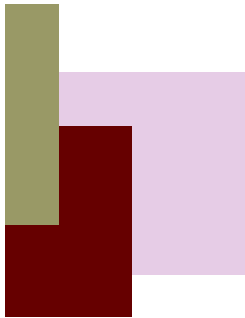


**September 2007
Issue**

**Important Address
Change!**

**The Central Office
P.O. Box number has
changed from P.O.
Box 6918 to P.O. Box
6675. Please send
your group contribu-
tions for Central Of-
fice to the new box
number.**

**See also the last page of
this Journal for other impor-
tant Contact Information.**



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Java Journal



What Service Work Has Done For My Sobriety....

- Written by Michael S., Tri-Cities

Several times throughout my sobriety I have been asked "how did you stay sober?" and "what kept you sober? Unfortunately, sometimes my response begins with "I" which is wrong to begin with. It really is GOD, AA, directions from other Alcoholics and little bit of self sacrifice. But, how did I get from being a self centered individual to a person who finds the greatest rewards of my life are through service?

When I got here I did not want to know you but, I wanted that joy that was written all over your faces. I really did not know what to talk about since I was not used to talking to people honestly. All I knew was I wanted the pain to go away; you guys to fix it; then leave me alone.

I finally got a sponsor and started working the steps and small miracles began to happen. But, after sitting in meetings regularly for months, this last time. I thought to myself, "is this it, go to meetings and do the steps for the rest of my life?" Oh, how wrong I was.

My first position in A.A. was as a Coffee Maker for the Chapter 5 group. It was a position I did not volunteer for but, my home group

volunteered me. I was mad at them for doing that without my permission. Today I am so thankful they did that. It was the first time in a long time that someone trusted me. They trusted this drunk enough to give me a key to the church and to show up 45 minutes early each week to make coffee. What I value the most about that experience though, are the times that I got talk to other alcoholics after I had made the coffee and set up the room. That is where I learned I was not alone in Alcoholics Anonymous. That we all trudge the road to a happy destiny.

About a year later, it was suggested to me to go the District meeting where I was nominated into a position I did not want. I had no excuse to say no, my evenings were pretty much free and there I was the new district Archivist. I had no clue what an archivist was but, I would soon find out. I am grateful that opportunity presented itself. That is where I learned a lot about the history of A.A. and the history of A.A. in the Tri-Cities.

Over the years, I have moved to other areas. Because I did not know anyone when I arrived at each new location, I immediately

got a new home group and got into service. I usually volunteered for a coffee maker position. It gave me an opportunity to meet new people while trying to help out. I never wanted to give up the position of coffee maker because I like the rewards but, who am I to rob another person the rewards of this program. Besides, I can always show up early to a meeting to talk to the new coffee maker.

I have held many positions at the group and district level including; Group Treasurer, GSR, Clean Up, Greeter, and Alternate DSM. All positions have had its rewards and helped me to see some of my own charter defects of self-centeredness, a need for power, and a need to be right. I know God is the only one that will remove them but, now I can see them and I no longer have to live in them.

One thing I have learned over the years is that true serenity only comes through working all sides of the triangle evenly. I work Recovery through the steps, I work Unity by going to meetings and the meeting after the meeting, and I work Service by giving of myself expecting nothing in

(Continued on page 2)

The Promises

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

From the Big Book of Alcoholics Anonymous, pg 84, 4th edition.

Attitude Adjustment Hour

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AMONG MANY profundities I have heard at AA meetings is one that says, "AA stands for Altered Attitudes." Certainly, as a result of AA, my attitudes are remarkably different from what they were thirteen years ago.

One of the important discoveries of my life is the realization that I can now exercise a choice. Before AA, I just assumed that everyone allowed his attitude to be determined by other people and by events. "If you had my problems or my wife, you'd feel like I do."

In AA, I learned that no one can get me drunk without pinning me on the floor and pouring liquor down my throat. I also learned that no one can put me on a dry drunk without my permission, and if that happens, I can go to a meeting and get my attitude readjusted.

