

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.

Wherever I go

With a job that keeps her on the road, she comes up with a plan to keep AA No. 1 in her life

"This is Karla, she travels a lot," my friend Marcel says as she introduces me to a woman at my 6:00 a.m. meeting. These words have a familiarity at this point. They succinctly sum up a lifestyle that has become my new normal.

This past year has been a whirlwind of travel and adventure, in and out of the rooms of AA. Being a traveling alcoholic isn't exactly a descriptor I ever wanted on my business card, but it is certainly a huge part of my identity today.

I have a job where every 13 weeks I have to move to a new city. I ventured to the West Coast a year ago, scared as hell, and kept a voicemail from my sponsor on my phone for six months explaining why I was there. She reminded me that this move was not a whim. I had prayed for months and taken direction. I had a foundation of sobriety and had a plan of action for my arrival.

I had the same recipe for AA integration at each move: Ride to a meeting with a local woman within 24 hours of arrival, volunteer at central office and get into a meeting routine.

On my first move, I was warmly received by a Pacific Northwest operator at an intergroup office who connected me with a local woman in my new town. At first, it was very difficult to ask for a ride to a meeting. After all, I was four years sober and at the outset of my West Coast adventure. I was self-supporting and had my own car. But my sponsor explained to me that I had to ask for help in a new place. It's also helpful for me to show up to a meeting with someone who can make introductions to people and "show me the ropes."

Though not that far from my last drink, when taking rides was commonplace, I was nervous about going to a meeting with a woman I had never met. The woman who showed up that first night was in her 60s, drove a muscle car and wore a tiger print top. I immediately liked her. We heard a speaker that night in a 90-minute meeting (longer than meetings back home) and I met many local AAs.

After the meeting, she took me to her son's farm and we met her dogs. We talked about how we got sober. On our car ride back to my apartment, we discussed powerlessness and making amends. I realized AA meetings were different in Longview, Washington, but talking to another alcoholic was exactly the same.

My second task was to get involved at Central Office. I've answered phones, folded papers and joined after-hours call lists. Some of the strongest people I know in the program are people I have met at a Central Office. A new person at a meeting with some time can be unintentionally overlooked. Putting time in at Central Office helps me get acquainted with other people in the program with service positions. It also gives me an opportunity to be of service to a still suffering alcoholic in a place where I, too, am prone to feelings of vulnerability.

Third, and probably one of the best pieces of wisdom my sponsor has bestowed on me, is to get a meeting routine and stick to it. It's easy to hide out in AA, to be an anonymous member. I want people to know me at the meetings I go to, and I want to know them. It may be several meetings before a new woman asks me to sponsor her, but I have to actually be there to be asked. It's also important to have continuity in meetings, even if for a short time, in order for me to have conscious contact with God through others and vice versa.

The experience of attending meetings in different places has stretched my experience with surrender and acceptance in ways that I can only describe as profound. Over the next 12 months, I would go to many meetings and be blessed by pockets of enthusiasm in the West.

My meeting “territory” has spanned from Seattle to Santa Cruz. In my exploration of different areas, if I stay overnight, I always go to a meeting. Many times, the first sighting of folks hanging around a club doorway or church entry is the first sense of ease and comfort I have in a day.

I’ve been welcomed by wonderful groups of women in Longview; Coeur d’ Alene, Idaho; and Folsom, California, to name a few. I’ve been frustrated at meetings where an old-timer shared for 10 minutes and rocked by young people’s meetings that I initially wrote off as lightweight AA, where a person’s share brought tears to my eyes. I’ve stayed at meetings I wanted to walk out of and I’ve clung to meetings where I heard women tactfully guiding the newcomer into the solution.

It’s funny. When I was drinking, I thought I was open-minded. But the truth is, I would have balked at anyone not doing it “my way” five years ago. Today, I have a wide fellowship and many home groups away from home because I have learned to not only accept differences in AA but to treasure them.

My spiritual life continues to grow when I stick and stay. I’ve discovered in my travels that there is no one right way to do things. Of course, I have preferences. I still slightly cringe when there’s a particular deviation from the groups I “grew up with” in North Carolina. But then I remember: there are people in this town who have stayed sober many more years than I’ve even been alive. I always try to see where they are right and make use of what they offer.

One of the ironies of being a traveler is that people often say to me: “You travel for a living? Isn’t that scary? Don’t you get lonely?” I smile inwardly. The secret I know is that I have friends all over this country and, in fact, all over this world.

I was recently in Paris to run the Paris Marathon (another blessing of sobriety, an able body that moves in a healthy way) and was warmly greeted by a mixture of expats and Parisians asking my name and where I was from. I went to Key West, Florida, for a New Year’s celebration. Not only did the women there befriend me and keep tabs on me during my weeklong stay, but they asked me to speak on New Year’s Eve. I was freshly moved to San Francisco and showed up at the Hospitals and Institutions orientation meeting because that service commitment is built into the structure of my life. I walked a man I had served on a Corrections committee with in North Carolina. He too routinely integrates service commitments into his life.

