relax has already advanced a long way towards happiness and success.

Relax and enjoy A.A. Relax and enjoy life. “Easy Does It.” If you don’t believe it, try it.

J.M.D.
Grapevine, July 1948

It Works When We Work It

The alcoholic mind outwits the alcoholic. I was in trouble; as soon as AA showed me the way out of the way out. I was not willing to go to any length for the AA way of life. I was willing, however, to go to any length to give the impression that I was willing to go to any length.

Phonies are like that: big production, no product. Convincing others I was getting well felt like getting well. A pretense of doing the Twelve Steps of recovery felt like recovery – until, suddenly, I began to come down drunk.

In the shuddery, goosebumpy craving for alcohol, I had a clear choice: Get honest or get drunk. A simple prayer of surrender was answered. In the beginnings of honesty, I took Steps One, Two, and Three. God alone could and did protect me from myself. The obsession with drinking went away.

Since then, nine years and never a bad day in AA. (Some days are more mysterious than others.) Inventories, amends, learning experiences, yes, but never a bad day. Nearly died a couple of times, but our book doesn’t say anything about pneumonia – it says it will show us a way to leave off our drinking habit.

In large measure the promises of the Big Book of Alcoholics Anonymous have come true, and for me there is a promise on every page. Especially, I like the shortest paragraph in the book (page 88): “It works – it really does.”

P.H., Medford, Ore.
Grapevine, August 1984

Income Statement

Revenues	<u>April</u>	<u>Jan to Apr 2017</u>
Donations – Groups	5,154.44	15,885.91
Donations – Events	250.00	250.00
Individual Donations	1,120.00	1,527.42
Donations – Answering Service	20.00	160.00
Donations - Gratitude Month	100.00	1,067.67
Conference Literature	3,182.26	11,929.39
Non-Conference Literature	1,720.28	4,145.56
Non-Conference Merchandise	2,371.18	6,959.59
Grapevine Literature	188.58	373.29
Faithful Fivers	40.00	184.00
Directories	28.50	293.95
Savings Account Income	1.62	3.27
Other Income	37.00	355.89
Shipping Charges Reimbursed	<u>31.53</u>	<u>122.04</u>
Total Revenues	<u>\$14,245.39</u>	<u>\$43,257.98</u>
Cost of Sales		
Inventory Exp.-Conference Lit.	3,223.52	8,695.40
Inventory Exp.-NonConfer Lit.	427.18	3,016.90
Inventory Exp.-NonConfer Mer.	2,671.64	6,007.80
Inventory Exp.- Grapevine Lit.	0.00	0.00
Inventory Exp.-Directories	<u>0.00</u>	<u>0.00</u>
Total Cost of Sales	<u>\$6,322.34</u>	<u>\$17,720.10</u>
Gross Profit	<u>\$7,923.05</u>	<u>\$25,537.88</u>
Expenses		
Wages Expense	3,293.50	13,970.09
Employee Medical Reimbursement	160.00	640.00
Payroll Tax Expense	251.96	1,068.72
Credit Card Processing Costs	55.18	205.45
Mobile Credit Card Unit Fees	15.00	60.00
License and Fees Expense	0.00	235.00
Office Supplies	0.00	395.99
Office Expense	10.20	581.55
Computer Maintenance Expense	70.00	280.00
Computer-Software/Hardware	137.13	137.13
Bank Charges	0.00	0.00
Telephone/Internet Expense	159.76	630.06
Answering Service Expense	902.31	2,182.99
Advertising in Phone Book	86.00	338.00
Reconciliation Discrepancies	-0.04	-0.36
Postage and Shipping Expense	31.53	162.59
Occupancy Expense	776.00	3,104.00
Insurance Expense	0.00	7.00
Printing Expense	276.52	276.52
Travel Expense	77.13	86.94
Conference Expense	0.00	0.00
MAICO Reps Events Expense	175.00	210.00
Other Expense	<u>0.00</u>	<u>0.00</u>
Total Expenses	<u>\$6,477.18</u>	<u>\$24,574.67</u>
Net Income	<u>\$1,1445.87</u>	<u>\$963.21</u>

Upcoming Events 2017

Some event flyers are on www.aamadisonwi.org or www.area75.org

Any district or group AA event can be posted on the Area 75 calendar by going to www.area75.org, be aware that info & flyers go on internet, mindful of anonymity, names on flyers etc.

