

GAA ZETTE

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.

Know Thyself!

True humility comes when he accepts all that he is, good and bad

By the time I came upon the Seventh Step, I had already discovered many unsuspected defects and assets in my life. The extent that I had gotten to know myself was the extent that I experienced humility. For, as I understand it, humility, as expressed in the Seventh Step, is essentially accepting the truth about me.

Step Seven is not about humiliation, nor is it intended to rob me of my self-confidence, self-worth, or basic humanity. I believe the practice of humility that the Seventh Step calls for can be a source of great benefit. It enables me to let go of self-reliance and helps me to see my life in a balanced, healthy way.

Humility is not about self-judgment or condemnation, but it does mean knowing, at the core of my being, who I am and owning my strengths and limitations. Humility is about realizing that I have everything I need to stay clean, sober and have a happy life. Humility is also knowing that I don't have to do it alone, that I have a Higher Power and a support system in the rooms of Alcoholics Anonymous to help me.

Through all the previous Steps, I learned to apply spiritual principles such as self-honesty and self-acceptance in my life. And, to the degree that I practiced these spiritual principles, I began to slowly trust myself for the first time. With that self-trust, came the foundation for the humility.

Through the Seventh Step, I surrendered to the notion that I was powerless to remove my shortcomings, and to do it, I would need the Twelve Steps, a Higher Power and the Fellowship of Alcoholics Anonymous. If I humbly asked, just as I had been willing to "let go" in the Sixth Step, I can try to "let God" in the Seventh. This willingness to let go of my shortcomings is grounded in faith that my Higher Power is present, available and wants to change me for the better.

As I continued to work the Seventh Step, I experienced a freedom from my defects and shortcomings that felt almost physical. At times, it felt like a thousand-pound weight was being lifted from my shoulders.

During prayer, I started to combine the practice of asking my Higher Power to remove my shortcoming with meditation. I repeated a part in the Seventh Step, “humbly asked him to remove our shortcomings,” over and over, like a mantra. This enabled me to access the humility I was seeking with my body, as well as with my mind and spirit.

Another tool I use for cultivating humility is to remember where I come from. This keeps me humble and grateful, especially when I am tempted to take credit for all the accomplishments in my recovery life. I need to remember how humiliated, confused, insecure and frightened I felt at my first meeting, and compare that to how I feel today.

It is also important to acknowledge the progress I have made in recovery. It isn't helpful or humble to minimize the positive changes that have occurred in my life, nor am I being humble when I put myself down, which I find myself doing at times. For me, these are dysfunctional concepts of humility. They come from my sick ideas about a Higher Power, who, I thought, wanted to humiliate, condemn, reject and abandon me, none of which are true. Rejoicing in my progress is a form of praising and celebrating the presence of God in my life.

One of the major defects, however, that prevents me from rejoicing in recovery is self-centered fear. I've struggled with this character defect for as long as I can remember.

As an active alcoholic and drug addict, and even into early recovery, self-centered fear ruled my life. Some of the things I feared were people, life, my past, my Higher Power and recovery. I wanted my Higher Power to remove my shortcomings, but wasn't sure there would be anything left of me, if they were indeed removed.

Would my Higher Power descend upon me and, in one miraculous swoop, remove all my defects and shortcomings? What would happen to me then? Would I turn into a shell, a nonentity? Then again, I didn't have much to lose after alcoholism and drug addiction had taken everything physically, mentally, and spiritually from me. I already felt like a shell, a nonentity. To have my shortcomings removed sounded a little more like self-annihilation to me. What would happen to me? Would I still have a self? Would I have a personality or would I become a robot? Would I lose my individuality? Sounds silly now, but it wasn't then.

The first time I worked this Seventh Step, I did it exactly as suggested in the Big Book. I prayed: “My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen.” Despite my fear and anxiety, I meant it. I was ready to have my Higher Power remove my shortcomings. I reflected for a while, contemplating what was going to happen to me. Was I going to have a dramatic spiritual experience? Would I go to sleep that night and wake up the next morning as a totally different person?

I wondered how much changing I needed to do or, in fact, wanted to do. Did the Seventh Step mean I had to be a saint from this moment on? I didn't understand the process and, to be honest, I still don't. But I have learned to trust in it. It's a gradual process that, at times, includes growing pains, but becomes a palatable process, once I become willing to experience my feelings, instead of denying or wanting to escape from them.

