

The DIALog

JANUARY/FEBRUARY 2013



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 | aa-help@aadallas.org

From the Director:

We have the 7th Annual Chili Cook-off coming up in March. We are tentatively looking at the 3rd Saturday in March, the 16th. We will, by request, also have a cornbread cook-off, with prizes for both categories. Our speaker will be Harriet S., from the Cornerstone Group. As soon as the final details are worked out an announcement will be on the website and flyers will “appear.”

While our anniversary is not until September, our speaker will be Sandy Beach. He has had numerous health problems which may cause us to find a stand by speaker. Keep him in your prayers, and we will assume he will be here until we know otherwise.

We have a wonderful Board of Trustees for 2013. It takes new members awhile to understand their new committees. Our Intergroup Reps are always willing to jump in and help where needed, so if your group does not send a Rep to our monthly meetings, you are missing out on not only information and participation but many opportunities to serve. If you have any questions on how to participate in the Dallas Intergroup Association, just contact the office. I will be happy to help you. Steven S, our new Office Manager, will also be available. Call 214-887-6699 or email janis@aadallas.org or steven@aadallas.org.

- Janis R

Peru Taught Me the True Meaning of the *Language of the Heart*

by Dale K., Belwood

Our Fellowship has been permitted to achieve – though still in miniature – the ‘one world’ dream of philosophers. As we better use the ‘language of the heart’... we find ourselves in safe passage through all those barriers of distance and language, of social distinctions, nationality and creed, that so divide the world of our time, Bill W. wrote in the Grapevine article AA Tomorrow July 1960.

Never had I fully experienced the “language of the heart” that Bill W. wrote of in *AA Tomorrow* until I traveled to Peru for a week-long spiritual retreat several years ago.

Part of the retreat included watching the sunrise at the Machu Picchu ruins, which is among the most sacred sites in the world. To get to Machu Picchu, you have to fly to Cusco, Peru, near the Urubamba Valley of the Andes Mountain range that is about 50 miles northwest of the ruins.

We rode the bus from the Cusco airport to our hotel. As we got to the center of town, I spotted a big AA sign that had the triangle and circle on the front of a building. A closer look at the sign revealed an amazing sight: images of Bill W. and Dr. Bob were wearing traditional Peruvian Alpaca knit hats called chullos. I’ve been to many meetings throughout the U.S., been sober since 2001 but I’ve never seen our co-founders sporting chullos.

(continued on page 5)

Language of the Heart Goes Back to Anonymity

by Kevin H., Cornerstone

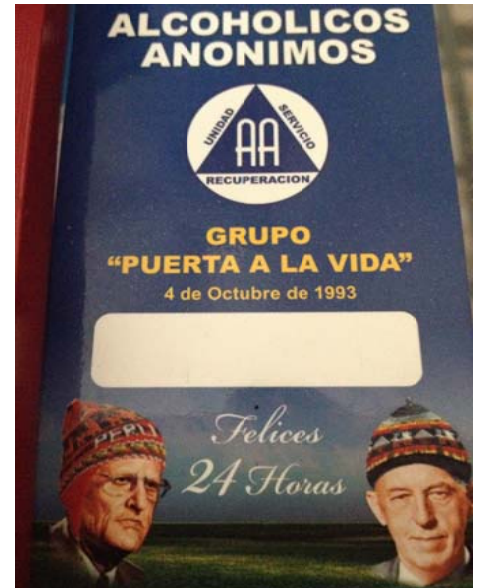
I’ve always shared in meetings that even though we may not know each other well, we know each other by heart.

I believe it goes back to the anonymity of the program. It doesn’t matter where we come from, who we are, what we do for a living or what we’ve done in the past, what matters is the sharing of the common malady of alcoholism

and the common solution. This is how we relate to one another.

Recently a newcomer came to our 11 a.m. Sunday meeting at Cornerstone. He thought that the meeting started at noon instead of ending at noon so he missed the meeting. He was standing in the coffee room looking bewildered when I wandered in.

(continued on page 5)





The Inquiring AA Member by Traci A., DIALog Reporter

The idea for this column and questions came from the East Bay Intergroup in Oakland, CA. We thought it was such a good idea, we "brung" it to Dallas where AAers here were asked ...

What's the best advice you received from a sponsor?

Casey S. – Lake Highlands:

"Occupy a seat"...is the best overall advice I've heard all these years in A.A. And, it's stuck with me. Because, if the very best I can do that day is sit in a chair, then occupying a seat in a AA meeting is exactly where I need to be!"

Matt T. – Lake Highlands: When I was still in rehab at La Hacienda, I got a temp-sponsor who I would meet at a Denny's. At our first meeting he asked, "What's the first step?" I started to answer, "I'm powerless...." He interrupted,

"No! WE are powerless...." This correction has had a profound impact on my recovery. I am not alone, and the room is full of experts. All I need to do is ask for help.

