

The **DIA**log



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

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

From the Director:

While the damage caused by the ceiling collapse (onto our archives area) last month has been repaired, the material from one case was a total loss. Luckily, the majority of the material had been moved because of the adjoining suite's drilling along our wall. Nothing belonging to Esther E., the woman who got Alcoholics Anonymous established in Dallas, was seriously damaged. The management is willing to replace the lost items, but finding a copy of the second Jack Alexander article about A.A. is difficult. It appeared in the April 1, 1950 copy of *The Saturday Evening Post*. Should anyone come across a very good condition copy of the magazine please contact the office. We are working on the other items and I believe we can reproduce most of the originals.

We have started working with a QuickBooks expert to help us begin a new office file so that we can get our financial files in the cloud with a fresh correct

file. Although it is a lot of work, we are most willing to do anything we have to do to get this corrected,. We hope by the end of April the process will be finished.

We have been meeting with different Board members whenever they have a chance to visit the office.

We have plans for a few changes in the office structure depending on money. We would like to have the entire front area as a sale area is for one example. We will try to keep you updated.

We will begin our Saturday openings in April, on the 14th, then the third Saturday on the 21st, both from 10am to 2pm.

The Board changed the location of the IG Reps meeting beginning in April. Please check the Intergroup Rep page on the website for more information. Or contact the office.

Janis

A Teacher Becomes Teachable

I was the life of the party, in the beginning. I was the class clown in high school and tried to carry that title with me anywhere I went. I was the girl that would do anything for a laugh. I really knew how to have a good time. I loved the party life and I was good at it.

Something changed after college. I got a job as an educator in the local school district, where they insisted I show up on time. The nerve of those people, really. I had responsibilities and deadlines. Two things I was unsuccessful at accomplishing in college due to my extensive partying and heavy drug use. I tried to be a good teacher, but it was getting harder and harder as my disease progressed. To this day I am the only teacher I know that had to see the principal for bad behavior. I knew something had to change. It just couldn't be my drinking. Not at 24 years old.

Teacher *continued*

Summer came at last, no more responsibilities and as much booze as I wanted. This is where things got bad.

I could no longer turn a blind eye to my life. I was in a bad place and needed out. I just didn't know how to do it. I tried to stop cold turkey, fail. I tried to join the military, fail; apparently they don't take drug addicts. I tried therapy, exercise, only beer, only wine, only two drinks, only clear liquor, getting new friends, getting new clothes, fail, fail, fail. I couldn't stop once I started and couldn't not start.

One summer morning in July, after a night of the usual drinking to oblivion and putting chemicals in my body that didn't belong there; I woke up and checked my body to make sure I had all my limbs intact. At that moment I had a rush of fear and panic that I had never felt before. I was at the end of my rope, I saw no hope in living this way.

That day I entered rehab.

I was skeptical about a God program. The only emotion God made me feel was fear. Growing up thinking you're going to Hell for who you are can do that to someone.

I spent the last 24 years of my life thinking I was going to hell for being gay. I was raised Catholic, nothing against Catholicism, my parents were just really strict. Being gay meant Hell, end of discussion. So to say the least I was not buying what they were selling in rehab. "God of your own understanding", they call that blasphemy where I'm from. There is only one God, and he didn't like my kind at all.

One thing I am grateful for was that my rehab took us to AA every night. I didn't want to be the failing teacher anymore. I wanted to be happy like the people I kept seeing at meetings. So, I got connected with a group right after I was discharged. Found a sponsor to call me on my shit and faked the God thing until I couldn't fake it anymore.

It took a lot for me to shake off my childhood perception of a wrathful God. My sponsor, at the time, did an amazing job of convincing me God was too big to fit in a box or a building. It took six months of sobriety before I stopped fearing God.

I'm not saying AA is a sanctuary and all gays should run into its open arms to be free from the guilt they ever felt before about being alive. But that is what AA did for me. I no longer had guilt about being alive and I was no longer afraid of God. As long as I stayed in the program and trusted God, my life got way better.

The only time I go to the principal's office now is to discuss what else I can do to help out my school. No longer do I show up so hung over that I have no choice but to turn off the lights and show a movie.

Coming from this party girl, life has just begun thanks to AA.

God Bless,

Teresa C.

Rowlett Group

Sober in High School

(The following essay was written by a Dallas High School student. It is reprinted with permission.)

