

# NNIG MONTHLY MEETING SPEAKER



December 8th - 7:00 pm  
Group: A Way Home  
Wesley I., Calabasas, CA

Silver Legacy - 407 North Virginia St., Reno - Doors open at 6:30

## October, 2018

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#### GENERAL WARRANTIES OF THE NORTHERN NEVADA INTERGROUP ASSOCIATION OF ALCOHOLICS ANONYMOUS

In all its proceedings, the Intergroup Association observes the spirit of AA Traditions, taking great care that the Intergroup Association never becomes the seat of perilous wealth or power; that sufficient operating funds, plus a reserve be its prudent financial principal; that none of the Intergroup Association members shall ever be placed in a position of unqualified authority over any of the others; that all important decision be reached by discussion, vote and whenever possible, substantial unanimity; that no Intergroup Association action ever be personally punitive or an incitement to public controversy; that though the Intergroup Association may act for the service of AA Groups in the Northern Nevada area and parts of Northern California, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous, the Intergroup Association itself will always remain democratic in thought and action.

*(The above is adapted and modified from "The AA Service Manual", and AA Co-Founder Bill W's. Twelve Concepts for World Service; Concept XII, as adopted by the General Service Conference on April 26, 1962. This adaptation of copyrighted AA material has been approved by the General Service Board)*

#### CENTRAL OFFICE

436 S. Rock Blvd.,  
Sparks, NV 89431  
Monday thru Friday  
9:00 AM to 5:00 PM

Saturday 9:00 AM to 1:00 PM

**24 Hour Answering Service:**

**(775) 355-1151 Fax: (775) 355-1560**

**EMAIL: officemanager@nnig.org**

**Web Site/Meeting Schedule: nnig.org**

**The Bracer: nnigbracer@gmail.com**

# The Bracer



## NORTHERN NEVADA INTERGROUP

# A special bond

I remember lockdown during the holidays. My experience of lockdown was medical in nature, not due to incarceration. I was in treatment twice, a psychiatric unit once, and I was admitted to a medical hospital on two occasions, all due to complications of my drinking. I cannot speak to the anguish of long-term incarceration. I only know about prison vicariously, through my correspondence with women serving out felony sentences.

These women convey to me their feelings of hopelessness and despair, especially at this time of year when joyful memories pervade our thinking. In isolation, it is easy to have our thoughts flooded with, If only, and, Why me?

Today, when I receive a letter from one of these women, everything else is pushed to the side and I luxuriate in the written words from someone I've only met through these scribbled pages. And I am on my computer replying in minutes. It is an extraordinary bond of friendship that brings me more support and strength than I can ever offer in return. That is the mystery of Twelfth Step work.

The holidays provide me with the perfect time to reach out and establish a bond of friendship with someone suffering the loneliness and isolation of incarceration. Connecting with a person in prison allows us to step out of our own wants and needs and think of the alcoholic who still suffers, whether that involves taking a meeting to a treatment center or working with our local Correctional Facility Committee to be put in touch with an inmate in need.

A simple touch inside those walls, where isolation can rule supreme, has been life-changing for me, and I hope it has been for those I've been allowed to contact. I know that, but for the grace of God, there go I. I know that lockup certainly awaits me again if I ever veer off this path.

Through the gift of exchanged communication, I believe the walls of isolation come down and hope can enter the room.

Anne A., San Antonio, TX  
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# NNIG EVENTS

EVENTS HOSTED BY NORTHERN NEVADA INTERGROUP TO SUPPORT CENTRAL OFFICE

**NNIG Monthly Speaker Meetings**  
Silver Legacy – 407 North Virginia Street, Reno 89501



Monthly Speaker Meeting  
Doors open at 6:30 PM  
Speaker at 7:00 PM



**September 8, 2018**  
Host Group — Keep It Simple, Driars 8:30pm Friday  
Speaker — Tom H. (Reno, NV)  
Location — Silver Baron C, D & E

**October 12-14, 2018**  
**Canceled due to Sierra Nevada Fall Roundup**  
Nugget Resort & Casino – 8:00pm Speaker Friday & Saturday

**November 3, 2018**  
**Canceled due to Gratitude Dinner**  
Eldorado Hotel Casino – 7:30pm Speaker

**December 8, 2018**  
Host Group — A Way Home, Good Shepherd Church 5:30pm Friday  
Speaker — Wesley I. (Calabasas, CA)  
Location — Silver Baron 1-6

**January 12, 2019**  
Host Group — Support Hose, Driars 4pm Sunday  
Speaker — Rachael G. (Santa Rosa, CA)  
Location — Silver Baron 1-6

**February 9, 2019**  
Host Group — Beginners Are Winners, Triangle 6:45am  
Speaker — TBD  
Location — Silver Baron 1-6

**March 9, 2019**  
Host Group — Sisters of Sobriety, Buddhist Church 6pm Tuesday  
Speaker — Ilene W. (Los Angeles, CA)  
Location — Silver Baron 1-6

NNIG Speaker Chair: Brian A.  
Speaker Co-Chair: Open  
Need more info call: Central Office – (775) 355-1151  
Join us for dinner at Millie's 24 inside the Eldorado @ 5 pm with the speaker



**I AM RESPONSIBLE**

*When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that I am responsible.*



## MORE AREA EVENTS

District 16  
**32<sup>nd</sup> Annual Christmas Affair**  
A.A. – A Solution for All Generations

Saturday December 8<sup>th</sup> 2018  
12:00 to 5:00 PM

Sparks Masonic Center  
2425 Pyramid Way, Sparks, NV.

Come all for food, fun and fellowship!  
Please bring a salad or a dessert to share!!!

Service Panel Discussion: \*12:30 PM  
A.A. – A Solution for All Generations

Santa: \*1:30 PM

Turkey Dinner with all the Fixings: \*3:00 PM

Speaker: Barbara M. \*3:30 PM  
Raffle: \*4:30 PM

\*All times are approximate

**\$5.00 Suggested Contribution**

For raffle prize contributions or information please call:  
Stacy P. (775) 830-9840

Monday  
Dec. 31, 2018

**New Year's Eve  
Alcathon!**



### New Year's Eve Back-to-Back Meeting Event

Newcomers, long timers, and everyone in between, please drop by for a meeting, food, fun & fellowship as we see in the new year.

Hourly 50-minute meeting times & secretaries:

7:00 p.m. <u>Jyoti N.</u>	10:00 p.m. <u>Ryan N.</u>
8:00 p.m. <u>Peggy H.</u>	11:00 p.m. <u>Jon B.</u>
9:00 p.m. <u>Dana W.</u>	12 midnight <u>Marilyn P.</u>

and 1 a.m. & longer for folks in need ...

For more info, contact aadistrict8dcm@gmail.com.

