

THE MAICO GAAZETTE

OCTOBER – DECEMBER 2020

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.

MAICO, in all of its activities, shall abide by the intent and spirit of the Twelve Traditions, the Twelve Concepts and where possible the suggested procedures and limitations suggested by the AA Service Manual and other conference approved literature.

www.aamadisonwi.org

THEME: {Balance} {Maturity} {Serenity}



Prayer of St. Francis

*This article of Bill W. was first printed in the Grapevine in the **January 1958** issue. Many AAs have mentioned it since as a great help in their continuing search for **serenity**.*

I THINK that many oldsters have put our AA "booze cure" to severe successful tests still find they often lack **emotional sobriety**. Perhaps they will be the spearhead for the next major development in AA--the development of much more real **maturity and balance** (which is to say, **humility**) in our relations with ourselves, with our fellows, and with our **God**.

Those adolescent urges that so many of us have for top approval, perfect security and perfect romance--urges quite appropriate to age seventeen--prove to be an *impossible way of life when we are at age forty-seven or fifty-seven*.

Since AA began, I've taken immense wallops in all these areas because of my *failure to grow up, **emotionally and spiritually***. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the **emotional merry-go-round**.

How to translate a *right mental conviction into a right emotional result*, and so into easy, happy and good living--well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

I kept asking myself, "*Why can't the Twelve Steps work to release **depression**?*" By the hour, I stared at the St. Francis Prayer. "*It's better to comfort than to be comforted.*" Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been **dependence**--*almost absolute dependence--on people or circumstances to supply me with prestige, security, and the like*. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

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There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the *absolute* quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty **emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.**

Then only could I be **free to love** as **Francis** had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relationship of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand--a demand for the possession and control of the people and the conditions surrounding me.

While those words "**absolute dependency**" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our **paralyzing dependencies** are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

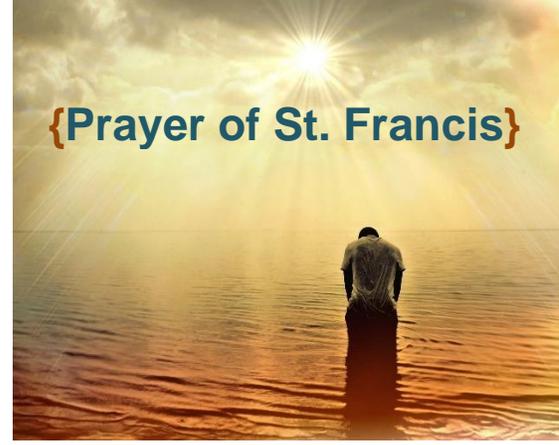
The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. *That was Francis at work, powerful and practical, minus dependency and minus demand.*

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with **emotional sobriety**. If we examine every disturbance we have, great or small, we will find at the root of it some **unhealthy dependency** and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course, I haven't offered you a really new idea--only a gimmick that has started to unhook several of my own "hexes" at depth. *Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.*

{Prayer of St. Francis}



Lord, make me an instrument of Your peace.

Where there is hatred, let me know love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, let me bring light; And where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console; To be understood, as to understand; To be loved, as to love.

For it is in giving that we receive; In pardoning, that we are pardoned; and It is in dying, that we are born to eternal life.

St. Francis of Assisi

INCOME STATEMENT

REVENUES

	<u>Jan- Aug 2020</u>	<u>Jan-Aug 2019</u>
Donations – Groups	26,706.14	31,339.55
Donations – Events	309.74	705.59
Individual Donations	17,463.11	2,641.40
Donations – Answering Service	0.00	135.00
Donations - Gratitude Month	1,035.61	620.51
Conference Literature	10,850.57	18,195.04
Non-Conference Literature	3,881.42	5,524.77
Non-Conference Merchandise	6,995.47	11,268.55
Grapevine Literature	591.46	1,218.79
Faithful Fivers	157.36	157.00
Directories	145.00	573.25
Savings Account Income	4.91	8.18
Other Income	72.06	390.50
Sales Tax Discount	60.00	63.14
Uncategorized Income	<u>54.76</u>	<u>0.00</u>
TOTAL REVENUES	<u>68,327.61</u>	<u>72,841.27</u>

COST OF SALES

Inventory Exp.-Conference Lit.	6,298.50	10,737.48
Inventory Exp.-NonConfer Lit.	1,688.49	2,899.88
Inventory Exp.-NonConfer Mer.	2,697.42	6,779.31
Inventory Exp.- Grapevine Lit.	244.84	755.17
Inventory Exp – Directories	0.00	-883.18
Total Cost of Sales	<u>10,929.25</u>	<u>20,288.66</u>
Gross Profit	<u>57,398.36</u>	<u>52,552.61</u>

