

December 2007

Java Journal



**Merry
Christmas**

**Happy
Hanukah**

**Happy
Kwanzaa**

**Feliz
Navidad**

**Happy
Holidays**

How It Works....

Nancy O. is a local (Tri-City) recovering alcoholic with 25 years of sobriety. She is currently in Thailand. When asked what AA is like abroad, this was her response: "AA is the same here as it is in the Tri-Cities, Texas, Arizona, Oregon and Hawaii. Those are the only places I have been to compare with but I am going to assume that AA is quite similar all over the world. They may start and end their meetings differently but I have found the language of the heart...one alcoholic reaching out to another...fills in the middle, regardless of where I am at."

And this is Nancy's Story.... Early on in the AA meetings I heard many suggestions for staying sober. One voice cried "Go to meetings and don't drink in between, get a Big Book and a sponsor." Another proclaimed that I needed to find and rely on a Power greater than myself." Still another said "It's the steps...take the steps to recovery." And I can't leave out those who pounded their fists on the table stating that it is the home group and service that keeps them sober.

Wow, that was a lot to swallow. Where, I wondered, do I begin, and just what really do I have to do to stay away from that first drink?

The journey began for me in the meeting halls. This was where I could identify with other alcoholics and get a better idea of

what my problem was. I made friends here and appreciated the support of the fellowship.

Next, I purchased the Big Book of Alcoholics Anonymous. Very early on it was pointed out to me that "To show other alcoholics precisely how we have recovered is the main purpose of this book." For me that held a promise that I too, could recover and that the pages in the book held the answer for me.

Shortly thereafter I chose a sponsor. She has proven to be a teacher and lifelong confidant. We went through the Big Book and the steps together. She pointed out to me that on page 59 it says "Here are the steps we took." It doesn't say talked about or thought about or read about. It says "took" and that was what I needed to do. I have received gentle nudges along the way and also enough rope to hang myself with which keeps me ever mindful that my recovery is my responsibility.

If lack of Power was my dilemma then I needed to surrender to something bigger than me. I choose to call and rely on the power of "God."

Next came the housecleaning. It was time to face and be rid of the garbage that I had

been running from for so long. Restitution followed and as a result, the promises began to unfold in my life.

Step 10 invites me to continue with my house cleaning on a daily basis and Step 11 encourages God-consciousness through prayer and meditation.

Finally, it is time to pass on what has been so freely given to me. Page 24 reminds me that if I fail to perfect and enlarge my spiritual life through work and self-sacrifice for others I may not survive the certain trails and low spots ahead.

I view all of the suggestions as a huge smorgasbord. If I just take the crumbs, I stay hungry, if I partake in the full feast I remain full and overflowing which leaves me with plenty to pass on.

For today, I read the book, go to meetings, consult with a sponsor, have a home group and service position, practice 10 & 11 daily and work with others. I have every reason to believe that the simple things I did to get well will keep me well. Trust God-Clean House-Help others!

Nancy O.

Inside this issue:

Local Story	1
Thanks for the Memories	2
Consequences of a Relapse	2
Announcement to GSRs	2
What is the Success Rate of AA?	3
Service Opportunity	3
Events Calendar	4

NOVEMBER BIRTHDAYS

Debbie S., Nov 12 w/17 years

THE SET ASIDE PRAYER

God,
 Please help me set aside
 Everything
 I think I know
 About myself, my dis-
 ease,
 These steps, and
 especially
 You;
 For an open
 mind
 And a new
 experience
 With my-
 self, my dis-
 ease,
 These steps
 and espe-
 cially You.

Thanks for the Memories...

The 2007 Gratitude Banquet Committee would like to take this opportunity to recognize the outstanding job that members played in the success of the Gratitude Banquet. We have heard nothing but rave reviews from everyone and you played a large part in that. Pig Boys efforts show how much they love Alcoholics Anonymous and how much service plays in their sobriety.



We estimate that 335 were in attendance. The Countdown totaled 1,775 years, 8 months, and 5 days of those in the room. All the food was great and the cooks worked very hard to make sure everything was cooked and properly presented. The Happy Hour Group did a great job with the Raffle, everyone involved had a lot of fun. There are just too many individuals to list everyone who

played a part in the Banquet's success. They will know who they are. We hope that you will continue to be involved with future Central Office Special Events endeavors and be involved in future Gratitude Banquets. A great big "Thanks" to all of you.

