



EL FAROLITO

Official Newsletter of New Mexico Area 46 Assembly of Alcoholics Anonymous

**“Don’t live in the world and visit AA;
visit the world and live in AA.”**



That was the quote from one of the speakers at the State Convention that stuck with me. What a fabulous convention and thanks go out to District 10 and the entire Committee! Terrific speakers from a young person to a gentleman with 42 years who got sober at age 44...do the math. He was really funny! Our Delegate, Jen N. did a great job on her Conference report. The BBQ Saturday night was outstanding and the committee held a raffle that went over very well. If you missed it, you missed it!

Delegate Report

Thank you, District 10, for an outstanding convention in Hobbs last month! It was great to see everybody there. Excellent speakers and revitalizing fellowship!

I’ve started going out to the districts and giving delegate’s reports. I gave a PowerPoint presentation at the convention, which I can also do for your district, or I can do a question-and-answer style presentation like I did last year. Let me know what would work for your district, when you’d like to schedule a report, and what particular topics you’d like me to focus on. Giving the reports is my favorite part of the job. I look forward to visiting with you all soon.

The election assembly is coming up September 12-13 in Belen. Yolanda F., our new Southwest Regional Trustee, will be our guest at that assembly. Some of us were fortunate enough to hear her tell her story in Spanish at the convention. But, if you missed it, she’ll tell her story in English at a speaker meeting the Friday before the assembly. She’ll also talk about her new service position at the Evening Sharing Session on Saturday and preside over our elections on Sunday.

We’ll be electing our Delegate, Alternate Delegate, Chair, Alternate Chair, Secretary, Registrar, and Treasurer for the 2016-2017 rotation. Those eligible to stand for a position are current area officers and standing committee chairs (including the most recently rotated El Farolito editor) and all current and past DCMs. If you’re thinking of standing for a position, you may wish to talk to the person currently holding that position about what it involves. The elections are conducted according to the Third Legacy Procedure, described in the *AA Service Manual*.

I hope you’re enjoying your summer and I’ll see around the AA campus!

In grateful service,
Jen N.

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Delegado Informe

Gracias, Distrito 10, para una convención extraordinaria en Hobbs el mes pasado! Fue genial ver a todos allí. Excelentes ponentes y comunión revitalizante!

He empezado a salir a los barrios y dar informes de los delegados. Le di una presentación de PowerPoint en la convención, que también puedo hacer por su distrito, o puedo hacer una presentación estilo de preguntas y respuestas como lo hice el año pasado. Déjame saber lo que iba a trabajar para su distrito, cuando se desea programar un informe, y lo que los temas en particular que usted quisiera que me centre en. Dar los informes es mi parte favorita del trabajo. Espero poder visitar con todos ustedes pronto.

La asamblea electoral se acerca 12 a 13 septiembre en Belén. Yolanda F., nuestro nuevo Fiduciario Regional del Suroeste, será nuestro invitado en esa asamblea. Algunos de nosotros tuvimos la suerte de escucharla contar su historia en español en la convención. Pero, si te lo perdiste, que va a contar su historia en Inglés en un altavoz reunirse el viernes antes de la asamblea. Ella también va a hablar de su nueva posición de servicio en la noche Sharing Sesión del sábado y presidir nuestras elecciones el domingo.

Estaremos eligiendo a nuestro Delegado, Delegado Alterno, Presidente, Presidente Alterno, Secretario, Secretario, y Tesorero de la rotación 2016-2017. Los requisitos para presentarse a un puesto son oficiales del área actual y sillas COMITÉ PERMANENTE (incluyendo el El editor más recientemente girado Farolito) y todos los MCD actuales y pasados. Si usted está pensando en pie para un puesto, es posible que desee hablar con la persona que ocupa actualmente esa posición acerca de lo que implica. Las elecciones se llevan a cabo de acuerdo con el Procedimiento del Tercer Legado, que se describe en el Manual de Servicio de AA.

Espero que estés disfrutando de su verano y te veré por el campus AA!

En servicio agradecido, Jen N.

Upcoming Area Events

Workshop/Assembly Planning meeting - August 1 - 11:00 am - Workshop 12:00 pm - Potluck
12:30 pm - Assembly Planning Meeting - Shepherd of the Valley Presbyterian Church
1801 Montano Rd NW - Albuquerque, NM

Area Assembly September 12, 13 District 3 Belen / Area Assembly December 5, 6 District 8; Farmington

Area Assembly March 5, 6 District 14 Taos

El Farolito,

Founded in 1970, is the official publication of the New Mexico Area 46 Assembly of Alcoholics Anonymous. El Farolito is self-supporting through contributions and subscriptions made directly to the newsletter.

All AA groups who want to receive El Farolito may do so by contacting the editor.



Send group contributions

for El Farolito to:

**El Farolito
PO Box 35876
Albuquerque, NM 87176**

Send group contributions

for the Area to:

**Area Treasurer
PO Box 35785
Albuquerque, NM 87176**

Area Trusted Servants Reports

Chair

As the last quarter of this service rotation as Area Chair is winding up, I am reflecting on how I got here. I credit service becoming an integral part of my sobriety to following my first sponsor into my first Area Assembly at 60 days sober. When I asked what am I supposed to do, she replied, "Just remember what the back of my head looks like and follow." When I asked why we do service she answered, "Because we all share in the responsibility of Alcoholic Anonymous."

I am grateful for service sponsors pointing the way on how to serve the needs of AA Fellowship. Especially important has been those members who served in the positions before me. They helped me to understand the responsibility of the positions I have served as well as understanding the principle of rotation. As I have moved on in service I have learned the privilege of serving and the responsibility, which ensures the future of Alcoholics Anonymous.

We will be having our Workshop/Assembly Planning meeting for on Saturday, August 1st 11:00 am to 1:30 at Shepherd of the Valley Church in ABQ. Our workshop will focus on Service Sponsorship at 11:00, Potluck at 12:00, Assembly Planning meeting at 12:30.

Teresa F, Area 46 Chair

Registrar

What is the hardest part of being the Area Registrar? It just might be remembering to write the monthly report for the *El Farolito*.

As we start heading toward the Sept election Assembly I've been thinking about this service position, what remains to be done in this rotation and how to help the next person who will step into the position for the 2016 – 2017 rotation.

- 6 more *El Farolito* reports

- 2 more reports to be given at the Sept and December Assemblies

- Forwarding the data base to the *El Farolito* editor for the next 7 issues to reflect new addresses for mailing.

- Preparing sign in sheets and gathering supplies to pass on to the Districts hosting those Assemblies

- Sending out change forms to assist the DCMS in gathering information on new GSRs at the end of this year and early 2016 to be entered for the March 2016 Directory

- Entering information on new groups, new GSRs into the GSO database from information gathered at Assemblies, via email and passed to me on various slips of paper and via text messages.

- Attending the next two Assembly planning meetings

- Sending out Agendas and Assembly fliers to all the voting members of the Assembly prior to the Sept and December Assemblies

- Making sure the Area email address book is up to date after all those change are made to assist the incoming Registrar in their job.

- Being grateful that I've been given the opportunity to be of service

The great thing about writing this report is that it gave me an opportunity to plan how and when to get these tasks completed without out falling prey to my old enemies procrastination and panic. The other thing I've recognized and appreciated about this position is that it is busy but not undoable right before and right after the Assemblies but it still allows a lot of time for being of service at other levels; in my home group, helping out with District events, meeting with sponsees, meeting with my sponsor and attending lots of meetings.

Thanks for the opportunity to continue to be of service.

Rosie F, Area 46 Registrar

Treasurer

Before beginning the financial report, I'd like to thank District 12 for inviting me to your business meeting in June. I enjoyed spending a few minutes talking about how groups really are encouraged to participate in the Area's budget process, showing some of the AA literature that is available to help with group financial issues, and discussing some of the resources that are now available on the AA.org website. Mostly it was really fun for me to see you all in action and to hear about the things that you are doing to carry the message in and out of the rooms of AA. There are definitely some exciting things happening in District 12!

27 groups contributed to Area 46 in May. There were no expenses paid in May. For the first time since February, the total ordinary revenues were more than the total ordinary (budgeted) expenses that have been paid year-to-date. This means that the Area is now self-supporting in all of its activities to this point in the year. Thank you to all of the groups who have contributed so far in 2015!

I have found a new insurance agency to handle our liability insurance. The new policy should be in place by July 1.

In grateful service, Teresa J.



