

THE MAICO GAAZETTE

APRIL – JUNE 2019

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.

STEP TWELVE — Inward, Outward, Upward

Norman C. – Winnipeg, Manitoba – From Grapevine Dec. 1993

Thinking about the Twelfth Step brings to my mind our Three Legacies: Recovery, Unity, and Service. These make up my unwritten IOU to AA.

“Having had a spiritual awakening as the result of these Steps. . . “This, for me, is the inward result of working the program. As a result of taking the Twelve Steps to the best of my ability, I have been changed on the inside. Major defects of character have been reduced in intensity and more minor defects have been removed. This is not to say that I am perfect—far from it! I still have a long way to go, but by the grace of God and by the principles of this program I have come a long way, too. I still like to go through “seasonal house cleanings,” which the “Twelve and Twelve” talks about in chapter ten. Being human, I am going to make mistakes, I am going to have good days and bad days; I will screw up. But this is all okay. It is all part of the learning and growing experience in living sober.

I am able to look in the mirror and accept myself, like myself, and even laugh at myself. This has been brought about by the program of Alcoholics Anonymous and God as I understand him.

Thus we have the *I of the IOU*. This is Recovery, the first legacy.

“. . . We tried to carry this message to alcoholics. . .” for me refers to the outward working of the program—carrying the AA message. Well has it been written, “When all else fails,

work with another alcoholic.” In working with others, I am taking out insurance against taking that first drink. By caring and sharing with others, I provide a firmer foundation for my own program and I get out from myself and away from my own little selfish world where I am the center of the universe. Each time I try to carry the message to another alcoholic whether by Twelfth Step calling, answering the phone, or making coffee and cleaning up the AA meeting room, I am helping myself. It is not up to me to keep anyone else sober; it is up to me to keep myself sober (with God’s help, of course). This is Service, the second legacy, in its most basic form. Thus we have the *O of this IOU*.

“. . . and to practice these principles in all our affairs.” Now we come to the upward result of the program. It is referred to as “growing up.” When I poured alcohol into my system as an immature teenager, then later as an immature adult, I stunted my own emotional and spiritual growth. This even affected my mental growth. I look back to my post-secondary education, and I see that the lowest mark in my first term was higher than my highest mark in the second term. I was already an active alcoholic in my second term.

Thus, I cannot say that I experienced much that might be seen as emotional or spiritual maturity. I was ego-driven

and self-centered even well into my sobriety. At times I must still keep my ego in check. If I don't, others might help keep it in check (isn't that what sponsors are for?). So, for me, an important part of my recovery is about finally starting to grow up after all this time. This is the *U part of the IOU*.

I relate this to the third legacy of Unity. This is mainly because of the Twelfth Tradition which states: "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities." In trying to practice these principles, I am maintaining my

recovery and a spiritual way of life which works "come hell or high water." "My own recovery depends on AA unity (Tradition One). I shudder to think where I might be today if not for AA.

This comprises the gist of my IOU to Alcoholics Anonymous. I trust that this is a "forgivable loan." As long as I do my part in AA to give away what I have received, I am contributing to the "principal" of this trust. Maybe I will never be able to repay all I have received from Alcoholics Anonymous, but I can certainly do my part to help the still suffering alcoholic.



Complacency in Sobriety

"It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

– The Big Book of Alcoholics Anonymous

Tips to Stay Sober

Pray and Meditate - Ask God for help and his will every morning.

Call my Sponsor - This is a practice of honesty and humility. When he/she knows where we are at, it's easier for he/she to call us out when acting on our own will.

Keep up on Meetings - Some days we just want to relax, but we always end up feeling better after meetings.

Doing Good for Others - Whether it's through sponsorship or just being a good person, we try to make it a point to be of service throughout the day.

Write Gratitude Lists - This is one of the most simple and humbling things to do.

Pray Before Bed – On our knees, thanking our Higher Power for keeping us sober.

Read Meditations – This anchors us for beginning or end of the day.

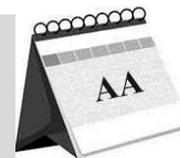
INCOME STATEMENT

REVENUES	<u>Jan to Feb 2019</u>	<u>Jan to Feb 2018</u>
Donations – Groups	6,848.05	7,247.46
Individual Donations	30.20	105.00
Donations – Answering Service	0.00	125.00
Donations - Gratitude Month	610.32	780.38
Conference Literature	6,362.30	6,328.91
Non-Conference Literature	1,378.83	2,049.74
Non-Conference Merchandise	2,725.62	3,688.63
Grapevine Literature	252.20	256.90
Faithful Fivers	72.00	91.00
Directories	69.00	103.00
Savings Account Income	4.93	0.00
Other Income (copies)	38.35	388.12
Sales Tax Discount	<u>5.03</u>	<u>10.00</u>
TOTAL REVENUES	<u>\$18,396.83</u>	<u>\$21,174.14</u>
COST OF SALES		
Inventory Exp.-Conference Lit.	3,732.00	4,645.90
Inventory Exp.-NonConfer Lit.	884.25	1,594.48
Inventory Exp.-NonConfer Mer.	1,858.01	1,556.35
Inventory Exp.- Grapevine Lit.	335.77	0.00
Total Cost of Sales	<u>6,810.03</u>	<u>7,796.73</u>
Gross Profit	<u>\$11,586.80</u>	<u>\$13,377.41</u>
EXPENSES		
Wages Expense	6,706.40	6,825.00
Employee Medical Reimbursement	320.00	320.00
Payroll Tax Expense	513.04	522.11
Credit Card Processing Costs	169.00	162.08
License and Fees Expense	245.00	225.00
Office Supplies/Expense	207.46	136.22
Computer Maintenance Expense	500.00	550.00
Computer-Software/Hardware	504.28	650.00
Telephone/Internet Expense	322.98	320.91
Answering Service Expense	1,284.33 (3 mths)	853.16
Advertising in Phone Book	176.00	174.00
Reconciliation Discrepancies	-0.08	-0.16
Postage and Shipping Expense	15.20	23.91
Occupancy Expense	1,630.00	1,590.00
Printing Expense	0.00	150.40
Travel Expense	41.04	158.83
Conference Expense	0.00	274.46
Directory Expense	1,202.00	0.00
Other Expense	0.00	-6.84
TOTAL EXPENSES	<u>13,836.65</u>	<u>12,929.08</u>
NET INCOME	<u>\$-2,249.85</u>	<u>\$448.33</u>



UPCOMING Events 2019

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** at www.area75.org *Be mindful of anonymity with names, flyers and information on the internet. **Flyers available on the MAICO website with more details for all events.*



Reoccurring

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

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

April 2019

April 7 – Area 75 Spring Assembly, 9:00 am – 3:00 pm, 330 West Mifflin St., Madison, WI

April 9 – MAICO Reps Meeting, 7:00 pm – 8:00 pm, 2000 Engel St., Madison, WI

April 13 – Greater Milwaukee Central Office Spring Thing, Speaker and Dinner, 5:30 pm – 8:30 pm, Davian's Conference Center N56W16300 Silver Spring Dr., Menomonee Falls, WI

April 13 – MAICO Representative's 16th Annual Spring Into Action Mini Conference, 9:00 am – Noon, Trinity Lutheran Church, 1904 Winnebago St., Madison, WI

April 13 – WICYPAA Host Committee presents 80's Night, Murder Mystery Dinner, Damascus Road Church, 1702 S. Park St., Madison. Doors open 5pm, Spaghetti dinner & Murder Mystery @ 5:30pm, Speaker @ 7:30pm, Murder Mystery continued @ 8:30pm

April 13 – Great Lakes Mini-Conference, 9:00 am – 4:00 pm, Fond du Lac, WI

April 14 – District 20 Grapevine Committee Meeting, 4:00-5:00 pm, Café Brittoli, 2326 Atwood Ave., Madison, WI

April 26 – Night Lights Pot Luck & Movie, 6:00-9:30 pm, Dish to pass, Westwood Christian Church, 5210 Odana Road, Madison, WI

April 27 – 34th Annual District 9 Mini-Conference, Perseverance Pays Off, 9:00 am –7:00 pm, St. Rose of Lima School, 218 North Jackson Street, Cuba City, WI. Al-Anon Speaker, AA Speaker, 11:30pm lunch, 5:30pm dinner, Meat, potatoes, vegetables provided, bring a salad or dessert to pass.

May 2019

May 4 – Corrections Conference, 9:00 am – 3:00 pm, Trinity Lutheran Church, 1904 Winnebago St., Madison, WI
Registration: \$10, Breakfast & Lunch included in Registration. Speaker: Harold L. – Branson, Mo, Ex-Offenders & Volunteer Panel, Speaker – Brent H. – St. Charles, Mo.

May 12 – District 20 Grapevine Committee Meeting, 4:00-5:00 pm, Café Brittoli, 2326 Atwood Ave., Madison, WI

May 14 – MAICO Reps Meeting, 7:00 pm – 8:00 pm, 2000 Engel St., Madison, WI

EVENTS Continued Page 5

MAY 2019 (continued)

May 31 – A Few Simple Rules Group, Fifth Speaker, 6:30 pm – 7:00 pm Speaker, Jansen R-Chicago, St. Joseph's Catholic Church, 1905 West Beltline Hwy., Madison, WI

JUNE 2019

June 7 thru 9 – 84th Anniversary of Alcoholics Anonymous Founder's Day Herald, Akron, Ohio

June 8 – Save the Date 43rd Annual Badger Intergroup Open Meeting & Dinner, 5:30-10:00 pm, Hart Park, Mueliner Building, 7300 West Chestnut St., Wauwatosa, WI

June 9 – District 20 Grapevine Committee Meeting, 4:00 pm – 5:00 pm, Café Brittoli, 2326 Atwood Ave., Madison, WI