I’m never lonely on the road. I have a ready-made pallet of interesting characters to greet me, who speak my language with every change of scenery. I have a growing fellowship all around me. My fellowship just spans a larger land area than some others.

I mentioned I was fearful when I first left North Carolina. I was afraid that if I left my perfect AA home, and my perfect AA life, with my structured AA home group, that I’d be “struck drunk.” As I’ve heard so many times in meetings, my longitude and latitude varies, but wherever I go, I’m right there. I show up with the same disease I left with, but I also have the same daily reprieve. And I know that no matter where I move, from the smallest town in Idaho to the San Francisco Bay, or even back home to North Carolina, my friends will greet me when I get there.

-- Karla S.

San Francisco, California

From the June 2018 magazine.

Happy Vacation, With a Few Safeguards

Vacation time can be and is meant to be pleasant, relaxing and fun. It won't be for any A.A. who permits it to get him off the beam.

A few simple precautions have helped many an A.A. to get the fullest enjoyment out of a vacation even though far from the home group and temporarily cut off from the usual A.A. connections.

1. Remember that the axiom, "Once an alcoholic always an alcoholic," holds in any locality in the world and is just as true at the seashore as atop the Rocky Mountains.
2. Before leaving, get the addresses of the groups nearest to the place or places you are going to visit.
3. Re-adopt, or carry on, the 24-hour plan.
4. Read a little now and then along the way, or whenever possible, from A.A. literature or kindred books.
5. Drop a postcard, or if more energetic, a letter, to some A.A. back home. You don't even have to mention the subject. Writing a few words of greeting will help to keep the A.A. ties strong for you.

6. While loafing, take a mental inventory of how much you have gained since you stopped drinking.
7. Remind yourself of how much you stand to lose if you take the first drink.
8. Take conscious notice of how pleasant it is to get up in the morning without a hangover.
9. Let your imagination play occasionally on how many more opportunities now lie ahead for a useful and interesting life.
10. And remind yourself, chum, that you didn't do it all by your own little self.

Simple and perhaps crude as these suggestions may be, they work.

Cases of mishap and misery for the A.A. on vacation can often be traced to a failure to set up safeguards against the effects of changing the daily routine.

There need be no mishaps for any A.A. who sincerely wants to stay on the beam. Or, if that statement sounds dogmatic, at least it is true that he can minimize the dangers almost to the vanishing point by taking a few precautions which in themselves should add to the pleasures of a vacation.

As somebody once said, it's not so much a matter of learning something new as it is of being reminded of what we already know.

From the July 1947 magazine.

Meeting Guide App

Several years ago, at the second annual meeting of the National AA Technology Workshop, discussion about a central listing of meetings across the country began and resulted in a mobile app called "Meeting Guide".

In attendance at the conference were representatives from our General Service Office (GSO) in New York. GSO felt that ongoing maintenance of the data is the responsibility of the fellowship.

Today over 180 Central Offices, Districts and Areas have connected their local data to a server that has been supported by A.A. donations. In March of this year, the intellectual property of the Meeting Guide app was transferred to the GSO and will be included in an A.A. app to be released along with the new AA.ORG website later this year. The app has been reported to include the Big Book, Daily Reflections and Meeting Guide. GSO will provide the ongoing support for the app while the fellowship maintains the data.

For those who have not yet seen the app, it is available in the app stores for both Apple and Android phones. Simply search and install the free "Meeting Guide" app for one button access to local meetings near you. The app is location sensitive and works in a growing number of places across the country.

Using the app is simple. When opening the Meeting Guide app you are shown a list of nearby meetings. Selecting specific locations, dates & times and types of meetings is done through the menu accessed by pressing the "menu bars" in the upper left corner of the screen. Pressing on a meeting shown in the list will bring up the details about the meeting with more information and buttons for navigation, texting to your friends, adding to your personal calendar or marking as a "favorite".

A button to view the web page published by the source of the meeting will take you to the Intergroup, District or Area website that provided the data. For many of those websites, a place to request changes to the listing is provided so that accuracy is maintained through user feedback.

If you haven't checked out the Meeting Guide app yet, give it a try! It's a great tool to have on your phone when traveling. For those times when you can't decide what meeting to attend, try shaking your phone! A "Roll the Dice" windows pops up asking if you wish to choose a random meeting for your adventure.

