

# The DIALog

A PUBLICATION OF THE DALLAS Intergroup ASSOCIATION (est. 1947)



Dallas Central Office | 6162 E Mockingbird Ln, Ste 213, Dallas TX 75214 | 214.887.6699 | www.aadallas.org | help@aadallas.org

## From the Director

**The 10th Annual DIA Chili-Cook-off** has been scheduled for October 22, 2016. Our speaker will be Chris C., from the Frisco Group. The event will take place at the Westside Christian Church, 4711 Westside Drive, Dallas 75209. The church is close to the intersection of Inwood and Mockingbird. We have had our cook-off there before and they have a wonderful, affordable space with an industrial kitchen to use. A detailed agenda will be ready in a couple of weeks, but the event will be from 2pm to 6pm. Start practicing!!

**The Dallas Central Office will celebrate 69 years on Sept. 17, 2016** with Earl H. from California as our guest speaker.

Some very good news is that we do not have to move our office - very far. As we understand it now, we will be moving to the end of the building to Suite 215, which interestingly was our original suite number when we moved to this location in May of 2000. Once we know the details, we will ask members to help us move down the hall! We do not have the exact details at this time. When we do, we will send the information out through our Intergroup Reps. (If your group is not a member of the Dallas Intergroup Association and does not have an Intergroup Rep at our monthly meetings, you are missing out on a lot!!) If you would like to join us, just give me a call. 214-887-6699 from 10am-5pm.

As always, the Central Office needs volunteers for our committees and for the office. If you are interested in giving back to Alcoholics Anonymous, we have many opportunities available from Nightwatch, Treatment, PI/CPC, Jails/Prisons, Speaker Bureau, to our 12th Step List. Have you gone on a 12th Step call and talked to a still suffering alcoholic lately? Or ever? If you are interested, go to the volunteer form on our website ([www.aadallas.org](http://www.aadallas.org)) and fill in the information, checking your areas of interest. We will contact you. If you don't help, who will? "...on A.A. unity depend our lives, and the lives of those to come."

Many thanks to everyone and every group that continues to support us. If you are able to join the Faithful Fiver monthly donation, there is a form in this newsletter or you can give monthly online.

*Janis R., Executive Director*

## This Newsletter Edition

June 10th is Founder's Day, a celebration of the beginning of Alcoholics Anonymous. In keeping with this celebration, we have included an article about the 10th Celebration of A.A.. This installment also continues the discussion of the our Three Legacies with a focus on the 5th and 6th step, tradition, and concept.

When I came into Alcoholics Anonymous in Slaton, TX there was an oldtimer who would say "There are only three options for the alcoholic - locked up, covered up or sobered up." In 1935, those who suffered from alcoholism were considered to be doomed to the insane asylum, jail, or death. On June 10, 1935 in Akron Ohio, the A.A. program began with Bill W. carrying the message of recovery to another alcoholic, Dr. Bob. From this simple meeting, millions of alcoholics worldwide have had a chance at recovery from alcoholism, provided they are willing to "pick up the kit of spiritual tools". Without these two men there would be no Big Book, 12 Steps, 12 Traditions, or 12 Concepts. Each of us owe our lives to these two men.

*PJ HR, DIALog Editor*

## Board Member Spotlight

**From the Intergroup PI/CPC Chair:** I have been involved in service since I had 30 days of sobriety. I have served at all levels in my group Clean Air North and in the A.A. community. Both my sponsor and grand sponsor have served on the Dallas Intergroup Board. When it was my turn, they gave me a nudge and I too stood for and was elected to the DIA Board. This is my 2nd year on the Board and I serve as the Intergroup PI/CPC chair. (PI stands for Public Information and CPC means Cooperation with the Professional Community.) Like all of A.A., the primary purpose of members involved with PI/CPC work is to carry the message to the alcoholic who still suffers. Working together, members of local public information committees convey A.A. information to the general public, including the media, always being mindful of our Traditions and understanding anonymity is of vital importance. This experience is gained by information from Alcoholics Anonymous World Services (A.A.W.S.) and one alcoholic working with another in service work. I am grateful to

be of service.