**St. Timothy's Church**  
**700 Hobson Street**

between Elm & Keough streets, in Bishop, CA

**Chili will be served. Potluck additions welcomed.**

Possible lull-time activities: table games, the Big Book Game, music, speaker CDs, DVDs ...

## Dear NNIG Fellowship,

Volunteer hours- 102.15 hours

*Calls into Central Office:  
 Calls for AA help - 18  
 Calls for Alanon/Alateen -5  
 Meeting information- 61  
 Retail / merchandise-14  
 Other 12 step programs-3  
 Events - 20  
 Business/Central office- 77  
 Visitors - 248*

*The office has been busy this month especially with 12 step calls, Halloween and the Gratitude Dinner. The volunteers and staff have been doing an excellent job of greeting people with care and understanding that are new to Alcoholics Anonymous whether they come in or on the phone. We would like to thank all who stopped by the Central Office table at the Fall Round-Up. It makes the long hours' worth it to see our fellowships smiling faces. The new office hours for Saturdays has been changed and we are now able to answer the phone while open. Just a reminder the office will be closed on Thanksgiving Day and the day after.*

**Ronda**  
*Central Office Manager*

# The Birthday Club

### October 2018

Sharon F. 34 Years

### September 2017

Mike H. 23 years

### August 2018

Kim D. 41 years

Tonia 17 years

Danny S. 16 years

### July 2018

Paul M. 27 Years

Linda 26 Years

Sandra 23 years

Barbara M. 43 years

Joanne P. 6 years

### June 2018

Kyle 36 Years

### May 2018

Susanne T. 24 Years

Donn T 28 Years

### April 2018

Ron T 7 Years

Jack W. 33 Years

### March 2018

Kent L. 36 Years

### January 2018

Joan H. 47 Years

### November 2017

Leslie S. 20 Years



Did you know you can share your sobriety and gratitude in a practical way by joining the A.A. Birthday Club? Sign Up today be featured in the

Show your Support for your NNIG Central Office and join the Birthday Club

A donation of only one dollar for every year of your Sobriety Birthday. Envelopes available at Central Office,

## The Bunker Group

Book Study  
 5:30 PM Monday  
 255 VFW Historic Lane  
**Reno, NV**

## H.O.W. Group

Monday 8:00 pm  
 Alano Club  
 (TV Room)  
 1640 Prater Way  
**Sparks, NV**

## A.L.O.H.A.

12:00 PM Daily  
 Triangle Club  
 635 S. Wells Ave.  
**Reno, NV**

### AA ANSWERING SERVICE NUMBERS

Reno, Sparks, Carson City and all of Northern Nevada: (775) 355-1151  
 Las Vegas and all of Southern Nevada: (702) 598-1888  
 Mammoth Lake: (760) 934-3434  
 North Lake Tahoe: (530) 546-1126  
 South Lake Tahoe: (530) 541-1243  
 Susanville, CA: (530) 257-2880

## Brown Baggers Discussion

Monday-Saturday 12:00 PM  
 Daily 7:00 PM  
 110 West Carlos Street  
**Alturas, CA**

## Wednesday Night Live

Wednesday 7 PM  
 1375 Centerville Lane  
**Minden, NV**

### N.N.I.G. STEERING COMMITTEE

Last Tuesday of each month, 5:30 PM  
Central Office, 436 S. Rock Blvd., Sparks

### N.N.I.G. BUSINESS MEETING

First Tuesday of each month, 6:30 PM  
Alano Club, 1640 Prater Way, Sparks

### N.N.I.G. MONTHLY SPEAKER MEETING

7:00 PM Silver Legacy - Silver Baron A

### N.N.I.G. CPC/PI

Second Sunday of each month, 2:00 – 3:30 PM  
Central Office 436 S. Rock Blvd., Sparks

### N.N.I.G. H&I

Last Thursday of each month, 5:15 PM  
Central Office 436 S. Rock Blvd., Sparks

### COMMITTEE MEETINGS

#### H&I, BRIDGING THE GAP

LAST THURSDAY OF EACH MONTH AT  
5:15 PM, CENTRAL OFFICE

**CPC/PI** 2<sup>ND</sup> SUNDAY OF EACH MONTH,  
2:00 PM. CENTRAL OFFICE

### YPAA MEETINGS

**TITYPAA**, 1<sup>ST</sup> & 3<sup>RD</sup> SUNDAY 6:30  
PM, 8425 DOLLY VARDEN AVE, KINGS  
BEACH, CA

**RENVYPAA** 2<sup>ND</sup>&4<sup>TH</sup> SUNDAY 4:00  
PM, 635 WELLS AVE., UPSTAIRS

## District Meetings

**DISTRICT-2** Second Thursday of each month, 6:30 PM-Reno  
Central Office, 436 S. Rock Blvd. Reno

**DISTRICT 4** First Thursday of each month, 7:00 PM-Reno  
Triangle Club, 635 S. Wells Avenue Reno

**DISTRICT 6** 2<sup>nd</sup> Sunday of even numbered months-For  
information email [district6@nevadaarea42.org](mailto:district6@nevadaarea42.org)

**DISTRICT 8** First Sunday, 3:30 p.m. on odd months  
Call (760) 937-8407

**DISTRICT 10A** Third Sunday of every other month, 1:30 PM  
680 River St. Elko, NV

**DISTRICT 10B** Last Sunday Odd Numbered Months @  
10:00AM Rotating Group Locations –  
Call (775)403-0869

**DISTRICT 11** Only holds meetings 4 time a year, call DCM

**DISTRICT 12** 2nd Saturday of each Month at 5:00 PM- 457  
Esmeralda Street Wolf Center, Fallon NV

**DISTRICT 14** 3<sup>rd</sup> Mon of each "Odd" month at 6:00 PM -265  
Bear Street in Kings Beach CA

**DISTRICT 16** Meeting is held 3rd Tuesday of the month  
Sparks Family Christian Church 510 Greenbrae  
Blvd 6:00PM-7:00PM

**DISTRICT 18** DARK DISTRICT

**DISTRICT 20** First Saturday of every month 1:30 PM- 50  
South Weatherlow, Susanville

**DISTRICT 22** Last Saturday of each Month at 5:00 PM 433  
Pyramid Way

*Volunteers are needed to take meetings into hospitals, institutions  
and treatment centers. Please contact Central Office or Treatment  
Chair Rob L. for more information.*