Thank you for allowing me to be of service,
Patrick S. - MAICO eTech Chairperson

Income Statement

Revenues	<u>May 2018</u>	<u>Jan to May 2018</u>
Donations – Groups	2,762.80	15,790.72
Donations – Events	0.00	122.00
Individual Donations	61.67	257.01
Donations – Answering Service	0.00	140.00
Donations - Gratitude Month	101.00	934.38
Conference Literature	2,775.89	14,619.87
Non-Conference Literature	481.02	4,887.54
Non-Conference Merchandise	1,108.62	8,358.46
Grapevine Literature	78.30	595.40
Faithful Fivers	46.00	234.00
Directories	30.00	249.00
Savings Account Income	0.00	1.62
Other Income	31.40	420.18
Sales Tax Discount	<u>0.00</u>	<u>30.00</u>
Total Revenues	<u>\$7,476.70</u>	<u>\$46,640.18</u>
Cost of Sales		
Inventory Exp.-Conference Lit.	2,036.44	8,969.14
Inventory Exp.-NonConfer Lit.	1,094.62	3,638.45
Inventory Exp.-NonConfer Mer.	1,310.33	5,514.65
Inventory Exp.- Grapevine Lit.	338.98	338.98
Inventory Exp.-Directories	<u>0.00</u>	<u>0.00</u>
Total Cost of Sales	<u>\$4,780.37</u>	<u>\$18,461.22</u>
Gross Profit	\$2,696.33	\$28,178.96
Expenses		
Wages Expense	3,295.50	17,725.50
Employee Medical Reimbursement	160.00	800.00
Payroll Tax Expense	252.10	1,356.00
Credit Card Processing Costs	85.34	375.26
License and Fees Expense	0.00	245.00
Office Expense/Supplies	70.00	694.35
Computer Maintenance Expense	250.00	1,300.00
Computer-Software/Hardware	0.00	1,466.82
Telephone/Internet Expense	160.86	802.51
Answering Service Expense	426.70	2,159.69
Advertising in Phone Book	86.00	436.00
Reconciliation Discrepancies	-0.09	-0.34
Postage and Shipping Expense	-3.75	94.57
Occupancy Expense	795.00	3,975.00
Insurance Expense	0.00	0.00
Printing Expense	0.00	639.40
Travel Expense	15.57	284.74
Conference Expense	407.54	781.00
MAICO Reps Events Expense	175.00	175.00
Other Expense	<u>0.00</u>	<u>-51.34</u>
Total Expenses	<u>\$6,175.77</u>	<u>33,259.16</u>
Net Income	<u>-\$3,479.44</u>	<u>-\$5,080.20</u>

Upcoming Events

2018

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, 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. \$10.00 adults, Holiday meets 2nd Sunday.

2nd Sun of month – Open AA Speaker Meetings in Adams, Adams-Friendship Club, 1093 County M, Adams, Noon

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

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, enter Ohio St. side of church.

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.

Last Sat of month– Hosted by Dodgeville Downtown Group, Dodgeville Serenity Club, 401 N. Union St., Dodgeville. 7pm Open Speaker, Please bring a snack or dessert if you would like.

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

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

July 7 – Dist. 19 Summer Workshop & Picnic – West Point Town Hall, N2114 Rausch Rd., Lodi. 10am-3pm. Freedom – Panels & Speaker. District will provide meat, please bring a dish to pass. Family Fun & Games.

July 14 – Lancaster Campfire Meeting 2018 – Open A.A. Meeting, 10490 County F, Lancaster, WI, Start grills @ 6pm, Meeting to follow. Contact: Dennis 608-778-3648

July 17 – Summer Picnic hosted by Janesville Tuesday Night Mens Group - Food! Fun! Fellowship! Farout! – Everyone Welcome. Sportman's Park, 3411 N. Hwy. 51, 5pm Cook, 6pm Eat, 7pm Meeting. Brats, hotdogs and beverages provided. Please bring a dish to pass (not mandatory). Questions: Call Mark C 608-359-3672 or David Mc 60-201-6543

August 17 – 19 – Green Lake Round Up – Green Lake Conference Center, W2511 St. Rd. 23, Green Lake Open & Closed AA & Al-Anon meetings, Registration: \$10

August 26 – MAICO Summer Picnic hosted with District 8 in Beloit – Preservation Park, 3444 S. Riverside Dr., Beloit, WI. Starts at Noon, Open Speaker Meeting, Fun and Games for all

September 8 - Lancaster Campfire Meeting 2018 – Open A.A. Meeting, 10490 County F, Lancaster, WI, Start grills @ 6pm, Meeting to follow. Contact: Dennis 608-778-3648

September 13-16 – National AA Technology Workshop - Wingate by Wyndham Round Rock Hotel & Conference Center, Round Rock, TX <http://naatw.org/>

September 29 – 11th Annual AA Conference at the VA – How Did We Find Recovery – Zablocki V.A. Medical Center, 5000 W. National Ave., Milwaukee, WI 53295. 7:30 AM – 3:00 PM with Opening Ceremony at 8:30 AM. www.aaconferenceattheva.eventbrite.com See flyer on MAICO website.