My life has changed a lot in the last year. I have come from being a broken person to a strong and confident person. With the help of AA I have turned around my life for the good. Through my struggles in AA to my good moments I have learned a lot about myself. My mindset has changed towards life. I have gained a spiritual life; also, my core morals have changed. With the help of sobriety and AA.

AA, known as Alcoholics Anonymous, has changed my mindset towards life itself. In the past all I had was a negative concept of what life is and what it became for me. Also, lying to myself that what I

was doing was okay, knowing I was in the wrong. AA forced me to get honest with myself, admitting my faults and where I am in life. Admitting my struggles was a big thing for me. Getting honest with myself was a shock to my system that was good for me, but was filled with emotions... another step with getting honest with myself. I had to get honest with my family and my peers. I couldn't just keep it to myself. My family deserved to know the truth about what was going on. When I got honest with my mom and my brothers and sisters, it felt amazing like a weight lifted off my shoulders. I was able to sit down and talk with them about my struggles and to have them respond in an accepting and caring attitude meant the world. When I told them my truth I had nothing more to hide. I felt I could have a fresh start and tell the truth from then on.

My Spiritual Life has changed and took a turn for the better the last year. It's been an important aspect when it comes to hope. Hope for me was one of my biggest focuses when turning my life around and trying to get sober. Having hope that I could get sober, having hope that I could have a relationship with my family, having hope that I could have a relationship with God. My thinking on God has changed a little since getting Sober. My perception on God was that I knew he is real, and I knew he has a plan for me, but I didn't care. I didn't care one bit. I was angry at my dad, my family, at myself and I didn't care what God had to say. I was gonna do what I want to do, not what God wants me to do. Without any spiritual presence I was lost without realizing it at the time. Since getting sober, I still maintain the thought that God is real, and he has a plan for me. But this time I do care what he wants for me and I do want him to have a say in my life, knowing that he has all the control. I can try to live for him and be of service to him. I still struggle with staying committed to going to church and reading my bible, but I can say that I do have a relationship with my understanding of God, and it's helped me a lot. He represents Hope for me, the idea of Hope.

That everything will work out as he has planned and to trust in him as your life will play out well if you try to live for him. I'll be honest; I worry a lot. I think it's just how my brain is programmed. But at the same time I can tell myself to stop that it's not worth it. God has a plan for me. God then works in my life as he see fit. He's given me medicine and therapy to deal with my anxiety and depression, he's blessed me with a new perspective and attitude towards life were I feel like I'm seeing the world with a new pair of eyes. He's blessed me to be able to be happy, even though I wouldn't say I'm the happiest person on earth, my spirit has been lifted I can say. I feel as if I have life in me to be able to live and I have a purpose.

Anonymous



A Loner No Longer

(This story comes to us from Tom D. It was written by Chris D, a Dallas member who is now passed.)

It was a sultry late summer afternoon in 1984. I stood at that point where I knew I could no longer go on drinking alcohol but I couldn't imagine life without it. As the fog lifted and the shakes subsided I called Alcoholics Anonymous. Immediately I was given a message of hope. Life, as I have known it for years, was over. But what was free for me to pull out of my wreckage could be the beginning of a new wondrous way of living. This is offered to each and every one of us!

I was shy, a loner, and, of course, an alcoholic but I did quit drinking. I went to meetings every night

even though it was always scary. The Big Book didn't make that much sense and I didn't get a sponsor. I always sat just outside of the pack, always closest to the door. I did everything wrong but one thing...I didn't drink. One night I decided I just couldn't stand to go back into that room. I told myself as long as I didn't drink I would never again need AA!

Twenty one years of what I now refer to as 'painful sobriety' passed and two years ago I once again crawled back into the rooms of AA. ~ 'sober', but broken. This time the Big Book made a little more sense. My belligerent denial that I could continue to do this on my own began to melt away and I became aware of what alcoholism really is. No longer did I believe that alcohol was my problem and I began to understand my dis-ease. Other than that, I was pretty much doing the same thing I was doing when I originally came to A.A. I was still shy, still the loner, and always scared. I didn't want to be called on at meetings. Sweat pouring through me yet my hands always cold! The "twitches" in my stomach, to this day, are more like Pterosaurs than pretty little butterflies. One day I arrived early for a meeting. I was thinking how much I still did not like coming to meetings. My thought was that when I returned to AA I just really over-reacted to my brokenness. I'd gotten through some pretty tough times without a drink, after all! Sure-I over-reacted! Maybe I should just pull out of there once and for all!

