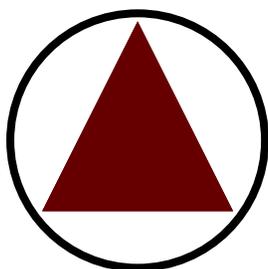


November 2007

Java Journal



**Keepin'
It
Simple
By Doing
It One-
Day-At-A
Time**



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What Did You Do Today?

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

Maybe you've been around so long that AA is old hat to you.

Maybe you're one of the Senior Saints, Sober and satisfied,

So what the hell if the guy is sick he has only himself to blame.

Well, Mister, you have a perfect right to work your own AA and you know you'll do it your way no matter what I say.

So you've been around for many years, helping to spread AA

and you've forgotten when you were sick and when you damn near died?

But tonight before you go to bed just look in the glass and pray

You've worked like hell since you first came in but what did you do today!

Maybe I shouldn't bring it up, maybe you're too blasé.

that you and GOD know the answer to WHAT DID YOU DO TODAY!

I heard your pitch, it was kind of long, you really told them how

But just for the hell of it Mister what did you do today?

The old Timer that gave me this was my Dad, not long before he died--Sober.

You worked the steps in '81 but how are you working them now?

Have you been around so cock-eyed long you leave it to Harry, Betty or Sam

Thanks for letting me share this with you and tonight I'm going to a meeting.

Do you still get up from your soft warm bed when someone is in trouble?

Because you're not your brother's keeper and just don't give a damn?

Love in the Fellowship,
Maggie

Or have you forgotten the early times, when you were sort of new.

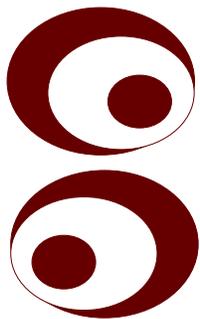
Maybe tonight the fights are on or you're going to the old ball game.

Suggested Topics For Discussion Meetings

Reprinted with permission from the General Service Office from the "Suggested Topics for Discussion Meetings" pamphlet.

GENERAL IDEAS

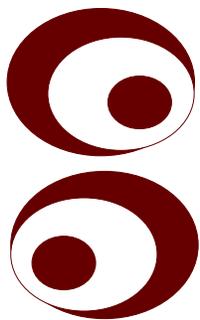
1. The Twelve Steps. Some groups discuss one Step a week. If there is a new-comer attending for the first time, the group may change the topic to focus on the first three Steps.
2. The Twelve Traditions. Following the conclusion of the Step meetings, some groups will discuss the Traditions so that, every thirteenth meeting the group focuses on a Tradition.
3. The Big Book, Alcoholics Anonymous. Some groups discuss one chapter from the Big Book each week. Other groups read from the Big Book weekly and discuss each chapter as they go along.
4. Readings from 'As Bill Sees It' can inspire sharing on discussion topics.
5. Living Sober also has many topics used by groups.
6. Some A.A. slogans can be



October Birthday Announcements

Nancy O. on
October 2,
1982 with 25
years!

Mike S. on Oc-
tober 31, 1993
with 14 years!



Suggested Topics For Discussion Meetings (cont.)

used as topics—such as "Live and Let Live," "Easy Does It," "First Things First," and "H.A.L.T." (Don't get too Hungry, Angry, Lonely, or Tired).

SOME SPECIFIC TOPICS

1. Acceptance; 2. Attitude of gratitude; 3. Belief in a Higher Power; 4. Complacency; 5. Contempt prior to investigation; 6. Dependence; 7. Fear; 8. Forgiveness; 9. Freedom through sobriety; 10. Group inventory; 11. Hope; 12. Humility; 13. Identification; 14. Inadequacy; 15. Inventory; 16.

Letting go of anger; 17. Let's be friendly with our friends; 18. Living one day at a time; 19. Making amends; 20. Meditation; 21. Open-mindedness; 22. Participation and action; 23. Patience and tolerance; 24. Personal spiritual experience and spiritual awakening; 25. Plan the action — not the result; 26. Practice these principles in all our affairs; 27. Principles before personalities; 28. Projection — living in the wreckage of the future; 29. Resentments; 30. Responsibility pledge; 31. Rigorous

honesty; 32. Serenity; 33. Service; 34. Sponsorship; 35. Staying away from the first drink; 36. Surrender; 37. Three Legacies — Recovery, Unity and Service; 38. Twelfth Stepping; 39. Twelve Concepts; 40. Understanding Anonymity; 41. Ways of carrying the A.A. message; 42. What is sobriety; 43. Willingness; 44. Working with others;

Other topics may be found in the A.A. Grapevine monthly section on "Discussion Topics."

Attention AA Young People

AA is looking for video submissions for a new video to carry the message to young people. Submissions can be up to seven minutes in length.

Briefly describe what it was like, what happened and what it is like now. Touch on feelings, attitudes and behaviors; allowing the alcoholic to identify. Share a simple and honest message of recovery. Focus on the experience of getting sober between the ages of 12 and 25. Be upbeat and share about having fun in sobriety. Reinforce AA's 12 Traditions-including anonymity at the public level.

Avoid personal identifiable info such as home address,

name of schools or peoples' names/addresses. No Submissions will be accepted that state full names of AA members or show full face photograph of AA members.

Look for ways of using modern technology including animation to make your message attractive.

Submission deadline is November 30, 2007. Videos can be uploaded starting October 1 at [HTTP://WWW.AA.ORG/RECOVERYINAA/VIDEOUPLOAD](http://WWW.AA.ORG/RECOVERYINAA/VIDEOUPLOAD)

Individuals submitting videos must be at least 18 years old. A signed copyright release form must be mailed or faxed to the General Service Office when the video is submitted. .