*Micki BG*

**From the Intergroup Special Needs Chair:** Hi my name is Mike D. I'm an alcoholic. My sobriety date is 3/26/2003 and for that I am very grateful. I became involved in service work at my group early in sobriety. The person at my group who had been the Alternate Intergroup Rep was no longer able to serve so I became the temporary Alternate IG Rep and was later elected to the position. The IG Rep from my home group past away and I served the rest of his term and was elected as the IG Rep for my own two-year term. I was asked to stand for the Intergroup Board. I was elected and currently serve as the Special Needs Chair. It has been a great pleasure to be able to serve the Dallas Intergroup Association.

*Mike D.*

## Step Five:

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

In the Big Book it says “most of us would declare that without a fearless admission of our defects to another human being we could not stay sober”. It says in the 12 & 12 “scarcely any step is more necessary to longtime sobriety and peace of mind than this one”.

At 7 ½ months sober, I had written my inventory but was putting off the 5th Step. I was in a step study with a lady that I was drawn to because of her calmness, sense of serenity and peace. I knew she would be the “understanding and trustworthy person” that our book talks about. I prayed for the willingness to take action and called her the next day. She told me not to have any other plans that day and we would take as long as needed to complete my Step 5.

Before we began, she took my hands and said a prayer inviting God to join us.

As I read, I saw her taking notes. When I was done I knew she had listened as she shared experiences and situations that were like mine. She also pointed out the patterns she heard from my sharing and wrote down my character defects (along with some assets). She wrote down the names of all the people on my 4th step and told me I would need them later. She then asked is there anything else and that for a lot of us there is that one thing we were never going to tell anyone about. I needed to be entirely honest. What I saw over and over was dishonesty and FEAR.

When I walked into her house I was filled with shame, guilt and fear. When we were done I felt loved, not judged and a feeling that I could be forgiven and that I could forgive others, a sense of belonging and not feeling alone. We got on our knees- she held my hands and she said a prayer thanking GOD for the

awareness's, being with us and guiding us through this vital step. Tears streamed down my cheeks.

She told me to go home find a place where I could be quiet for one hour, reading from the Big Book the last paragraph on page 75 and first line on page 76. “ Answer the questions and reflect on what had just happened and thank GOD. “ I felt a sense of relief and I now know a spiritual connection of peace and serenity, which I hadn't felt in a long time.

Since then I have always done Step 5's with my sponsor who knows every single thing about me. I have had the privilege of hearing 5th steps and seeing the women in my life walk into the room with FEAR and leave with their faces relaxed and their shoulders down. What a beautiful gift. Thank you for my life Alcoholics Anonymous.

*JoAnn M., Legacy Group*

## Step Six:

I have to admit that like with many of the steps on which I was inclined to balk, I first wanted to examine the wording. How would one really know if they were entirely ready? Would I want all of the character defects I used to manipulate through life removed? I am grateful that my sponsor ask me to answer those questions. For someone like me who lied in my own diary as a kid, that was a tall order. I clearly saw that for as long as I could remember I was taking actions that only brought me harm over and over again, expecting them to work. I realized that I would have chosen to change many of my attitudes and actions before sobriety if I could. I absolutely had no tools on which to depend to stop doing the things I should have never done and start doing the things I should.

Once I got sober and committed to working the steps with a sponsor, I began to see the sixth step as a huge sigh of relief. If I could not change the things I discovered were defects of character, then the great news of all was that the Higher Power I found in the second step and whom I turned my will and life over to in the third step, could and would help me become willing to go to any lengths to have Him remove my defects.

For me it is vital to go through the process with my sponsor of identifying my defects through the fifth step so that I am clear as to exactly what I am willing to let go of in the seventh step.

*Nancy B., Denton*

## Tradition Five:

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose – that of carrying its message to the alcoholic who still suffers.

There are some key words that can be easily overlooked in

casual perusal of this tradition. In meetings, we frequently hear people say: "I work a spiritual program." But what does that really mean? Our A.A. Big Book refers time and time again to the Power of God entering into our lives in a miraculous way, accomplishing things which we could never do on our own unaided will. Our 2nd Tradition uses the phrase "one ultimate authority - a loving God as He may express himself in our group conscience." Consistently through the Big Book and the 12x12, it seems that the essence of this "spiritual" program is this all powerful hand of this loving God. In the formation of my home group, our first group conscience decision was to respect, honor, and tap into this Power when, where, and however possible. The Spirit, we decided, should be our guide.