After working on this Seventh Step for a while, I realized it hadn't turned me into a shell or a nonentity, it allowed me to realize my full potential as a human being. It also helped me to be grateful for my positive qualities. My idiosyncrasies become more bearable and, to a certain extent, acceptable.

For me, the Serenity Prayer really captures what this Seventh Step is all about: “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” I have often used this prayer as a guide to understanding how the Seventh Step can work in my life, and remind me that my Higher Power is the source of my serenity, courage and wisdom. The Serenity Prayer enables me to accept myself as I am, with all of my strengths and limitations. This is, essentially, the first part of the Serenity Prayer, as I understand it.

The Serenity Prayer teaches me to “accept the things that I cannot change.” Once I became aware that I was powerless to remove my own shortcomings, I needed to turn them over and stop trying to control, manage, and change things myself.

When I was first introduced to this prayer, I thought all I needed to do was turn all my issues and problems over to God, without any effort on my part, and they would be removed. Sayings and slogans such as “Turn it Over” and “Let Go and Let God” translated into my believing I didn’t need to do any footwork. This is not what the Serenity Prayer is about. The next part asks for the “Courage to change the things I can.” I need courage to do the things that are within my ability. I need to identify my responsibilities and meet them wherever and whenever possible. I also need to do certain things to maintain my recovery, such as go to meetings, share with other recovering people, work the Steps, read the literature, etc.

The last part of the Serenity Prayer is the most difficult, “The wisdom to know the difference.” How do I know when I am working on things I cannot change versus things that I can? How can I know when to “Turn It Over”?

By humbly asking my Higher Power to remove my shortcomings on a daily basis, I am consistently reminded of that which is still causing me, as well as others, pain and suffering. Through this process, I can focus on letting them go. But, since my defects and shortcomings are so deeply embedded in my personality, they are not usually removed instantaneously. I seem to find release from them for a while, then they surface again. A daily discipline enables me to develop an awareness of those defects that keep returning. The Seventh Step and Serenity Prayer keep me focused on change, transformation and spiritual growth.

Since my Higher Power works through other people, I have to be constantly aware of my tendency toward isolation, yet another character defect. Through the Seventh Step, I have come to the realization that quality sobriety requires relationship with others. Active alcoholism and drug addiction robbed me of the ability to have healthy relationships and created the illusion that I didn’t need anyone or anything, except more alcohol and drugs.

Coming to grips with the unmanageability of my life before I got sober was very difficult. I didn’t want to think about it and, above all, I certainly didn’t want to talk about it, attempting to divert my thoughts and escape feelings through isolation. Of course, things got worse. I finally had to surrender.

Surrendering didn’t mean giving up my independence, though. It states in Twelve Steps and Twelve Traditions, “The more we become willing to depend upon a Higher Power, the more independent we actually are.” I believe I was created to have independence and healthy relationships. Today, independence and relationships form a dynamic balance, which I maintain by striving for the serenity to accept the things I can’t change, the willingness to turn things over, and the courage to put my time and energy into things I can change. That is the wisdom to know the difference.

I don’t believe I will ever be totally free from my shortcomings, nor will I ever rise above my human limitations. But, I do believe I can be free to search out my own true self, that part of me that was buried under years of active alcohol and drug addiction. I can transcend my current limitations, discover new

avenues to happiness and serenity, and I can truthfully say that I know who I am today. And today, I am enough. —Gary T., Poughkeepsie, N.Y.

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Income Statement-One Month ending May 31, 2015