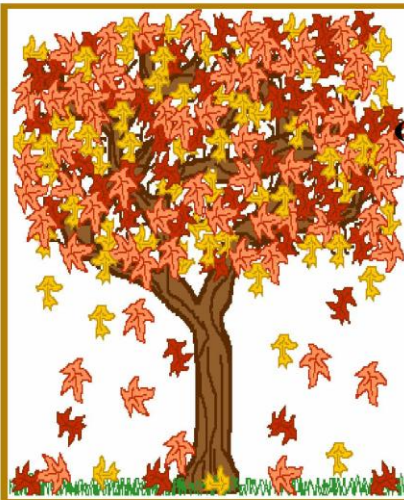
### AREA CLUBS

#### Reno / Sparks Clubs

Alano Club Sparks, 1640 Prater Way (775) 359-2727  
Driars Club Reno 345 S. Wells Avenue (775) 324-9210  
Triangle Club Reno 635 S Wells Avenue (775) 324-7977

#### Clubs outside Reno/Sparks Area

Alano Club Carson City, 1800 HWY 50 East (775) 882-0443  
Bishop Alano Club (760) 873-6700  
Elko Alano Club (775) 738-4747  
Las Vegas Triangle Club (702) 435-0597  
South Lake Tahoe (530) 541-1243



### 2018 HOLIDAY SCHEDULE CENTRAL OFFICE

Thursday November 22,  
2018 Thanksgiving –  
Closed

Friday November 23,  
2018 Family Day – Closed

Tuesday December 25,  
2018 Christmas Day –  
Closed

Monday December 31,  
2018 Inventory – Closed  
Tuesday January 1, 2019 –  
New Year's Day – Closed



**KEEP CALM  
&  
BE OF  
SERVICE**

**Submit this form or call Central Office to get on the list.**

## 12 STEP Volunteer Application Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_

Gender: Male \_\_\_ Female \_\_\_

Phone # \_\_\_\_\_

Location/City: \_\_\_\_\_

Available: Days: \_\_\_\_\_

Times: \_\_\_\_\_

# Too Many Beds

**All this newcomer wanted was something to sleep on. Be careful what you pray for**



*When I first came into AA, I walked away from a marriage of almost 20 years because I didn't know how to stay in the marriage and also stay sober. I got my own apartment but had very limited funds, so I slept on a mat on the floor. One old-timer told us newcomers to make our bed every day, so I arranged my sheets neatly over my floor-mat each morning.*

*There were so many things I wanted, such as dishes, furniture and a TV. Above all, I wanted my children, ages 13 and 15, to forgive me for leaving home. So I began praying for help with my children. And I also prayed for a bed. Gradually, I saved enough money to buy a bed—with the twin size mattress that I still use today. I worked the Steps and started repairing my relationships with my children. During that time, I gained a great appreciation for how precious they are to me. Every night, kneeling at my bedside, I would say prayers of gratitude for my children, for my car, for my apartment—and for my bed.*

*My daughter, who was older, took a long time to forgive me; months went by before she was even willing to speak to me again. But things improved over time. By the time she graduated from high school she decided to move in with me because I live closer to the inner-city college she wanted to attend. So I rented a larger apartment with another bedroom, and she moved in with her own bed and piles of the stuff that teenagers like to have around.*

*My son, who was younger, had been staying with me as often as he could from the time when I first moved out. He slept on the futon that doubled as a sofa in the living room. Though he and I were close, the divorce took its toll on him and he ended up spending seven months in a treatment center. When he got out, he was committed to staying sober and chose to live with me because I was in a better position to support his recovery. Part of his program included attending a nearby high school for sober teens and participating in a recovery group designed to support young people in recovery.*

*Houston has several of these groups for teens, and they require frequent attendance at AA meetings, getting a sponsor, and working the Steps. The kids in the group stick together, attend sober activities, and often stay overnight at each others' homes. Over time, our apartment has become a popular place to stay, so I've accumulated several extra mattresses, including the futon mat that we "retired" from duty as a bed. Sometimes I think I have too many beds! Recently I spent a long, exhausting day moving the last of my possessions out of the house we once all shared as a family. As I finally got back to my apartment late with lots of boxes stuffed into my car, I wondered what I'd do with all those boxes. I didn't want to leave them in my car overnight, but I was too tired to move them inside. When I walked through my apartment door, my son and six of his friends were there playing a videogame. With one mention about the boxes in my car, they got up and brought the boxes inside. I felt such relief that I didn't need to lift a finger. And I also felt gratitude. I had been feeling sad about emptying out the house that day—sad, and a little lonely. But coming back to a home full of young people didn't allow room for loneliness. Having the boys stay with us that night was a gift. Not only did they carry the boxes for me, they helped me see that I have a new family through the program and the service I offer by opening my home to these sober young people (within limits, of course!).*

*The next morning I was up early to attend my AA meeting. I had to tiptoe carefully across the floor on my way to the door. The living room was covered with mattresses—and kids—in every shape and color. I thought about my early days in AA when I was alone in an empty apartment as a newcomer, praying for a bed. I saw how far I've come, and how abundantly my prayers have been answered.*