EXPENSES

Wages Expense	28,603.20	29,552.60
Employee Medical Reimbursement	1,280.00	1,280.00
Payroll Tax Expense	2,188.15	2,260.77
Credit Card Processing Costs	520.56	623.92
License and Fees Expense	125.48	10.00
Office Supplies/Expense	2,136.19	1,475.79
Computer Maintenance Expense	2,000.00	2,000.00
Computer-Software/Hardware	1,475.09	1,297.91
Telephone/Internet Expense	1,400.41	1,126.90
Answering Service Expense	4,111.96	3,864.92
Advertising in Phone Book	178.00	704.00
Reconciliation Discrepancies	-.024	-0.39
Postage and Shipping Expense	106.96	194.75
Occupancy Expense	6,722.00	6,560.00
Insurance Expense	669.00	671.00
Printing Expense	180.00	746.20
Directory Printing Expense	0.00	1,202.00
Travel Expense	156.81	261.97
Conference Expense	0.00	65.00
MAICO Reps Events Expense	240.07	356.54
Other Expense	0.00	23.16
Over Under Cash on Hand	<u>0.00</u>	<u>24.00</u>
TOTAL EXPENSES	<u>52,093.64</u>	<u>54,301.04</u>
NET INCOME	<u>\$5,304.72</u>	<u>\$-1,748.43</u>

UPCOMING EVENTS 2020



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.**

RECURRING - All Live Gatherings on Hold until further notice

Many Events on zoom

Go to www.aamadisonwi.org for on-line meetings and events

Also go to www.aa-intergroup.org – The AA Online Intergroup for meetings and events

Outside of Wisconsin

UPCOMING EVENTS – 2020 & 2021

October 24, 2020 – Dist. 11 Virtual Open AA Speaker Meeting, Nancy & Ken G., Madison share their stories and experience, strength & hope. 2:00pm CDT. Join on Zoom. Zoom Meeting ID: 852 8885 8329 Passcode: 091043.

November 6-8, 2020 – Area 75 Conference, Holiday Inn, Manitowoc, WI. **Conference has been cancelled**

November 7th or 8th 2020 – Area 75 Assembly, Virtual – **Area Elections** – Check Area 75 Website for details

November 14, 2020 – MAICO Reps 24th Annual Youngtimers/Oldtimers Virtual Workshop, 100% less Chili, 9am to 1pm, Youngtimer & Oldtimer Speakers, Flyer is included with this email.

2021 -

November 12 – 14, 2021 – SAVE THE DATE: Area 75 Annual Conference of Alcoholics Anonymous, “Our Great Responsibility” La Crosse Center, LaCrosse, WI.

February 18 – 21, 2021 – 57th International Women’s Conference, The Westin Charlotte, Charlotte, NC
For updates & online registration: www.InternationalWomensConference.org

THANK YOU'S – DONATIONS



General Fund

1728 Group
A Few Simple Rules
Any Lengths Grp
Barneveld Grp
Belmont Grp
Boscobel Thursday
Brodhead Sister Blandine Big Book
Cop Shop Grp
Cross Country Meeting
Darlington Whats Good About Today
DeForest Progress
District 19
District 35
Early Risers
Easy Does It But Do It
Experience, Strength & Hope
Family Afterward
Half Measures Grp
Happy Hour Grp in Wi. Dells
Into Action
Janesville Early Risers
Kayak Meeting
Lake Mills Our Group Wednesday
LaValle New Beginnings
Living Sober
Mauston Fri Night Fellowship
Mauston Wed Afternoon
Monroe Sat. Morning Grapevine
Monticello 12 & 12
Mt. Horeb Sat. Morning
Mt. Horeb Wed. Night
Mt. Olive Grp
Poynette DeKorra Grp
Prairie Dock Grp
Sat. Morning Miracles
Sat. Morning Women's Serenity
Sauk City Early Risers
Sauk Prairie AA
Spring Green Read n Lead
St. Francis Grp
Stoughton Grps
Sunlight of the Spirit
Sunrisers Grp
Sunrise Serenity
Sunshine Grp
There is a Solution
Tuesday Night Workshop
Watertown One Day at a Time
Watertown Wed. Night
Waunakee Meeting
Waupun H.O.W.
Windsor Grp
Women's Daily Reflection
Women's Serenity Thursday
Working Step Grp

Individual Donations

Amelia L.
Amy F.
Andrew K.
Ann S.
Anne M.
Anonymous
Alice G.
Andrea C.
Andrew K.
Antonette
Ben N.
Cameron M.
Carrie W.
Charles B.
Chris M.
Christine B.
Christine P.
Christopher D.
Colleen F.
Craig C.
Craig N.
Craig S.
Dawn Z.
Dennis G.
Dona C.
Donald N.
Doreen H.
Eileen P.
Eric S.
Gary S.
George C.
Herbert N.
Hilary H.
J. Isaac G.
Jacob T.
James R.
Jane L.
Jeff T.
Jenna P.
Jennifer K.
Jillene K.
John B.
John C.
John M.
Katherine Mc.
Kenneth Y.
Kerry O.
Kevin M.
Kevin P.
Kimberly C.
Larry P.
Lawrence G.
Leif O

Linda G.
Lori W.
Mary A.
Mary C.
Mary S.
Matthew K.
Maureen M.
Melanie L.
Michael D.
Michael M.
Michelle W.
Monica U.
Nancy K.
Patrice B.
Patrick S.
Paul J.
Peggy E.
Red C.
Richard H.
Richard P.
Rick B.
Robert F.
Ron T.
Roy S.
Russ W.
Sally K.
Shawn G.
Sheila M.
Shelly H.
Stacy L.
Stephanie E.
Steve A.
Steve H.
Sue M.
Susan D.
Tracy B.