Revenues	This Year	Last Year
Individual Donations	0.00	1,033.45
Donations/Answering Service	0.00	15.00
Donations/Gratitude Month	0.00	1,446.80
Conference Literature	2,589.53	14,575.59
Non-Conference Literature	813.40	5,168.09
Non-Conference Merchandise	775.99	8,191.30
Grapevine Literature	14.85	692.66
Faithful Fivers	38.00	285.00
Directories	126.00	728.64
Other Income	21.20	79.39
Shipping Charges Reimbursed	98.72	300.17
Sales Tax Discount	0.00	30.00
Total Revenues	4,477.69	32,546.09
Cost of Goods Sold		
Inventory Exp - Conference Lit	1,332.80	9,135.66
Inventory Exp - Non Conf Lit	770.36	4,421.53
Inventory Exp - Non Conf Merch	1,182.64	4,441.33
Total COGS	3,285.80	17,998.52
Gross Profit	1,191.89	14,547.57
Expense		
Employee Medical Reimbursement	100.00	500.00
Payroll Tax Expenses	3,992.55	18,397.09
Credit Card Processing Fees	62.04	269.11
Mobile Credit Card Unit Fees	15.00	75.00
License and Fees Expense	0.00	230.00
Office Supplies	13.72	782.29
Office Expense	166.37	1,058.76
Telephone/Internet Expense	150.39	751.25
Answering Service Expense	458.70	2,720.61
Advertising/Phone Book	80.00	412.00
Reconciliation Discrepancies	-0.05	-0.32
Postage and Shipping Expense	115.54	451.15
Occupancy Expense	860.00	4,300.00
Insurance Expense	0.00	4.00
MAICO Reps Events Expense	0.00	260.00
Total Expense	6,014.26	30,210.94
Net Ordinary Income	-4,822.37	-15,663.37
Donations	1,742.03	14,739.99
Total Other Income	1,742.03	14,739.99
Net Other Income	1,742.03	14,739.99
Net Income	-3,080.34	-923.38

Upcoming Events 2015

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, click "get your event posted here", be aware that info & flyers go on internet, mindful of anonymity, names on flyers etc

Recurring events:

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.

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

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.

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, ring doorbell

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.

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

July 1-6 – Bus Trip to International Convention – Some people in the Monroe, WI area have put together a direct bus trip, group hotel stay and shuttle to Atlanta for the International Convention. Price is determined on # of people sharing a room. Verbal registration for the "Bus Trip" is due by April 30th. This does not include registration to the International Convention. Contact Joey L. (608) 556-3137 or Carolyn G. (608) 345-1730 for additional details.

Jul 2-5 – Alcoholics Anonymous 80th Birthday in Atlanta, Georgia. Go to www.aa.org, look for logo with International Convention Information, including link to Registration which is \$100.

July 18 – Fellowship Mini-Conference – 11am-2pm, Stoughton Alano 900 Giles St. Stoughton, WI. Panels, Speakers discussing AA Fellowship, Potluck 12pm-1pm

July 24-26 – 18th Annual Keep It Simple Washington Island Retreat – www.washingtonislandcampground.com Pre-Registration Per Person, \$20 On-Site, \$15 Group. No charge for children.

Aug 8 – 10th Annual MAICO Reps Picnic - Dorothy Carnes Park, Ft. Atkinson, WI. 10am to 5pm. All are welcome, AA, Al-Anon Speakers (possibly an Alateen Speaker).

Thank You's - Donations Received

April 10, 2015 – May 31, 2015

General Fund

A Vision For You
Beloit Fel-O-Ship Group
Clear Cut Directions Group
DeForest Progress Group
Easy Does It But Do It
Fitchburg Traditions Group
Grace Lunch Group
Individual
Into Action
It's A God Thing Group
Keep Calm Tuesdays
Keep It Simple Group
Living Sober Group
MWF Morning Group
Mauston Wednesday Afternoon
Mauston Friday Fellowship Grp
Mid-Morning Group
Monona Serenity Group
Monroe Early Birds Grp
Monroe No Butts Group
Monroe Thur. Sister Blandine Grp
Morning After Group
Middleton Town and Country Grp
New Glarus Sobriety Fest Grp
Prairie du Chein Rendezvous Grp
Promises Grp-Orfordville
Red Circle Group
Sun Prairie Phoenix Group
St. Andy's 7am Group
Stoughton Alano Club
Sullivan Big Book Group
Sun Prairie Mon Night Grp
Sunrise Serenity Group
The Home Group
Tuesday Night Workshop Group
Whitewater Thurs Night Grp
Rock River Group
Sauk Prairie AA Groups

Saturday Night Alive Group
Serenity at 6 Women's Group
Slackers Group
Sober Today Monday Group
SOTS-Sunlight of the Spirit

Answering Service

Deerfield Downtown Group
Easy Does It But Do It
Sun Prairie Keep Calm Tuesday's

Faithful Fivers

Anonymous

Gratitude Month

Ft. Atkinson Tuesday Night

Individual Donations

Anonymous
Ernestina P.
Mack & Donna P.
Richard P.