Our second group conclusion was that each group should carry "its" message. We had a vision of alcoholics dying helplessly nearby (turns out, there were more than we ever suspected) and saw our job as reaching out to them rather than waiting for them to come to us. We wanted our message built around the theme of helping others. We dialogged with our sponsors, looked at other groups we wanted to emulate, and prayed individually and collectively. Ultimately, we arrived at a common message - unique to our group, and totally in line with A.A. tradition. "Its" message really helped focus our efforts.

Finally, the word "alcoholic" gave us razor sharp precision as to why we are in existence as an A.A. group. "Shoemaker, stick to thy last" are the opening five words of this tradition. Better to do one thing well than many things poorly. Our group conscience opted to honor the experience documented in the Traditions. We focus on helping alcoholics - not addicts, nor bulimics, nor co-dependents, nor any other related illness. We don't care what other afflictions come along with a person, provided they have alcoholism. Our third tradition (in the long form) is very clear about this- "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover" (from alcoholism). Does this mean we turn people away to die? God forbid... certainly not!! We attempt to treat all with love and respect and we attempt, if they are not alcoholic, to refer them to those who have similar experience, so we don't damage them further.

Tradition Five was written for a reason - so that we wouldn't go the way of the Washingtonians. Our group didn't write the traditions, we simply watched enough people die and came to respect their wisdom.

*Mike E., A.A. 101*

## **Tradition Six:**

In the Sixth Tradition, we are cautioned against "endorsing, financing or lending the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose". Our literature

states "Long afterwards we saw something else. We saw that the more A.A. minded its own business the greater its general influence would become. Medicine and religion and psychiatry began to borrow some of our ideas and experience. So did research, rehabilitation and education. All sorts of therapeutic groups began to spring up. They dealt with gambling, divorce, delinquency, dope addiction, mental illness, and the like. They, too, borrowed from A.A., but they made their own adaptations. They worked their own fields, and we did not have to endorse them or tell how to live.....Today we understand accept this paradox: The more A.A. sticks to its primary purpose, the greater will be its helpful influence everywhere."

Early in A.A.'s history we nearly got involved with a liquor trade association who wanted to hire an A.A. member as an educator for a radio program. The member, who had a background in public relations, would state he was a member of A.A. and use his full name at the public level. This would have affiliated A.A. to the education field, appeared that A.A. was endorsing the liquor trade industry, not to mention the member's anonymity break. Thankfully the A.A. member came to the Alcoholic Foundation (now the General Service Office) and asked for advice. He was told that factual education was a very good thing and that as a public relations expert and as a citizen he had a perfect right to take the job but the member should not advertise his A.A. membership. The member decided to pass on the job opportunity.

Thus, we learned that no endorsements will be given, no alliances made. We stick to our primary purpose and the Traditions. In A.A. comes of Age Bill wrote "We saw as never before that we could not lend the A.A. name to any cause other than our own,' Whether it is clubs, hospitals, prisons, psychiatric hospitals, outside organizations and other twelve step organizations." A.A. groups should follow the saying that Bill W. and early A.A.'s used, "Shoemaker, stick to thy last." We do what we do best, carrying the A.A. message to the suffering alcoholic.

*Eileen K., The Way Out Group*

## **Concepts Five and Six:**

Every time I am asked to do a presentation on the Concepts my first thought is, yep, you guessed it! How fun! Ok, maybe not "fun", but I do believe the 12 Concepts are no less important than the 12 Steps (or the 12 Traditions). In fact, recently I heard someone remark that the Concepts were "horrible" to study. I might have thought that when I was new, but today I know they are important for my survival. As my first sponsor liked to say, "A.A. is not difficult as long as I think it is a matter of life or death. A.A. only becomes difficult when I think it's about my happiness." I don't believe there is such thing as "advanced A.A." or "extra A.A." I believe that everything in A.A. is part of the way of life that is my only chance against the deadly illness

of alcoholism. Now, off my soapbox, and onto what you came to read.