Corrections/Treatment Fund

Living Sober

Faithful Fivers

Chris M.
Larry L.
Mary S.
Nancy S.

The Practice of a Grateful Heart

An AA with over 36 years in the program shares his experience in **cultivating gratitude**.

Before I came to AA, my life had been consumed with an obsession and compulsion to use alcohol to change how I felt. I wanted to be numb. **I was dying mentally, physically and spiritually.**

I arrived at the doors of AA broken and without hope. But I had nowhere else to go. Slowly, people in the rooms helped me to recover and to live. They taught me to take stock of the miracle that I was experiencing.

It is now 36 years later and recently at a meeting, I shared that I was **grateful** for my disease of alcoholism because I now had a wonderful program for living. A young man, in early recovery, shared that he couldn't understand *how one could be grateful for a disease*.

In my experience over the years, a **grateful heart** and mind will not drink. **Gratitude** is such a powerful tool that I must continually develop. In all my years of sobriety, the most *special movements are those when I feel gratitude*.

I remember how good I felt at night, before falling asleep, because I had made it through a day without alcohol or drugs. Then a miracle happened, the obsession disappeared. I cannot recall when that happened exactly, but it was somewhere near the end of the first year. I suggest these experiences were the beginnings of my **gratitude development**.

I can choose to be grateful today.

So how does one develop a **grateful heart**? First I had *to recognize gratitude* when I felt it. When I become aware that I was no longer consumed by the thought of the drink, I could pause, feel the good feeling and then label it as a gratitude. I also believe it helps to share my *gratitude at meetings and in one-on-one conversations*.

When I am at a meeting and hear someone *struggling with the obsession*, I can sympathize and be grateful I no longer have that obsession. *I can be grateful for the tools of the program that can help me solve any issue*.

I used alcohol and drugs to make things better, not knowing things were already great. *It was always one more drink, one more pill*. There is not enough alcohol to solve the unsolvable quest for numbness. When I shift my perspective to being grateful in the moment that I am in, the gates open to a life where I will be "**amazed before I am halfway through**."

As part of my **Tenth Step**, I was taught to review the things in my day for which I was **grateful**. This practice shifted my inventory from just errors to a more balanced list. I rest more peacefully when my last thoughts of the day are grateful ones.

When I shift my perspective to being grateful in the moment that I am in, the gates open to a life where I will be "amazed before I am halfway through."



Grapevine – October 2014
Dennis F. – Colchester,

SHORT TAKES Gratitude in these hard times

Grateful in Mississippi

I'm writing from a prison in Mississippi. I recently read the Grapevine article "The Best Gift" (December, 2018), in which the author shares how important **gratitude is to his sobriety**. I could not agree more.

The Big Book says resentment is our No. 1 offender. While this is true, I believe that not being grateful is the No. 2 offender. Both are equally dangerous.

My first sponsor taught me how to stay grateful daily. Every night, I list 10 things I'm grateful for. It really helps. And when I'm having an especially difficult time or I'm full of self pity or anger, I make a list of **100 things I'm grateful for!**

For more than seven years now, this has helped me keep sober, sane and reasonably happy, especially through the loss of loved ones, bouts of **depression** and the daily grind of life here in this prison. I've also been able to reflect on how some of my worst events have ended up having some of the best outcomes and memories.

Most of the time I can't change my circumstances, but thanks to AA, I can change my thinking.

*Grapevine - July, 2019 – Jason B.
Meridian, Mississippi*

From Wish List To Gratitude List

If you could write your own ticket to the rest of your life, you'd short-change yourself by a long shot."

Missing from that list and changed a new list were:

- 1) The surprising mix of people I'd share the saving grace of AA.
- 2) Any reference to AA's Ninth Step Promises coming true in my life.
- 3) A sober partner with whom to share the **serenity, courage, and wisdom** of AA for a lifetime.
- 4) Feeling **comfortable in my own skin**, even when I make mistakes.
- 5) The burning desire to learn, to be open-minded, to seek **God's will** in troubling situations where experience and understanding aren't enough.
- 6) A quiet excitement for what each day will bring.

How do you Manage to feel Grateful when you're Feeling Terrible?

When I have felt depressed, I haven't been able to list my blessings and raise my spirits.

"This bit about 'I cried because I had no shoes till I saw a man with no feet' has never worked for me. It's taken time, psychiatry, and a low-blood-sugar diet to get me over my bad depressions."

Then somebody said, "**Don't wait till you're depressed to practice gratitude.**"

And that's just it. Gratitude has to be practiced.

*Grapevine - August, 2012 – F.M.
New Canaan, Connecticut*

**Madison Area Intergroup Central Office, Inc.
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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 update our information. 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 _____
Handicap 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)