

July 2008

# Java Journal



## A Call For Help...Answered

*This email was sent to the Java Journal by a local recovering alcoholic. Copyright unknown.*

Sometime in the early 1990's I was treating a woman in an intensive outpatient chemical dependency group. Let's call her 'Grace.' Grace was a flight attendant and had been suspended from her job with a major airline due to her untreated alcoholism. She had been stealing the little miniature liquor bottles and drinking in airport bars in uniform, etc. Her employer, realizing she needed treatment sent her to us.

After the eight week program, I suggested to her it might be a good idea to solidify her foundation in recovery before returning to work as she would be working in a high-risk environment (serving alcohol, being out of town alone, etc. ). Grace did, however, return to work shortly after completing outpatient treatment. One day, while she was departing from a plane at the end of a long day, a major craving for alcohol overpowered her. There she was, in the Los Angeles International Airport pulling her roller-bag behind her, when this massive craving to drink came over her. She tried to just 'think through it,' or 'just forget about it,' but it was way too powerful.

It was so powerful, in fact, that she had resigned to herself that she would just go drink. Grace thought, 'Oh, heck with it, I'll get another job; or maybe no one will find out anyway.' But deep down inside Grace did not want to drink. She truly had wanted to stay sober, but she was in trouble.

On her way to the bar in the airport, Grace had a moment of sanity. She stopped, picked up the

airport paging phone and said, 'Will you please page friends of Bill W.,' she paused, quickly looking around for an empty gate, 'come to Gate 12?'

Within minutes, over the paging system in the LA International Airport came, 'Will friends of Bill W. please come to Gate 12. Will friends of Bill W. please come to Gate 12.' In less than five minutes there were about fifteen people at that gate from all over the world. That brought tears of amazement, relief, and joy to Grace. They had a little meeting there in that empty gate, total strangers prior to that moment.

Grace discovered that two of those people had gotten out of their boarding lines and missed their flights to answer that call for help. They had remembered what they had seen on many

walls of meeting rooms: 'When anyone, anywhere reaches out their hand for help, I want the hand of AA always to be there and for that I am responsible. '

Grace did not drink that day. I would venture to guess that none of the people who came to Gate 12 drank that day either. Instead Grace had a moment of sanity, realized she could not do it on her own, took the action of asking for help and received it immediately. This help is available to all of us if we want it and sincerely ask for it. It never fails.

Let's keep it that way!



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## The Average American....

One study determined that the average American walks about 900 miles per year.

Another study found Americans drink, on average, 22 gallons of alcohol a year.

That means, on average, Americans get about 41 miles to the gallon.



## Self-Support: Where Money and Spirituality Mix

From its earliest beginnings, AA. Has always incurred expenses—whether it be the cost of a pot of coffee or the price of a place to meet. In the early days, these costs were often absorbed by individual AAs or nonalcoholic friends who offered their parlors and living rooms for AAs to meet in. However, as AA outgrew the generosity of these early friends and members, the Fellowship's need for income became more and more apparent.

Bill W., AAs co-founder, and some of the early AA members initially felt the only way for the Fellowship to survive was to solicit financial support from philanthropic institutions or individuals outside AA. These "high rollers" could then supply the funds the Fellowship would need to carry out the vital Twelfth Step work the early AAs envisioned—to bankroll the army of paid mission-

aries, the chain of AA hospitals, and the library of books they were certain to write.

One potential AA patron, however, when approached by the pioneering members for money, instead helped to lay the groundwork for AAs Tradition of self-support: "I am afraid that money will spoil this thing," said John D. Rockefeller, Jr., while at the same time endorsing the work of the fledgling Fellowship.

This marked a turning point in AA history and, as the reality of Mr. Rockefeller's statement sank in and AA members began to see the truth in the old cliché, "Who pays the piper calls the tune," the seed of the Seventh Tradition took root.