AA meetings have become Attitude Adjustment Hours for me. At the end of the day, I take my head to a meeting the way you take a TV set to a repair shop, to

return. I have also found out the hard way, that when I expect serenity to come by doing service work, I am in worse shape than never having done any service work at all.

have the screws on the back adjusted to bring the picture of the world back into focus. I leave the meeting seeing the whole picture much better than when I went in. But during the night, especially when I am only half asleep, my brain may set out to sabotage me. As a result, I can get up in the morning with a bad attitude, and that can make for a long, hard day.

It suddenly seemed obvious that I needed an Attitude Adjustment Hour at the front end of the day, rather than only at the rear end. I got the idea of holding a daily one-hour meeting at 7:00 AM. My wife and I had just moved to the desert, and I needed the involvement. It was the beginning of a long, hot desert summer; only a few other AA people remained here during that season; and we didn't think any of them would support a meeting at such an hour. But we decided to try it anyway.

The first day of the new meeting, there were eight people in attendance. After that, the next lowest number was twelve; the highest was close to sixty; and the usual

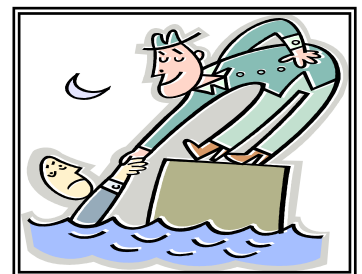
attendance is between twenty and forty. But the size isn't important. What is really significant is the quality, the character, the feeling in the meeting. I've never experienced anything like it. No doubt, this is related to the time of the day and the fact that we meet daily—except Sunday, when the meeting room isn't available to us. Probably, it is also very much related to the spiritual orientation of the agenda. The Serenity Prayer and the Third and Seventh Step prayers are posted on the wall so we can recite them together. The discussion topics revolve around attitudes and spiritual values. (Drunkalogs are pretty much handled at other meetings.)

It's really a great way to begin the day—any day. Getting this meeting started is one of the best things that has happened to me in AA. If your day needs perking up, or your attitude needs adjusting early in the day, or if you just need to get more active, find yourself a meeting place and give it a try. You may be glad you did. I sure am.

-P.O.—Palm Desert, California

What Service Work Has Done For My Sobriety (cont.)

To explain the rewards of service is like trying to explain the rewards of the steps to someone who has never worked them. Don't try to figure it out, JUST DO IT.



Kennewick Alano Club's Childrens' Christmas Fund

The Kennewick Alano Club has been sponsoring a Christmas program that provides gifts for children of Alano Club's recovering alcoholics.

Currently, it consists of a small group of people who organize fund raising events throughout the year in preparation for the

gift giving day.

In addition to donations, and money from fund raisers, they receive generous help from Griggs Department Store.

This program is unfortunately on the verge of extinction. Not because there isn't enough funds to

purchase the gifts, but because the group that provides this service is getting so small. So, if your wondering what you can do to make a difference in the life of a child, why not try volunteering for this group. If you are interested.....or know a sponsee who could spare a little time..... please call Sharon at 582-5465.

The Importance of Anonymity

Reprinted from the A.A. Fact File. with permission for AA World Services, Inc

Traditionally, A.A. members have always taken care to preserve their anonymity at the "public" level: press, radio, television, and films.

In the early days of A.A., when more stigma was attached to the term "alcoholic" than is the case today, this reluctance to be identified – and publicized – was easy to understand. As the Fellowship of A.A. grew, the positive values of anonymity soon became apparent. First, we know from experience that many problem drinkers might hesitate to turn to A.A. for help if they thought their problem might be discussed publicly, even inadvertently, by others. Newcomers should be able to seek help with

assurance that their identities will not be disclosed to anyone outside the Fellowship.

Then, too, we believe that the concept of personal anonymity has a spiritual significance for us – that it discourages the drives for personal recognition, power, prestige, or profit that have caused difficulties in some societies. Much of our relative effectiveness in working with alcoholics might be impaired if we sought or accepted public recognition.