It was there and then that I first became aware of what was going on in the row of trees just in front of me. There had to have been at least a thousand small birds nesting in a row of trees edging the parking lot. Everything was tranquil. Birds would bring in scraps of nature to fortify their nests. The chirping was delightfully serene until a hawk soared in from the east to attack the nests in the trees. As the hawk got closer, dozens of small birds exploded from the branches to fend off the attacking hawk, driving him away. I saw this happen about 3 or 4 times. At one point the hawk did a huge circle and approached the row of trees from the west. One small sparrow saw the hawk and started to chase the hawk away on his own. The strength of the flock fortified this lone little

sparrow to do chase on his own until the other birds flew out as support, because left alone too long the sparrow's fate would be short lived. This time, the hawk flew away and went searching for easier pickings!

As I sat there in wonder it occurred to me that the row of trees was like our serenity. The birds were the members of Alcoholic Anonymous, and the hawk was our disease, our alcoholism. And our alcoholism wanted to attack us and take away our serenity. Each time the hawk swooped in the group would rally to fight off the attack. As a group, they had strength.

At that point I was determined to do what I hadn't done before. I departed from my old habit of being the lone sparrow and entered into the center of the nesters. I got a sponsor and worked the twelve steps. And I am learning how to incorporate these principles in all my affairs. It is a decision I have not regretted since.



Find Us Online

At www.aadallas.org you'll find group announcements, an events calendar, a searchable group directory, online bookstore & more.



Announcements!!!

April 2016

INTERGROUP REP MEETING FOR APRIL

April 14 @ 8:00 pm - 9:00 pm
**Mclver Chapel at the Wilshire Baptist Church,
4316 Abrams Road, Dallas, TX 75214.**
We will have our monthly meeting, April 14th, at 8pm. If you are new or need more information, please contact the office. 214-887-6699 or email janis@aadallas.org or carrie@aadallas.org **Please note that there is no smoking anywhere on the church property.**

29th ANNUAL INTERNATIONAL MEN'S CONFERENCE

April 15 @ 1:00 pm - April 17 @ 2:00 pm
Crowne Plaza Chicago,
5440 North River Road
Rosemont, IL 60018 United States

IAAMC Chicago Windy City Host Committee, hosting the 29th International Men's Conference, April 15-17th, 2016, Crowne Plaza Chicago O'Hare Hotel. "HAPPY, JOYOUS AND FREE" for \$109 room rates thru April 1st, 2016. Hotel phone, 877-337-5793 Registration: \$35.00 Banquet Dinner Saturday Night: \$50.00, table of 10-\$450.00. Register: www.IAAMC2016.org 29th Annual Men's Conference Chicago

MESQUITE BIG TOWN'S 58TH ANNIVERSARY

April 16 @ 8:00 pm - April 17 @ 2:00 pm
Mesquite Big Town Group,
11401 Elam Road, #108
Balch Springs, TX 75180 United States

The group Mesquite Big Town will celebrate their 58th Anniversary on Sunday, April 17th, 2016. 10:30am: Ala-Teen, David M., Branches of Serenity Grp 11am: BJ, Al-Anon, Lambda Grp Noon: Fred W, Richardson Grp 1pm: Lunch Saturday Night Kick-off: April 16th: 8pm, AA Speaker Don M, Traditions Group

CLEAN AIR NORTH CELEBRATES 24TH ANNIVERSARY!

April 17 @ 11:30 am - 2:30 pm
Clean Air North,
16517 Addison Rd #108
Addison, TX 75001 United States

Join the celebration on Sunday, April 17th, 2016 11:30am Prep & Fun Noon Food and Fellowship 12:45 History of Group 1pm AA Speaker, Claudia H., Ft Worth Clean Air North Anniversary See Flyer for all details.

SPIRIT OF THE PINES

April 22 @ 3:00 pm - April 24 @ 1:00 pm

Camp Olympia,

FM 3188

Lake Livingston, TX United States

April 22-24, 2016. Camp Olympia on Lake Livingston.

Website: www.spiritofthepines.org First come, first served. \$105 before April 13th. \$110 after. Please contact the conference for details.

SPONSORSHIP WORKSHOP AT TOWN NORTH

April 24 @ 1:30 pm - 3:30 pm

Town North Group,

12895 Josey Lane #213

Farmers Branch, TX 75234 United States

The Town North Group will be holding a workshop on Sponsorship April 24th from 1:30pm to 3:30pm. The panelist will be added as we get more information. Pizza and fellowship as well as sharing of our experience, strength and hope will be provided!