Joseph A. Chairperson

Greater Tri-Cities Area Central Office Special Events Committee

Consequences of Relapse (a twist on the promises)

If I am careless about this phase of my development I will be lost before I am half-way through.

I will renew my obsession with alcohol and sacrifice all true happiness.

I will forget the word serenity and have no peace no matter how far down the scale I have already gone.

I will fall still further. I will resent the past and then

repeat it over and over again.

That feeling of uselessness and self-pity will return and more I will focus on selfish things and hide from my fellows.

Sanity will slip away. My whole attitude upon life will change for the worse.

Fear of people and of economic security will consume me. I will again be baffled by even the most

normal of situations.

I will suddenly believe that God will do nothing for me.

Are these extravagant promises? I think so. They have been fulfilled within me always quickly always completely.

They will always materialize when I cease to work the program of recovery.

Sent by a local recovering alco-

Calling All GSRs and Alternate GSRs

John S. is District 4's new alternate DCM. (Congratulations John, and thank you for accepting this service position!)

Part of John's responsibility is to be one of our District's representatives at the Area level.

He has been asked by Area 92 to gather information about all of our (District 4) GSRs. This information will be compiled into a registry at the Area 92 office and will assist in increasing communication between Districts in our Area.

Information needed from our GSRs and Alternate GSRs are: your first name and last initial; your home-group; your email address or phone number.

Please call John S at 430-5684 with this information.

What is the Success Rate of AA?

From www.anonpress.org/faq

Question: I have often heard of a survey that AA used to perform that indicated an extremely low success rate for people staying sober through AA. Is this so, and does AA compile such statistics today? What is our success rate?

Answer: AA does not keep records on our success rate. Sometimes you will find some figures on the "success" rate of AA, but given the anonymous nature

of the fellowship it isn't likely an accurate figure could be found.

A large part of the problem would be in defining who qualifies as having "tried AA." A survey might count anyone attending more than one meeting, but the solution AA offers is not found just sitting in meetings.

We don't know of any survey giving the results of people who have *completed* all twelve steps which is the program of recovery AA has to offer.

A survey that counts anyone who sat in a meeting as having "tried AA" will reflect a very low success rate. A survey that counts only those who have finished AA's steps as having "tried AA" would perhaps show the real success rate of AA.



Spotlight on a Committee Service Opportunity

The AA Phone Service Committee meets the last Wednesday of each month at the Central Office upstairs at the Alano Club. Each month interested volunteers select two, three, or more days (as many days as they feel they can carry the phone that particular month). The Committee members share experiences they have encountered that month and how they handled each situation.

Many calls we receive are from out-of-town AA mem-



bers (visiting for a few days) asking for meeting times and directions. Some calls are from family members asking for information and/or meeting times and locations. And we are particularly grateful to be able to provide direction for the frantic alcoholic who calls and says "I need help."

If you are looking for a rewarding service opportunity, please join us on November 28 at 6:30 pm.

Joy G., Chair of the Phone Service Committee

Day: Last Wednesday of each month

Time: 6:30 pm

Place: Central Office—Upstairs at the Alano Club

AA Phone Number: 735-4086. Temporarily changed to 308-8219. Either one will work for now.

BOOZE

Sent from a local recovering alcoholic. Copyright unknown.

The horse and the mule
live thirty years
And know nothing of
wines and beers.

The goats and sheep at
twenty die
With never a taste of
scotch or rye.

The cow drinks water by
the ton
And at eighteen is
mostly done.

The dog at sixteen
cashes in
Without the aid of rum
or gin.

The cat in milk and wa-
ter soaks
And then in twelve short
years it croaks.

The sober, modest, bone
-dry hen
Lays eggs for nogs, then
dies at ten.

The animals are strictly
dry
They sinless live and
swiftly die.

While sinful, ginful, rum
-soaked men
Survive for three score
years and ten.

And some of us, though
mighty few
Stay pickled till we're
ninety-two.