June 11 – MAICO Reps Meeting, 7:00 pm – 8:00 pm, 2000 Engel St., Madison, WI

June 23 – Area 75th Summer Service Assembly-Delegates Report, 9:00-3:00 pm, 300 West Mifflin St., Madison, WI

THANK YOU'S Donations Jan – March 2019

General Fund

A Vision for You
Baraboo Sat. Morning Eye Opener
Beaver Dam Sunday Serenity
Brodhead Sister Blandine Big Book
Children of Chaos
DeForest Progress Grp
Early Risers
Foxhall Recovery
Grace Lunch Grp
Happy Hour Grp in WI. Dells
Into Action
Lake Mills Our Group
Living Sober
Mauston Fri Night Fellowship
Mauston Monday Night
Milton Thurs Young at Heart
Mt. Olive Grp
New Glarus Sobrietyfest
Oregon Room to Grow
Portage 1st 164 Pages
Portage 207 Grp
Portage Sunshine Grp
Prairie Dock Grp
Precisely How We Recovered
Saturday Morning On Timers Grp
Serenity at 6p Women's
Serenity Seekers
Sober Today
Spring Green Read n Lead
St. Andy's 7am
Sunday Recovery with the Big Book Grp
Sunlight of the Spirit
Sunrise Serenity
Sun Prairie Eye Opener
Sun Prairie Phoenix Grp

Watertown Fri 4pm/Sunday AM
Watertown Sat Morning Grp
Watertown Sat. Morning Women's Serenity Grp
West Point Winners Grp



Gratitude Month

Belleville Big Book
District 8
Janesville KISS
Lost in the Woods Women's
Men in Recovery
Monday Night Madness
Monticello 12 & 12
Monroe Mon. Night
Monroe Wed. Night
New Glarus Sobrietyfest
Village Group
West Point Winners
Woman's Saturday Morning Serenity
Woman's Thursday Serenity

Corrections/Treatment Fund

Early Risers
Living Sober
Sunlight of the Spirit

Individuals

Anonymous
Larry L.
Roger H.
Susan K.

Answering Service

Faithful Fiver

Larry L.
Mary S.
Susan K.

SHORT TAKES From the Grapevine

“Speakers”

It's easy to memorize literature. What's not so easy is looking honestly and deeply into ourselves and then telling fellow members what it was like, what happened and what it's like now.

March 2019 -- Ron B., Winnipeg, Manitoba

Recently, our Saturday night speaker expressed an idea about working with others, so simply and so beautifully, that I had to share it.

He told us “It's not ... ‘You can't keep it unless you give it away,’ ... it's, ‘You can't get it unless you give it away.’”

December 201 – Kay F., Redondo Beach, Calif.

I was recently asked to tell my story at a speaker meeting, in my 7th year of sobriety. I agreed to do it, and wrote:

As we work this program, it kind of works us, in stages. The **first stage** is learning to not drink or use, learning how to accept and maneuver life on life's terms, feeling our feelings instead of numbing them. Only then, can we move into the **second stage**, where we use the skills we have learned and the advice of our sponsors to create and enjoy a purposeful and happy life. It may sound contradictory, but working this program for me has simultaneously both required, and created, faith.

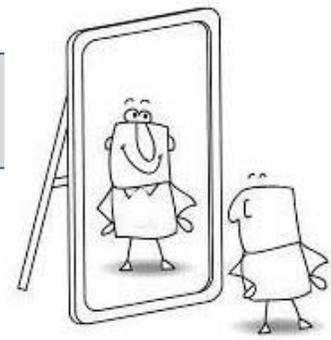
*December 2018 --
Jane D., Nashville, Tenn.*

*“Easy does it” is a form of meditation.
Just saying the words make me smile.
Have a smile, change a thought.*

*Bob D., Haverhill, Massachusetts
Grapevine 2014*



DAILY Reflections



Grapevine August 2010
Lynne C., Bend, Oregon

One morning when my husband and I were on a road trip we read something in the **Daily Reflections** about a "**Spiritual Tool Kit.**" As we drove down the highway we decided to make a list of things we would put into our Tool Kit. We had such fun that a few days later we stopped at a hardware store and bought the smallest toolbox we could find.

Included in our Toolbox:

- 1 Grapevine
- Note Cards written with Sobriety Challenges
- 1 Big Book
- 1 "Twelve and Twelve"
- 1 Small Notebook and Pen
- Several 3 x 5 Cards with Slogans
- 1 Paper for a Gratitude List
- Sponsor's Phone Number

I began using this Spiritual Kit of Tools right away and still do.

In moments of confusion I open the toolbox and invariably come across something that reminds me of how to handle a difficult situation. At other times I take out the Big Book and read a passage, or I use the tablet and pen to write something I am grateful for.

Since returning home from our trip we've shared about our *Spiritual Tool Kit* at meetings. As a result we have heard many good ideas of additional items. Our sharing has inspired other AA members to make up a kit for themselves.

Having a Spiritual Tool Kit continues to be a valuable source for spiritual solutions and it's great for taking along on trips.

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

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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 info@aamadisonwi.org 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 _____