To request copyright forms and general questions for the project, contact the Public Information Coordinator in New York at publicinfo@aa.org or phone (212) 870-3119 or fax (212) 870-3003 or for more detailed information contact Area 92 PI Chair at pi@area92aa.org



News on the District 4 Central Office Move

The move is getting closer. Packing and inventory starts at 10:00 a.m., Saturday, October 20 at the office located at 8390 Gage Blvd., Suite 202. On the same date and time, furniture is being moved into our new office space at 102 E. Kennewick Ave. (Alano Club). Moving and unpacking will begin on Saturday, October 27, @ 10:00 a.m. in our new office space.

Anyone wanting to help, meet us at those locations on the dates and times listed. Our new office at the Alano Club is located upstairs above the cafe. This new office space has its own side entrance on the south side of the building. You can enter the office

through that entrance or through the cafe, but only during their hours of operation.

The central office is located conveniently to help carry the message of Alcoholics

Anonymous to the still suffering alcoholic. Our new office houses conference-approved AA literature from GSO, some non-conference approved literature including the Grapevine, birth-

day medallions, current meeting schedules, fliers and information for upcoming events. It also provides a meeting space for the monthly Central Office Committee and other committees like: PI/CPC, Corrections, Hospitals, Phone Committee, and Special Events Committee, and has a great cup of

coffee.

As a start, we will keep the current office hours: Monday and Wednesday 6:00 - 8:00 p.m.; Tuesday and Thursday 11:30 a.m. - 1:30 p.m.; and on Saturdays from 10:00 a.m. to 2:00 p.m. Office hours will be enhanced as demand requires and volunteers are available.

The phone number (509) 735-4086, will remain the same. We have had a recent change in our post office box to: P. O. Box 6675, Kennewick, WA 99336.

The Central Office is looking for volunteers to help keep the Central Office open during operating hours.

Please come and visit our new home. Call Jan P. 547-3967 (h), 554-7057 (c) if you have questions or would like to help.

Jan P. (Central Office Treasurer)



2007 District 4 Gratitude Banquet Potluck

Please come join us in the Maintenance of our Grateful Attitude. Saturday, November 10th, 5:30 pm. At Central United Protestant Church, 1124 Stevens Drive Richland, WA. Speaker: Helen R. from Waitsburg, Wa. With 29 years of sobriety. The Happy Hour Group from the Alano Club will be holding a raffle with lots of prizes!

Turkey, and ham with mashed potatoes and roll will be provided.

Those attending with last names A to P are asked to please bring a side dish, and those Q to Z a dessert.

Tickets are \$8.00 each. These may be purchased from Diane H. or Fran S. at the

Richland Fellowship; Bambi K. or Steve A. at the Alano Club; by calling Jan P. (Central Office Treasurer)

at 547-3967 or 554-7057; or Joseph A. (Banquet Chairman) at 539-5256.

Please note that only 325 tickets were made available and over half have been sold!



*Are you new to AA?
Here are a few tried and true suggestions for newcomers:*

Don't drink between meetings

Get phone numbers of other AA members (and please, by all means, call these people)

Try 90 meetings in 90 days

Get a Big Book (and read it)

Get a sponsor (their guidance will be essential to your sobriety)

Work the Steps with a Sponsor

Get a home group

Hang around before and after meetings to meet other recovering alcoholics

Attend social events with other recovering alcoholics

And above all, don't quit before the miracle happens



AA's Newsletter for the Greater Tri-City Area

Central Office
102 E. Kennewick Ave. (upstairs at the Alano Club)
POBox 6675
Kennewick, WA
Hours: Mon & Wed 6:00—8:00 pm
Tue & Thur 11:30 am—1:30 pm
Sat 10:00 am—2:00 pm

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. Please provide info 3-5 weeks prior to your sobriety month;
- 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 September, 1985 Grapevine*

IT'S AMAZING HOW CLOSE to the truth we alcoholics can be, without getting the point. M. E. from the Bronx, New York, submitted the following: A man stood in front of a group of alcoholics and performed an experiment. He brought out two jars, one containing pure, clear water and the other 150-proof ethyl alcohol. He placed a worm in the water; the worm swam around, then was removed. He then placed the worm in the alcohol, and the worm disintegrated. He turned to the audience and asked for the moral of the experiment. A hush came over the room. After a brief pause, a man in the rear bellowed out, "If you drink alcohol, you'll never have worms."

Calendar of Events

Area 92 Fall Assembly Beacon Hill Grange, 323 Easy St., Wenatchee. To register visit area92aa.org , or call Polo (509) 687-4062 or Efren (509) 682-5067	Oct 19—Oct 21
Spaghetti Feed Proceeds go to the Alano's Children's Christmas Fund. Kennewick Alano Club 4-6 pm. \$5.00/plate. Call to volunteer or w/questions...Sharon 582-5465 or Kristen 366-3410	Oct 21
2007 District 4 Gratitude Banquet See page 2 of this Journal for more information	Nov 10
Annual Hawaii Convention "The Spiritual Life is not a Theory. We have To Live It!" Honolulu at the Hawaii Convention Center. To register: www.lava.net/~hconv/	Nov 14—Nov 16
How AA Works Workshop Kennewick Alano Club, 1:30—3:30. Sponsored by the Nooners	Nov 17
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. Details to be announced. Call to volunteer....Sharon 582-5465 or Kristen 366-3410	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
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