

# THE MAICO GAAZETTE

January — March 2019

## 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.

## THE KEY TO BELONGING

### The Home Group – Heartbeat of AA

*Karen S. – Manchester, New Hampshire Grapevine Sept. 2000*

Recess was the most painful part of my day--I'd sit on the outskirts of the playground, sensing that I wasn't welcome to play tag or kickball. I watched the other children, taking in their every move, and wondering if I'd ever figure it out. I started drinking heavily when I was thirteen. It wasn't to fit in--I rarely drank around other people--but more to ease the misery that was raging inside me.

It was only five years later that I arrived in the rooms of Alcoholics Anonymous. But I wasn't convinced that I wanted what you had. I did know that I didn't want to drink. I had been trying so hard to stop, and it was my failed attempts that had led me to AA. But five years of alcoholic drinking hadn't taught me how to participate in much of anything. I did show up, going to at least a meeting a day, often more; I got a sponsor (though I had no clue how to talk to her); and I didn't drink, no matter what. I sat and watched, wanting to do AA the same way I had done recess--on the outside looking in.

Ironically, I joined a group only because I wanted to be left alone. Ann seemed to be at most of the meetings I went to, and she'd zoom right in on me. "Have you joined a group yet? You could join this one!" My sponsor had also suggested I join a group, but I quickly mastered the art of sidestepping her suggestions. Ann, however, would drill me about it. "You'll drink again if you don't join a group," she'd say. I'd think, "Yeah right, I'll show you." But I figured she'd back off if I told her I'd joined a different group, and I picked one neither she nor my sponsor attended. "You're a member if you say you're a member" I'd heard, so it wasn't

into one of her groups, but she moved on to another newcomer. Mission accomplished!

My sponsor, however, only suggested it wasn't good enough to simply join the group--I should "get active." She asked when the next business meeting was, and when I told her, she insisted on going with me. I was relieved when she sat quietly through the meeting. I certainly wasn't interested in making coffee or putting away chairs.

One night I went to my new home group, only to be told there was no meeting that night. The hospital needed that room for some other function, although they had made available a room in an adjoining building. My group had decided it wasn't worth lugging our gear over, so they had instead canceled the meeting.

I'd love to tell you that I volunteered to do the work--that I carried a coffee pot across the parking lot and went back for a box of meeting lists, pamphlets, and Big Books. But that's not what I did. I hadn't yet developed any sense of responsibility. I didn't care about the other group members, or the newcomer who might walk in the door that night. I was furious that my meeting had been canceled. I screamed at the handful of members who were directing people like me to other meetings in town that evening. Then I walked home, vowing never to go to that meeting again.

After about a year of not drinking, my defiance started to soften. My anger, my stubbornness, my attitude--these were all keeping me from enjoying my sobriety, and I started to recognize that fact. I decided to try some of the things that

until then I'd refused to do. I finished my Fourth Step, and shared it with my sponsor. I started going to meetings a little early and resisted the urge to bolt out the door the moment the Lord's Prayer was finished. I thought I might try some of that "get active" stuff, so I volunteered to make coffee at a meeting I liked to attend.

You meet a lot of people when you need to be at the meeting an hour early. There's always the second person to get there--maybe a newcomer, or an out-of-towner, or even an old-timer who knows that the coffee maker needs some company. It wasn't long before I found myself in the middle of Alcoholics Anonymous. I discovered that there really is an easier, softer way--the way of striving to be a part of. What I've been willing to give to AA, most often through my home group, I've gotten back tenfold in peace of mind.

Not that making coffee rendered me white as snow. The first time I was elected treasurer I stole the group's money! When the rent was due there was nothing left to pay it with. I had to tell the group what I had done, and I vowed to pay it back, which I did. They didn't want me to be treasurer good chip-person and cake baker. A few years later, in a different group, I was again asked to be treasurer, a job

which I at first declined. I related the story of how I'd proven myself to be a sober thief, but they were insistent I take the job. This time I managed to perform my duties with honor and integrity.

I recently moved and now I have another new home group. I got active here immediately--I needed to. I walked into that meeting not knowing a soul and felt as if I was back at recess again. So I served as the greeter, introducing myself to these strangers I knew were just friends I hadn't met yet, and I welcomed them to the meeting. I took care of other odds and ends, such as selling raffle tickets or signing court papers and I was just elected alternate general service representative. I go on commitments with the other group members, sharing my experience, strength, and hope as a representative of the Manchester Original Group. This fall we will celebrate the group's fifty-fifth anniversary. I can't believe I'm a member of a group that's older than my mother.

I don't corner newcomers in exactly the same way that Ann did, insisting they join a group, but I think I understand what she wanted me to know. So I ask the newcomer to help me wash the coffee pot, or put chairs away, because service was, and still is, my key to belonging.