Recurring events:

1st Sat Every Month – The Women’s Unity Breakfast, Plymouth Church, 2401 Atwood Ave, Madison, 8:00 – 10:00am, Bring breakfast item to share

1st Sun of month – **Ripon’s Royal Ridge Open Speaker AA Breakfast**, Royal Ridges, State Hwy 23 (W. Fond du Lac St.), Ripon. Breakfast 10am, Speaker 11:00am. \$9.00 adults, Holiday meets 2nd Sunday.

2nd Sun of month – **Open AA Speaker Meetings in Adams**, Adams-Friendship Club, 1093 County M, Adams, Noon
****Please note** the May speaker is the 3rd Sunday of month due to Mother’s Day.

2nd Fri of month – **Finger Food Friday, Appetizer Potluck**, Speaker meeting, 6:30pm appetizer’s, 7:00pm Speaker, United Methodist Ch., 1804 New Pinery Rd., Portage.

3rd Sun of month – **Pocket Full of Sunshine Breakfast**, Howard Johnson, 3841 E. Washington Ave., Madison, 10am breakfast buffet \$8.99 all you can eat, 12 & under \$5.00, 11am Speaker

Last Wed of month – **Sunlight of the Spirit Grp, (SOTS) Open speaker meeting**, Plymouth United Church of Christ, 2401 Atwood Ave., 5:30pm Potluck, bring a dish to share, 6:30pm Speaker, enter Ohio St. side of church.

Last Sat of month – **Hosted by Portage Area Recovery Groups, Open Speaker Meeting**, 8pm, Historic Apts., 207 W. Cook St., Portage, basement, handicap accessible, Potluck to follow meeting.

Last Sat of month– **Hosted by Dodgeville Downtown Group, Anniversary Potluck**, Dodgeville Serenity Club, 401 N. Union St., Dodgeville. 6pm Potluck, 7pm Speaker, Please bring a salad or dessert if you would like, \$5.00 donation appreciated if possible.

1st & 3rd Sat of month – **Monroe Sister Blandine Group, Open Speaker Meeting**, 6:30pm, St. Victor’s Church, 1760 14th St., Monroe, entrance off 20th Ave (parish library door) Everyone welcome

Every Saturday – **New Voices Open Speaker Meeting**, 7pm, 402 W. Delavan Dr., Janesville, May hosted by WICYPAA 2019 Bid Committee. Hosted (Chair & Speaker) each month by groups in Area 75.

June 10 – Bill W. Speaks on the 12 Traditions of A.A. – Hosted by The Turning Point Group, East Side Alano, 1017 Northport Dr., Madison, 2:00 – 4:00pm. Light snacks and beverages, Suggested donation \$5.00

June 9, 10 & 11 – 82nd Anniversary of Alcoholics Anonymous, Founder’s Day, Akron, Ohio, Birthplace of AA. Registration is \$25 due by May 15, 2017, Package Plan A - \$200 which include admission to all meetings, meals, room, registration and bus tour, Package Plan B – \$150 includes all items in Package Plan A *except* meals. For more information go to www.akronaa.org for information, click on Founder’s Day link.

June 16-18 – Women’s New Beginning Group Retreat – NIU Lorado Taft Field Campus, 1414 N Reiner Rd., Oregon, IL – See flyer on MAICO website for more details

June 24 – 22nd Annual Corrections Conference – St. Stephen’s Lutheran Church, 512 McCellan St., Wausau, WI 9:00am – 4:00pm, Registration \$10.00

July 20-23 – 21st Annual Keep it Simple – Washington Island Retreat – For more information see flyer on MAICO website or Keepitsimpleretreat.myfreesites.net.

August 5 – MAICO Annual Picnic – Soldier Memorial Park (Shelter 1), Mineral Point, WI 12:00pm Lunch, 1:00pm Speakers – AA, Al-anon and possibly Alateen.

