

**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.*

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**Getting to the Root**

*Not smart enough, not thin enough, not good enough.  
The Steps helped her dig up the truth*

For as long as I can remember, I've had a not-good-enough button. I'm sure it started in childhood when my father, in order to create the best daughter possible, told me repeatedly that I wasn't good enough, to try harder.

In high school I felt I wasn't as good as my girlfriends. But when I drank, I could be pretty, smart and sexy. When a boyfriend left me, the only reason I could come up with was that I wasn't thin or sexy enough. When I was pregnant, my mother wondered out loud if I would be a good mom. She wasn't sure I would be, but I can't remember why. When my husband hit me and cheated on me, it was because I wasn't good enough. He even told me that the other woman was so much better than me in bed, and if I only learned to be better at sex, he might stay.

One day, when my ex-husband threatened to take my young daughter away, I quit drinking. I didn't have money (or a job for that matter) for treatment, so I did 90 meetings in 90 days. I think I actually did about 100 meetings in 90 days. I wanted what people in AA had, so I did what they said. I read the Big Book, got a sponsor and went to fellowship. I did whatever they told me to do. Day by day, I didn't drink.

I learned that I didn't like the emotional rollercoaster, and I started to develop a belief in a God. Little by little, rather than blaming others, I saw the part I played in my problems. I got honest and tried to recognize my selfishness. I worked the program as well as I could. By the grace of God, my desire to drink was lifted. I love this program. It saved my life.

But 10 years into sobriety, I still had that not-good-enough button. It produced a little voice that said things like: "You didn't get your dream job because you're not smart enough." "That boy left you because you're not thin enough." "That student complained because you're not a good enough teacher." I was so familiar with that huge button that I pushed it myself at this point.

I tried to fight that little voice with a variety of techniques. I used affirmations such as "I love myself in every way, I honor myself every day." I made a really detailed asset inventory and tried to read it every day. I tried to believe it, because really, when I looked at the facts, I was plenty good—I just couldn't get myself to believe it. I wrote down my daily successes. I identified my not-good-enough message as a lie. Basically, I was trying to remove my character defects all by myself. That didn't work.

At 18 years sober, I got a new sponsor. We worked the Steps with a new perspective. She made me do the Fourth and Fifth Steps. I thought it was dumb idea because I had just done them. But I was glad she had agreed to be my sponsor, so I humored her. She told me we were going to get down to the roots of my problem and God would rip them out. I was about to work the Sixth and Seventh Steps seriously and deeply for the first time.

Around this time I literally had a lot of weeds in my backyard, so I started to weed out the little weeds and then the bigger ones. Some of the weeds I had to dig out with a pickaxe and shovel. Still, I couldn't get all of them. I began to see an analogy to my character defects. When I was newly sober, I was satisfied to cut the weeds down, yet there were so many that the job became overwhelming. As we all know, if you just cut the weeds, they grow back quickly. That happened with many of my defects, such as low self-esteem, selfishness, fear and self-pity. After a few years sober I could see the value of taking out some of the roots, at least the ones easy to pull out. Some of the deeper roots were impossible to remove. But this time I dug. Now I was after that not-good-enough button that led my insecurity and influenced my choices. Still, I didn't think I could really ever eradicate the biggest negative influence in my life.

At the suggestion of my sponsor I memorized the Seventh Step prayer and repeated it over and over in the sauna of my fitness club, in my bed at night, and when I was upset about something in my life. I started to wonder about the usefulness of my not-good-enough button. I started to see how it hurt my relationships and damaged my ability to help others. It prevented me from truly taking responsibility for my life, something that had come up over and over during the previous times I had done my Fourth Step.

Then one weekend I went to visit my family. For many years I had known that my mother got pregnant with me in 1959, and that my parents got married three weeks after I was born. I knew that my dad had dreams of owning his own car dealership instead of working for his father, which he did his entire life. I knew my dad was 23 when I was born. This particular weekend, my sister was talking about how unfair it was that one of her friends treated her oldest child poorly because the oldest child was born out of wedlock.