NMAA CONTACTS

DISTRICT 1 AA HOTLINE
575 769-6052

DISTRICT 2
SANTA FE CENTRAL OFFICE
505 982-8932
505 CAMINO DE LOS MARQUEZ,
SANTA FE, NM 87505
DISTRICTS 3, 11, 12, 13, 18
ALBUQUERQUE CENTRAL OFFICE
505 266-1900

1921 ALVARADO NE
ALBUQUERQUE
DISTRICT 4 (LAS CRUCES)
575 527-1803

DISTRICT 5 AA HOTLINE
575 430-9502

DISTRICT 6 (LAS VEGAS)
505 425-3577

DISTRICT 7 (ROSWELL)
575 622-6560

DISTRICT 8 (FARMINGTON)
505 327-0731

DISTRICT 9 (GALLUP)
505 722-4818

DISTRICT 10 (HOBBS)
575 397-7009, 392-5259

DISTRICT 10 (CARLSBAD)
575 887-0119

DISTRICT 14 (TAOS)
575 758-3318

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ALBUQUERQUE
WWW.ALBQUERQUEAA.ORG

DISTRICT 2 WEBSITE:
WWW.SANTAFEAA.ORG

Service Committee Reports

Archives Committee

It was wonderful to see all of you at the State Convention in Hobbs, June 5-7. The Archives Committee had our archives display set up at the convention. We also had our slideshow and a version of an AA JeopAArды game for everyone to try their hand at some AA trivia. The Archives Committee has developed several editions of an AA jeopardy game. They are in electronic form (PowerPoint), and are ready to go. Do you have an event coming up? Would you like to plan an evening event of fun and trivia?

In May, we set up our Archives Display at the District 18 Service Workshop in Rio Rancho. It was a great event with numerous speakers describing service positions at the Group Level, District Level, and Area Level. We were asked to fill in for the District Archives presentation, and were allowed to further participate in the Service Workshop. Thank you District 18 for including Archives in your planning.

We have been invited to present a workshop June 23 in Taos, and to participate in the NMCYPAA State Convention in August in Roswell. Other districts have expressed interest in having workshops as well. Archives is getting very active and the Districts are making use of the Area resources. Thank you to all who are making use of the available support from the Area Archives.

Did you Know?

Tularosa, NM – 1949 In early 1949 Art T in Tularosa was having some trouble with his drinking. He was looking through some old magazines and ran across an issue of the Saturday Evening Post of March 1, 1941 which contained the Jack Alexander article about Alcoholics Anonymous.

After reading the article, Art T wrote to Akron for some literature. By the time he received the literature he had contacted another man in Tularosa who was also having some trouble with his drinking. The two of them contacted one of their drinking friends named Jess T. The three of them started holding a meeting in Tularosa once a week in the Fall of 1949.

If you have an opportunity, please visit the Area 46 website/Archives page and read through some of the interesting New Mexico history. Thank you to the districts that have contributed to the Travel Fund for our Area Archivist to be able to travel to Akron for the National AA Archives workshop. In addition to the partial funding approved by Area 46, we have received additional contributions of \$250 to support our Archivists Travel.

In Love and Service, Bill L, Area 46, Archives Chair

I'm sure many of you have heard that Lorraine S, one of our past delegates (Panel 24, 1974-75), passed away last week. She will be greatly missed by all of us in Area 46 whose lives she touched.

Jen N



YPAA Committee

Greetings!

I wanted to thank the Area 46 convention committee for asking me to speak and be of service at the Area convention in Hobbs June 5-7 2015. I am truly blessed to be a part of AA and to be of service in Area 46.

The Ypaa committee is growing and with the help of district committee members we completed a best practices document, that we are reviewing and plan to send to trusted servants, GSR's, and district members as a resource. It will also include a PowerPoint presentation along with a document offering information, resources, and suggestions for those wanting to get involved.

We will be having an event called the AA-Athlon on August 1st 2015 in Albuquerque at north Domingo Baca Park. It will include games, relay race, big book trivia, and a speaker meeting.

As always, thank you for this opportunity to serve if I can be of service in your district or group please let me know.

In love and service, Ally T.
ypaa@newmexicoaa.org

Special Needs Committee

Thank you District 10 for a very enjoyable AA convention on Hobbs. The speakers were inspiring, the archive presentation was quite informative and it was great to see special needs members in attendance there.

I continue to work on group and district inventories that can be available on our AA website after the September assembly. It is hoped that the feedback from these inventories might be used to inform Area 46 how we might best serve the group and district levels. The inventories are from other areas with standing Special Needs Committees and permission was obtained from them. The changes I suggest are minor and will make the questions clearer.

May your 4th of July holiday be a happy and sober one.

TY for letting me be of service.

George

Treatment Committee

Suffering and recovery from alcoholism form our common bond. Over the past 80 years, AA has had significant experience and success with helping alcoholics. We welcome the opportunity to share what we have to offer with anyone who wants help with a problem with alcoholism. Please take the opportunity to consider doing service work in a treatment center. You can contact your District to inquire about service opportunities. If your District is interest in technical support or would like to host a workshop, please contact me. I will be representing Area 46 at the AA International Convention in Atlanta, Georgia by working the Treatment Facilities Booth and have the honor of speaking on a panel on Emotional Sobriety on Friday, July 3rd at 11:30. If you are planning on attending, please come on by and if not, keep me in your prayers. I am grateful to represent New Mexico. God is good!!!!

In the Spirit of Service,
Lawrence M

CPC Committee

The Area 46 CPC/PI Workshop, focusing on health care professionals, was held on May 23, the discussion between AA members and the five professionals who attended was very enlightening. Actions will be taken by the CPC committee to help carry the message to the alcoholics who come in contact with professionals. The Nursing Diversion Program Conference planned for June 26, (in which the CPC and PI Committees were scheduled to participate), has been cancelled by the New Mexico Nursing Board. The Area 46 CPC Chair (Brian V.) will be manning the CPC desk at the AA International Convention, in Atlanta, Georgia, on Saturday, July 4th from 12:30 to 5:00. Finally, the Area 46 Cooperation with the Professional Community Committee will be participating in the Commission on Lawyer Assistance Programs Conference (CoLAP) from October 20 – 22, in Albuquerque. Anyone interested in participating in the Committees activities, please contact the Chair.

Brian V

Service Committee Reports

Literature Committee

Howdy; first, I want to thank all the hard working District 10 AA's who put on a first class Area 46 State Convention in Hobbs this past June 6, 7 & 8. Very well done. Great venue; great speakers; great fellowship; and of course, great food!

I also want to thank my good friends Ellen and Bob R.; who helped me immensely in selling over \$525 in literature and pamphlets over the weekend!

Please consider letting me attend one of your workshops in the future. I would be honored.

Hope to see you all soon on that broad, all inclusive, sober highway.

TYFLMBOS, John T.

Birthdays

Ruidoso: There were only two birthdays here for the month, they are as follows: Jimmy had 1 yr. on 4/18 and Bud had 2 yrs. on 4/9. For May: Mel, 30 yrs., Jerry C. 23 yrs., Kathi C. 22 yrs., Marge C. 21 yrs., Kennie H. 17 yrs., Mark W. 4 yrs.,

Thursday Noon Women's Group: Gwen T. 5-15 25 Years; Nadine V. 5-27 2 Years

Sunday Night Serenity Group: Ken A. 5-21 28 Years

Cosmo Group: Nick N-8 years; Eloy M-20 years; Elsa G-34 years

Highlands Happy Hour celebrants for the month of June: Andy V. 32 yrs; Gilbert C. 30 yrs

Judy 12 yrs; Abriall H. 3 yrs; David P. 2 yrs; Tony T. 2 yrs

Isleta Group May: Marke 90 days; Eric 5 months; Jose 9 months; Tom; 18 months

Jay M, *El Farloito* Editor 33 years 7/25

4-D Group, Farmington : Mondo D. 1 year
Mark W. 1 year; Linda M. 5 years
Maggie D. 9 years; Randy S. 15 years
Rudy M. 44 years

Corrections Committee

I hope all is well and in good health. as many of you know the State corrections workshop on June 13 was cancelled. As of now we have not heard any news on any future dates.

The workshop at Silver city was a huge success I want to send a shout out to District 16 for doing a great job on that workshop. Along the line of workshop District 17 is asked to have a Corrections plus a Bridge The Gap and Treatment workshop planned in Albuquerque on August 1st.

I was invited by District 12 to give a short report on taking meetings into facilities. Thank you for the invite District 12. Oh and thank you District 10 for the honor to Chair the Spanish speaker meeting and to introduce my friend Yoly as the Speaker. It was a blessing and thanks for putting a great convention.