Kris Mc'I. – Big Book: It's short, but it's funny...kind of...because it's what my sponsor is always saying to me, "It's not about you, Kris. It's not about you."

Dave R. – Georgetown: My sponsor has helped me much over the years, especially when he reminds me that, "God writes straight with crooked lines!"

Ralph S. – Aquarius: Here are three important things I learned from my sponsor: 1). "It ain't them." 2). "Stop keeping score when you are of service to others." 3). "We don't get 'em drunk, and we don't get 'em sober!"

That's because we are not in the results business. We are here to carry a message. Our job is done once we do that. What they do with it is their business. Only God is in the results business.

Celebrating 65 Years of Service

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What's the best thing a sponsee ever taught you?

Lisa W., Bruton-Terrace: It was one of my sponsees who taught me that "mirrors don't always hang on walls." With every sponsee I have, I am able to see a little bit of myself in them. It's just a bigger part of the jigsaw puzzle.

Matt T. – Lake Highlands: I have just started working with a sponsee and we were talking about triggers. He came up with four things that led to his drinking after knowing that he was an alcoholic. They are: denial/deception, selfishness, rationalization and justification. I was struggling with an idea about arrogance and how it is at the root of all relapse. These four things are the steps that lead to arrogance. It is a simple and elegant reduction.

Anonymous – ODAAT: Pick up the phone! That's the best advice I have ever heard from both my sponsor and my sponsee. I mean, sometimes, it's my own sponsee who reminds me I need to call my sponsor. You may not realize it, but you're helping the other guy out. Hope is given on both ends. It always seems to happen. The other guy winds up saying something that I needed to hear. Other times, it's me that'll say something they'll tell me they needed to hear.

Katie C. – Clean Air : The funniest thing I've ever heard was when one of my sponsees told me, "I'm allergic to alcohol; I break out in handcuffs!!!!"



Happy Valentines and happy January 2013

It's February, the month of Valentine and all things heart felt. We thought this would be the perfect time to write about the power of love.

Bill W. in his July 1960 Grapevine article described *Language of the Heart* as "no ordinary transmission of helpful ideas and attitudes" but rather an unusual and unique form of communication that

transcends "the barriers of race, language, religion, culture and wars."

This is also our January issue, so we wrote about psychic change as a nod to the new year.

Though we don't use words such as resolutions in AA, we do use words such as psychic change to describe the transformative power of AA.



I Found Comfort at a Kalamazoo AA Club

by Susan P., DIALog Reporter

Last summer was a difficult one for me and my family. Our Mom died in mid-July and it was a very traumatic experience for all of us.

Since we knew that her time with us was short, I decided that I would travel to Michigan in June where my Mom lived with my sister and her husband. My plan was to stay at least a month to spend all the time I could with my Mom and to be of help and support to my sister.

I depended on my husband here in Dallas, as well as other family members for shoring me up...but I needed more because the devastation cut deeply into my heart.

After Mom's death, I needed my AA brothers and sisters even more. I was most fortunate to receive the *Language of the Heart* in several AA meetings in Michigan — the Alano Club to be exact. In one meeting I shared my loss with the group. As each person added to the discussion that day, I felt sincere condolences were spoken.

A man came to me after the meeting to share that his daughter had lost her life as well, and he really needed some comfort that day. So we both received the blessings of the *Language of the Heart* on that difficult day in Kalamazoo.



One alcoholic talking with another alcoholic.

Psychic Change

by Rosanne P., DIALog Reporter

Dr. Silkworth was perhaps the first authority who said the not-yet-named program of one alcoholic talking to and forming fellowship with another alcoholic worked when nothing else could.

He acknowledged the limitations of the medical and scientific world to help alcoholics. He credited the once hopeless drunks who believed “in themselves, and still more in the Power which pulls chronic alcoholics back from the gates of hell.” (Big Book, pages xxv – xxvii)

He described the restless, irritable and discontented men and women who succumbed to the desire to drink again and again. In his experience, “unless this person can experience an entire psychic change there is very little hope of his recovery.”

The good doctor then described how “...once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.” (Big Book, page xxix)

Today we know these “few simple rules” as the steps of Alcoholics Anonymous. The psychic change comes from working the steps. One alcoholic talking to another alcoholic, forming fellowship, and working the steps that will bring about the psychic change necessary for recovery. It will work when nothing else will.



My Psychic Change

by Cherry K., DIALog Reporter

Even being a writer by nature and education, it is hard for me to express the extent of my gratitude and love towards AA for how awesomely profound the change has been in my life.

I have been sober since 2009, but it seems like in just the last few months, I have very clearly seen (often through those mirrors that my sponsor and other amazing ladies in the program hold up to me) what I can only describe as a transformation.