## **WINTER BLUES IS NOT JUST IN YOUR HEAD!**

**CONTRIBUTORS:** Short overcast days | Cooped up inside | After Holiday stress  
Sleeping more | Cold weather | Less social activities | Isolation | Skipping meetings  
| Neglecting my mental, emotional and spiritual wellbeing.

**GET OUTSIDE** – Do it now even if it is cold. Start with a brisk twenty minute walk or longer.

**GET UP EARLIER** - Set your alarm and start the coffee, read the paper, watch the news.

**ENGAGE WITH FRIENDS** – Not just on Facebook. Meet for lunch or coffee. Call your sponsor.

**EXERCISE** – Start with something small what you are capable of and build up.

**GRADITUTE** – Write down what you are grateful for and share with another alcoholic.

**SPIRITUAL** – Supercharge your spiritual life. Read at 30 minutes daily from the Big Book.



# INCOME STATEMENT

<b>REVENUES</b>	<b><u>October 2018</u></b>	<b><u>Jan to Oct 2018</u></b>
Donations – Groups	4,217.58	32,682.31
Donations – Events	0.00	299.67
Individual Donations	523.52	2,052.93
Donations – Answering Service	15.00	225.00
Donations - Gratitude Month	12.00	974.38
Conference Literature	2,881.89	29,933.01
Non-Conference Literature	1,495.22	9,269.14
Non-Conference Merchandise	2,411.27	15,845.27
Grapevine Literature	596.37	1,760.84
Faithful Fivers	41.00	459.00
Directories	120.00	581.00
Savings Account Income	0.00	1.62
Other Income	11.58	591.16
Sales Tax Discount	<u>0.00</u>	<u>50.00</u>
<b>TOTAL REVENUES</b>	<b><u>12,325.43</u></b>	<b><u>94,725.33</u></b>
<b>COST OF SALES</b>		
Inventory Exp.-Conference Lit.	2,371.38	17,166.38
Inventory Exp.-NonConfer Lit.	1,386.93	4,294.41
Inventory Exp.-NonConfer Mer.	1,013.75	3,761.79
Inventory Exp.- Grapevine Lit.	0.00	1,458.38
Inventory Exp.-Directories	<u>0.00</u>	<u>-20.54</u>
<b>Total Cost of Sales</b>	<b><u>4,772.06</u></b>	<b><u>26,660.42</u></b>
<b>Gross Profit</b>	<b><u>7,553.37</u></b>	<b><u>\$68,064.91</u></b>
<b>EXPENSES</b>		
Wages Expense	3,838.00	36,356.15
Employee Medical Reimbursement	160.00	1,600.00
Payroll Tax Expense	293.60	2,781.24
Credit Card Processing Costs	64.68	722.95
License and Fees Expense	0.00	245.00
Office Supplies/Expense	573.93	1,656.88
Computer Maintenance Expense	250.00	2,550.00
Computer-Software/Hardware	192.99	2,014.20
Bank Charges	0.00	0.00
Telephone/Internet Expense	161.65	1,447.16
Answering Service Expense	413.12	4,705.30
Advertising in Phone Book	88.00	876.00
Reconciliation Discrepancies	-0.05	-0.64
Postage and Shipping Expense	.71	188.35
Occupancy Expense	815.00	8,030.00
Insurance Expense	0.00	608.00
Printing Expense	0.00	833.40
Travel Expense	182.07	532.40
Conference Expense	549.11	1,566.11
MAICO Reps Events Expense	0.00	175.00
Other Expense	0.00	-44.62
<b>Over/Under Cash on Hand</b>	<b><u>0.00</u></b>	<b><u>16.00</u></b>
<b>TOTAL EXPENSES</b>	<b><u>7,576.81</u></b>	<b><u>\$66,859.04</u></b>
<b>NET INCOME</b>	<b><u>\$-23.44</u></b>	<b><u>\$1,205.87</u></b>





# UPCOMING Events 2019

Some event flyers are on [www.aamadisonwi.org](http://www.aamadisonwi.org) or [www.area75.org](http://www.area75.org)  
Any district or group AA event can be posted on the **Area 75 calendar** by going to [www.area75.org](http://www.area75.org)

*Be mindful of anonymity with names, flyers and information when posted on the internet.  
\*\*Flyers available on the MAICO website with more details for all events.*

## RECURRING

**1st Sunday of Month** – Ripon's Royal Ridge Open Speaker AA Breakfast, Royal Ridges, State Hwy 23 (W. Fond du Lac St.) Ripon. Breakfast 10am, Speaker 11:00 am \$10.00 adults, (Holiday meets 2nd Sunday)

**2nd Sunday of Month** – Open AA Speaker, Adams, Adams-Friendship Club, 1093 County M, Adams, Noon

**3rd Sunday of Month** – Pocket Full of Sunshine Breakfast, Howard Johnson, 3841 E. Washington Ave., Madison, 10:00 am breakfast buffet, \$10.00 all you can eat, 11am Speaker

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

**Last Saturday of Month** – Hosted by Portage Area Recovery Groups, Open Speaker Meeting, 8:00 pm, Historic Apts., 207 W. Cook St., Portage, basement, handicap accessible, Potluck to follow meeting.