SERENITY WEEKEND 27TH ANNIVERSARY

April 29 @ 3:30 pm - May 1 @ 12:00 pm

Johnson Creek Camp,

Jefferson, United States

Lake O' Pine Johnson Creek Group Campground, Jefferson, TX from April 29- May 1, 2016. See flyer for all details! Serenity Weekend 2016. **\$125.00**

2016 TEXAS MEN'S RETREAT

April 29 @ 5:00 pm - May 1 @ 1:00 pm

Glen Lake Camp and Retreat,

1102 NE Barnard St.

Glen Rose, TX 76043 United States

The Texas Men's Retreat, sponsored by the Carrollton Men's Group, will take place April 29-May 1, 2016 at the Glen Lake Retreat Center located on the Paluxy River. The weekend begins with a cookout on Friday evening and continues through lunch on Sunday with Big Book studies, fire pit meditations and fellowship. All men who are members of AA in the surrounding areas are invited to attend. For registration and up to date information:

www.texasmensretreat.com or email:

texasmensretreat@gmail.com Cost is...**\$150.00**

24TH ANNUAL GATHERING, SERENITY IN NATURE

April 29 @ 7:00 pm - May 1 @ 12:00 pm

Brookhaven Retreat,

748 CR 3909

Hawkins, TX 75765 United States

"Hand in Hand", will be the theme of the 24th Annual Gathering of AA & AI-Anon Women, April 29-May 1, 2016. "We come together to enrich our recovery experience by interacting with other recovering AA and AI-Anon women through friendship, speaker sessions, workshops, meetings and meditations. This year will be a new location": Brookhaven Retreat 748 CR 3909 Hawkins, TX 75765 Rooms are assigned on a first come basis.

May 2016

WYLIE GROUP'S 24TH ANNIVERSARY

May 14 @ 4:00 pm - 9:00 pm

Wylie Group,

3990 Lakeview

St. Paul, TX United States

The Wylie Group will celebrate their 24th Anniversary on May 14th, 2016. Doors open at 4:00pm. Tickets for the raffle and 50/50 will be on sale until 6pm. Potluck Dinner with brisket and chicken provided at 5pm. AI-Anon Speaker, Katherine K, Preston Group AA Speaker, Bill P., Lake Highlands Group. Everyone is invited!

30th ANNUAL GATHERING OF EAGLES

May 26 @ 6:00 am - May 29 @ 1:00 pm

Doubletree Hotel (Dallas),

4099 Valley View Lane

Dallas, TX 75244 United States

The 30th Annual Gathering of Eagles will take place May 27-29 over the Memorial Day Weekend 2016. Thursday's "Kick off Dinner" (limited seating) May 26. Register online by visiting: www.dallasgatheringofeagles.org Old Timers Panel, Countdown, AA Archives, Raffle, AI-Anon Participation. Speakers include: Paul McQ, Belle Harbor, NY Ajit S, Anaheim, CA (AI-Anon) Mildred F, Toronto, Ont. Phil P., Rociada, NM, Gail LaC, The Villages, FL, Arthur S, Arlington, TX. Registration: \$25 or \$30 at the door. Dinner: \$22.

DALLAS INTERGROUP ASSOCIATION

Contributions/Groups

February 2017

	Accrual Basis
	<u>TOTAL</u>
Allen Group	50.00
Aquarius Group	176.75
Belmont	50.00
Carrollton	200.00
Casa Group	10.00
Citywide	350.00
Clean Air Group	500.00
Cornerstone	250.00
Dallas North	270.00
Downtown Nooners	600.00
Garland Clean Air	151.37
Highland Park Tuesday Night	200.00
Irving	20.00
Lake Highlands	558.35
Lambda	378.49
McKinney Serenity	700.00
McKinney Women's Group	325.00
ODAAT	871.00
Returned and Recovered	49.00
Rowlett	10.00
Sachse Group	75.00
Shalom Today	30.00
Shivering Denizens	99.00
Singleness of Purpose	395.98
The Gift of Sobriety	30.00
Town North	100.00
Waxahachie	10.00
We Agnostics Group	101.00
White House	50.00
Wylie Group	10.00
TOTAL	<u>6,620.94</u>

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. Mockingbird Ln., Suite 213
Dallas, TX 75214

Name:

Address:

City:

Zip:

Phone Number:

Email Address: