

# JAVA JOURNAL



From the Editor

Got email! Now you can receive each monthly issue of the Java Journal in your inbox. Just send an email requesting to be added to the subscription list. The email address for the Java Journal editor (that's me) is located inside this issue. Also, remember to email or telephone your ideas, announcements, and event information so that it can be included in upcoming journal issues. Again, thanks for your support! Enjoy.

Colleen S. - Editor

Rarely have we seen a person fail who has thoroughly followed our path...

Calendar Of Events	
Area 92 July Quarterly Ritzville, WA, American Legion Hall, 106 W Broadway Ave. To Register: <a href="http://www.area92.org">www.area92.org</a> or Chuck H. (509) 922-4218	July 20-July 21
Freedom in Sobriety Conference Tacoma, WA, LaQuinta Inn, 1425 E. 27th St, To register: <a href="http://www.freedominsobriety.com">www.freedominsobriety.com</a> or call (253)396-0944	July 27-July 29
Yakima River Float For info call Brian 205-2338, Brian S. 366-6994, Jennifer S. 205-1654. Meet at the Richland Fellowship (1924 Saint St) at 9am, bring a tube, water, food, sunscreen.	July 28
Northwest Fellowship of the Spirit Conference Ocean Shores, WA, Ocean Shores Convention Center, 120 E Chance a la Mer NE. To register <a href="http://www.nwfots.org">www.nwfots.org</a>	Aug 16-Aug 19
Chapter 5 Pot-Luck Picnic Chiawana Park, Pasco. Please bring a side dish. For questions contact Mike 942-4066	Aug 18 noon
Cashmere Group Campout Squilchuck State Park, Wenatchee. For info: Joe (509) 860-4427, Jill (509) 670-6455, To register: <a href="mailto:sarajanewa@nwi.net">sarajanewa@nwi.net</a>	Aug 10-Aug 12
49th Annual International Conference for Young People in AA Los Angeles, The Bonaventure Hotel, 404 S Figueroa St. To register: <a href="http://www.49thcypaa.org">www.49thcypaa.org</a> or (310) 216-8771	Aug 30-Sept 2
15th Annual Sponsorship Conference Tacoma, WA, La Quinta Hotel. To register: <a href="http://www.sponsorshipconference.com">www.sponsorshipconference.com</a>	Oct 19-Oct 21
2007 District 4 Gratitude Banquet Volunteers needed (see inside for more details)	Nov 2
Annual Hawaii Convention "The Spiritual Life is not a Theory. We have To Live It!" Honolulu at the Hawaii Convention Center. To register: <a href="http://www.lava.net/~hconv/">www.lava.net/~hconv/</a>	Nov 14-Nov 16

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You may also request an e-subscription at the above email address

**Contact Information for District 4**

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**Central Office Hours of Operation:**

Mon & Wed 6:00-8:00 p.m.

Tue & Thur 11:30 a.m. -1:30 p.m.

Sat 10:00 a.m. - 2:00 p.m.

If you have any Central Office questions or need assistance, call Jan P., 547-3967(h), 554-7507 (c)

**AA Hotline**

509-735-4086

### What's 'Crosstalk' Got to do with Sobriety Anyway?

Like an odd apple the term "crosstalk" keeps bobbing up where AAs come together. What is it? Why do concerned, sometimes confused groups keep asking the General Service Office for clarification about it? And above all, what does it have to do with our primary purpose - "to stay sober and help other alcoholics to achieve sobriety"?

Says past Chicago delegate (Panel 53, 2003-04) Don B: "When I came to AA in 1981, I joined a group led by an old-timer who was nearly 20 years sober at the time. There were two basic 'guidelines' - only we called them rules: 1) you cannot interrupt the guy who is interrupting. 2) If you look up and you are the only one left, lock the door when you leave. You talked too long. "Back then, he recalls, "interruptions were frequent and sometimes contentious. More that one time I thought for sure

we'd have fisticuffs. But, no, things would invariably simmer down, and the one getting scolded would say something like, 'I guess you're right. I do need more meetings.'" In the Chicago area today, Don adds, "we have some very large groups; one draws as many as 500 people. With this type of participation-not to mention the positive fallout from increased sponsorship, which sees most new members led through the Steps in a reasonably short time - there's no room for disruptive crosstalk, nor is it tolerated."