*An excerpt from the AA pamphlet: Where Money and Spirituality Mix*

## Resentments: The #1 Offender

*BY C D, Medina Men's Group, From the Akron Intergroup News, Akron, OH*

Resentments are the #1 offender. They have caused a great deal of pain to me over the years. They are like going "potty" in your pants; you are the only one that feels it.

When I drank, they were excuses for drinking. I was angry at so and so. That gave me an excuse to drink. But drinking didn't make the resentment go away. I would remain angry at so and so for months and years.

The worst part about it was I didn't know what a resentment was until I got sober. Plus, I didn't know how to deal with them since my past reaction and responses to resentments were to drink over them.

When I got sober, I learned what a resentment is. According to my sponsor, it is being angry with someone but rehashing those angry feelings over and over again. Once I learned to identify them, I had to learn how to deal with them. That was and still is to this day the hard part.

Here is how I tackle resentments:

First, I need to use the 3 A's (awareness, acceptance and action). I have to become aware that I have a resentment because sometimes I don't even realize I have one. This could be another AA pointing this out while I am whining about it. At this point, I am responsible for what I do with it.

Next, I have to accept the situation as this is what God has planned for me in this moment of my sobriety and that he wouldn't give me anything that we can't handle. We, meaning God and I.

Last but not least, AA has shown me many tools to deal with them such as Step 4/5, Step 10, praying for another person (see pg. 552 of the Big Book), and talking about how to handle resentments with another AA person.

Resentments are the number one offender in AA. They cause a great deal of pain, wasted time, health problems and most important, relapses. They should never be taken lightly.

## Insiders Report on the Father's Day Campout

Hi Colleen:

Knowing this is two weeks past since Fathers day week end, thought I'd send in a short report on the Campout.



It was just a Great week-end for all who came! The weather was Great! The Food was good, and I'm still getting rave's about the Saturday evening bon-fire speaker; Big Dan M. -w- 29 years and the Great job he did!

Here's a summary of the Game winners and Raffle prize winners.

### GAMES

**Horse Shoes/Egg Toss:** 1st Place: John B./1st Place: Jordan J., Tom A. 2nd Place: Ron R./2nd Place: Rick C., Ron R. 3rd Place: Ernie H./ 3rd Place: Paul L. , Mike B. 4th Place: Mike L.

**Tug -o- War:** Undetermined

### RAFFLE PRIZE WINNERS:

1 year Subscription to Grapevine: Ken W.; A.A. Checkbook Cover: Ken W.; Collector Knife: Melissa M. ; Pocket Big Book

Cover: Cherrie; Complete Big Book on CD: Coke S.; 2nd Pocket Big Book Cover: Melissa M.; 2nd Collector Knife: Lynn M.; Std. Big Book & 12x12 Cover: John S.; Lg. Print Big Book & 12x12 Cover: Stan S.; Custom Big Book Cover: Rod K.; Inflatable Raft -w-Oars & life Jackets: Eldon W.; Colman BBQ Gas Grill: Mike E.; Battery Powered Go-Cart: John S.; Colman 8 person Family Tent: Lynn M.; 50/50 Drawing: Will; Loose Change Collected: Lynn M.

Don't mind saying; I had loads of fun being the Chairperson helping put this campout together, and am already looking to next years campout with even bigger prizes. Have A Great Summer!

In Fellowship, Cookie Steve A.



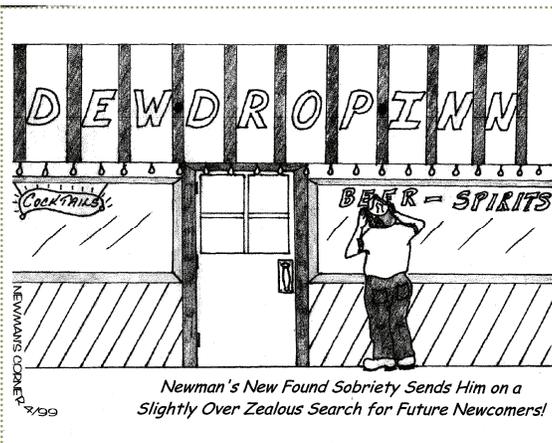
### Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen

From the Big Book of Alcoholics Anonymous, pg 76, Fourth Edition

### Newman's Corner

For those of you who were around when the Java Journal was distributed several years ago, you may remember these cartoons.