Yours in service, Eloy M

District News

District 14

Meetings are going well, schedules are getting distributed, more service opportunities are being added, and the literature and public information volunteers are hard at work. We are committed to our primary purpose to be there for the newcomer and to be of service. In other words--a wonderful way of life!

District 14 is on the schedule to put together the *El Faro-lito* newsletter mailing on October 31, 2015. It usually takes a dozen or so people about an hour to get the whole mailing put together. So, please put it on your calendar and pass the word. Location to be determined--a fun Halloween party!

The Taos Mountain Fiesta is coming up September 18, 19 & 20th, 2015 at the Sagebrush Conference Center, 1508 Paseo Del Pueblo Sur, Taos, NM 87571. The Fiesta is an annual convention with the primary purpose of joining in fellowship to stay sober and help other alcoholics to achieve sobriety.

According to the website, "The Fiesta, in addition to providing a well-planned program, seeks to create an atmosphere of joyfulness and fosters this experience by providing opportunities for meeting old and new friends, working together with a Higher Power for our common good, and sharing our experience, strength, and hope with each other."

The Taos Mountain Fiesta will include events such as: Alcathon – marathon meetings, Al-Anon meetings, Young Peoples meetings, Saturday Night Banquet, Dance Skits, Art Raffle, Fellowship Hospitality Suite, Ice Cream Social, and more!

Translation, sign language services and childcare will be available during speaker events. Email us at:

info@taosmountainfiesta.org or call: (575)779-9663 for more information. Please check the website for future updates as well at taosmountainfiesta.org. Now is a great time to think about registering so that your funds can help the team to set-up the festivities.

Thanks! Kate O

District 16

The Borderline group in Columbus hosted District 16's meeting. Thank you Don F and friends for accommodating us.

Thank you to our Area 46 Delegate, Jen N., for attending and sharing the highlights of the 65th General Service Conference in New York.

The District encourages all GSR's to attend the district meetings so we can meet a quorum for voting on issues. Our district is very large so we would like to encourage outlying smaller meetings to come out and see how your district operates. Sponsors, bring your sponsees out to see what your district does for you. You do not need to be a GSR or officer/rep to attend. GSR's reported a decline in participation at AA mtgs. Let's get out and support our fellow AA's in our District.

Next District mtg. will be held on Saturday, September 19 at 10:30 am. Possible mtg. location will be at the Duster Group in Deming. Stay posted for further info. District officer nominations will take place. Area 46 advisory actions will also be discussed. Voting will take place at the December 12th District mtg. Please announce our future mtgs. at all meetings.

Meeting changes: Students of the Big Book has relocated to Commons Center/Volunteer Center on 501 E. Thirteenth St. in Silver City. They meet 6-7 pm Friday night. The Bayard Group has relocated back to the Bayard Community Center on 200 Hurley Ave. in Bayard. Please announce these changes at mtgs. Once again GCCO will be closing its doors July 31st 2015. Many changes have been made to the phone line. The hotline, 575-388-1802, will be on one cell phone which will be passed between volunteers. Volunteers are no longer required to forward Hotline number to their personal phone. Volunteers outside Silver City will now be able to serve the Hotline. Calls missed will go to a voicemail containing a few meetings and contact numbers. Volunteers are needed for September. Please call Bob S. with questions and to volunteer and donate.

There is a lot of good information on the Website but it is not being utilized. It is available to all AA's at www.newmexicoaa.org. Then in the pulldown menu click on "All other cities". Click on the city you are searching for. Click on search -details of the meetings in the location will come up.

The Women's Detention Center in Silver City is looking for volunteers to take meetings to the jail on Fridays at 2:30 pm. Volunteers are required to take a short painless training session. Meetings have been limited due to lack of volunteers. If you are

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District Reports

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...District 16 Cont.

interested please call Paula to set up training and other info.

The Bayard Group will be having their 54th anniversary picnic at the Little Walnut picnic area under the Gomez Pavilion (same place as in past) on Sunday July 12th. The party starts at 1:30 in the afternoon.

Grateful to serve, Jan W

District 3

Greetings everyone! District 3 is happy to announce that a great time was had at the *El Farolito* stuffing/labeling party in our district in May. Thank you Jay for this opportunity to be of service.

District 3 Picnic News: We normally have our annual picnic around Aug/Sept, but this year we decided to have our picnic in July. This year, our annual picnic will be at the "Water Canyon" Campground, located between Socorro and Magdalena, during the weekend of July 18-19, 2015. This will be a campfire meeting/picnic/campout weekend (for those who enjoy the great outdoors). The flyer for the picnic is on the Area 46 website (www.newmexicoaa.org) and everyone is invited to join us on that weekend. Families are welcome. This will be a new thing for us, and maybe it'll turn out to be a new picnic tradition.

We are also moving along with the September Assembly planning. The Rio Amigos Group has volunteered to host a special meeting on Friday night (September 11th – before the Assembly) which will be a Speaker meeting. Our speaker will be Yolanda (Yoli) who is the new SW Regional Trustee and a member of our Fellowship. As soon as we get a flyer created with the date, time, and directions to the meeting, we will post it. And of course, anyone who gets into town early enough, is invited to join us.

A little bit about some of the groups in District 3: The Sunrise Catchers Sunday morning meeting at 8am is doing very well. The meeting covers the "AA comes of Age" book and has turned out to be a great meeting and growing. They meet at the Isleta Club and all are welcome to join them. There are a couple of groups who have added a meeting and/or thinking of adding a new meeting also.

It was decided that the September Assembly Planning meetings will now be held after our regularly scheduled District meetings. If anyone is interested in helping, please join us then. Our July District meeting will be hosted by the Round Up Group in Los Lunas, on Saturday, July 11th. Potluck at 1:30pm and district meeting at 2pm. Thank you everyone, for your time and willingness to volunteer in service work also.

In Service and Gratitude, Carmen O.- District 3 El Farolito Rep

District 5 Call Center

Hi Jay!! Ed B. here in beautiful Ruidoso. Besides sending in birthdays to El Farolito, which I've been doing for a couple years now, I have taken on the service work of District 5 call center. In that service work we get 12 step calls, information about the meeting times and places calls, and sometimes calls from alcoholics who just need to talk. This encompasses Alamogordo, Carrizozo, Capitan, Tularosa, and Ruidoso area. I wholeheartedly believe in service and make sure my sponsees get involved. I thank you for yours and if there is anything I can ever do down here to help you, please just let me know .

Ed B El Farolito rep Arid group Ruidoso

District 11

We are enjoying life and carrying the message...

The annual District 11 Traditions Conference is coming along well. The proposed dates for the conference are 10/24 or 10/31. We are awaiting word from Nativity Church on which date works for them. The next planning meeting for the upcoming fall Traditions Conference will be held on Thursday, June 18th at 6:00pm at Nativity Church at 9502 4th St. NW. The rest of the scheduled planning meetings are as follows: (all at 6:00pm

July 23rd - August 20th - September 10th and 24th - October 8th and 15th

What a great opportunity for younger sponsees to become better acquainted with service work! Please contact Miguel V at (505) 328-0768 if you are interested in helping out.

Alaina reports that the next YPAA event will be the "YPAA AA-Athalon" on August 1st at Domingo Park. This is a picnic from 12pm-3pm with organized games, such as kickball, relay race, trivia and field sobriety test. There will be a speaker at 2:30pm. Start spreading the word about the AA-athalon!

NMCYPAA is also putting on a conference titled "On the Wagon for Keeps" on August 14-16 at the ENMU Roswell Campus. For more information, please visit www.nmcypaa.com

Elizabeth reports that Central Office is still in need of volunteers to answer the phones, especially in the evening shifts (6:00pm – 10:00pm). Six months of sobriety is required. Articles for Pass It On are also needed from our membership. Don't be shy...send in anything you have to share, and Elizabeth will edit.

The date for the annual District 11 Jemez Falls Picnic has been set for August 8th. Mark that on your calendars, as this is an incredibly fun and fulfilling annual event. A planning committee has been formed, and more details will be coming.

Also, if anyone has a portable generator, we could use it at the Jemez Falls Picnic for coffee. Please contact Joseph T if you are willing to allow us to use it. If there is a group that would like to take a meeting into the Metropolitan Detention Center, please contact Joseph T for orientation information.

We are saddened to announce that Mary S has had to step down as District 11 Treasurer. Miguel V. has stepped up and taken over the role of treasurer. Thank you Miguel for your service! District 11 has several open service positions, and could use your help in carrying the message. Service is a vital component to staying sober, and helping others. I am grateful for that opportunity.

