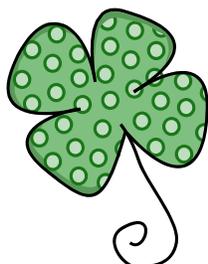


March 2008

Java Journal



S.T.E.P.S.

Solutions To Every Problem Sober

S.L.I.P.

Sobriety Losing Its Priority

K.I.S.S.

Keep It Simple Sweet-heart

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Manna's Story

Someone very wise once quoted "We don't remember the days of our lives, we only remember the moments".

That statement rings true for me today. I was on my way home from school this morning, going over the Blue Bridge at 11:00 o'clock. It struck me that at that exact moment in time one year ago I was shooting up my last hit of dope.

It was my son Jaden's 8th birthday but there was no party- there were no presents. I had made a promise to my mother that I would go to one AA meeting. Just one. A friend had come by to take me to the nooner at the Alano Club but I was so high I couldn't see or stand up on my own. I lay in bed and slept the day through with a bowl by my side in case I didn't make it to the bathroom. When my husband came home from work we fought for 4 hours straight screaming at the top our lungs, full of anger, anguish, fear and pain- while our children watched and listened to the chaos. My son Jaden was begging his dad to take him to the toy store to buy him a gift. His cries went unanswered for hours. I never imagined that my using would cause me to hurt my own children, to neglect them on such a special day as the celebration of their birth.

The disease of alcoholism stole days and months and years away from me and the lives of my husband and our three children. I decided to follow through with the promise to my mother and go to a meeting of Alcoholics Anonymous. As I drove toward the Alano club to attend the 8:00 meeting I ended up turning around. My disease took me to that old familiar place which I new so well. Failure. I wanted so badly to change but it became apparent to me as I sat and used once again that I could not stop. I recall that I couldn't keep my eyes off the clock. It was 8:25. I knew that if I didn't

get to a meeting right then, I might not ever make it. Somehow I managed to leave that place and get to the meeting I so desperately needed. I walked in half an hour late and loaded but the people there let me stay. I asked them if they could tell me what was wrong with me. A woman there answered me by telling me that I had an illness made up of three parts, an allergy of the body; an obsession of the mind; and that I was spiritually sick. Immediately, I believed her with all my heart and soul. She had answered my question. She understood.

I went home after that and my husband and the kids were all asleep. The thought came to mind that I could go back out that night and probably make it home in time to get the kids ready for school. Right at that moment I dropped to the floor and as I lay there all the fight was drained from me. I had surrendered. I made a decision to give this thing called Recovery a try and because of that surrender I've been given a chance to live again.

This feeling that I have is indescribable. Whatever will become of me is more than I ever could have hoped for 1 year ago. Now, I live for today in my hard earned spiritual ways with my babies and my baby and I have God and Alcoholics Anonymous to thank. The obsession has been removed. I lay my head down at night and my thoughts dance around peacefully ranging from the weekend get away my sponsor just took me on, to someone I care about, to Who's got Betty Davis eyes? What I mean by that is that I have been freed, mind, body, and spirit. If you're new- please give this thing called Recovery a try. I once read in a grapevine, "Why settle for relief, when what you really want is freedom"?

Birthdays for February

Vicki S on 2/7
with 19 years sober!

Charlie F. on 2/21
with 20 years sober!

Birthdays for March

Melissa M on 3/4
with 3 years sober!

G. Oscar B. on
3/16/72 with 36
years sober!

Public Notice

Thursday's 8:00 pm "How It Works" meeting is moving!

The new address is 2102 Putnam in Richland. It's not far from the previous location at 2106 Raleigh.

The Catch In Quitting Alone?

In 1936 I quit drinking, not knowing then that I was an alcoholic but knowing I was a drunkard. I desperately wanted to quit and knew I had to, if I was not to lose everything I valued.

I had been a long-time, everyday, heavy drinker with frequent binges in between. The first six months were agonizing, and there were times when I feared my doctor's prophesy, that I would have to be locked up for at least six months, would after all turn out to be correct.

By coincidence, I devised my own 24-hour plan, and after six months of not drinking, the going began to get easier. At the end of the first year I no longer had a craving for the first and fatal drink. As time went on I became proud of having quit against the prophesies that I couldn't do it, and seriously planned to write a book entitled, "How To Quit Drinking if You Want To."

Instead of writing this, I decided in 1941 that after five years I ought to be able to drink normally. For a limited time I did just that, and then came the recurring three-

day drunks, which left me puzzled and with an ever-increasing sense of hopelessness.

I have been in Alcoholics Anonymous since September, 1943. There is a great difference between this 18 months and all of the five previous years of being dry. I have learned in this period to be happy without drinking, and to live without any sense of loss or privation. My point of view now is positive. I am now staying dry, whereas before A.A. I was regretfully refraining from drinking.

I don't question the possibility of some alcoholics drying up for a time wholly on their own. I do know the process is a lonely and unhappy one, and the chances are ultimate failure.

If I were asked, "What's the difference between being dry by one's self or in Alcoholics Anonymous," my answer would be one word -- "Happiness."

Jack B.

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Help Wanted!

One key component to long term sobriety is Service Work. There are many ways to be of service to other recovering alcoholics. Here are but a few.

Send the Java Journal editor a personal article related to alcoholism (I had to get this one in first!). See pg 4 for JJ email address.