Suddenly, it began to make sense. My father had given my one sister a house and my other sister a truck, yet I paid all my bills myself on a teacher's income. He would also call my sister to remind her of family birthdays, yet he would call me to tell me I had to be nicer to her. I knew I wasn't treated as well as my sisters, I just had never known why. Suddenly, I understood: My dad was a 23-year-old kid forced to live a life he didn't want (at least initially). He wasn't ready to have a kid, he didn't want to work for his father, but he did it, probably resentfully.

So this was the root of the not-good-enough button. It had nothing, absolutely nothing, to do with me being not good enough. It was just an unfortunate event. I believe this was an insight provided to me by God, when I was ready.

Although I was stunned and hurt, it just made so much sense. I realized I was actually lucky. I had a friend who was adopted by parents who were not loving. When he was an adult, he looked up his birth mother only to find out that his young parents had given him up for adoption, but in the end stayed together and went on to have three other children. I began to be grateful for the decisions my parents made in difficult circumstances back in 1959.

When I hugged my dad goodbye that weekend, I silently said, "I forgive you." He's 78 years old, way too old to start a feud with. And to what end?

God removed my not-good-enough button by providing me with insight, understanding and forgiveness. My job is to understand that my harsh thoughts toward myself and others were the result of a button that had no reason for existing in the first place. My job now is to trust and work the Twelve Steps. I realize I don't need to prove anything to anyone, because I'm already good enough. That button definitely stood in the way of my service to God and to other people. Now I can help others from a solid, balanced self rather than from an insecure, wobbly base.

I'm there for the newcomer, I volunteer as a GSR, I go to meetings on nights when I could be lazy and just watch TV. I can now show up more fully in all my relationships—including the relationship with myself—because I'm finally good enough.

—Katie G., Burnsville, Minn.

*Reprinted with permission from AA Grapevine Digital Story Archive Online*

## Income Statement-One Month ending March 31, 2015

<b>Revenues</b>	<b>This Year</b>	<b>Last Year</b>
Donations	2,823.46	3,226.94
MAICO Reps Events	0.00	254.00
Individual Donations	9.02	162.69
Donations/Answering Service	27.00	0.00
Donations -Gratitude Month	13.00	0.00
Conference Literature	3,191.31	2,374.35
Grapevine Literature	85.90	123.90
Non-Conference Literature	748.20	907.02
Non-Conference Merchandise	1,773.87	1,819.82
Faithful Fivers	38.00	37.00
Directories	111.30	178.00
Other Income	2.50	5.10
Shipping Charges Reimbursed	79.20	36.16
Sales Tax Discount	10.00	10.00
<b>Total Revenues</b>	<b>8,912.76</b>	<b>9,134.98</b>
<b>Cost of Sales</b>		
Inventory Exp.-Conference Lit.	3,336.65	2,270.52
Inventory Exp.-Grapevine Lit.	0.00	0.00
Inventory Exp.-Non-Confer Lit.	839.37	207.86
Inventory Exp.-Non-Confer Mer.	1,357.95	947.68
<b>Total Cost of Sales</b>	<b>5,533.97</b>	<b>3,426.06</b>
<b>Gross Profit</b>	<b>3,378.79</b>	<b>5,708.92</b>
<b>Expenses</b>		
Auto Expense	21.87	0.00
Wages Expense	3,069.36	2,784.00
Medical Reimbursement	100.00	100.00
Payroll Tax Expense	114.62	212.96
Credit Card Processing Fees	51.91	80.14
Mobile Credit Card Unit Fees	15.00	0.00
Computer - Software	148.50	0.00
Supplies Expense	128.75	0.00
Office Expense	30.61	42.83
Phone/Internet Provider	150.15	149.87
Answering Service Expense	847.30	896.12
Advertising in phone book	80.00	92.00
Postage and Shipping Expense	84.38	2.86
Occupancy Expense	860.00	835.00
MAICO Reps Events	0.00	150.00
Other Expense	7.98	0.00
<b>Total Expenses</b>	<b>5,710.43</b>	<b>5,345.78</b>
<b>Net Income</b>	<b>(2,331.64)</b>	<b>363.14</b>