Yours in service, Kevin C.

District 8

I want to share with you the passing of 2 old-timers in the Four Corners. Lorraine S.(past delegate 1974) and Warren passed to the big meeting in the sky these last 2 weeks. Lorraine had 49 years and Warren had over 50. They will missed and loved by many for a long, long time.

Don't forget the annual Daybreak Group's Annual "Friends and Family of Bill W." campout above Silverton, CO on July 17,18 and 19. Call Andrea or Ricky @ 505-564-0488 or 505-564-8117 for more details. The more the merrier. Then on August 9th, D-8 will have its Annual Picnic from 11-4 at the Kiwanis Park in Farmington. It is also open to family and friends, but please leave the 4 legged friends home. Lots of food, fellowship, raffles, games and speaker.

If I don't see you soon, hopefully I will see you in Hot lanta for the International Convention this July! TYFLMBOS, John T.

District News

District 2

Hello from beautiful Santa Fe! Our committees have been busy carrying the message: corrections, treatment facilities, and bridge the gap have all reached out to those still suffering. District voted to create a "Young People in AA" and Joe L. has stepped up to head that committee. It is great to see such enthusiasm!

We've began June with a Founder's Day celebration on June 7. It was filled with fun, food and fellowship. The flow people started at noon and kept ebbing and flowing until the meeting began at 5:15. Our fun-raiser, Kit B, provided great food with little elves helping him keep it stocked and cooked. It was a wonderful afternoon.

District also voted to hold a couple of Tradition 7 Workshops. Kristina F, Alt DCM, will head up that effort with forming a committee in the next couple of months and getting one on the calendar.

I listened to a Trustee talk about the difference between getting sober and getting into service. In a year's time, the person who got sober has had a huge transformation. People getting into service don't usually have a huge transformation, but it changes them. I see it every month with the GSRs that attend our District meeting. It is exciting to be part of District 2.

Gratefully yours in Service, Michelle B, District 2 DCM

From our Readers

Hello Jay,

My name is Paul H. and I am the GSR for the Spiritual Awakening Group in Fort Defiance, Arizona. The Spiritual Awakening Group is now officially married to district 9 and area 46 for better or for worse. It took a couple of phone calls and both the Arizona delegate and our delegate, Jen, had to approve. I appreciate your having me on the mailing list. I will encourage the group to send a contribution. To that end, what is your best guess as to a donation that will cover the basic cost of an annual "subscription"??

The Arizona delegate, Kathy F., called me a couple of hours ago. She requested that I send along her phone number to various people in order to find "listeners" for the production of the Navajo Language Big Book. She said they just have Bill's Story and Chapter 5 finished. In any case, the listening may take a little time for the volunteers. She has a name of some professor who is working on it. So, if you can pass this about to anyone that may be fluent in Navajo or post it in *El Farolito*... (Ed Note: Kathy did not give permission to have her number published, if you want to reach her contact me at 505-503-1907 or email or call our Delegate, Jen)

Thanks for your help with this item. I believe that it is well worthwhile.

We are no longer orphans! Paul H.

Margo from the Isleta Group wrote that she was interested in volunteering for *El Farolito*. She wanted to know if there are any particular needs currently in place?

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From our Readers

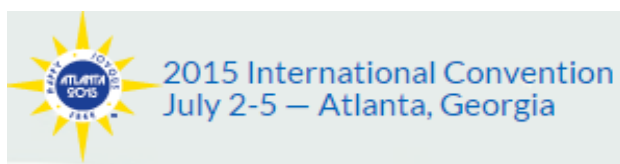
~~From our Readers~~

Glad you asked Margo! Besides the normal officer, Committee and District reports I would like to do more reporting on other events in the Area and Districts. Workshops, picnics, special meetings, whatever if you are at an event act as a roving reporter for the ELF. Send me a short story, perhaps 1/2 page or about 300 words. Of course we always need help at the mailing parties. I try to get to as many events as I can but can't hit them all.

=====

This is Katie from Gallup, NM-- I was hoping you could post a little ad for us inviting folks to the first year anniversary-Birthday Party for the meeting I chair at the GED campus for UNM.. We are a little itty bitty but super fun group & would sure appreciate helping us get the word out!...Thank you, & for all that you dooo, Katie

UNM Gallup - North Campus (right behind 7-2-11) 1st Anniversary Birthday Bash! Home group invites you to share cake & ice cream - Thursday July 16th at 1:30pm



2015 International Convention
July 2-5 — Atlanta, Georgia

One of our own, Lawrence Medina will be speaking at the meeting "**Emotional Sobriety**" at the International Convention in Atlanta, Georgia, July 2 – July 5, 2015. This is a three-speaker meeting scheduled for Friday, July 3, from 11:30 AM to 1:00 PM. Details are as follows: 7/3/2015; 11:30 AM; Location: Georgia World Congress Center, A3

Also...if you cannot be in Atlanta:

Over the 2015 Convention weekend, unlimited access to an encrypted, anonymity-protected Internet broadcast of the 2015 International Convention Opening Flag Ceremony will be made available through G.S.O.'s A.A. Web site (www.aa.org). Access to the broadcast will begin on Saturday morning, July 4th, and end on Monday, July 6th at midnight (Eastern Time). This allows unlimited access within a time frame and no passwords or access codes will be required. Please pass on this information to interested groups and members.

Envelopes Returned in June

Steps To Sobriety Group
Hi Nooners Group

Farmington
La Plata

Please contact the Registrar with the current info.

El Farolito is holding "Mailing Parties" to tape, label and stamp each issue.

Thanks to the following Districts for hosting Mailing Parties:

District 11 - April District 18 - May District 3 - June

Seems to me we can have every District host. So help me explore my adopted state by having your District host. It will take about 1-2 hours depending on the number of members who attend.

Here are the dates...bring up at your next District meeting and let me know what date you want:

ISSUE	DATE	DISTRICT
Jul-15	06/27/15	2
Aug-15	07/25/15	12
Sep-15	08/29/15	10
Oct-15	09/26/15	
Nov-15	10/31/15	14
Dec-15	11/28/15	
Jan-16	12/26/15	
Feb-16	01/30/16	
Mar-16	02/27/16	
Apr-16	03/26/16	
May-16	04/30/16	
Jun-16	05/28/16	
Jul-16	06/25/16	
Aug-16	07/30/16	

News from around the state



INTERGROUP SPEAKER MEETING

Hosted by District 12

WHEN: Saturday, July 25th, 5-9PM

WHERE: **Heights Club**, 8520 Marble Ave NE, ABQ

WHAT: 5-6 PM **Taco Bar**

Beef or Chicken with beans, rice, and fixins'

6-7:30 PM **Speakers**

Scooter and Chelsie M.

7:30-9 PM **Raffle**

Proceeds go to central office

All raffle items may be dropped off at central office

Raffle donations needed

For questions call:

Pam A. 710-5944

Alice M. 362-4032

Food donations appreciated

Sodas, chips & dips, desserts

For questions call:

Alice M. 362-4032

This is a non-smoking event



District 3 Campout,

July 18 – 19

Water Canyon Campground

Campfire meetings, fellowship and fun!!

Directions: From Socorro, head west on US 60 toward Magdalena till you are west of milepost 124. A sign on 60 indicates the left (south) turn, and then after about 4.6 miles you arrive at a junction where a sign says the campground is to the right. There is no place to turn right, but if you go straight, you will get to the campground. The picnic area and the road to the crest of the mountains is to your left.

For More Information call: Eloy M 505-974-4619

IT'S A PIC-A-NIC,



YOGI

JOIN DISTRICT 13 FOR ITS 1ST ANNUAL PICNIC

Where: Oak Flats Picnic Area on Highway 14. Take I-40 east out of Albuquerque. Take Tijeras exit. Go south almost exactly 9 miles. Oak Flats on left at top of hill.

When: Saturday, July 25 noon-6 pm

What: Grilled hot dogs, hamburgers, volleyball, horse shoes and other games plus lots of fun & fellowship.

What you can bring: Side dishes, dogs on leash, friends kids, family, newcomers, sponsors & sponsees.