# NNIG FINANCIAL REPORT

## NNIG/Central Office Group Contributions 2018

Group	October	YTD	Group	October	YTD
3rd Tradition Secular Group		50.00	Happy Hour Reno		800.00
A Way Home	68.00	143.90	Incline to be Sober		0.00
Alano Afternoon Serenity		0.00	Janesville Moment to Moment		0.00
Alano Brown Baggers		400.00	Kings Beach AA Golden Group	95.00	731.00
Alano Dawn Patrol		100.00	Knuckleheads		0.00
Alano Jaywalkers		0.00	Ladies of the Evening		73.44
Alano Keep it Simple		0.00	Ladies of the Lake	30.06	143.21
Alano Shake' m Up Group		0.00			
Alano Sunday Morning Speaker		204.00	Mammoth Lakes Group		50.00
Twilight Zone	62.50	273.50	McGill NV Freedom Group		25.00
Alano Sunshine Group		500.00	Minden Language of the Heart		80.00
Alano There is a Solution		0.00	Minden Saturday Night Fever		175.00
Alano Women in Recovery		43.41	Minden Stephanie Way Group		362.03
Amen Maintenance Meeting	150.00	310.00	Minden/Gardnerville Group	80.00	1045.00
Austin Group		82.50	Mt Rose Recovery Room		1333.00
Back to Basics Saturday Night	190.00	626.00	NNIG Business Meeting	27.75	298.61
Back Room Group		218.69			
Bare Bones		127.00	Our Common Welfare		60.00
Battle Mountain Fellowship	10.00	100.00	Out and Sober		30.00
Bishop Group		0.00	Page by Page		0.00
Blairsdan Greagle Group		0.00	Portola Group		620.00
Bridgeport High Sierra Group		0.00	Positive Acceptance Group		443.40
Buena Vista Group		0.00	Pyramid Way Discussion Group		20.00
Caring & Sharing in Stead		317.46	Quincy Fellowship		10.00
Carlin Crystal Light Group		0.00	RTC ABC Group		0.00
Carson AA Way of Life		200.00	RTC Afternoon Delight		150.00
Carson After Shifters		102.60	RTC Almost Heaven	100.00	650.00
Carson Back to Basics		0.00	RTC Aloha Group		500.00
Carson Big Book Babes		0.00	RTC Beginners are Winners		1050.00
Carson Big Book Experience		29.00	RTC How We Stay Stopped		80.00
Carson Brown Baggers		1006.00	RTC Just for Today Women		150.00
Carson Drunk Squad		199.00	RTC Little Rascals	50.00	150.00
Carson Early Birds		1969.27	RTC Lost and Found		0.00
Carson Happy Hour		50.00	RTC Men's Trudgers		210.00
Carson Jay-Walkers Men's		100.00	RTC Mid Day Group		100.00
Carson Men's NO BS Stag	55.50	81.50	RTC Mon Night Grapevine		0.00
Carson Sandbaggers		42.00	RTC Monday Night Men's		200.00
Carson Sunday Morning Fire Station		19.21	RTC New Awakenings Group	186.25	1029.68
Carson Sunday Night Step Study		250.00	RTC Not a Glum Lot		0.00
Carson Valley Gratitude		0.00	RTC Seniors in Sobriety		150.00
Carson Dr. Bob's Nightngales		48.50	RTC Sober N Sane		50.00
Chester Fellowship	43.92	73.84	RTC Women's Literature Study		0.00
Choices		100.00	RTC Women on Wednesday		0.00
Cornerstone Group		481.29	Serenity Sisters		133.05
Crystal Bay Nooners		0.00	Sierraville Sunday Night		0.00
Dayton Fellowship Hall	250.00	550.00	Silver Springs Groups	25.00	300.00
Dayton Friday Night Rule 62		0.00	Sisters in Sobriety		85.94
Dayton Sunday Morning		321.00	Slide Mountain Serenity		20.00
District 6		0.00	South Reno on Sunday		525.00
District 12	500.00	500.00	South Shore Group		75.00
District 14		150.00	Southside Group	252.07	4900.66
District 22		0.00	Stagecoach Friends of Bill		85.00
Driar's 4th Dimension		0.00	Step 1		0.00
Driar's Keep It Simple		0.00	Sunday New Beginnings		0.00
Driar's Club Lunch Bunch		0.00	Sunnyside Big Book Study		0.00
Driar's Serenity Night Owls		0.00	Sunnyside Group		2055.00
Driar's Support Hose		0.00	Susanville Thursday Night	50.00	250.00
Driar's Positive Step		66.50	Susanville Wed Womens		0.00
End of the Road Group		0.00	Tahoe City Fellowship		0.00
Eye Operner	280.00	1195.00	The Rock Group	82.00	327.00
Fallon The Real Lunch Bunch	73.60	291.50	Truckee Dawn Patrol		0.00
Fernley Groups	200.00	400.00	Truckee Fellowship		200.00
Fallon Language of the Heart		250.00	Truckee River Men's Stag		1400.00
Fireside Group		800.00	Verdi Bookies		152.00
Galena Friday Night		201.00	Virginia City Plug in the Jug		100.00
Gardnerville Roadside Group		0.00	Wed Night Beginners		202.60
Gardnerville Wed Night Live		23.00	Westwood AA		0.00
Greenville Group	40.00	40.00	Westwood Monday Night		0.00
Ground Zero		368.30	Whole in the Ground Sunnyside	250.00	450.00
Grupo Accion		81.00	Winnemucca Serenity Seekers		0.00
Grupo Fe Y Esoeranza		0.00	Winnemucca Three Legacies		0.00
Grupo La Nueva Esperanza		0.00	Women's 24 Hours A Day		100.00
Grupo La Nueva Luz	20.00	200.00	Women's New Beginnings		198.00
Grupo Nueva Vida	10.00	100.00	Women Down and Dirty		95.00
Grupo Latino		0.00	Women's New Harmony		135.00
RENVYPAA		300.00	Young at Heart		0.00
Grupo Solo Por Hoy	40.00	110.00			
			<b>Total</b>	<b>3,221.65</b>	<b>36,754.59</b>

# PROFIT & LOSS STATEMENT

Northern Nevada Intergroup  
Profit & Loss YTD Comparison  
October 2018

9:32 AM  
11/08/18  
Accrual Basis

	Oct 18	Oct 17	Jan - Oct 18
<b>Ordinary Income/Expense</b>			
<b>Income</b>			
4000 - Income - General			
4500 - Faithful Fivers	10.00	70.00	1,060.00
4300 - Bracer Subscriptions	100.00	0.00	197.00
4800 - Other Copy Reimbursements	12.50	20.00	664.50
4500 - Individual Contributions	121.90	104.11	10,736.77
4550 - Group Contributions	3,221.65	4,334.47	35,440.30
4200 - Birthday Contributions	34.00	38.00	718.00
<b>Total 4000 - Income - General</b>	<b>3,489.15</b>	<b>4,567.58</b>	<b>48,818.57</b>
4002 - Income - Event Revenues			
<b>Event Revenues</b>			
New Year's Day Gala			
4412 - Revenue	0.00	0.00	250.00
<b>Total New Year's Day Gala</b>	<b>0.00</b>	<b>0.00</b>	<b>250.00</b>
Halloween Party			
4420 - Revenue	1,836.11	2,252.06	1,746.11
4425 - Expenses	-1,450.50	-1,795.49	-1,822.02
<b>Total Halloween Party</b>	<b>385.61</b>	<b>456.57</b>	<b>-75.91</b>
Gratitude Dinner			
4435 - Expenses	-2,100.00	0.00	-2,100.00
<b>Total Gratitude Dinner</b>	<b>-2,100.00</b>	<b>0.00</b>	<b>-2,100.00</b>
Speaker Meeting			
4440 - Revenue	0.00	430.00	3,211.47
4445 - Expenses	-448.36	-75.00	-2,234.32
Speaker Meeting - Other	0.00	0.00	420.95
<b>Total Speaker Meeting</b>	<b>-448.36</b>	<b>355.00</b>	<b>1,398.10</b>
4499 - Campout			
Founders Day Picnic			
4470 - Revenue	0.00	0.00	1,274.00
4475 - Expenses	0.00	0.00	-1,032.08
<b>Total Founders Day Picnic</b>	<b>0.00</b>	<b>0.00</b>	<b>241.92</b>
Corned Beef & Cribbage			
4480 - Revenue	0.00	0.00	4,890.53
4485 - Expenses	0.00	0.00	-2,770.88
<b>Total Corned Beef &amp; Cribbage</b>	<b>0.00</b>	<b>0.00</b>	<b>1,924.65</b>
<b>Total Event Revenues</b>	<b>-2,362.75</b>	<b>811.57</b>	<b>2,138.76</b>
4002 - Income - Event Revenues	-2,362.75	811.57	2,138.76
4003 - Event Revenues - Other			
4120 - Reno Spring Festival	0.00	0.00	1,475.00
4100 - Serenity in the Sierras	0.00	300.00	0.00
<b>Total 4003 - Event Revenues - Other</b>	<b>0.00</b>	<b>300.00</b>	<b>1,475.00</b>
4004 - Income - Merchandise Sales			
4700 - Merchandise Sales	11,133.19	8,392.23	75,835.78
4004 - Income - Merchandise Sales - Other	4.50	0.00	8.00
<b>Total 4004 - Income - Merchandise Sales</b>	<b>11,137.69</b>	<b>8,352.23</b>	<b>75,844.78</b>
4800 - Interest Income	1.10	1.38	15.09
<b>Total Income</b>	<b>12,275.10</b>	<b>14,032.76</b>	<b>128,290.20</b>
<b>Cost of Goods Sold</b>			
5000 - Cost of Goods Sold	6,371.54	4,766.43	42,482.23
<b>Total COGS</b>	<b>6,371.54</b>	<b>4,766.43</b>	<b>42,482.23</b>
<b>Gross Profit</b>	<b>5,903.46</b>	<b>9,266.28</b>	<b>85,807.97</b>
<b>Expense</b>			
5100 - Bank Fees and charges	0.00	-0.66	9.00
5120 - Professional Fees	0.00	0.00	3,480.00
5190 - Cash Over/Short	0.00	0.00	25.00
5180 - CC Service Fees	156.72	197.39	1,902.82
5181 - Convention expenses	44.98	335.00	158.48
5210 - Storage Unit	90.00	80.00	900.00
5220 - Shipping Charges	215.75	44.80	612.89
5230 - Alarm System	0.00	0.00	913.13
5235 - Committee Expenses	509.00	0.00	638.97
5240 - Compensation			
5240.1 - Wages - Director	2,846.25	0.00	27,766.55
5240.2 - Wages - Assistant	729.00	0.00	9,315.45
5240 - Compensation - Other	0.00	3,958.00	420.00
<b>Total 5240 - Compensation</b>	<b>3,575.25</b>	<b>3,958.00</b>	<b>37,502.00</b>
5250 - Computer expenses	0.00	0.00	285.54
5260 - Copier Lease	597.47	439.76	3,435.29
5270 - Insurance Business/Workers Comp	0.00	0.00	1,158.00
5280 - Membership, Dues & Publications	0.00	0.00	0.00
5285 - Mileage Reimbursement	0.00	0.00	70.00
5290 - Office Supplies	130.89	437.85	1,513.56
5310 - Paper	0.00	52.29	398.99
5320 - Payroll Tax Expense	280.86	302.79	3,230.54
5325 - Payroll Processing Fee	117.16	86.22	1,044.58
5330 - Postage	0.00	0.00	192.06
5340 - Rent	781.00	788.00	7,810.00
5350 - Repairs & Maintenance	0.00	0.00	489.81
5360 - Taxes & Licenses	0.00	0.00	320.00
5370 - Telephone	924.46	473.53	8,803.02
5380 - Trash	30.54	28.97	302.22
5390 - Utilities	134.24	107.48	882.40
5399 - Uncategorizd Expenses	0.00	0.00	345.00
<b>Total Expense</b>	<b>7,581.56</b>	<b>7,489.02</b>	<b>76,453.82</b>
<b>Net Ordinary Income</b>	<b>-1,656.10</b>	<b>1,777.26</b>	<b>9,374.15</b>
<b>Other Income/Expense</b>			
Other Expense			
5400 - Physical inventory adjustment	0.00	0.00	-8.75
<b>Total Other Expense</b>	<b>0.00</b>	<b>0.00</b>	<b>-8.75</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>8.75</b>
<b>Net Income</b>	<b>-1,656.10</b>	<b>1,777.26</b>	<b>9,382.80</b>

# PINK CAN CONTRIBUTIONS

Pink Can Contributions - Hospitals and Institutions  
Group Contributions 2018 YTD

Group	October	YTD Total
4th Dimension	58.23	712.46
A Way Home	14.00	14.00
Alano Afternoon Serenity		314.85
Alano Brown Baggers		139.00
Alano Club Jay Walkers	106.26	688.24
Alano Dawn Patrol	45.00	458.00
Alano Sunday Morning Speaker		173.00
Alano Sunshine Group	28.52	577.34
Alano Women in Recovery		104.00
Back Room Group		126.59
Serenity on Sunday		125.00
Battle Mountain Group	31.00	299.00
Caring and Sharing Stead		332.11
Carson Alter Shifters		777.65
Carson Big Book Babes		0.00
Carson City Early Birds		2062.10
Carson City Sunday Fire station	52.30	866.30
Carson City Happy Hour	106.00	1250.00
Carson Sand Baggers	600.00	1200.00
Carson Men's No BS	97.30	148.02
Carson Sisters in Sobriety		26.00
Corner Stone Group	90.00	339.00
Carson City Women's Down & Dirty		23.00
Dayton Sunday Morning		134.66
Driars Keep it Simple	113.00	113.00
Ground Zero	29.83	29.83
End of the Road Group	27.00	142.00
Eye Opener	260.00	927.00
Fernley Groups		247.00
Fireseed Group		81.48
Grayeagle		69.00
Happy Hour		892.10
Individual		33.00
Incline to be Sober		0.00
Kings Beach AA Golden Group	77.00	552.00
Knuckle Heads		0.00
Ladies of the Evening		113.00
Minden Gardenville Group	303.56	3990.56
Minden Wednesday Night Live	34.00	86.00
Minden Stephanie Way Group	121.80	2,119.05
Minden Saturday Night Fever		450.49
Mount Rose Recovery Group		277.94
Northern California H&I		0.00
Out and Sober		73.05
Portola Group		338.00
Positive Step		0.00
Pyramid Way Group		182.96
RTC Almost Heaven	50.00	225.00
RTC ALOHA		15.00
Staying Sober		23.00
Seniors in Sobriety	59.25	186.25
Salvation Army	25.94	25.94
Sierraville Book Study		19.00
Slide Mountain Serenity		152.75
Support Hose		0.00
South Reno on Sunday		87.81
Southside Group	126.00	963.92
Step 2		43.91
Sunnyside	82.56	644.91
The Rock Group		47.00
Truckee Bookies		9.65
Truckee River Men's	186.00	878.00
Verdi Bookies	95.00	395.43
Verdi Greener Pastures	42.00	202.96
Virginia City Plug In the Jug		227.02
Wednesday Night Live		41.00
Women's Just For Today		94.00
Women's New Beginnings		144.43
Women's New Harmony		143.39
Women's Night Out		14.06
Women on Wednesday		219.48
Women's 24 Hours A Day		0.00
Young At Heart		0.00
<b>October Income/YTD</b>	<b>2861.55</b>	<b>24511.79</b>
<b>September 2018 Balance Forward</b>	<b>4787.13</b>	<b>4787.13</b>
<b>Account Balance</b>	<b>7604.48</b>	<b>7604.48</b>
<b>October Lit Distributed</b>	<b>4596.55</b>	<b>4596.55</b>
<b>Ending Balance</b>	<b>3052.13</b>	<b>3052.13</b>