Now, I'm still Cherry — crazy gal with the naturally curly hair who doesn't sit still well and who loves candy way too much. But it's so much more than that.

It truly is a new way of thinking about everything — a brand new, shiny, tested, rated A+ perspective. Getting rid of myself as star and producer of the show; getting rid of (what seems like) trillions of old ideas; getting rid of the constant “hamster wheel” in my head and learning to live life, has changed me only for the better. How could it not.

I can't thank, love, and look to my Higher Power enough for doing all of these things for me — including keeping me sober today.

I'm learning from some of the classiest and caring people I have ever been lucky enough to have in my life. Today I have a set of tools that are with me always (prayer and meditation, the Steps, my sponsor, phone calling, literature, meetings and service work). The more I use them, the better I get.

I used to hear “It gets better” or “Don't quit before the miracle happens.” Today, I know that, for me, these are wonderful understatement of an “entire psychic change” (as Dr. Silkworth writes) that I have been blessed enough to receive.



THE Potluck CORNER

Many AA events include potluck gatherings. We thought a **POTLUCK CORNER** featuring recipes that anyone could make and easily transport to an AA potluck was in order.

Our first Potluck Corner recipe was submitted by DIALog Reporter, Traci A. It's her mom's easy and delicious yummy recipe. Enjoy!

VALENTINE FRUITCAKE

In a large mixing bowl add...

2 c. flour

2 c. sugar

2 eggs

2 tsp. baking soda

1 large (20 oz.) can crushed pineapple with juice

1 c. chopped nuts (pecans)

Mix w/large spoon until well blended.

Pour into greased and floured

9 x 13" pan.

Bake at 350 degrees for 40 minutes or until golden brown.

CREAM CHEESE ICING

Soften and blend together:

8 oz. cream cheese

1 stick margarine

Add 1 tsp. vanilla

2 c. powdered sugar

Beat well. Pour over hot cake.

How Valentine's Day Began, According to Legend and Lore

Saint Valentine's Day, commonly known as Valentine's Day or the Feast of Saint Valentine is observed on Feb. 14 each year.

It is celebrated in many countries around the world, although it remains a working day in most of them. It is the

second most celebrated holiday around the world second only to New Year's Day, according to Wikipedia.

St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. The most popular martyrology associated with Saint Valentine was that he was imprisoned for performing weddings for soldiers who were forbidden to marry because the Roman Emperor Claudius II did not believe married men made good

soldiers. Saint Valentine was also imprisoned for ministering to Christians,

who were also persecuted under the Roman Empire. According to legend, in order to "remind them of God's love and to encourage them to remain faithful Christians," Saint Valentine is said to have cut

hearts from parchment, giving them to the soldiers and persecuted Christians, a possible origin of the widespread use of hearts on Saint Valentine's Day.

During his imprisonment, Saint Valentine is said to have healed the blind daughter of his jailer, Asterius. Legend has it that the night before his execution he wrote a farewell note to Julia, the daughter who could now see, and signed it "Your Valentine."



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: _____

The 100% Groups

Seven groups had a 100% attendance at the Intergroup Rep meetings during 2012. They were:

- Belmont
- Clean Air North
- Dallas North
- Freedom
- Georgetown
- Lewisville
- Town North

At the January 2013 meeting, \$84 dollars was collected, and 39 groups and 58 people attended.



Steps, Traditions and Concepts

Steps 1 & 2 (Twelve Steps communicate our principles of recovery.)

Step 1: We admitted that we were powerless over alcohol and that our lives became unmanageable.

Step 2: Came to believe that power greater than ourselves could restore us to sanity.

Tradition 1 & 2 (Twelve Traditions communicate our principles of unity.)

Tradition 1: Our common welfare should come first; personal recovery depends upon AA unity.

Tradition 2: For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants.

Concepts 1 & 2: (Twelve Concepts communicate the why of AA's service structure, the lessons to be drawn from the experience, the relationships and above all, the spiritual principles.)

Concept 1: The final responsibility and the ultimate authority for AA world services should always reside in the collective conscience of our whole fellowship.

Concept 2: The General Service Conference of AA has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Concepts checklist

Concept 1

- Does our group have a general service representative, GSR,? Do we feel that our home group is part of AA as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate?
- Do we pass that conscience on to the district, area or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of AA?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

Concept 2

- Do we have an understanding of the history of General Service Conference, the Conference?
- What is the Conference Advisory Action? Does our home group's GSR, DCM, area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider Seventh Tradition responsibilities?

Peru: Language of the Heart...
cont'd. from page 1

I knew that Cousco was called "the navel of the world" and the "jewel of Peru" because it was the site of the historic capital of the Inca Empire. What I didn't know was how precious that "jewel" was to become for me.