2nd Annual Taos Junction BBQ

*July 10-12,
2015*

Orilla Verde,
Taos Junction

Contact
Eloy @ 929-8118
for more info



**Come and join us
for a fun, filled
weekend full of
fellowship
amongst friends!**

Gallup Gathering

September 25th - 27th 2015

Sacred Heart Catholic School

515 Park Ave.

Gallup, NM 87301

Friday, September 25th

4 p.m. Greeting Meeting - A Sharing Session for those early birds
8 p.m. Speaker Meeting Teddy H., Milpitas, CA

Saturday, September 26th

8 a.m. Too Early Big Book Meeting
10 a.m. Morning Speaker Meeting Robi S., Sunnyvale, CA
2-5 p.m. 4th Step Workshop Paco D., San Jose, CA
8 p.m. Evening Speaker Meeting Brian C., AZ

Sunday, September 27th

8 a.m. Too Early Big Book Meeting
10 a.m. Morning Closing Speaker Johnnie B., Zuni, NM
12 p.m. Elect 2015 Committee & Clean Up

CUT HERE

Pre-Registration Form

(First \$1,000 will go toward the 2015 Gallup Gathering. All Income over \$1000 will be donated to Albuquerque Central Office and also used to buy literature.)

Registration - \$20.00

No one will be turned away due to lack of funds

Name _____ State _____
Address _____ Zip Code _____
City _____ Email _____
___ I want to pay for scholarships (\$20.00 ea.)
Number of People _____ Total Enclose _____

Send payments to: 604 E. Green Ave., Gallup, NM, 87301

For more information, contact Seth H. at 408-836-4592 or TheGallupGathering@gmail.com

www.GallupGathering.com

El Farolito Committee

Contributions since the last issue:

We send a thank you post card with each contribution that also acts as a receipt. We believe that the amount of the contribution is not as important as the fact a contribution is being made. A \$5 contribution for one group can be as much of a sacrifice as a \$50 contribution from another. We are deeply humbled and grateful for your support.

5/29/15	Unity Group	Tucumcari		6/13/15	Road Runners Book Study	Madrid	
5/30/15	El Centro Gr	Albuquerque		6/15/15	Brown Baggers	Albuquerque	
5/30/15	Ruidoso Arid Group	Ruidoso		6/18/15	Sunrise Catchers	Albuquerque	
6/9/15	Sober at Sunrise	Las Cruces		6/19/15	Brown Baggers	Albuquerque	
6/10/15	Tues Serendipity Gp	Albuquerque		6/19/15	Isleta Group	Albuquerque	
6/12/15	Foothills Group	Albuquerque		6/19/15	Lunch Bunch	Roswell	

From the Editor

I received a number of inquiries this month wondering where the ELF was. One gentleman had not received it until June 18! I mailed the June issue at 9:30 am on June 1. I received mine in ABQ on June 3. I talked to the postmaster last week about the situation and while there is no guaranteed delivery on bulk mail they strive to be no later than 10 days. Part of the problem is with cutbacks mail not going to greater Albuquerque goes to Denver. So ELFs headed for Santa Fe, for example, go to Denver first. Remember if you need time sensitive information the web version of the ELF is posted the first of the month.

This issue will be mailed June 29. The following will be the mail dates in the future and I will not miss one: August 3; August 31; September 28; November 2; November 30; December 28.

I will need help getting the issue done in September (October issue) I will be at the National Archives AA Workshop in Cleveland/Akron September 24 - 27. I will have the issue done the weekend of September 19 and sent to the printer. I need volunteer (s) to pick up the issue at the printers September 25 and go to the mailing party with the supplies etc on September 26. Once I am back in town I will pick up the trays and take them to the post office. If you are interested in helping call me at 505-503-1907 or email elfarolito@nmaa.org. I will train you on what needs to be done at the mailing party, it is easy!

We still need ELF reps for (or contact info for the names I have) for Districts 1, 2, 4, 6, 7, 8, 9, 10, 13, 15, 19. Please let me know your phone, address and email address.

Finally, check out the expanded Web version of the ELF. Last month included a great article from the Grapevine by Bill W. about where the Twelve Steps came from. There will be a gem like that in every web version.

Going to the International? Send me a short article on your experience

Some other AA event? Again, send me a short article

In service, Jay M

By Jack Alexander

Three men sat around the bed of an alcoholic patient in the psychopathic ward, of Philadelphia General Hospital one afternoon a few weeks ago. The man in the bed, who was a complete stranger to them, had the drawn and slightly stupid look that inebriates get while being defogged after a bender. The only thing that was noteworthy about the callers, except for the obvious contrast between their well-groomed appearances and that of the patient, was the fact that each had been through the defogging process many times himself. They were members of Alcoholics Anonymous, a band of ex-problem drinkers who made an avocation of helping other alcoholics to beat the liquor habit.

The man in the bed was a mechanic. His visitors had been educated at Princeton, Yale and Pennsylvania and were, by occupation, a salesman, a lawyer and a publicity man. Less than a year before, one had been in shackles in the same ward. One of his companions had been what is known among alcoholics as a sanitarium commuter. He had moved from place to place, bedeviling the staffs of the country's leading institutions for the treatment of alcoholics. The other had spent twenty years of life, all outside institution walls, making life miserable for himself, and his family and his employers, as well as sundry well-meaning relatives who had had the temerity to intervene.

The air of the ward was thick with the aroma of paraldehyde, an unpleasant cocktail smelling like a mixture of alcohol and ether which hospitals sometimes use to taper off the paralyzed drinker and soothe his squirming nerves. The visitors seemed oblivious of this and of the depressing atmosphere that clings to even the nicest of psychopathic wards. They smoked and talked with the patient for twenty minutes or so, then left their personal cards and departed. If the man in the bed felt that he would like to see one of them again, they told him, he had only to put in a telephone call.

They made it plain that if he actually wanted to stop drinking, they would leave their work or get up in the middle of the night to hurry to where he was. If he did not choose to call, that would be the end of it. The members of Alcoholics Anonymous do not pursue or coddle a malingering prospect, and they know the strange tricks of the alcoholic as a reformed swindler knows the art of bamboozling.

Herein lies much of the unique strength of a movement which, in the past six years, has brought recovery to around 2,000 men and women, a large percentage of whom had been considered medically hopeless. Doctors and clergymen, working separately or together, have always managed to salvage a few cases. In isolated instances, drinkers have found their own methods of quitting. But the inroads into alcoholism have been negligible, and it remains one of the great unsolved public-health enigmas.

By nature touchy and suspicious, the alcoholic likes to be left alone to work out his puzzle, and he has a convenient way of ignoring the tragedy which he inflicts meanwhile upon those who are close to him. He holds desperately to a conviction that, although he has not been able to handle alcohol in the past, he will ultimately succeed in becoming a controlled drinker. One of medicine's queerest animals, he is, as often as not, an acutely intelligent person. He fences with professional men and relatives who attempt to aid him and he gets a perverse satisfaction out of tripping them up in argument.

There is no specious excuse for drinking which the troubleshooters of Alcoholics Anonymous have not heard or used themselves. When one of their prospects hands them a rationalization for getting soused, -they match it with half a dozen out of their own experiences. This upsets him a little, and he gets defensive. He looks at their neat clothing and smoothly shaved faces and charges them with being goody-goodies who don't know what it is to struggle with drink. They reply by relating their own stories: the double Scotches and brandies before breakfast; the vague feeling of discomfort which precedes a drinking bout; the awakening from a spree without being able to account for the actions of several days and the haunting fear that possibly they had run down someone with their automobiles.

They tell of the eight-ounce bottles of gin hidden behind pictures and in caches from cellar to attic; of spending whole days in motion-picture houses to stave off the temptation to drink; of sneaking out of the office for quickies during the day. They talk of losing jobs and stealing money from their wives' purses; of putting pepper into whiskey to give it a tang; of tipping on bitters and sedative tablets, or on mouthwash or hair tonic; of getting into the habit of camping outside the neighborhood tavern ten minutes before opening time. They describe a hand so jittery that it could not lift a pony to the lips without spilling the contents; drinking liquor from a beer stein because it can be steadied with two hands, although at the risk of chipping

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a front tooth; tying an end of a towel about a glass, looping the towel around the back of the neck, and drawing the free end with the other hand, pulley fashion, to advance the glass to the mouth; hands so shaky they feel as if they were about to snap off and fly into space; sitting on hands for hours to keep them from doing this.

These and other bits of drinking lore usually manage to convince the alcoholic that he is talking to blood brothers. A bridge of confidence is thereby erected, spanning a gap which has baffled the physician, the minister, the priest, or the hapless relatives. Over this connection, the troubleshooters convey, bit by bit, the details of a program for living which has worked for them and which, they feel, can work for any other alcoholic. They concede as out of their orbit only those who are psychotic or who are already suffering from the physical impairment known as wet brain. At the same time, they see to it that the prospect gets whatever medical attention is needed.