Join a Committee:

1) The Planning Committee for the upcoming Area Quarterly in July. This committee meets monthly at St Paul's Episcopal Church. See Calendar of Events on pg 4 for specifics.

2) Our Website desperately needs updat-

ing. Do you have experience in this field? Please help. Contact Colleen S. at 528-4171.

3) 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"

4) 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 Infor-

Help Wanted (cont.)

(Continued from page 2)

mation 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.

5) Treatment Facilities committees are 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.

6) 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 Im-

paired; Babysitting; Seniors; Other Languages: ASL, Other than English, Spanish; Transportation: Mobile Meetings, Visitors, Semi-Truck Drivers (rides to meetings).

7) Communication (in cooperation with other standing committees; PI/CPC/Treat/Corrections, and CSO.

8) Other committees: Grapevine and Literature, Archives, Third Legacy, Answering Service.

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. (see calendar of events on pg 4). You can also call Jan P. from the Central Office (see pg 4 for contact info).

New Meeting: "Back To Basics Big Book Study"

A new meeting which will focus on teaching Big Book basics will be held on Saturday mornings starting Saturday, February 16th at 9:00 A.M. The location is the Quinault Baptist Church which is located at 5400 West Canal Drive. The meeting room is located through the large doors on the East Side of the Church and down the stairs. The new meeting name is entitled "Back To Basics Big Book Study".

This new meeting is the result of numerous Group Discussions and Group Conscious Meetings held over the last two years where the question was repeatedly asked "are we doing everything we can to carry the message to the Newcomer?". We had several objectives which we felt were necessary for a new meeting which are: 1) A convenient time slot; 2) A central location in the Tri-Cities; 3) A location that is served by Ben Franklin Transit; 4) Open to

Male and Female; and 5) A closed meeting.

The format will follow our normal meeting agenda and readings, meaning those sharing will be on a 3-minute timer and will be selected by "luck of the draw". The meeting will be "Facilitated" each week by two Pig Boy Home Group Members. Where the meeting goes down the road will be determined by those supporting it.

Should anyone have questions, please do not hesitate to call our present GSR, Jim L, at 948-4787 or myself at 542-9494.

Respectively Submitted,

Tim H, Past GSR of The Pig Boy's

**You might want to bring your Big Book if you've got one*



Attention

Did you know that there is a meeting at the CUP church in Richland on Wednesdays at noon? It's not yet in the meeting schedules but will be soon!

It's a one-hour open meeting,

"Wednesday Big Book Study" that reads a 10-15 minute section of the Big Book and then shares the current members experiences with the material read. We read from the title page to page 164 and the Appendices.

Please stop by and join us.



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 - Thu, 11:30 am—1:30 pm and 6:00—8:00 pm;
Sat — Sun, 10:00 am—2:00 pm; closed on Fridays

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

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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.

Ham On Wry *Reprinted with Permission from the December, 2006 Grapevine*

YOU'RE DRIVING IN A CAR at a constant speed. On your left is a valley and on your right is a fire engine traveling at the same speed as you. In front of you is a galloping pig, but you cannot overtake it. Behind you is a helicopter also traveling at the same speed as you.

Q: What must you do to get out of this dangerous situation?

A: Get off the kid's carousel and, next time, don't drink so much.

Richard M., Golden Colorado

Calendar of Events



Yakima Valley Round-Up Yakima Convention Center. Speakers, entertainment, Al-Anon, etc. For more information: www.yakimavalleyroundup.com	Feb 22—Feb 24
33rd Annual Winter Holidays Conference "Courage to Change" Bellevue Hilton. Includes AA and Alanon Speakers, live entertainment, DJ hosted dances. For information and to register: www.psync.org or call Smitty at (206)248-3952	Feb 22—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. www.nwpockets.org	Mar 7—Mar 9
2008 Pacific Region AA Service Assembly (PRAASA) Anchorage, AK. The purpose of PRAASA is to develop greater unity among the members, groups, and areas of the Pacific Region. For information: www.praasa.org	Mar 7—Mar 9
Committee Meeting for the upcoming Area Quarterly in July Monthly meeting at St Paul's Episcopal Church, 1609 W. 10th Ave, Kennewick. Call Amanda at 528-3246 if you have questions.	Mar 9
Central Office Meeting 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. 6:30pm, Alano Club (downstairs), Kennewick	Mar 18
Spring Pre-Conference Assembly Ellensburg, Quality Inn and Conference Center For information: www.area92aa.org/calendar	Apr 11—Apr 13
Spring Fling at Coyote Ridge Correctional Center Come support recovery in Corrections. This 10:00 am event includes fellowship and sharing. Lunch will be served. You will need a clearance so contact Tina or Eric at 582-4013 at least two weeks prior to the event.	Apr 19
WSEA 92 Archives Workshop 1st Lutheran Church, 512 N. Ruby St. Ellensburg, WA 10am—4pm, Pot Luck. Topics include Archives Basics, Book Repair, Document Cleaning and Repair. Guest Archivist from Area 58 and Area 72 and Facilitator from the National Archives Workshop Committee will be there. Call Mike B at (208) 790-2965 with questions or visit www.area92aa.org/calendar	Jun 7
Pacific Northwest Conference Pendleton Convention Center, OR. The oldest continually occurring conference in AA still provides an opportunity for AAs from all over the NW to gather together and share, learn, reach-out and have fun! Questions?, call Ken V. 541-296-1974 or visit the Area 92 website at www.area92aa.org/calendar	Jun 27—Jun 29
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