

May 2008

Java Journal



Experience, Strength and Hope

Written by a local recovering alcoholic

I was welcomed into the doors of the Alano Club on the first Saturday of the month. Within the next two weeks Kathy D and Millie came through the doors. Kathy D has remained sober and still comes to meetings. Millie died after many years of sobriety. February 1973 was the best month the Kennewick Alano club ever had.

I will always be grateful for Lyle S. who took the 12 step call and came to my house Saturday morning and spent a couple hours telling me about the program. It soon became clear he had no intention of leaving until I promised to come to a meeting at eight that night. Hal C was the chairman that night. Just what I needed, a rough talking construction worker that has many years of sobriety. Before ten that night I was hooked on AA. What a great bunch of people were there. All remain my friends to this day.

After that night I no longer had any illusions of being able to ever control my drinking. That realization was devastating. Alcohol had become such an important part of my life. Lyle became my first sponsor. His method was to send me to step study meetings. I went to them every week so I got other peoples ideas on how to work the steps. To this day I find new ways to put the steps into my life.

Fortunately I was beat down enough that I was willing to listen and not try to do it my way. Soon everyone's experience, strength and hope began to sink in. Someone always said the right thing at the right time to keep me sober another day.

My life was great! The pain of alcohol still was vivid enough in my mind that I didn't take a drink. At times my mind would take over and try to tell me I didn't care if I went back to that drunken way of life. That's what alcohol

can do to you. It will tell you the things you did six months ago that you were humiliated about really wasn't so bad. You learn to accept a lower standard. Over any period of time alcohol beats you down to a new low and we accept it and go on working on the next low.

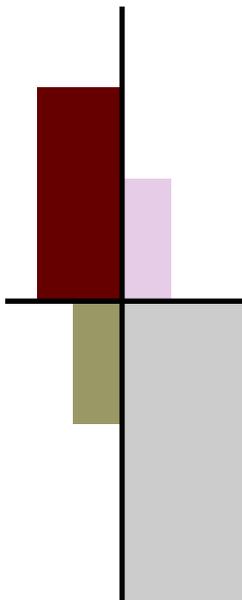
After a couple of years I got busy with life, kids, golf, work and shorted meetings and contact with AA members. Bob T saved me from myself many times. Bob always made it a point to go out of his way and remind me about meetings and the great people that I was missing out on. When the kid's reached high school I had more time and came back to more meetings. The more meetings I came to the more I realized how much I needed the people of AA to continue guiding me along on life. Left to my own thinking, as John W would always say it was "stinking thinking".

The last time I seen Wally was at the nursing home. He had no family. In his last days he said he was the luckiest man in the world. He had a friend like John C who drove him to meetings when he could no longer drive. How many people die a lonely death because they would not accept AA?

There is a higher power and it is not me. The "Serenity Prayer" is something to be used daily, even many times during the day. The wisdom comes from many, many hours of listening to all the people at the meetings. I try not to have to many original ideas. My ideas did not seem to pan out very well.

Bill D explained to me the concept of not taking that first drink. At our weekly poker games I wanted to help some guy who would go out and get drunk and then come back. I wanted the right words to convince him to stay. He said if we could go out and drink

(Continued on page 2)



INSIDE THIS ISSUE

| | |
|---------------------|---|
| Local Article | 1 |
| FAQ | 2 |
| AA Related Websites | 2 |
| Jail Inn the News | 3 |
| Ham on Wry | 4 |
| Calendar of Events | 4 |

WEBSITE NEWS

Many of you may have noticed that our local Website (<http://district4area92aa.org>) has been out of date for a VERY long time. The good news is that we have a new team of recovering computer geniuses who plan on bringing us a newer, better, more user friendly, and completely overhauled website.

Their ideas and plans are completely hush-hush at this point, but they promise a fantastic product when it's complete!

In the meantime, on the old website they have provided for your viewing pleasure an updated version of the meeting schedules and registration form for the Roundup.

Can't wait to see what the team has in store for us!

Experience, Strength and Hope (cont.)

(Continued from page 1)

once in a while we would never have come to AA in the first place, our drinking didn't work. Watching people over the years has made it crystal clear that the only drink I was ever going to be able to control was that first one. Bill told me all we could do for him was be there when he came back. He said people that kept going out had to make AA their whole life in order to stay sober. Most weren't willing to do that and just kept going down hill. AA gave me my life back.

Today, in my life, I have no consequences caused by alcohol, no bills to pay, no dented fenders, no new people to make amends to,

no daily reminder of the pain of alcohol. But alcohol is "cunning, baffling and powerful" ever reminding us it is patiently waiting for us to get into the wrong space and think one more time we can take that first drink.

On the nature of AA - From John C

This is a "save-your-ass" program; we are concerned with the here-and-now. AA does not put down alcoholics. After all, we are dealing with people just like ourselves. The alcoholic in crisis has lousy self-image. We alcoholics know rejection; we are not going to practice it on our own kind.

Thanks for my sobriety

Bob H

FAQ from anonpress.org/faq

Question: Is the slogan "One Day At A Time" in the Big Book? If not where does it come from?

Answer: "One Day At A Time" is not in the main text of The Big Book.

The phrase does appear at the very end of The Oxford Group pamphlet called *The Four Absolutes*.