Many -doctors and staffs of institutions throughout the country now suggest Alcoholics Anonymous to their drinking patients. In some towns, the courts and probation officers cooperate with the local group. In a few city psychopathic divisions, the workers of Alcoholics Anonymous are accorded the same visiting privileges as staff members. Philadelphia General is one of these. Dr. John F. Stouffer, the chief psychiatrist, says: "The alcoholics we get here are mostly those who cannot afford private treatment, and this is by far the greatest thing we have ever been able to offer them. Even among those who occasionally land back in here again, we observe a profound change in personality. You would hardly recognize them."

The Illinois Medical Journal, in an editorial last December, went further than Dr. Stouffer, in stating: "It is indeed a miracle when a person who for years has been more or less constantly under the influence of alcohol and in whom his friends have lost all confidence, will sit up all night with a drunk and at stated intervals administer a small amount of liquor in accordance with a doctor's orders without taking a drop himself."

This is a reference to a common aspect of the Arabian Nights adventures to which Alcoholics Anonymous workers dedicate themselves. Often it involves sitting upon, as well as up with, the intoxicated person, as the impulse to jump out a window seems to be an attractive one to many alcoholics when in their cups. Only an alcoholic can squat on another alcoholic's chest for hours with the proper combination of discipline and sympathy.

During a recent trip around the East and Middle West, I met and talked with scores of A.A.'s as they call themselves, and found them to be unusually calm, tolerant people. Somehow, they seemed better integrated than the average group of nonalcoholic individuals. Their transformation from cop fighters, canned-heat drinkers, and, in some instances, wife beaters, was startling. On one of the most influential newspapers in the country, I found that the city editor, the assistant city editor, and a nationally known reporter were A.A.'s, and strong in the confidence of their publisher.

In another city, I heard a judge parole a drunken driver to an A.A. member. The latter, during his drinking days, had smashed several cars and had had his own operator's license suspended. The judge knew him and was glad to trust him. A brilliant executive of an advertising firm disclosed that two years ago he had been panhandling and sleeping in a doorway under an elevated structure. He had a favorite doorway, which he shared with other vagrants, and every few weeks he goes back and pays them a visit just to assure himself he isn't dreaming.

In Akron, as in other manufacturing centers, the groups include a heavy element of manual workers. In the Cleveland Athletic Club, I had luncheon with five lawyers, an accountant, an engineer, three salesmen, an insurance man, a buyer, a bartender, a chain-store manager, a manager of an independent store, and a manufacturer's representative. They were members of a central committee which coordinates the work of nine neighborhood groups. Cleveland, with more than 450 members, is the biggest of the A.A. centers. The next largest are located in Chicago, Akron, Philadelphia, Los Angeles, Washington, and New York. All told, there are groups in about fifty cities and towns.

In discussing their work, the A.A.'s spoke of their drunk-rescuing as "insurance" for themselves. Experience within the group has shown, they said, that once a recovered drinker slows up in this work he is likely to go back to drinking himself. There is, they agreed, no such thing as an ex-alcoholic. If one is an alcoholic--that is, a person who is unable to drink normally--one remains an alcoholic until he dies, just as a diabetic remains a diabetic. The best he can hope for is to become an arrested case, with drunk-saving as his insulin. At least, the A.A.'s say so, and medical opinion tends to support them. All but a few said that they had lost all desire for alcohol. Most serve liquor in their homes and when friends drop in, and they still go to bars with companions who drink; The A.A.'s tipple on soft drinks and coffee.

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One, a sales manager, acts as bartender at his company's annual jamboree in Atlantic City and spends his nights tucking the celebrators into their beds. Only a few of those who recover fail to lose the feeling that at any minute they may thoughtlessly take one drink and skyrocket off on a disastrous binge. An A.A. who is a clerk in an Eastern city hasn't had a snifter in three and a half years, but says that he still has to walk fast past saloons to -circumvent the old impulse; but he is an exception. The only hangover from the wild days that plagues the A.A. is a recurrent nightmare. In the dream, he finds himself off on a rousing whooper-dooper, frantically trying to conceal his condition from the community. Even this symptom disappears shortly, in most cases. Surprisingly, the rate of employment among these people, who formerly drank themselves out of job after job, is said to be around ninety percent.

One-hundred percent effectiveness with non-psychotic drinkers who sincerely want to quit is claimed by the workers of Alcoholics Anonymous. The program will not work, they add, with those who only "want to want to quit," or who want to quit because they are afraid of losing their families or their jobs. The effective desire, they state, must be based upon -enlightened self-interest; the applicant must want to get away from liquor to head off incarceration or premature death. He must be fed up with the stark social loneliness which engulfs the uncontrolled drinker, and he must want to put some order into his bungled life.

As it is impossible to disqualify all borderline applicants, the working percentage of recovery falls below the 100-percent mark. According to A.A. estimation, fifty percent of the alcoholics taken in hand recover almost immediately; twenty-five percent get well after suffering a relapse or two; and the rest remain doubtful. This rate of success is exceptionally high. Statistics on traditional medical and religious cures are lacking, but it has been informally estimated that they are no more than two or three percent effective on run-of-the-mine cases.

Although it is too early to state that Alcoholics Anonymous is the definitive answer to alcoholism, its brief record is impressive, and it is receiving hopeful support. John D. Rockefeller, Jr., helped defray the expense of getting it started and has gone out of his way to get other prominent men interested.

Rockefeller's gift was a small one, in deference to the insistence of the originators that the movement be kept on a voluntary, nonpaid basis. There are no salaried organizers, no dues, no officers, and no central control. Locally, the rents of assembly halls are met by passing the hat at meetings. In small communities, no collections are taken, as the gatherings are held in private homes. A small office in downtown New York acts merely as a clearinghouse for information. There is no name on the door, and mail is received anonymously through a post-office box. The only income, which is money received from the sale of a book describing the work, is handled by the Alcoholic Foundation, a board composed of three alcoholics and four non-alcoholics.

In Chicago, twenty-five doctors work hand in hand with Alcoholics Anonymous, contributing their services and referring their own alcoholic patients to the group, which now numbers around 200. The same cooperation exists in Cleveland and to a lesser degree in other centers. A physician, Dr. W. D. Silkworth, of New York City, gave the movement its first encouragement. However, many doctors remain skeptical. Dr. Foster Kennedy, an eminent New York neurologist, probably had these in mind when he stated at a meeting a year ago: "The aim of those concerned in this effort against alcoholism is high; their success has been considerable; and I believe medical men of goodwill should aid."

The active help of two medical men of goodwill, Drs. A. Wiese Hammer and C. Dudley Saul, has assisted greatly in making the Philadelphia unit one of the more effective of the younger groups. The movement there had its beginning in an offhand way in February, 1940, when a businessman who was an A.A. convert was transferred to Philadelphia from New York. Fearful of backsliding for lack of rescue work, the newcomer rounded up three local barflies and started to work on them. He got them dry, and the quartet began ferreting out other cases. By last December fifteenth, ninety-nine alcoholics had joined up. Of these, eighty-six were now total abstainers--thirty-nine from one to three months, seventeen from three to six months, and twenty-five from six to ten months. Five who had joined the unit after having belonged in other cities had been non-drinkers from one to three years.

At the other end of the time scale, Akron, which cradled the movement, holds the intramural record for sustained abstinence. According to a recent checkup, two members have been riding the A.A. wagon for five and a half years, one for five years, three for four and a half years, one for the same period with one skid, three for three and a half years, seven for three years, three for three years with one skid each, one for two and a half years, and thirteen for two years. Previously, most of the Akronites and Philadelphians had been unable to stay away from liquor for longer than a few weeks.

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In the Middle West, the work has been almost exclusively among persons who have not arrived at the institutional stage. The New York group, which has a similar nucleus, makes a sideline specialty of committed cases and has achieved striking results. In the summer of 1939, the group began working on the alcoholics confined in Rockland State Hospital, at Orangeburg, a vast mental sanitarium which gets the hopeless alcoholic backwash of the big population centers. With the encouragement of Dr. R. E. Blaisdell, the medical superintendent, a unit was formed with the walls, and meetings were held in the recreation hall. New York A.A.'s went to Orangeburg to give talks, and on Sunday evenings, the patients were brought in state-owned buses to a clubhouse which the Manhattan group rents on the West Side.