While each member of A.A. is free to make his or her own interpretations of A.A. tradition, no individual member is ever recognized as a spokesperson for the Fellowship locally, nationally, or internationally. Each member

speaks only for himself or herself.

A.A. is indebted to all media for their assistance in strengthening the Tradition of anonymity over the years. From time to time, the General Service Office contacts all major media in the United States and Canada, describing the Tradition and asking for cooperation in its observance.

An A.A. member may, for various reasons, "break anonymity" deliberately at the public level. Since this is a matter of individual choice and conscience, the Fellowship as a whole obviously has no control over such deviations from tradition. It is clear, however, that such individuals do not have the approval of the overwhelming majority of members.

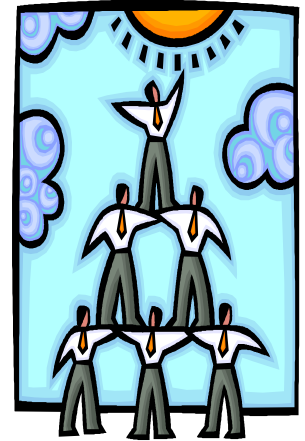
Serenity Prayer (long version)

Copyright © The AA Grapevine, January, 1950.)

God, grant me the Serenity to accept the things I cannot change
Courage to change the things I can,
and the Wisdom to know the differ-

ence.
Living one day at a time; Enjoying one moment at a time; Accepting hardship as the pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He

will make all things right if I surrender to His Will; That I may be reasonably happy in this life, and supremely happy with Him forever in the next.
Amen



AA Birthdays

We will be adding a new section to the Java Journal. It will announce those who are celebrating AA birthdays for that month.

Please provide your birthdate 3 weeks prior to your birthday month. This will give the Editor time to put it in the appropriate issue, but not too much time to loose the information!

The information you share could give another recovering alcoholic inspiration to stay sober...one more day at a time.

Contact Information is on the back page. Information needed: first name; sobriety date, the number of years sober.



Alcoholics Anonymous

AA'S NEWSLETTER FOR THE
GREATER TRI-CITY AREA

Central Office
8390 Gage Blvd, Suite H
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

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Got email! Now you can receive each monthly issue of the Java Journal in your inbox. Just send an email requesting to be added to the subscription list. The email address for the Java Journal editor is located to the left. Also, remember to email or telephone your ideas, announcements, and event information so that it can be included in upcoming journal issues. Again, thanks for your support! Enjoy.

Colleen S. - Editor

Ham on Wry

A husband and wife were sitting in their living room. He said, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

His wife got up, unplugged the TV, and threw out all of his beer.

Tim

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Calendar of Events

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| Taco Feed. Kennewick Alano Club 4-6pm. \$5.00 for Taco's and to support the Alano's Kid's Christmas Fund.
For information call Janet 542-8658 | Aug 26 |
| 49th Annual International Conference for Young People in AA. Los Angeles, The Bonaventure Hotel, 404 S Figueroa St. To register: www.49thcypaa.org or (310) 216-8771 | Aug 30–Sept 2 |
| 2007 District 4 Gratitude Banquet Planning Meeting. 12pm at the Central Office (see address in Contact Information above). Volunteers are needed. All are welcome. Call Diane H. w/questions: 946-7313 | Sept 1 |
| Tradition Workshop Kennewick Alano Club 1-3pm. Sponsored by the 'Nooners'. For information call Janet 542-8658. | Sept 15 |
| Pig Boys Picnic. Chiawana Park, Potluck. Brats, buns, condiments, plates, silverware and water will be provided. BBQs will be available. 12-4pm, Speaker at 2:00. All are welcome! | Sept 15 |
| 15th Annual Sponsorship Conference. Tacoma, WA, La Quinta Hotel. To register: www.sponsorshipconference.com | Oct 19–Oct 21 |
| 2007 District 4 Gratitude Banquet Location is not yet known. Many home groups have volunteered to help. More are still needed. Call Diane H. with questions: 946-7313 | 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 |