That booklet ends with this paragraph:

Remember our four questions, "Is it true or false?", "Is it right or wrong?", "How will this affect the other fellow?", and "Is it ugly or beautiful?". Answering these queries every day with absolute integrity, and

following the dictates of those answers one day at a time, will surely lead us well on our journey toward absorbing and applying the Absolutes.

AA grew out of The Oxford Group and the pamphlet pre-dates the beginning of AA, so this would seem a likely source for the phrase.

"One Day At A Time" does appear in many personal stories published in The Big Book and appears in other AA literature as well. It can be found in *As Bill Sees It* and *Twelve Concepts for World Service* among other books and pamphlets.

Interesting AA Related Websites

AA Homepage:

<http://www.aa.org/?Media=PlayFlash>

HISTORY OF EARLY A. A.:

<http://www.a-1associates.com/aa/>

[HistoryPage.htm](#)

Anonymous Press: <http://anonpress.org/>

Speaker Tapes:

<http://www.xa-speakers.org/pafiledb.php>

Interesting AA Related Websites

The Jaywalker: <http://thejaywalker.com/>

<http://www.aagrapevine.org/>

Silkworth.net:

<http://silkworth.net/sitemap.html>

Eastern Washington's Area Website:

The Grapevine:

Jail Inn News

From the Akron (Ohio) Intergroup News, March, 2008

Commitment, accountability these are the words that best describe the 12th step service work of the Corrections Committee and the AA members that take Alcoholics Anonymous Meetings into a Correctional Facility.

We hear AA members say they don't want to go to jail or prison meetings because they have never been in jail or prison, so they feel they have nothing to relate. Let me please change that feeling. I knew how to live in jail. What I did not know was how to live successfully on the outside. The person I needed most to hear from and learn from was the member who had not been locked away, who knew how to live in the free world.

I hear AA members say they don't like going to jail meetings because they don't relate to the "criminal mind." I lived with a criminal mind for years. AA led me to a spiritual awakening that did for me what is indicated in the Big Book: a huge emotional displacement and rearrangement. Ideas, emotions, and attitudes were cast aside, and new conceptions and motives began to dominate me. I was changed, by God's grace.

For those who apply the principles of AA to their lives, this change seems to take place. But even if our message only causes a drunken thief to become a sober thief, I think we have done what we are asked to do, carry the message of sobriety to another alcoholic. Our job is not to rehabilitate criminals. Our job is to carry AA's



message to alcoholics, so all we need to understand is ourselves. The Big Book reminds me that, properly armed with facts about ourselves, we can often gain the entire confidence of a new person and so help him onto the road to recovery.

Inmates do and will use us, if we allow it. We have found some firm guidelines for us. We will not carry messages in or out; there are other legitimate channels. We will not bring anything, cigarettes, candy, ect. in; there are other legitimate channels.

We simply share what we have found, and how we found it. As time goes on, we will sometimes help someone by temporary sponsorship. but the caution in the Big Book guides us, "we should not put our work on a service plane, because that would make it possible for our prospect to use us for money or contacts and might jeopardize his chance at recovery,"

We believe it is vital for a person being released to have in mind a place and a person for that first night out, not just the admonition to "go to AA."

A newly released inmate is at best nervous and scared and feeling alienated If you would like to help us carry the message we need you. If your Group would like to get involved we need your support.

Locally (in the Tri-City Area), if you're interested in the Corrections Committee, you can contact Tina at 582-4013. Committee meets at 6:30 pm on the 2nd Wednesday of the month at the Alano Club in Kennewick.

OLD INDIAN LEGEND

"One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between 2 wolves. One is Evil. It is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?" The old Cherokee simply replied, "The one you feed."

Sent to the Java Journal by a local recovering alcoholic. Copyright unknown

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)

Java Journal Editor: Colleen S. 528-4171 or
javajournaldistrict4@gmail.com
AA Hotline (509) 735-4086

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 April, 2006 Grapevine*

A DRUNK DECIDES TO GO ICE FISHING, so he gathers his gear and goes walking until he finds a big patch of ice. He heads into the center of the ice and begins to saw a hole. All of a sudden, a loud booming voice comes out of the sky. "You will find no fish under that ice." The drunk looks around, but sees no one. He starts sawing again. Once more, the voice speaks. "As I said before, there are no fish under that ice." The drunk looks high and low, but can't see a single soul. He picks up the saw and tries one more time to saw a hole. Before he can even start cutting, the huge voice interrupts. "I have told you three times. There are no fish!" The drunk is now flustered, and somewhat scared, so he asks the voice, "How do you know there are no fish? Are you God trying to warn me?" "No," the voice replied. "I am the manager of this hockey rink."

Janice J.

Calendar of Events

| | |
|--|---------------|
| Answering Services Committee 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 | Apr 30 |
| 27th Inland Empire Roundup Red Lion Hotel, Pasco. Golf Tournament, AA and Alanon speakers, banquet, and a dance! Questions can be sent to inlandemprd2007@aol.com. Registration forms available at most home group meetings. | May 2—May 4 |
| Archives Committee 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. | May 3 |
| Special Events Committee Meeting 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 | May 5 |
| 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. 6:45pm, Alano Club (downstairs), Kennewick | May 12 |
| Chapter 5 Speaker Meeting and Pot Luck. Dinner starts at 6pm, Speakers start at 7pm. St Paul's Episcopal Church, 1609 W 10th Ave. Kennewick. Call Colleen S. if you have questions 528-4171 | May 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 |
| 3rd Annual Pig-nic 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 |