Crosstalk means different things to different people. Some groups define as crosstalk or interference any comments, negative or positive, about another's sharing other than, "Thank you for your share." Members are welcome to talk about their own experience as it relates directly or indirectly to another's sharing, but are asked not to refer directly to that person's comments.

This does not appear to be the case at the 79th Street Workshop in New York City. Comments member Susan U.: "If two people start talking back and forth intrusively, then the chair has been known to say, 'No crosstalk!' But sharing of one's own story is always welcomed." Noting that "until the 1990s the word wasn't even in AA vocabulary," Susan cautions against rigidity: "There are no rules in AA, just customs and the conscience of each autonomous group." She suggests that "there is a thin line between guidelines and rules; and experience shows that in AAs 'benign anarchy,' rules, rigidity and attempts to control don't work very well. On the other hand, the non-judgmental sharing we receive at meetings in response to something we have said can be beneficial to our recovery. It's how we learn to live sober, productive lives, and that's what sharing our experience and strength is about."

Jan P., of Spokane, WA, reports that "crosstalk as it pertains to exchanges between members is not a problem with us. In many instances, people are trying to free themselves from extraordinary shame, and our members by and large share from their own experience. But they don't give advice - and there's no hint of censure, belittlement, scolding or preaching under the guise of sharing. In my experience, knowing there's no risk of judgment is what makes recovering alcoholics, especially newcomers, feel safe and gives us the courage to share."

Jenny P., who is Jan's daughter and also lives in Spokane, has found that crosstalk of a giving nature is "sort of a language of the heart. It occurs with familiarity and can be very helpful. If members know one another well, as they tend to in small groups, they feel comfortable about saying, 'I'd like to add something to what Jane said...' To me the key is comfort and the hope that sharing one's experience in recovery will help another alcoholic to stay sober and face life's challenges with greater ease."

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## Help Wanted

There is no reason why anyone needs to be in the AA unemployment line. Why? Your district could use your help even if it is for one hour!

### Corrections \* Bridge the Gap

The Corrections Committee needs all types of volunteers. We need people to attend meetings in the facilities, people to help spread the word about this type of service work, and people to help us collect and organize the literature that we bring into the facilities. Help with "bridge program"

### Cooperation with the Professional Community and Public information (CPC/PI)

AA's Committee for the Cooperation with the Professional Community (CPC) Provides information about AA to members of the community whose profession may bring them into contact with people who may suffer from the disease of alcoholism. AA's Public Information (PI) Committee carries the message by getting in touch with; Media, Schools, Industry, Physicians, Polices, Clergy, Senior Centers, Libraries, Hotels, Hospitals, Bus Signs, General Public, and AA fellowship.

### Treatment \* Bridge the Gap

Treatment Facilities Committee is formed to coordinate the work of individual AA members and groups who are interested in carrying our message of recovery to alcoholics in treatment facilities and to set up means of "Bridging the Gap" from the facility to an AA group in the individual's community.

### Accessibility

The Accessibility Committee will Gather Information and Provide assistance within the established guidelines regarding accessibility issues at the area level. Assistant needs: Wheel Chair, Blind/Visually Impaired, Babysitting, Seniors, Languages other than English, Transportation, Mobile Meetings, Visitors, Semi-Truck Drivers, and communication (in cooperation with other standing committees; PI/CPC/Treat/Corrections, and CSO.

### How Can you Help?

Please Contact your GSR, DCM, Alt. DCM, or show up at the Central Office Committee meeting held at the Central Service Office on the third Tuesday of the month at 6:30 pm.