AA's Newsletter for the Greater Tri-City Area

Central Office

102 E. Kennewick Ave. (upstairs at the Alano Club)
POBox 6675
Kennewick, WA 99336

Central Office Hours of Operation
Mon - Friday, 11:30 am—1:30 pm and 6:00—8:00 pm;
Sat, 10:00 am—2:00 pm; and Sun, closed

Central Office Questions: Jan P. (509) 547-3967 (h)
or 554-7507 (c)

Java Journal Editor: Colleen S. 528-4171 or
javajournaldistrict4@gmail.com
AA Hotline (509) 308-8219 (temporary)

The Java Journal is not affiliated with Alcoholics Anonymous World Services, Inc. or with the General Service Office of Alcoholics Anonymous. The distribution of this Journal has not been authorized or endorsed by, and does not imply affiliation with Alcoholics Anonymous World Services, Inc. or the General Service Office of Alcoholics Anonymous. The intent of this Journal is to communicate ideas for recovery and events for fellowship to recovering alcoholics in the Tri-City Area and beyond!

Please Contact The Java Journal Editor With the Following Info:

- Birthday announcements: send your name, sobriety date and years sober;
- Events, announcements, fellowship information, Journal corrections;
- Your email if you would like to receive the Journal in your inbox once a month.

Ham On Wry *Reprinted with Permission from the November, 1985 Grapevine*

HERE'S ANOTHER WAY OF THINKING many of us can identify with, and it comes from Melbourne Beach, Fla.: An alcoholic was talking to her Higher Power, and she asked, "Higher Power, how long is a thousand years to you?" "Oh, that's just like one second to me," was the reply. "And what is a million dollars to you?" the alcoholic asked. Her Higher Power responded, "That's just like a penny to me." The devious alcoholic thought she might have a good thing going, and immediately inquired, "Well, Higher Power, how about giving me a penny?" "Sure, in a second."

Calendar of Events



Bake Sale. Proceeds go to the Alano's Children's Christmas Fund. Kennewick Alano Club 8-11 am. Call to volunteer or w/questions... Sharon 582-5465 or Kristen 366-3410	Dec 9
Christmas Party (Leave the kids at home for this one) Kennewick Alano Club 8:45pm. White elephant gift exchange: bring a wrapped inexpensive gift. Finger food potluck. Call w/questions: Melissa M. 438-3508	Dec 15
Alano Children's Christmas Party Kennewick Alano Club. Call to volunteer....Sharon 582-5465 or Kristen 366-3410. Please call for start time and information.	Dec 16
Christmas Alkathon Starting at 12 noon on Christmas Eve till 12 midnight on Christmas night. At the Alano Club in Spokane, 1700 W. 7th Ave. Contact Paul B w/questions: events-coordinator@area92aa.org	Dec 24—Dec 25
New Years Alkathon and Dance. Starting at 12 noon on New Years Eve and continuing till 12 midnight on New Years Day. At the Alano Club in Spokane, 1700 W. 7th Ave. Contact Paul B. w/questions: events-coordinator@area92aa.org	Dec 31—Jan 1
Washington State East Area 92 Quarterly 2008 ERC Building, 112 SW Basin Street, Ephrata, WA. Call Michael S at 942-4066 if you have any questions.	Jan 18—Jan 19
WACYPA XI The Western Area Conference of Young People in AA. Doubletree Hotel Riverside at 2900 Chinden Blvd, Boise, Idaho. To register and for information go to www.wacypaa11.org or contact Casey (208)713-0302	Jan 18—Jan 20
3rd International Convention "There Is A Solution" Animation Centre, Kovalam JN., Trivandrum, Kerala, India. For information and registration flyer:: www.area92aa.org , go to "Fellowship Calendar of Events"	Feb 9— Feb10
44th International Women's Conference at the Oregon Convention Center in Portland, OR. Speakers, workshops, panels, etc. For more information: intlwomensconf.org	Feb 14—Feb 17
13 Annual Thailand Roundup , Pattaya, Thailand. For information: www.aathailand.org	Feb 21—Feb 24
Northwest Pocket of Enthusiasm , Spokane Valley Mirabeau Park Hotel, I-90 and Sullivan, Spokane Valley, WA. This event will include speakers, marathon AA and Alanon meetings every hour on the hour. More info to come... www.nwpockets.org	Mar 7—Mar 9
2008 Pacific Regional Forum , Hosted by Area 92. Double Tree Spokane Center, Spokane. More info to come... www.area.92aa.org	Aug 29—Aug 31