Last July first, eleven months later, records kept at the hospital showed that of fifty-four patients released to Alcoholics Anonymous, seventeen had had no relapse and fourteen others had had only one. Of the rest, nine had gone back to drinking in their home communities, twelve had returned to the hospital, and two had not been traced. Dr. Blaisdell has written favorably about the work to the State Department of Mental Hygiene, and he praised it officially in his last annual report.

Even better results were obtained in two public institutions in New Jersey, Greystone Park and Overbrook, which attract patients of better economic and social background than Rockland, because of their nearness to prosperous suburban villages. Of seven patients released from the Greystone Park institution in two years, five have abstained for periods of one to two years, according to A.A. records. Eight of ten released from Overbrook have abstained for about the same length of time. The others have had from one to several relapses.

Why some people become alcoholics is a question on which authorities disagree. Few think that anyone is "born an alcoholic." One may be born, they say, with a hereditary predisposition to alcoholism, just as one may be born with a vulnerability to tuberculosis. The rest seems to depend upon environment and experience, although one theory has it that some people are allergic to alcohol, as hayfever sufferers are to pollens. Only one note is found to be common to all alcoholics—emotional immaturity. Closely related to this is an observation that an unusually large number of alcoholics start out in life as an only child, as a younger child, as the only boy in a family of girls or the only girl in a family of boys. Many have records of childhood precocity and were what are known as spoiled children.

Frequently, the situation is complicated by an off-center home atmosphere in which one parent is unduly cruel, the other overindulgent. Any combination of these factors, plus a divorce- or two, tends to produce neurotic children who are poorly equipped emotionally to face the ordinary realities of adult life. In seeking escapes, one may immerse himself in his business, working twelve to fifteen hours a -day, or in sports or in some artistic sideline. Another finds what he thinks is a pleasant escape in drink. It bolsters his opinion of himself and temporarily wipes away any feeling of social inferiority which he may have. Light drinking leads to heavy drinking. Friends and family are alienated and employers become disgusted. The drinker smolders with resentment and wallows in self-pity. He indulges in childish rationalizations to justify his drinking: He has been working hard and he deserves to relax; his wife does not understand him; his nerves are jumpy; everybody is against him; and so on and on. He unconsciously becomes a chronic excuse-maker for himself.

All the time he is drinking, he tells himself and those who butt into his affairs that he can really become a controlled drinker if he wants to. To demonstrate his strength of will, he goes -for weeks without taking a drop. He makes a point of calling at his favorite bar at a certain time each day and ostentatiously sipping milk or a carbonated beverage, not realizing that he is indulging in juvenile exhibitionism. Falsely encouraged, he shifts to a routine of one beer a day, and that is the beginning of the end once more. Beer leads inevitably to more beer and then to hard liquor. Hard liquor leads to another first-rate bender. Oddly, the trigger which sets off the explosion is as apt to be a stroke of business success as it is to be a run of bad luck. An alcoholic can stand neither prosperity nor adversity.

The victim is puzzled on coming out of the alcoholic fog. Without his being aware of any change, a habit has gradually become an obsession. After a while, he no longer needs his rationalizations to justify the fatal first drink. All he knows is that he feels swamped by uneasiness or elation, and before he realizes what is happening, he is standing at a bar with an empty whiskey pony in front of him and a stimulating sensation in his throat. By some peculiar quirk of his mind, he has been able to draw a curtain over the memory of the intense pain and remorse caused by preceding stemwinders. After many experiences of this kind, the alcoholic begins to realize that he does not understand himself; he wonders whether his power of will, though strong in other fields, isn't defenseless against alcohol. He may go on trying to defeat his obsession and wind up in a sanitarium. He may give up the fight as hopeless and try to kill himself. Or he may seek outside help.

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If he applies to Alcoholics Anonymous, he is first brought around to admit that alcohol has him whipped and that his life has become unmanageable. Having achieved this stated of intellectual humility, he is given a dose of religion in its broadest sense. He is asked to believe in a Power that is greater than himself, or at least to keep an open mind on that subject while he goes on with the rest of the program. Any concept of the Higher Power is acceptable. A skeptic or agnostic may choose to think of his Inner Self, the miracle of growth, a tree, man's wonderment at the physical universe, the structure of the atom, or mere mathematical infinity. Whatever form is visualized, the neophyte is taught that he must rely upon it and, in his own way, to pray to the Power for strength.

He next makes a sort of moral inventory of himself with the private aid of another person--one of his A.A. sponsors, a priest, a minister, a psychiatrist, or anyone else he fancies. If it gives him any relief, he may get up at a meeting and recite his misdeeds, but he is not required to do so. He restores what he may have stolen while intoxicated and arranges to pay off old debts and to make good on rubber checks; he makes amends to persons he has abused and, in general, cleans up his past as well as he is able to. It is not uncommon for his sponsors to lend him money to help out in the early stages.

This catharsis is regarded as important because of the compulsion which a feeling of guilt exerts in the alcoholic obsession. As nothing tends to push an alcoholic toward the bottle more than personal resentments, the pupil also makes out a list of his grudges and resolves not to be stirred by them. At this point, he is ready to start working on other, active alcoholics. By the process of extroversion, which the work entails, he is able to think less of his own troubles.

The more drinkers he succeeds in swinging into Alcoholics Anonymous, the greater his responsibility to the group becomes. He can't get drunk now without injuring the people who have proved themselves his best friends. He is beginning to grow up emotionally and to quit being a leaner. If raised in an orthodox church, he usually, but not always, becomes a regular communicant again.

Simultaneously with the making over of the alcoholic goes the process of adjusting his family to his new way of living. The wife or husband of an alcoholic, and the children, too, frequently become neurotics from being exposed to drinking excesses over a period of years. Reeducation of the family is an essential part of a followup program which has been devised.

Alcoholics Anonymous, which is a synthesis of old ideas rather than a new discovery, owes its existence to the collaboration of a New York stockbroker and an Akron physician. Both alcoholics, they met for the first time a little less than six years ago. In thirty-five years of periodic drinking, Dr. Armstrong, to give the physician a fictitious name, had drunk himself out of most of his practice. Armstrong had tried everything, including the Oxford Group, and had shown no improvement. On Mother's Day, 1935, he staggered home, in typical drunk fashion, lugging an expensive potted plant, which he placed in his wife's lap. Then he went upstairs and passed out.

At that moment, nervously pacing the lobby of an Akron hotel, was the broker from New York, whom we shall arbitrarily call Griffith. Griffith was in a jam. In an attempt to obtain control of a company and rebuild his financial fences, he had come out to Akron and engaged in a fight for proxies. He had lost the fight. His hotel bill was unpaid. He was almost flat broke. Griffith wanted a drink.

During his career on Wall Street, Griffith had turned down some sizable deals and had prospered, but, through ill-timed drinking bouts, had lost out on his main chances. Five months before coming to Akron, he had gone on the water wagon through the ministrations of the Oxford Group in New York. Fascinated by the problem of alcoholism, he had many times gone back as a visitor to a Central Park West detoxicating hospital, where he had been a patient, and talked to the inmates. He effected no recoveries, but found that by working on other alcoholics he could stave off his own craving.

A stranger in Akron, Griffith knew no alcoholics with whom he could wrestle. A church directory, which hung in the lobby opposite the bar, gave him an idea. He telephoned one of the clergymen listed and through him got in touch with a member of the local Oxford Group. This person was a friend of Dr. Armstrong's and was able to introduce the physician and the broker at dinner. In this manner, Dr. Armstrong became Griffith's first real disciple. He was a shaky one at first. After a few weeks of abstinence, he went East to a medical convention and came home in a liquid state. Griffith, who had stayed in Akron to iron out some legal tangles arising from the proxy battle, talked him back to sobriety. That was on June 10, 1935. The nips the physician took from a bottle proffered by Griffith on that day were the last drinks he ever took.

Griffith's lawsuits dragged on, holding him over in Akron for six months. He moved his baggage to the Armstrong home,

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and together the pair struggled with other alcoholics. Before Griffith went back to New York, two more Akron converts had been obtained. Meanwhile, both Griffith and Dr. Armstrong had withdrawn from the Oxford Group, because they felt that its aggressive evangelism and some of its other methods were hindrances in working with alcoholics. They put their own technique on a strict take-it-or-leave-it basis and kept it there.