## Gratitude banquet

The 2007 Gratitude Banquet will be the best banquet yet.. if you can come and help!

We need warm bodies to volunteer for the positions listed below. Entire Home groups could even volunteer!

- Food: hopefully a large group could take this on
- Location: Still trying to find one
- Speaker
- Clean up of food area
- Set up: tables and chairs
- Clean up general area
- Raffle: Money will be supplied
- Coffee
- Greeters and Ticket takers
- Decorations: A group has already volunteered for this one!
- Ticket sales: need to get to all the meetings
- Flyers and Tickets
- Treasurer

Please help make this a great Gratitude Banquet!!!!

Come to the first meeting on August 4 at the Central Office at 12 noon or call Diane H. at 946-7312.



### **What a Sponsor Is and Is Not**

The opportunity to help another alcoholic work the Steps and live in the solution keeps me in the heart of what recovery is all about. It has helped me to feel a "part of"--something I had tried to do for years. But it turned out to be as simple as sharing my experience, strength, and hope with another drunk.

The Twelve Steps have the answers to all of the riddles life throws at me. Other drunks took the time to show me, not only by sharing their time and lives, but by living in the solution and dealing with whatever came along with faith and trust. This truly is attraction versus promotion. The "winners" worked the Steps and stayed involved in service--those were the people I wanted to hang out with; that is where I looked for a sponsor.

Today, I sponsor five women who are five reasons for my growth. I met four of these women in a Step meeting--the same meeting that laid the foundation of the Steps for me. I think that spending time at the same Step meeting listening to people share and getting to know them is the place to look for a sponsor. The Steps offer the solutions, and that was what I was looking to learn.

Spiritual fitness is required if I am to be of service to anyone. Without a connection to my Higher Power, I am the same old person with the same old defects, causing the same old pain in my life and others'. So often I have found myself at a complete loss of thought and words for a sponsee who is struggling with life, and then an intuitive thought comes to me and offers a new perspective for consideration. When I wonder where the thought came from, I feel the warmth in my heart, and I know that once again God has done for me what I can't do myself.

As a sponsor, I neither expect nor desire to make decisions for people. I just ask some extra questions about motives, honesty, and spiritual contact. I was taught to make informed decisions and stand ready to accept responsibility for those decisions. I was also taught that Steps Six and Seven come into play when fear is running those decisions. This was a big factor for me when I first started sponsoring--fear that I would mess it up and harm someone as well as the fear that I wouldn't know the "answers" and be viewed as a dope.

Thank God that today I have a clearer perspective on what my role as a sponsor is and isn't. It is to stay sober, be available to listen, share my thoughts, pray for others, and let them live their own lives. It is not to "fix" anyone, get them sober, make them happy, demand they conform, or make their decisions.

My God has blessed me with some incredible role models in sponsors and friends. What a lesson in humility and gratitude sponsorship has given me. I have grown so much in this program and in life. The Promises have come so true in my life--all from cleaning house, trusting God, and working with others.

Hilary T.  
Berlin, Connecticut

From the December 2004 Grapevine. Reprinted with permission of the AA Grapevine, Inc.

### **New Meeting!**

Try this one out!  
Wednesdays at 12 noon  
at the Central United  
Protestant Church  
(CUP) Room 204,



### **Been Surfin' Lately?**

Here's but a sample of some great AA web-sites for your viewing pleasure:

[www.aa.org](http://www.aa.org)

[www.district4area92aa.org](http://www.district4area92aa.org)

[www.anonpress.org](http://www.anonpress.org)

[www.psypc.org](http://www.psypc.org)

[www.seattleaa.org](http://www.seattleaa.org)

[www.aa-oregon.org](http://www.aa-oregon.org)



**God, grant me the Serenity  
to accept the things I cannot change,  
the Courage to change the things I can,  
and the Wisdom to know the difference.**