Concept 5 is one of the most ideas we practice in A.A., the importance of the minority opinion. We practice this principle in almost every meeting. Every time we say to the new person, yes, you may be new, and you may not know how we practice the A.A. program yet, so therefore you may be in the “minority”, but you still have a voice and you still should be heard. In General Service, we formalize the importance of the minority voice, by giving the “Right of Appeal”. We even go so far as saying that it is the duty of the minority, if they believe the majority is seriously off-track, to speak up. Though the Concepts were written to codify our structure in regards to the General Service Conference, the General Service Board, the A.A. Grapevine, A.A.W.S. (World Services) and the General Service Office, anytime we feel that we are not being heard and we have serious concern for the welfare of A.A., we should stand up for what we believe and speak the truth as we see it. Furthermore, if any person active in General Service believes they have a personal grievance he or she may submit a “Petition for Redress” directly to the General Service Board.

Concept 6 is all about Delegated Authority. How badly do we hate to delegate authority to others? Well, who came to A.A. thinking “I sure wish I could find someone to run my life!” Yet, if we are ever so fortunate to come to see that “anyone could run my life better than me”, then we will finally surrender to sponsorship. We delegate authority to our sponsors; because we couldn’t even manage our own lives. Practicing delegated authority requires that we understand Tradition 2, that God is our ultimate authority. The A.A. groups are not capable of administering A.A. as a whole. Heck, we can barely let our trusted servants do their jobs at our own home groups at times without constantly wanting to “help” them make better decisions. However, the groups delegate authority to the General Service Conference, our Delegates, to make decisions for A.A. as a whole. The Conference is the final decision maker for all large matters of A.A. as whole, but again, the GSC is too large and uninformed on a day to day basis to administer our services, and so the Conference delegates the authority for active responsibility of A.A.W.S. to the General Service Board. Now this is not an abdication of responsibility either – we can’t just take our hands off and say “whatever happens is not our fault”. This is where we must practice both letting go and allowing people to make their own mistakes, as we well as the courage to hold people accountable (for their sake and our own).

*Keith D., Alternate Delegate, Area 65*

## **You are Not Your Past**

We drove in silence for what seemed like hours. I did not know where my father was taking us, but I knew we were going to

see my mother. She had been gone for a few weeks to a sort of hospital, but I was reassured she wasn’t dying. “If anyone asks, your mom is on vacation,” I was told to say. Her absence had not changed much of our daily lives; she went from being absent while present to being absent in fact. My days at home were spent mostly alone.

I have three distinct memories of that August morning, nearly 30 years ago, when we pulled into that treatment center to see my mom. The first memory is that I had forgotten my shoes, so my dad had to shamefully bring me barefoot into the treatment center to see my mom. The second was my perception that my mother had been replaced by some sort of manic clown. She was in the pink clouds of early sobriety - the polar opposite of her usual sad, lethargic self. I didn’t miss the old mom but I didn’t recognize or want to be around this new person. And third, I remember wanting to run into the nearby woods and never return.

Those three memories of shame, of anger, and of fear remain wounds that I too often used as a crutch in place of a legitimate sense of self. They formed the false identity that led me to drink each of the 7 or 8 times that I have gone back out since picking up my first of many desire chips.

What has changed for me this time? Doing the work. It’s that simple. For the first time, I have not had the arrogance to expect a magic bullet or winning lottery ticket. I have actually been reading the book, attending meetings, and doing step-work. Lacking the ability to think my way into right action, I have been acting my way into right thinking.

The program has not removed these memories, nor even minimized the feelings associated with them. But it has taught me that I am not defined by them, that I can choose a better basis for my self-concept than my shame, my anger, and my fear.

We are not defined by what happened to us or by how it made us feel. We are defined by what we do today, who we are today, and who we are working to become tomorrow. Thank you for supporting my sobriety.