October 13 – Dist. 30 Fall Recovery Round Up – Salvation Army, 514 Sutherland Ave., Janesville

November 2 – 4 – Area 75 Annual Conference, Chula Vista Resort, WI Dells.

Register online www.eventbrite.com enter 2018 Area 75 Annual Conference

Thank You's - Donations received March 23 to June 22, 2018

General Fund

1728 Grp
207 Grp
511 Step Grp
Adams Friday 12 & 12
Baraboo Sat Morning Eye Opener
Barneveld Grp
Beaver Dam Sun Serenity
Beloit Mon Nite Thumpers BB
Cambridge Grp
Children of Chaos
Daily Reflections Thurs 7pm
DeForest Progress
Design for Living
District 9
Dodgeville Downtowners
Early Risers
Easy Breathers
Foxhall Recovery
Freedom Grp
Friday Night Lights
Ft. Atkinson Open Beginners
Grace Lunch Grp
Happy Hour Grp
Individual Donations
It's a God Thing
Keep Calm Tuesdays
Keep It Simple
Lancaster Grp
Life on Life's Terms
Living Sober
Lodi Lifeliners
Mauston Wed Afternoon
Mid Morning Grp
Monroe New Beginnings
Monticello 12 & 12
Mt. Horeb Grp
Mt. Olive Grp
Orfordville Grp

Our Group Wednesday
Prairie Dock Grp
Precisely How We Recovered
Princeton Recovery Grp
Rendezvous Grp
Rock River Grp
Room to Grow
Sat. Morning Grapevine
Sat. Morning Ontimers
Sat. Morning Serenity
Sat. Night Grp
Sauk Prairie AA
Serenity Seekers
Sister Blandine Tuesday
Sister Blandine Thursday Big Book
Sister Blandine Open Speaker
Slip Nots
Sober Today
Spring Green Read n Lead
Slackers Grp
St. Andy's 7am
St. Andy's Wed 8:30pm
Suburban Sobriety
Sunlight of the Spirit
Sun. Night By the Book
Sun Prairie Phoenix
Sunrisers Grp
Sunrise Serenity
The Home Grp
There is a Solution
Traditions Grp
Trinity Grapevine
Tues. Night Back Door
Tues. Night Sobrietyfest
Tues. Night Workshop
Unity Grp
Village Grp
Watertown ODAT
Wautoma Sun. Recovery with the
Big Book

Wauaukee Meeting
Waupun H.O.W.
We Agnostics
Windsor Grp
Working Step

MAICO Fund
Corrections/Treatment

Early Risers
EDIBDI
It's a God Thing
Sunlight of the Spirit

Answering Service
EDIBDI

Faithful Fiver
Mary S.
Larry L.

Gratitude Month
1728 Grp
Freedom Grp
Monroe No Butts

Memorial – AA Member
District 9 - Jim H.

DAILY REFLECTIONS

June 8

OPENING UP TO CHANGE

Self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. With it comes the development of that kind of humility that makes it possible for us to receive God's help. . . we find that bit by bit we can discard the old life — the one that did not work — for a new life that can and does work under any conditions whatever.

— AS BILL SEES IT, pp. 10, 8

I have been given a daily reprieve contingent upon my spiritual condition, provided I seek progress, not perfection. To become ready for change, I practice willingness, opening myself to possibilities of change. If I realize there are defects that hinder my usefulness in A.A. and toward others, I become ready by meditating and receiving direction. "Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely" (Alcoholics Anonymous, p. 58). To let go and let God, I need only surrender my old ways to Him; I no longer fight nor do I try to control, but simply believe that, with God's help, I am changed and affirming this belief makes me ready. I empty myself to be full of awareness, light, and love, and I am ready to face each day with hope.

Short Takes from The Grapevine

From the July 2000 magazine.

"Such is the paradox of AA regeneration: strength arising out of weakness, the loss of one's old life as a condition for finding a new one."

-- AA Comes of Age p. 46

From the April 1990 magazine.

When I'm traveling down life's highway I start off in low gear, shift to second, then shift to Higher Power."

-- Jerry N. Commerce City, Colorado

From the February 1985 magazine.

I never get bored. I just get too lazy to try new things.

-- P. P. Marquette, Indiana

From the November 1988 magazine.

"Sobriety--it can drive you to think"

-- B. P. Catskill, New York

From the January 1982 magazine.

False pride is when one humbly says he has nothing to share, and then takes twenty minutes to prove it.

-- B. P. Redding, California

From the December 1977 magazine.

All I have seen in life teaches me to trust the Creator for all I have not seen.

--Smile Awhile

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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 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_____