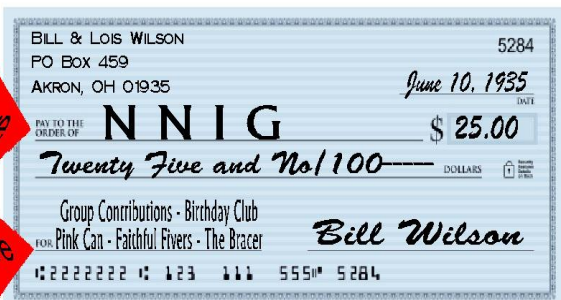
## Distributed Literature 2017 YTD

Facilities	October	YTD Total
<b>AILS &amp; CORRECTIONS</b>		
Carson City Jail		1298.00
Carson City Warm Springs	683.70	1672.80
NNCC Carson Prison		50.00
Douglas County Jail		0.00
Church Hill County Jail		312.00
Lander County Jail		134.66
High Desert State Prison	716.25	3744.90
Humboldt County Jail		0.00
Jan Evans Detention Center	400.00	1030.00
California Correction Center (Susanv)	979.90	979.90
Lakes Crossing		0.00
Lovelock Prison		0.00
NN Transitional Housing		48.00
Stewart Corrections Camp	648.00	2075.14
Washoe County - Parr	684.20	1442.20
Washoe Courts - SB277		0.00
Wells Conservation Camp		0.00
<b>TREATMENT &amp; HOSPITALS</b>		
Brilliance - Residential		2187.15
Carson Behavioral Health		400.00
Center for Hope		120.00
Carson Tahoe Detox		0.00
Crossroads - Main Campus		850.55
Crossroads - River House		1094.80
Empowerment Center Women	480.00	480.00
Gospel Mission		0.00
New Frontiers - Fallon		0.00
NN Adult Mental Health Services		538.25
Renown Behavioral Health		83.35
Ridge House		0.00
Saint Vincent's		0.00
Salvation Army		890.00
Step 2 - Men		1510.00
Step 2 - Women		507.00
Sun Shine Committee - Hospitals		0.00
VA Hospital		0.00
West Care		550.00
West Hills		7.00
AA GRAPEVINE/LA VINA		86.91
Office Supplies	4.50	13.08
<b>Total</b>	<b>4596.55</b>	<b>21,960.22</b>
<b>Corrections Chair - Charolett</b>		
<b>Treatment Chair - Rob L (775) 379-4853</b>		
<b>Pink Can Treasurer - Dru G. (775) 815-9924</b>		
<b>Bringing The Gap Chair - Cyndy M. (775)835-2990</b>		

## NNIG ENDING CASH BALANCES October 31, 2018

	Balance	Goal Reserve	Difference
<b>Administrative Funds:</b>			
Cash on Hand	300.00	300.00	-
General Checking	26,151.22	9,000.00	17,151.22
<b>Administrative Balance</b>	<b>26,451.22</b>	<b>9,300.00</b>	<b>17,151.22</b>
<b>Interest Bearing Accounts (Prudent Reserve)</b>			
Savings	25,839.76	26,000.00	(160.24)
CD 1	5,026.89	5,000.00	26.89
CD 2	5,147.13	5,000.00	147.13
	<b>36,013.78</b>	<b>36,000.00</b>	<b>13.78</b>
Hold for Capital Expenditures			13.78
<b>Other Checking Balances:</b>			
Events Balance ***	19,105.00		
Total Cash on Hand (A)	81,570.00		
12 months operating expenses (2017)			108,000.00
Monthly Average			9,000.00
4 months prudent reserve (Rounded UP)			36,000.00
*** Events Funds			
General Events Reserve	4,000.00		
CornedBeef & Cribbage			
Founders Day Picnic			
Halloween Event			
Gratitude Dinner	15,105.00		
New Year's Party			
	<b>19,105.00</b>		

Always write NNIG here  
Where it goes here



# Twelve Steps and the Older Member

## Step Nine: Made direct amends to such people whenever possible except when to do so would injure them or others

ONE of the deeply disturbing things about the Twelve Steps, taken as a whole, is that they never let an alcoholic off the hook, though sometimes they may appear to temporarily. Take the so-called "house-cleaning" steps, for instance.

You've been through the wretchedness of Steps Four through Seven, and then Step Eight comes along and offers a little breather. "Became willing to make amends," it says. Well, that doesn't take much effort, you just sit on your duff and become. No action is required. Then all of a sudden whammo, Step Nine: "Made direct amends. . ."

This Step has always been very unsettling to me, and still is. Not only was I supposed to make amends, but it was to be done directly. No pious change of inner attitude alone would suffice; there also had to be a direct confrontation. For a time I squirmed and weasled, trying to use "except when to do so" as an escape clause. Every time I came close to facing up to the real demand of the Step, I rationalized that any restorative action would "injure" somebody, and let it slide. Finally this evasion became so ridiculous I couldn't kid even myself with it any more. Sooner or later the nasty business would have to be done. Pride would have to be swallowed, humiliation would have to be risked, amends would have to be made to the very people it was hardest to face, often those least understanding of the illness I had witlessly contracted. That was Step Nine. I could put it off, but could never quite duck the fact that the Step would never be properly taken until I had actually done some of these humbling things.

While writing this I looked out my window and saw a bird light on our porch railing. Then he took off, hurling himself on the breeze, trusting in the powers the Creator gave him to overcome, instant to instant, gravity and the tricks of the wind. When finally I came really to terms with the Step it was something like that, blindly throwing myself into situations that at first appeared to be blind alleys of humiliation, and trusting to God to give me the locomotion to carry me out again.

But how I twisted and argued and rationalized before getting down to cases! I even pulled out the one about how the main purpose of this program was to keep sober for a day, and you'd better not complicate it with all this other stuff, like making amends, or you risked getting drunk! "Yes," explained the voices of experience that hover around all AAs, waiting to be listened to, "AA's prime purpose is sobriety." But drinking, they had found, had a connection with thinking. Keeping out from behind the wheel such berserk drivers as anger and resentment was part of maintaining daily sobriety. Anger was a cover-up for fear; fear was the companion of insecurity; insecurity was the certain result of an unjustifiable pride--and the specific medicine for pride was the act of humility.