Newman is just that...a New-man after he joins the Fellowship of AA. Newman is a character illustrated by our very own Geno W. (from the Chapter 5 group).

Expect to see much more of Newman in future issues of the Java Journal.

Thank you, Geno, for your service and contribution to the Java Journal!



## AA's Newsletter for the Greater Tri-City Area

### Central Office

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Central Office Hours of Operation  
Mon - Thu, 11:30 am—1:30 pm and 6:00—8:00 pm;  
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## 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.

## Heard at Meetings Reprinted with Permission from the April 2007 Grapevine

"Tact is the art of telling someone to go to hell in such a way that they look forward to the trip"

Jim

Tasmania



## Calendar of Events

<b>WSEA 92 July Quarterly 2008</b> Hosted by our very own District 4. United Way Conference Center, 401 N. Young St., Kennewick. Call Amanda P. with questions (528-3246), or see flyers at your homegroup to register.	Jul 18—Jul 19
<b>Answering Services Committee</b> Help needed to carry the cell phone. Meets the last Wednesday of the month at the Alano Club at 6:30 pm. Call Robert S. w/questions 205-1657	Jul 23
<b>Archives Committee</b> Help needed to assist with gathering historical information and memorabilia of our local AA. Meets the 1st Saturday of the month at the Alano Club at 1pm. Call Bob V. with questions: 948-5067.	Aug 2
<b>Special Events Committee Meeting</b> Help needed for planning fellowship events such as the Gratitude Banquet, Fourth of July Picnic, New Years Party, etc. Meets the 1st Monday of the month at the Alano Club at 6:45. Call Joseph A. w/questions at 539-5256	Aug 4
<b>Women In Recovery Campout</b> Oasis RV Park and Golf, Ephrata, WA. Speakers, Tradition Workshop, Meditation, Pot Luck. See <a href="http://www.area92aa.org/calendar/index.php">http://www.area92aa.org/calendar/index.php</a> to register or call Pam B at 509-989-3297 if you have questions.	Aug 8—Aug 10
<b>Central Office Meeting</b> This monthly meeting includes all committee chairs for the District 4 area. Any/all AA members are welcome! If you're interested in getting involved (just a little or a lot) or need a service position, please come and check it out. 6:45pm, Alano Club (downstairs), Kennewick	Aug 11
<b>6th Northwest Fellowship of the Spirit</b> Ocean Shores, WA Speakers, Dance, Food....More info to come at <a href="http://www.nwfots.org">www.nwfots.org</a>	Aug 14—Aug 17
<b>Hog Heaven 2008</b> Locust Grove Campground, Kettle Falls, WA. Pig Roast Pot Luck, speaker meetings, campfire meetings, raffle. See <a href="http://www.area92aa.org/calendar/index.php">http://www.area92aa.org/calendar/index.php</a> to register or call Mike and Ginger at 509-684-5778 if you have questions.	Aug 14—Aug 17
<b>2008 Pacific Regional Forum</b> , Hosted by Area 92. Double Tree Spokane Center, Spokane. More info to come... <a href="http://www.area.92aa.org">www.area.92aa.org</a>	Aug 29—Aug 31
<b>3rd Annual Pig-nic</b> BBQ, Potluck, Speakers Meeting. Chiawana Park in Pasco. More information to come. Don't hesitate to call Tim H. if you have any questions 542-9494	Sep 13
<b>20th Annual Mount Baker Roundup</b> Bellingham, WA. Guest Speakers, Dance, Banquet, etc.. See <a href="http://www.mountbakerroundup.org">http://www.mountbakerroundup.org</a> to register or to get more information.	Oct 31—Nov 2