**Last Saturday of Month**– Hosted by Dodgeville Downtown Group, Dodgeville Serenity Club, 401 N. Union St., Dodgeville. 7:00 pm Speaker, Please bring a snack or dessert if you would like

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

**Every Saturday** – New Voices Open Speaker Meeting, 7:00 pm, 402 W. Delavan Dr., Janesville, Hosted (Chair & Speaker) each month by groups in Area 75 & nearby Illinois groups

## JANUARY 2019

**January 11-13** – WICYPAA XXVI, Hyatt Regency, Milwaukee, WI. [www.wicypaa26.org](http://www.wicypaa26.org)

**January 26** – **District 2 Area 75 Winter Workshop**, Trinity United Methodist Church, 3032 Park St., Montello, WI. Doors open at 8:30 am. AA panels and a book display by Winnebagoland. Pot luck Lunch – bring dish to pass

**January 27** – **Area 75 Winter Assembly**, Madison Senior Center, 330 West Mifflin St., Madison, WI 9:00 am

**January 28** – **Annual Pre-Groundhog Day Celebration 28th**, Richland Hills Apartments, 701 W. Seminary Street, Richland Center, WI. Park in lot across street. Dinner at 6:30 pm, Speaker at 7:30 pm. Meat provided, bring a dish to pass. Families welcome.

## FEBRUARY 2019

**February 7-10** – **International Women's Conference**, LA, CA [www.internationalwomensconference.org](http://www.internationalwomensconference.org)

**February 8-10: 46th Annual East Central Region Conference** of Delegates Past and Present

**February 16** – **Cabin Fever**, 9:00 am – 3:00 pm, Eastside Alano Club, 12 Steps in One Day, \$5.00 suggested donation, lunch provided, 1017 Northport Dr., Madison WI

**February 16, Saturday** – **Campbellsport 37th Annual Open Meeting/Potluck** 4:00 pm - 8:00 pm

## MARCH 2019

**March 1st Friday, 4:00 pm – March 3<sup>rd</sup> Sunday 1:00 pm "Came To Believe" Retreat for Members of AA**

**March 10** – **Delegates Workshop**, Madison Senior Center Madison, 9:00 am

**March 23rd Saturday Back to the 40's Workshop**, Presented by "Women's Friday Night Kick-Off Group" 9:00 am - 4:00 pm

# THANK YOU'S - Donations 2018

Received September to December



## General Fund

1<sup>st</sup> 164 Pages Group  
1728 Group  
511 Step Group  
Adams Sat. Night Topic  
Adams Wed Night 12 & 12  
Anonymous Donation  
Any Lengths Group  
A Vision for You  
Baraboo KISS  
Baraboo Sat Morning Eye Opener  
Beaver Dam Sunday Serenity  
Belleville Big Book  
Belmont Thursday Group  
Brodhead Sister Blandine  
Cross Plains Unity  
DeForest Progress Group  
District 30  
District 31  
Dodgeville Downtowners  
Easy Breathers  
Early Risers  
E.D.I.B.D.I.  
Experience, Strength & Hope  
Family Afterward  
Fitchburg Daily Reflections  
Foxhall Recovery Group  
Friday Night Lights  
Freedom Group  
Ft. Atkinson Open Beginners  
Good Fellowship  
Grace Lunch Group  
Green Lake Grapevine  
High Noon Group  
Into Action

It's a God Thing  
Kayak Meeting  
Keep It Simple  
Lancaster Tuesday Group  
Living Sober  
Lodi Lifeliners  
Mauston Wed. Afternoon  
Mineral Point Grapevine  
Monroe Early Birds  
Monroe Sat. Open Speaker  
Monticello 12 & 12  
New Glarus Sobrietyfest  
Oregon Room to Grow  
Phoenix Group  
Platteville Monday Night  
Portage 207 Group  
Poynette DeKorra Group  
Prairie Dock Group  
Richland Center Group  
Rock River Grp  
Rio Into Action  
Sauk Prairie AA  
Senior Center Lunch Group  
Serenity Seekers  
Sober Today  
Spring Green Read n Lead  
St. Andy's 7 am  
Stoughton Group  
Suburban Sobriety  
Sunday Night by the Book  
Sunday Night Discussion  
Sunlight of the Spirit  
Sunrisers Group  
Sunrise Serenity

There is a Solution Group  
Thursday Floaters  
Traditions Group  
Unity Group  
Watertown One Day at a Time  
Watertown Sat Morning Group  
Waupun H.O.W.  
Wautoma Group  
Wautoma Thurs AM Morning Big Book  
We Agnostics  
Windsor Group  
Working Step Group

## Corrections/Treatment Fund

Early Risers  
E.D.I.B.D.I.  
Living Sober  
Sunlight of the Spirit Grp

## Individuals

Anonymous Donations  
James P.  
Shelley H.  
Harold M. Bequest  
Steve A.  
Tom S.