Frankly, I've never done very well with Step Nine. I've done just barely well enough, evidently, to maintain consecutive daily periods of sobriety. In keeping with the spirit of this series, and in the AA tradition of sharing experience, I'll set

down one or two of the high points of my efforts in this direction.

First of all there's the case of my first wife, Kate (not her real name; non-alcoholics deserve anonymity too!). Kate was put through several of the hottest back rooms of hell because of my drinking. We had two kids and of course they, poor innocents, could not escape. All right, comes the AA miracle and I sober up and the time comes for me to make amends. And then what happens? Kate goes berserk on hate! All the resentment she'd choked back through all those years now spills over in a destructive flood, sweeping before it every token of restitution or apology, smashing the family. Her recent record, however, does not wipe out my old one. That would only be the ancient eye for an eye. I still had to make amends--directly--but how? One day one of the children, who had played over to me on several occasions some of their mother's abuse, began to criticize Kate. I found myself defending her instead of, as was usual, myself. The youngster looked at me in wonder. It put an end to the tug-of-war for the children's loyalties. Slowly Kate began to respond in kind, and the lessening of tension in the children was noticeable. I don't offer this as an example of the right way to make a direct amend. It was indirect and partial, a token. I only report it as the best I could do. It was good enough, apparently, that so far I've been allowed my daily sobriety. There's another case in my story, the case of my mother, much more typical of the business-like working of Step Nine as I have come to understand it. For years I watched from a distance as my mother got older, and lonelier, and sicker, and I was always too drunk or "busy" to be of much help. Mind you, I don't approve of children burying themselves alive for the convenience of aging parents--I don't mean that. But I hadn't been doing even the minimum, decent things: writing, calling up, visiting occasionally, dropping the word of cheer, all the little things that let lonely people know that there is at least one person on earth interested enough to inquire. Finally she was stricken with a critical illness. I was jolted into a realization that somebody had to act. I acted, and in doing so realized that my opportunity--maybe my last one--to make amends had arrived. This was when I threw myself on God's resources as the bird threw himself on the wind. I couldn't afford what I was doing, the money would just have to bethere when it was needed. . .and it was. I couldn't spare the time for the hours of leisurely chatting that helped so much, my work would somehow just have to get done. . .and it did get done. At last I began to have the feeling that in this instance I was meeting the demand of Step Nine--making direct amends.

It doesn't seem to me that it is possible to make really adequate amends, really to "make up for" the past. I know it risks presumption to guess what's on the mind of God, but maybe it's all right to describe the kind of deal it appears to me that He's offering me. It's as if I owed a man a hundred dollars and couldn't pay it, and he said if I'd pay five, and pay it face to face, he'd write off the other ninety-five which I'd never be able to get up anyway, and call it square. We can't really make up for the past in the sense of balancing the books. But evidently the deal is that if we do the best we can, and do it directly, we're all square. These two instances--one of them a qualified failure and one a modified success--kind of sum up what I've learned from the many, many Step Nine attempts I've made.

My deepest feeling is for the wonderful bargain you get. You pay five and you get ninety-five as a free gift. For I feel profoundly that whenever I've made the direct effort, disregarding financial or emotional cost, I've been richer. Something has been set straight somewhere that I thought could never be made right. Somewhere, somehow we're all breathing easier when these things are done.



# NNIG BUSINESS MEETING MINUTES

## Business Meeting Minutes November 6, 2018 @ Alano Club in Sparks, NV

Meeting opened @ 6:30 with the Serenity Prayer; Preamble was read by A.J.; 12 Traditions read by Derek  
Announcements – District 16 Christmas Affair announced, December 8, 2018

October minutes had an error. Correction made by Staci, 2nd by A.J.. Last month Charlotte was elected as the  
Corrections Chair. Vote to accept minutes as corrected passed

### Treasurer's Report – Kathy A

October, treasurers Report approved, unanimously.

### MONTHLY REPORT

Central office report from Ronda H. November 6, 2018- Volunteer hours- 102.15 hours; Calls into Central Office;  
Calls for AA help – 18; Calls for Alanon/Alateen -5; Meeting information- 61; Retail / merchandise-14; Other 12  
step programs-3; Events – 20; Business/Central office- 77; Visitors – 248

The office has been busy this month especially with 12 step calls, Halloween and the Gratitude Dinner. The  
volunteers and staff have been doing an excellent job of greeting people with care and understanding that are new to  
Alcoholics Anonymous whether they come in or on the phone. We would like to thank all who stopped by the  
Central Office table at the Fall Round-Up. It makes the long hours' worth it to see our fellowships smiling faces. The  
new office hours for Saturdays has been changed and we are now able to answer the phone while open. Just a  
reminder the office will be closed on Thanksgiving Day and the day after.

### Service Committee Reports

Activities – Kris reported the Halloween Event lost \$75.00. Speaker was young in sobriety. Committee was also  
young in sobriety. Kris recommended that the individual committees need to have a few “old timers” on the  
committee. Raffle made \$341.00

Answering Service – Ron T reported all positions are filled. Answering Service is still looking for a few more  
alternates.

Bracer – Emily thanked the body for allowing her to be of service

Public Information – Skip reported they have now gone to Sparks High School and Hug High School in the past  
week. Reed High School is scheduled for next month. He also advised the woman who prints their packets asked  
questions about A.A. Her son is now attending meetings.

Corrections – Ashley reported on the procedure to go into the County Jail. Charlotte and Ashley have 3 men  
committed to go into County Jail. They are going to put their efforts in setting up meetings at the County Facility  
located at 911 Parr Blvd.

Treatment – Rob-See attached report. Correction to report, Rob received a call from Reno Behavioral Services  
today. They are not ready for H & I meetings as of yet. River house has changed their meeting time to 5:30.

Bridging The Gap – Cindy advised they are streamlining Bridging the Gap. A lot of phone numbers left to contact  
the person coming out of prison have changed. New contact cards have been made. Cindy passed them out to the  
Intergroup Reps.

Pink Can Treasurer – Dru -See financial report.

Speaker meeting – Brian. December speaker meeting information is on the NNIG Website. Brian is looking for  
host groups for April-December 2019. Discussion on the cancelling of 2 speaker meetings. Brian advised we did  
not have a facility in October.

Sunshine Committee – Staci advised she set up 8 visits for 3 different members this past month.

Web Master – Ollie and his 3 assistants are working on getting a newer, user friendly Web Site. Meeting  
information can be changed by Central Office. He is also working on the Ap that can be downloaded showing  
meetings in the area. Ollie will not be taking this on again. He has been the Web Master for 7 years. Time to rotate  
out.

Area 42 Liaison – Chris- not present

RENVYPAA- Marissa advised the body RENVYPAA business meetings are the 2nd and 4th Sunday at 4:30.  
Business meetings are upstairs at the Triangle Club. The next event will be Comypaa, a speaker and dance on  
November 10th at the Alano Club from 7-11 p.m.