MAICO Corrections Treatment Fund

District 20
Easy Does It But Do It
Living Sober Group

Monona Serenity Group
SOTS-Sunlight of the Spirit

Special Needs Fund

District 20

WHAT IS MAICO?

MAICO's mission 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.

The term MAICO is an acronym for **Madison Area Intergroup Central Office**. "A central office (or intergroup) is an A.A. service office that involves partnership among groups in a community—just as A.A. groups themselves are a partnership of individuals. It is established to carry out certain functions common to all groups—functions which are best handled by a centralized office—and is usually maintained, supervised and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the message to the alcoholic who still suffers. There are more than 500 central/intergroup offices functioning throughout the world, performing vital A.A. services." (*From A.A. Guidelines for Central or Intergroup Offices*, reprinted with permission.)

The following is a list of some of the services that MAICO provides:

- A 24-hour phone service providing 12-Step referrals and meeting information.
- Conference-approved literature
- A clearing house for information about the A.A. Fellowship
- Facilitation and support of the service work of local 12-Step committees (e.g., Public Information, Bridging the Gap, Corrections, Treatment, Special Needs, Cooperation with Professional Community)
- A newsletter
- A directory of area meetings with periodic updates to that directory
- Other services requested by individual groups within the service area

Finally, MAICO provides area groups an opportunity and the means to communicate and cooperate with one another. Such communication and cooperation are the key ingredients in working together to carry the A.A. message.

The MAICO office is located in Suite 104 at 2000 Engel St., Madison, WI. 53713. Office hours are Monday and Tuesday, 11:00am to 8:00pm, Wednesday through Friday, 11:00am to 6:00pm, Saturday, Noon to 2:00pm. In accordance with the Eighth Tradition (Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."), MAICO employs Diane B. as its office manager. Diane does a great job of running the office smoothly and efficiently.

MAICO depends on group and individual contributions to operate. Office space must be leased, telephone and answering services paid for, the office manager compensated for her work, office supplies and literature purchased, etc. Contributions are also needed to support the printing of the newsletter (its production is donated by the MAICO Steering Committee, and reader input is always welcomed) and the printing of the meeting directory (production of the directory is donated by the MAICO Steering Committee).

MAICO keeps track of group and individual contributions by means of a computerized spreadsheet. Any group in the service area that has had contact with the MAICO office is assigned a group number. Ideally, a group's contacts (treasurer and secretary), GSR and MAICO Rep are also recorded in the spreadsheet. Contributions are entered into the Peachtree when they are deposited into MAICO's bank account. The MAICO treasurer runs a monthly financial report that is submitted to the MAICO Steering Committee for approval at its monthly meeting. The report is available to all A.A.'s, who may stop by the MAICO Office during business hours to review it.

MAICO operates on a calendar fiscal-year (January to December). It is overseen by a steering committee that is directly responsible to groups within the service area. The MAICO Steering Committee consists of seven members whose specific purpose is to watch over and guide the activities of MAICO. The **MAICO Steering Committee** meets the second Tuesday of every month at 6:00pm at **6400 Gisholt Dr., Madison, Basement Conference Room, handicap accessible**. Everyone is welcome to attend these meetings. Because the MAICO reps elect the Steering Committee members, all groups are encouraged to appoint a MAICO rep. The **MAICO reps** meet monthly on the second Tuesday of the month at 7:00pm at **6400 Gisholt Dr., Madison, Basement Conference Room, handicap accessible**. If you have further questions about MAICO and what it does, or if you want to get involved in service work through MAICO, call the MAICO office at 608-222-8989, 11:00am to 6:00pm Monday to Friday.

The MAICO Web Site is: www.aamadisonwi.org **The MAICO email address is:** aamadisonwi@gmail.com
Fax # is 608-663-9097

Updated: February 13, 2015

MAICO

Madison Area Intergroup Central Office
2000 Engel St., Suite 104
Madison, WI 53713

Nonprofit
Organization
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Madison, WI
Permit No. 1562

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_____