# Upcoming Events 2015

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

## Recurring events:

**1<sup>st</sup> 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 2<sup>nd</sup> Sunday.

**3<sup>rd</sup> 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

**2<sup>nd</sup> 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.

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

**May 15 – 17** – 64<sup>th</sup> Annual Area 75 Conference, Is Sobriety Enough? What Am I Missing? - Holiday Inn – Fond du Lac, 625 Rolling Meadows Drive, Fond du Lac, WI. Registration: \$12, Rooms \$105.00 plus tax

**May 22 -24** Gopher State Roundup XLII – The Courage to Change, [www.gopherstateroundup.org](http://www.gopherstateroundup.org) Double Tree by Hilton Hotel, Hwy 100 & 494 Bloomington, MN Registration \$15

**June 12-14** 7<sup>th</sup> Annual Northeast WI Tri-State Round Up "to be of service" Radisson Hotel and Conference Center, Registration \$25 after 6/1 \$30 Mail to: NEW Tri-State Round Up PO Box 22533 Green Bay, WI 54305-2533

**June 21** – Area 75 Summer Service Assembly, 2pm – 8pm, Madison Senior Center, 330 W Mifflin St, Madison

**Jul 2-5** - Alcoholics Anonymous 80<sup>th</sup> Birthday in Atlanta, Georgia. Go to [www.aa.org](http://www.aa.org), look for logo with International Convention Information, including link to Registration which is \$100.

**July 24-26** - 18<sup>th</sup> Annual Keep It Simple Washington Island Retreat – [www.washingtonislandcampground.com](http://www.washingtonislandcampground.com) Pre-Registration Per Person, \$20 On-Site, \$15 Group. No charge for children.

**Aug 8** – 10<sup>th</sup> 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**  
**February 20, 2015 – April 10, 2015**

**General Fund**

511 Step Group  
AA Unity Group  
Belleville BB Study Grp  
Beloit Mon. Nite Thumpers BB Grp  
Beloit 7:30pm Thur. Nite Grp  
DeForest Progress Grp  
Deerfield Downtown Group  
District 20  
Early Risers Group  
East Side Group  
Foxhall Recovery Group  
Good Fellowship Group  
Grace Lunch Group  
Keep Calm Tuesday's  
Lancaster Tuesday Night Group  
Living Sober Group  
Monona Serenity Group  
Monroe New Beginnings Grp  
Monroe Sat. Morn. Grapevine Grp  
Monticello 12&12 Group  
Mount Olive AA Group  
New Voice's Group  
Not a Glum Lot Group  
Oregon Eye Opener  
Pinehurst Group  
Rock River Group  
Saturday Morning On Timers Grp  
Sauk Prairie AA Groups  
Slip Nots Group  
SOTS-Sunlight of the Spirit

Sun Prairie Keep Calm Tuesday's  
St. Andy's 7a.m. Group  
Suburban Sobriety Group  
Sunrise Serenity Group  
There is a Solution Group  
Tuesday Night Workshop Group  
Waunakee Wauna Meeting

**Answering Service**

Deerfield Downtown Group

**Faithful Fivers**

Larry L.

**Gratitude Month**

Watertown Sunday a.m.BB Study

**Individual Donations**

Anonymous  
Greg F.  
Larry P.  
Thomas S.

**MAICO Corrections Treatment Fund**

Deerfield Downtown Group  
District 20  
Living Sober Group  
Monona Serenity Group  
SOTS-Sunlight of the Spirit

## 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](http://www.aamadisonwi.org) **The MAICO email address is:** [aamadisonwi@gmail.com](mailto: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  
U.S. Postage  
PAID  
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\_\_\_\_\_