*Jeremy G., Allen TX*

## **From the Archives: A.A.’s 10th Anniversary**

Five years prior to A.A.’s first International Convention a historic gathering took place in Cleveland, Ohio to commemorate A.A.’s tenth anniversary in June 1945. Over 2,500 members of Alcoholics Anonymous from 36 states, two Canadian provinces, and Mexico attended the two-day event. Celebrations kicked off on Saturday June 9th with two regular A.A. meetings and two “open house” meetings held in different parts of Cleveland. On June 10th, marking the ten-

year anniversary of the founding of A.A., co-founders Bill W. and Dr. Bob spoke to a crowd of 1,000 at the Music Hall in downtown Cleveland. In his talk, Bill spoke about the growth of A.A., briefly retelling his own story and about the writing of the Big Book. Bill concluded his talk by stating that "A.A. is much bigger than any of us" and joked that Dr. Bob and himself were "a couple of old, cracked antiques who have had a little more experience than others." Following Bill, Dr. Bob spoke briefly about the development of A.A. in Akron, Ohio. He concluded by saying, "Our program must be followed by each individual. And each individual is the only one who can do it for himself." Bill stating that June 10th was "a day for congratulations for thanksgiving and for celebration," and that A.A. "could not have been but for others." Dr. Bob went on to thank all that "were a source of help and inspiration in [his] trouble," including his wife, Anne; A.A.s of Cleveland; the members of the Alcoholic Foundation, and to all in attendance at the Music Hall.

Also on the evening of June 10th, 400 A.A. members attended a Founders Day dinner in Akron, Ohio. Bill and Dr. Bob attended the dinner after they spoke in Cleveland. Speaking about Akron, Bill said "It was here that the miracle really happened. This is the hill where the A.A. beacon was lit 10 years ago."

## Upcoming Events: June, July & August

### 70TH ANNUAL TEXAS A.A. STATE CONVENTION

**June 24 @ 2:00 pm - June 26 @ 1:00 pm**

*Double Tree Hotel Austin, 6505 N I-35, Austin, TX 78752*

The 70th Texas State A.A. Convention will be held in Austin, Tx. June 24th-June 26th, 2016. "Great Events Will Come to Pass" Speakers include: John H, Sanford, FL Astrid H, Granada Hills, CA Rose E, Spring Hill, FL Matthew M, Port Orchard, WA Micheal F, Escondido, CA Racy J, GSO Speaker Jenny P, Al-Anon Speaker for information see website: [www.txaaconvention.org](http://www.txaaconvention.org)

### SIMPLY A.A. GROUP'S 11TH ANNIVERSARY

**July 9 @ 5:30 pm - 8:00 pm**

*Woodhaven Presbyterian Church, 3650 North O'Connor Rd, Irving, TX 75062*

The Simply A.A. Group will celebrate their 11th Anniversary on July 9th, 2016. Come and join them in fellowship and help celebrate their 11th year of carrying the message of Alcoholics Anonymous. The meeting will be held at Woodhaven Presbyterian Church, Hancock Hall, 3650 N. O'Connor Road, Irving, TX 75062. 5:30 pm Pot Luck Dinner 7:00 pm A.A. Speaker, Mike B. Hendersonville, NC Simply A.A. BD 2016b

### 30TH ANNUAL AAGGIELAND CONVENTION

**August 5 @ 5:00 pm - August 7 @ 11:30 am**

*Best Western Old Town Center, 1920 Austin's Colony Parkway,*

*Bryan, TX 77802*

August 5-7, 2016, "A New Freedom and A New Happiness" for the 30th Annual AAGGIELAND Convention. Friday: 5pm-9:30pm Saturday: 7am-9:30pm Sunday: 7am-10:30pm See flyer for full details and speakers. Hotel rates are lower until July 12th. \$110 with convention rates.

### 3rd CAPITAL OF TEXAS CONFERENCE

**August 12 @ 10:00 am - August 14 @ 1:00 pm**

*Double Tree Hotel Austin, 6505 N. I-35, Austin, TX 78752*

The 3rd Annual Capital of Texas Conference will be held: August 12-14, 2016, at the Doubletree Hotel, 6505 N. I-35, Austin, Texas. SPEAKERS WORKSHOPS PRESENTATIONS MEETINGS LIVE MUSIC AND MUCH MORE. ASL Interpreters at all Main Speaker Meetings Registration: \$35-\$45 depending on date. [www.capitaloftexasconference.com](http://www.capitaloftexasconference.com).

### CAPITAL OF TEXAS CONFERENCE

**August 12 @ 1:00 pm - August 14 @ 1:00 pm**

Save the date for the next Capital of Texas Conference!