## Answering Service

E.D.I.B.D.I.

## Faithful Fiver

Anonymous  
Larry L.  
Mary S.  
Susan K

# GRATITUDE MONTH DONATIONS

**Thank you to all the Groups and Individuals who support MAICO with an extra donations during November Gratitude Month**



511 Step Group  
A Few Simple Rules  
Anonymous  
A Vision for You  
Baraboo KISS Group  
Baraboo Letting Go Group  
Baraboo Sat Eye Opener  
Boscobel Thursday Group  
Brohead Tues Sister Blandine  
Cameron M.  
Chicks at 6  
Clear Cut Directions  
DeForest Progress Group  
Dells Delton Group  
Dells Delton Happy Hour Group  
Easy Breathers  
Elle H.  
Exit 164  
Experience, Strength & Hope  
Family Afterward  
Fitchburg Daily Reflections  
Friday Night Fellowship

George & Sheila R.  
Good Fellowship  
Grace Lunch Group  
Gregory F.  
Into Action  
It's a God Thing  
Janesville New Voices  
Janesville Sisters in Service  
Janesville Unity Group  
Jill  
Karen K.  
Keep Calm Tuesdays  
Keep It Simple  
Living Sober Group  
Marshall 449  
Mauston Monday Night  
No Name Groups  
Oregon EDIBDI  
Oregon Room to Grow  
Orfordville Promises Group  
Pinehurst Group  
Portage 207 Group

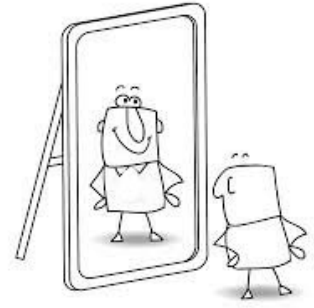
Portage Eye Openers Group  
Portage Shine at Nine  
Portage Sunshine Group  
Prairie Dock Group  
Precisely How We Recovered  
Robyn D.  
Saturday Morning Women's  
Sauk Prairie AA  
Serenity Seekers  
Spring Green Read n Lead  
Sober Today  
Stoughton Group  
Sunday Night Discussion  
Sunlight of the Spirit  
Sun Prairie Phoenix Group  
Sunrise Serenity  
Traditions Group  
Turning Point Group  
Watertown Monday 10am  
We Agnostics Group  
Westfield 12 & 12  
Woman's Serenity Group

**Gratitude should go forward, rather than backward.**

**“In other words, if you carry the message to others, you will be making the best possible repayment for the help given to you.”**

*As Bill Sees It – Letter 1959 – Twelve and Twelve pg. 110*

# DAILY Reflections



## Start by Forgiving

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done to another, we resentfully focus on the wrong he has done to us.

Triumphantly we seize upon his slightest misbehaviour as the perfect excuse for minimizing or forgetting our own.

*“As Bill Sees It” Twelve & Twelve pg. 78*

## All or Nothing

Acceptance and faith are capable of producing 100 per cent sobriety. In fact, they usually do; and they must, else we could have no life at all. But the moment we carry these attitudes into our emotional problems, we find that only relative results are possible. Nobody can, for example, become completely free from fear, anger, and pride. . .

*“As Bill Sees It” Grapevine, March 1962*

# SHORT TAKES from the Grapevine

No matter how bad things get, there is always a way out. After a tragedy in my life, I found the willingness, open mindedness and desire to work the program.

*September 2018 “Off Course” David S. Gouverneur, N.Y.*

Being of service is so important to me. Service always gets me out of self-pity. I also do a gratitude list each and every day. If I'm having a down day, then I pick up the phone and reach out to someone else and ask them how they are doing.

*September 2017 “Thank You Dr. Paul”*

*Heather B. Yankton, S.D.*

I had just listed my top 10 resentments on a paper doggie bag. My sponsor suggested that I say a prayer – for each resentment – several times a day for the next couple weeks. They slowly started to fade into gratitude.

*October 2015 “Resentments & Doggie Bags”*

*Jim F. Davenport, Australia*

Your bottom is whenever you've had enough. You don't have to take the elevator all the way to the bottom.

High bottom, low bottom any bottom is a bottom.

*December 2017*

*“Looking' Good”  
Carol S. Knoxville,  
Tenn.*

**Madison Area Intergroup Central Office, Inc.  
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](mailto: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 \_\_\_\_\_