October 7 – Dist. 35 Mini-Conference, Zwingli United Church of Christ, 416 E. Lake Ave., Monticello

October 20-22 – Area 61 Convention – Al-Anon/Alateen Convention with A.A. participation, Chula Vista Resort, 2501 River Rd., Wisconsin Dells, WI – See flyer on MAICO website for more details

October 27 – 29 – Area 75 Annual Conference, WE, hosted by Dist. 31, Heidel House Resort & Spa, Green Lake, WI.

Thank You's - Donations received March 10 to May 12, 2017

General Fund

4th Dimension Grp
7am St. Andy's Grp
Anonymous Individuals
Beaver Dam Sun Serenity Grp
Beloit Mon Night Thumpers Big Book Grp
Belleville Big Book Grp
Columbus Grp
DeForest Progress Grp
Dodgeville Downtowners Grp
Early Riser's
EDIBDI Grp
Egerton Monday Night
Family Afterward
Fel-O-Ship Grp
Foxhall Recovery Grp
Good Fellowship
Grace Lunch Grp
Into Action Grp
It's a God Thing Grp
Lancaster Tuesday Night Grp
Living Sober Grp
Lodi Lifer's
Mid Morning Grp
Mifflin St. Noon
Monroe Design for Living
Monroe Sat. Sister Blandine Grp
Montello Mon Night Buffalo Gals Grp

Mt. Horeb Wed Night Grp
Mt. Olive Grp
New Glarus Sobrietyfest Grp
Platteville Mon Night Grp
Platteville Wed Noon Grp
Poynette-DeKorra Grp
Prairie Dock Grp
Professionals Grp
Rock River Grp
Room to Grow Grp
Sat. Morning On-Timers Grp
Sauk Prairie Grp
Shine at Nine Grp
Sister Blandine Thursday Grp
Slip Nots Grp
Sober Today Grp
St. Francis Grp
Stoughton Grp
Sunday Recovery By the Book Grp
Sunlight of the Spirit Grp
Sun Prairie Keep Calm Tuesdays
Sun Prairie Thursday Grapevine
Sunrise
Sunshine Grp
The Home Grp
The Phoenix Grp
The Promises Grp
There is a Solution Grp

Tuesday Night Workshop Grp
Viroqua Big Book Study Meeting
Watertown One Day at a Time Grp
Waupun Tuesday & Friday Grps
Wautoma Thurs Morning Big Book
Wautoma Thurs Night Grapevine
Whitewater Tues 11am Grp
Windsor Grp

Answering Service

EDIBDI Grp

Corrections/Treatment Fund

Early Riser's
EDIBDI Grp
Living Sober Grp
Sunlight of the Spirit Grp

Faithful Fiver

Larry L.
Mary S.

Gratitude Month

Beaver Dam Sat Nite 7pm Grp
Ft. Atkinson Sat. Night Grp
The Promises Grp

The difference between Closed and Open Meetings of Alcoholics Anonymous

The purpose of all A.A. group meetings, as the preamble states, is for A.A. members to “share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.” Toward this end, A.A. groups have both open and closed meetings.

Closed meetings are for A.A. members only, or for those who have a drinking problem and “have a desire to stop drinking.”

Open meetings are available to anyone interested in Alcoholics anonymous’ program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers. Open speaker meetings are when one person shares her/his experience, strength and hope by telling what s/he used to be like, what happened and what it is like now.

At both types of meetings, the A.A. chairperson may request that participants confine their discussion to matters pertaining to recovery from alcoholism.

Whether open or closed, A.A. group meetings are conducted by A.A. members who determine the format of their meetings.

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The AA Group pamphlet

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For This, We are Responsible

We need your help and cooperation if we are to keep up to date about meetings and groups in the area we serve. Please let us know of any changes to the meetings you attend or to your group so we can pass the information along to our readers. Call MAICO at 608-222-8989, email to aamadisonwi@gmail.com or fill out the form and mail to MAICO, 2000 Engel St., Suite 104, Madison, WI. 53713

Provide as much of the following information as is possible

New___ Change___ Help___ Discontinued___

Group name (if any)_____ Open___ Closed___

Smoking___ Non-smoking___ Signed___ Accessible___

Day and time of meeting _____

Location_____

Type of meeting_____

Group contact person_____

Contact's phone number_____

Also, let us know of any changes in your group's contact person(s):

Name_____

Position _____

Phone number_____

Group name (if any)_____

Day and time of meeting_____

Location_____