Progress was slow. After Griffith had returned East, Dr. Armstrong and his wife, a Wellesley graduate, converted their home into a free refuge for alcoholics and an experimental laboratory for the study of the guests' behavior. One of the guests, who, unknown to his hosts, was a manic depressive as well as an alcoholic, ran wild one night with a kitchen knife. He was overcome before he had stabbed anyone. After a year and a half, a total of ten persons had responded to the program and were abstaining. What was left of the family savings had gone into the work. The physician's new sobriety had caused a revival in his practice, but not enough of one to carry the extra expense. The Armstrongs, nevertheless, carried on, on borrowed money. Griffith, who had a Spartan wife, too, turned his Brooklyn home into a duplicate of the Akron menage. Mrs. Griffith, a member of an old Brooklyn family, took a job in a department store and in her spare time played nurse to inebriates. The Griffiths also borrowed, and Griffith managed to make odd bits of money around the brokerage houses. By the spring of 1939, the Armstrongs and the Griffiths had between them cozened about one hundred alcoholics into sobriety.

In a book which they published at that time, the recovered drinkers described the cure program and related their personal stories. The title was "Alcoholics Anonymous." It was adopted as a name for the movement itself, which up to then had none. As the book got into circulation, the movement spread rapidly.

Today, Dr. Armstrong is still struggling to patch up his practice. The going is hard. He is in debt because of his contributions to the movement and the time he devotes gratis to alcoholics. Being a pivotal man in the group, he is unable to turn down the requests for help which flood his office.

Griffith is even deeper in the hole. For the past two years, he and his wife have had no home in the ordinary sense of the word. In a manner reminiscent of the primitive Christians, they have moved about, finding shelter in the homes of A.A. colleagues and sometimes wearing borrowed clothing.

Having got something started, both the prime movers want to retire to the fringe of their movement and spend more time getting back on their feet financially. They feel that the way the thing is set up, it is virtually self-operating and self-multiplying. Because of the absence of figureheads and the fact that there is no formal body of belief to promote, they have no fears that Alcoholics Anonymous will degenerate into a cult.

The self-starting nature of the movement is apparent from letters in the files of the New York office. Many persons have written in saying that they stopped drinking as soon as they read the book, and made their homes meeting places for small local chapters. Even a fairly large unit, in Little Rock, got started in this way. An Akron civil engineer and his wife, in gratitude for his cure four years ago, have been steadily taking alcoholics into their home. Out of thirty-five such wards, thirty-one have recovered.

Twenty pilgrims from Cleveland caught the idea in Akron and returned home to start a group of their own. From Cleveland, by various means, the movement has spread to Chicago, Detroit, St. Louis, Los Angeles, Indianapolis, Atlanta, San Francisco, Evansville, and other cities. An alcoholic Cleveland newspaperman with a surgically collapsed lung moved to Houston for his health. He got a job on a Houston paper and, through a series of articles which he wrote for it, started an A.A. unit which now has thirty-five members. One Houston member has moved to Miami and is now laboring to snare some of the more eminent winter-colony lushes. A Cleveland traveling salesman is responsible for starting small units in many different parts of the country. Fewer than half of the A.A. members have ever seen Griffith or Dr. Armstrong.

To an outsider who is mystified, as most of us are, by the antics of problem-drinking friends, the results which have been achieved are amazing. This is especially true of the more virulent cases, a few of which are herewith sketched under names that are not their own.

Sarah Martin was a product of the F. Scott Fitzgerald era. Born of wealthy parents in a Western city, she went to Eastern boarding schools and "finished" in France. After making her debut, she married. Sarah spent her nights drinking and dancing until daylight. Her husband had a weak stomach, and she became disgusted with him. They were quickly divorced. After her father's fortune had been erased in 1929, Sarah got a job in New York and supported herself. In 1932, she was informed that

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she had tried to throw herself out a window. During another bout, she did jump or fall--she doesn't remember which--out of a first-floor window. She landed face first on the sidewalk and was laid up for six months for bonesetting, dental work, and plastic surgery.

In 1936, Sarah Martin decided that if she changed her environment by returning to the United States, she would be able to drink normally. This childish faith in geographical change is a classic delusion which all alcoholics get at one time or another. She was drunk all the way home on the boat. New York frightened her and she drank to escape it. Her money ran out and she borrowed from friends. When the friends cut her, she hung around Third Avenue bars, cadging drinks from strangers. Up to this point, she had diagnosed her trouble as a nervous breakdown. Not until she had committed herself to several sanitariums did she realize, through reading, that she was an alcoholic. On advice of a staff doctor, she got in touch with an Alcoholics Anonymous group. Today, she has another good job and spends many of her nights sitting on hysterical women drinkers to prevent them from diving out of windows. In her late thirties, Sarah Martin is an attractively serene woman. The Paris surgeons did handsomely by her.

Watkins is a shipping clerk in a factory. Injured in an elevator mishap in 1927, he was furloughed with pay by a company which was thankful that he did not sue for damages. Having nothing to do during a long convalescence, Watkins loafed in speakeasies. Formerly a moderate drinker, he started to go on drunks lasting several months. His furniture went for debt, and his wife fled, taking their three children. In eleven years, Watkins was arrested twelve times and served eight workhouse sentences. Once, in an attack of delirium tremens, he circulated the rumor among the prisoners that the county was poisoning the food in order to reduce the workhouse populations and save expenses. A mess-hall riot resulted. In another fit of D.T.'s, during which he thought the man in the cell above was trying to pour hot lead on him, Watkins slashed his own wrists and throat with a razor blade. While recuperating in an outside hospital, he swore never to drink again. He was drunk before the final bandages were removed. Two years ago, a former drinking companion got him into Alcoholics Anonymous, and he hasn't touched liquor since. His wife and children have returned, and the home has new furniture. Back at work, Watkins has paid off the major part of \$2,000 in debts and petty alcoholic thefts and has his eye on a new automobile.

At twenty-two, Tracy, a precocious son of well-to-do parents, was credit manager for an investment-banking firm whose name has become a symbol of the money-mad twenties. After the firm's collapse during the stock-market crash, he went into advertising and worked up to a post which paid him \$23,000 a year. On the day his son was born, Tracy was fired. Instead of appearing in Boston to close a big advertising contract, he had gone on a spree and had wound up in Chicago, losing out on the contract. Always a heavy drinker, Tracy became a bum. He tumbled on canned heat and hair tonic and begged from cops, who are always easy touches for amounts up to a dime. On one sleety night, Tracy sold his shoes to buy a drink, putting on a pair of rubbers he had found in a doorway and stuffing them with paper to keep his feet warm.

He started committing himself to sanitariums, more to get in out of the cold than anything else. In one institution, a physician got him interested in the A.A. program. As part of it, Tracy, a Catholic, made a general confession and returned to the church, which he had long since abandoned. He skidded back to alcohol a few times, but after a relapse in February, 1939, Tracy took no more drinks. He has since then beat his way up again to \$18,000 a year in advertising.

Victor Hugo would have delighted in Brewster, a heavy-thewed adventurer who took life the hard way. Brewster was a lumberjack, cowhand, and wartime aviator. During the postwar era, he took up flask-toting and was soon doing a Cook's tour of the sanitariums. In one of them, after hearing about shock cures, he bribed the Negro attendant in the morgue, with gifts of cigarettes, to permit him to drop in -each afternoon and meditate over a cadaver. The plan worked well until one day he came upon a dead man who, by a freak of facial contortion, wore what looked like a grin. Brewster met up with the A.A.'s in December, 1938, and after achieving abstinence, got a sales job which involved much walking. Meanwhile, he had got cataracts on both eyes. One was removed, giving him distance sight with the aid of thick-lens spectacles. He used the other eye for close-up vision, keeping it dilated with an eye-drop solution in order to avoid being run down in traffic. Then he developed a swollen, or milk, leg. With these disabilities, Brewster tramped the streets for six months before he caught up with his drawing account. Today, at fifty, still hampered by his physical handicaps, he is making his calls and is earning around \$400 a month.

For the Brewsters, the Martins, the Watkinses, the Tracys, and the other reformed alcoholics, congenial company is now available wherever they happen to be. In the larger cities, A.A.'s meet one another daily at lunch in favored restaurants. The Cleveland groups give big parties on New Year's and other holidays, at which gallons of coffee and soft drinks are consumed. Chicago holds open house on Friday, Saturday and Sunday--alternately, on the North, West, and South Sides--so that no

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lonesome A.A. need revert to liquor over the weekend for lack of companionship. Some play cribbage or bridge, the winner of each hand contributing to a kitty for paying entertainment expenses. The others listen to the radio, dance, eat or just talk. All alcoholics, drunk or sober, like to gab. They are among the most society-loving people in the world, which may help to explain why they got to be alcoholics in the first place.

Source: The Saturday Evening Post, March 1, 1941



“Why aren’t the donuts fresh, and who watered down that coffee?”

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