### TECHNOLOGY AND SOCIAL MEDIA IN A.A.

**August 13 @ 1:30 pm - 4:00 pm**

*Cornerstone Group, 6760 Abrams, #215, Dallas, TX 75231*

Panelists will discuss Technology and Traditions, PI and other topics. Hosted by District 53. August 13, from 1:30 to 4pm at the Cornerstone Group. BBQ will be provided, please help by bringing sides and desserts for a potluck. \$20.00

### NORTH TEXAS ROUNDUP 2016

**August 19 @ 2:00 pm - August 21 @ 11:30 am**

*Double Tree Hotel, 4099 Valley View Ln, Dallas, TX 75244*

"Service - Our Legacy, Our Future", August 19th-21st, 2016. Doubletree Hotel, 4099 Valley View, Dallas, TX 75244 Friday 2pm-9pm: Speaker, Michael E., Evans, GA Saturday 8am-9pm: Speakers include Shirley R., Stuttgart, AR; Bill R., Stuttgart, AR; Gail L., Akron, OH; Billy S., Las Vegas, NV Sunday 8am-11:30am: Speaker, Deb H., Akron, OH Registration \$20, Saturday Night Speaker Banquet, \$35 Go to website for complete information. <http://www.northtexasroundup.org>

### 58th ANNUAL LOUISIANA STATE CONVENTION

**August 26 @ 2:00 pm - August 28 @ 2:00 pm**

Crown Plaza, 4728 Constitution Avenue, Baton Rouge, LA August 26-28, 2016, The Louisiana State Convention will be held in Baton Rouge. Speakers include: Cindy K, Canton Co., CA Holly P, Dallas, TX Patti L, Tampa, FL Tom M., Lake Charles, LA KC P, Irving TX (Al-Anon) \$25 registration before Aug. 12th. For more information see flyer or go to website: [www.lastateconvention.org](http://www.lastateconvention.org) Email: [stateconvention@aa-louisiana.org](mailto:stateconvention@aa-louisiana.org)

# Group Contributions

May 2016

	<b>TOTAL</b>
A Daily Reprieve	280.25
Addison Group	143.00
Allen Group	50.00
Aquarius Group	25.00
Belmont	50.00
Carrollton	600.00
Chicago	90.00
Clean Air North	1,370.72
Corinth	10.00
Cornerstone	250.00
Dallas North	270.00
Frisco Group	176.84
Irving	20.00
Lake Highlands	436.11
Legacy	50.00
McKinney Fellowship	10.00
McKinney Miracle Group	396.46
New Freedom	269.24
ODAAT	120.00
Ray of Hope - Seven Points	10.00
Richardson	30.00
Rowlett	10.00
Serenity Circle Group	50.00
Shalom Today	30.00
Simply AA	50.00
Southwest Clean Air	63.82
The Colony Group	40.00
The Gift of Sobriety	30.00
Town North	100.00
Waxahachie	10.00
We Agnostics	60.00
White House	50.00
Wylie Group	10.00
<b>TOTAL</b>	<b><u>5,161.44</u></b>

## To Subscribe

Support your Dallas Intergroup Association, and get your DIALog hot off the presses! For individuals and groups, a yearly subscription is \$12; two years, \$18.

Please contact [carrie@aadallas.org](mailto:carrie@aadallas.org) or call the Dallas Intergroup Association at (214) 887-6699.

## Faithful Fivers: Would you like to be one?

Faithful Fivers are AA members who in gratitude pledge to contribute at least five dollars each month toward the support of Dallas Intergroup Association, DIA.

This contribution gives AA members the opportunity to practice the Seventh Tradition regularly and painlessly by pledging \$5 or more a month to the DIA. We can set up an automatic credit card deduction, or you can send in a check once a month or whenever you choose. Call, 214-887-6699, to set up monthly contributions.

DIA is totally supported by AA groups and individuals. Contributions are limited to \$3,000 per member per year and are tax deductible.

### Yes! Please enroll me as a Faithful Fiver.

Please complete the form below and mail in with your contribution to DIA, 6162 E. Mockinbird Ln., Suite 213, Dallas, TX 75214

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
Zip: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Email Address: \_\_\_\_\_

## Find Us Online

At [www.aadallas.org](http://www.aadallas.org) you'll find group announcements, an events calendar, a searchable group directory, online bookstore & more.



**“I think he may be hitting bottom.”**

—Chris K., Blue Springs, Mo.