TTIYPAA – Lisa reported their business meeting time will change to 6:00 p.m. They are looking to start a new  
young people's meeting on Sundays. Their next event is November 17th. This is a Turkey dinner/pot luck.

# NNIG BUSINESS MEETING MINUTES CONT'D

Page 10

**Treasurer** – Kathy -See financial report. Lisa motioned to accept the report, A.J. 2nd. Motion carried.

**Intergroup Liaison** – Chris -no report; Ron reported the Steering Committee made a decision on Ronda's employment

**Secretary** – Acting Secretary, Barbara, requested all reports be submitted via e-mail or hard copy at this meeting.

**Vice Chair** – Jamie- not present

**Chair** – Paul reported on some of the details of Ronda's new contract at the Central Office Manager. Paul and Sharon R. are reviewing the next 5 year lease for the current Central Office. Paul wants to make sure the Landlord fixes the things promised before he signs a new contract.

## OLD BUSINESS

Open Chair positions

**CPC Chair** – Ben M. stood and made himself available for this position. Ben gave a brief synopsis of his service work in the past. Ben was unanimously voted into the position as CPC Chair.

Welcome Ben.

**Activities Chair** – Tina made herself available for this position. She also gave a brief history of her service regarding activities. Tina was also elected unanimously as the new Activities Chair

Welcome Tina

Kris advised the New Year's Eve event has been cancelled.

**By-Laws** – Chris G. advised Operating Procedures are now a stand-alone document. The committee have made the changes requested and are now in compliance with our original Articles of Incorporation. Vote taken 22-6.

Minority opinion was heard, changed 1 persons vote. Some reps had left the room. A second vote was taken. 18 yes 5 no. Motion passed to accept the newly written By-laws, Operating Procedures and Employee Guidelines.

Motion to adjourn, 2nd all in favor. Meeting closed with the Responsibility Pledge at 7:40

Respectfully Submitted by

Barbara Moran, Acting Secretary

## NNIG STEERING COMMITTEE MINUTES

**STEERING COMMITTEE MINUTES. October 30 2018 held at Central Office open meeting 5:30pm**

Meeting was called to order at 5:34 by Paul. Roll Call:Paul – Chairman; Jamie – Vice Chair; Ron – Intergroup Liaison ; Kathy – Treasurer; Barbara – Acting Secretary; Ronda – Central Office Manager; Leslie – Visitor; Chris – Liaison; Ben – Visitor

Paul discussed CPC chair opening with Ben. Ben gave us his history of his Trusted Service Positions he has held in the past. He showed some interest in serving as the CPC Chair.

**Treasurers Report – Kathy A** – None.

**Old Business Agenda Items** – Office Manager Discussion on Ronda's employment as the Central Office Manager. Steering Committee has agreed to put Ronda on as a salaried employee. Leslie S., ROCKS. With her knowledge and input, the Steering Committee was able to make an informed decision. Office LeasePaul has been negotiating the next 5 years lease with the landlord. Paul has requested they replace the bathroom floor in Central Office prior to signing the new lease

**New Business Agenda** – Website Paul advised that Ollie and Marshall are working on updating the Website. Paul discussed the AP he discovered done by Santa Clara Valley Intergroup. Ollie is looking into to getting that AP for NNIG. PI Budget. Tom has submitted his budget to be increased to cover finger printing of 5 people. The budget was approved by the Steering Committee Central Office Report

Ronda advised she held a Volunteer/Employee meeting on October 25th. She is training our Volunteers to answer the phone correctly. We are the first voice a lot of alcoholics hear. Ronda advised the Halloween event lost \$75.00. New Year's Eve event does NOT have a chair person. If a Chair person is not found, a budget submitted and a venue chosen, the event will NOT take place.

**Additional Discussion** - Paul advised he received a complaint that 2 "monthly" Speaker Meetings had been cancelled due to other events. Paul would like the Intergroup Reps to discuss this matter.

Chris' reports are always a synopsis of the Steering Committee meeting. Liaison's report is either not necessary or direct information to Intergroup reps that have specific concerns.

Meeting was adjourned at 6:55 PM with the Declaration of Unity.

# Amends Are an Action



Recently a lot of changes have been happening in my life. During times like these I am often forced to take a look at the way things were at one time in my life and to compare them with the way things are today. As always, I am quite impressed with the impact that the Twelve Steps have had on my life. But one particular change really stands out in my mind. I was reminded of it recently while I was standing next to a lake that my father used to live on.

This lake signifies the place where my amends to my father began. At the time I was only fifteen. It was during my second stay at a treatment program for alcoholism. Part of the program was for us to take a home pass.

One day my mother suggested that I take a pass with my father since I usually took them with her. Of course I hadn't thought of that. And so I did--just he and I. I was a little nervous because I'd never spent that much time with him alone in my life up to that point.

After he picked me up, we went to his house. We decided to spend the entire day together talking, so the first thing we did was take a long walk around the lake near his house. That was the first time I ever remembered spending so much time talking to my father. I don't even remember what was said, but I believe it was the beginning of my amends to him.

I don't ever recall saying that I was sorry. We both just explained to each other where we were

coming from. For the first time in my life I saw that my father was very human. I'd always pictured him as a person who was there to lecture me about my grades not being good enough.

About a year and a half later he invited me on a family vacation to a local national park, a place we'd been to years before when I was still drinking. While we were there I made an effort to spend as much time as I could with him. We hiked, went fishing together, and even attended a campfire sing-along program.

Upon returning from the trip, he told me that he wanted to talk to me before I went home. He explained to me that if I had any doubt in my mind that I still owed him amends, as far as he was concerned they were made. He also told me that he loved me and respected my way of life. The way of life he was referring to was the one I had been learning in Alcoholics Anonymous for the last year and a half. At this point in my sobriety I realized the truth in my sponsor's belief that amends were an action and not a simple apology. He had told me that my actions would speak louder than my words.

Finally, a couple of years later I was on a hike with my father when I suddenly felt the need to thank him for something. I wanted to thank him for never questioning a difficult decision I had made to leave a family function in order to go to an AA meeting. His response was that he had never seen someone change to the extent that I had and that he attributed it to my participation in Alcoholics Anonymous. Basically he felt that if AA allowed him to have his son back in his life, he didn't want to keep me from it.

All of these instances remind me of one thing--the power of God and the Twelve Steps to change a person's life from one of utter despair, loneliness, and disaster to one of peace, joy, and usefulness. Since that day by the lake, our relationship has grown stronger and deeper. He is truly one of the best friends that I have in my life. I thank Alcoholics Anonymous for this.

Erik R., Santa Ana, California  
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