I went to a Big Book discussion meeting a few nights later. There were 25 people, all locals, sitting in a horseshoe configuration. We were the only English-speaking tourists in the room. The chairperson was reading from the Spanish Big Book. Neither I nor my travel companion, also an alcoholic, spoke Spanish.

Bill W. was so right when he said that AA transcends language and nationality. There I was sitting in a room full of Spanish-speaking AAers and instead of feeling like an outsider, all I felt was love.

That feeling so overwhelmed me that I choked back tears for five minutes. Then they simply began to stream down my cheeks. It was one of the most powerful experiences in my life, and remains so today.

A member who spoke English began to translate for us. After each person shared, he or she waited for the translator to say what was said. We would nod our heads that we understood.

The meeting was 90 minutes. They ended with the *Lord's Prayer* and continued to stay standing until each person was individually hugged and told in English "Happy 24."

I was there for an hour after the meeting answering questions about AA in America. I was asked if I had Clancy's phone number. Another asked if it was correct that his sponsor said not to date for a year. I was amused that the questions the Peruvians asked were the same questions asked by Americans.

I left that meeting knowing I had been deeply touched by the "language of the heart."

Language of the Heart Goes Back to Anonymity...cont'd. from page 1

We struck up a conversation. It was like a dam opening, and he began to pour out his story. I knew he needed that moment to share. So I listened.

He only had one week sober. He was shaky, nervous and lost. I remembered my first week sober in August of 2004 and how badly I needed to connect.

I asked him what he was doing later. He said nothing. I said good, "You're going to lunch with us." He agreed.

I could tell he was ready to jump out of his skin while sitting around the table at the restaurant with people he didn't

know. But he stayed nonetheless. He talked little. He ate, he listened and as he was leaving, he said he would call me. I had given him my number and told him I would be his temporary sponsor. We agreed to meet the following evening at a meeting.

In that interaction with him, I knew it was something my heart needed, too. I had felt excited to share the program with him.

The time and care we take with a newcomer is a good example of how we express *Language of the Heart*.



News, Updates & Events ...

more on aadallas.org

FEBRUARY

51ST Annual El Paso Jamboree: "Sobriety on the Border:" Feb. 15-17. Radisson Suite Hotel, El Paso Airport, 1770 Airway Blvd, El Paso 79925, <http://aaelpaso.org/>. Saturday night dance, AA meetings, workshops, golf tournament, banquet and more. Event tickets are \$35. Event and banquet: \$70.00 (\$45 at the door). Badges must be worn for all events. Speakers include Jeannette M., Dallas; Pete H., El Paso; Lyle P., Stockbridge, GA; David M., (Al-Anon) Dallas; Frank C., (Spanish) El Paso; Bob D., Las Vegas, NV; Larry J, Dallas.

Alpha AA Group Reunion: Saturday, Feb. 16 from 5 to 9 p.m., St. Francis Anglican Church, 3838 Walnut Hill Lane. You do not have to be a former member of the Alpha group, which was an active Dallas AA group. All AA and Alanon members are welcomed. Come enjoy fellowship and a night of memories.

Metropolitan Women's Meeting: Thursday, Feb. 21, 7-9 p.m. Unity Church, 6525 Forest Lane, Dallas. Snacks, coffee, fellowship and 8 p.m. Kim C, Georgetown.

MARCH

22nd Annual Chisholm Trail Convention: March 1-3. Georgetown Community Center, 445 E Morrow Street, Georgetown, 78626. Friday, 5:30-9:15 p.m. (Chili Cook-off Judging, AA Speaker, Luis D, Dallas; ice cream social). Saturday speakers include: Sheila A, Tulsa; AFG Heather W, Leander. Sunday includes breakfast; Courtney H, Northland; Conference Closing; 23rd Annual Committee meeting. \$15, \$20 at the door. Online registration: www.chisholmtrailconvention.com.

50 Years of Miracles, Houston Intergroup

Celebrates 50 Years of AA: March 8-10. Westin-Memorial City, 945 Gessner Road, Houston, 77024. Speakers include Dave J, Sebring, Fl; and Danny B, Spring; John A, Carrollton; Anne Marie AFG, Los Angeles; Jim M, AAWS; Rob McP, Spring; Francine W, Mill Valley, CA. Fr. Bill W, Round Rock; and Gail LaC, AAWS work. Talent show with cash prizes. \$25 registration. Hotel rate is \$92 a night. Register to win an upgrade and your room paid. Call 713-686-6300 for more information. www.aahouston.org.

Group Contributions

Jan.-Dec. 2012/Jan. 2013

	<u>Jan.-Dec. 2012</u>	<u>Jan. 2013</u>
A Daily Reprieve	1,192.14	397.75
Adison	100.35	0.00
Allen	500.00	50.00
Aquarius	125.00	0.00
Big Book	90.00	50.00
Big Book Saturday Men's	500.00	0.00
Bridging the Gap	12.00	0.00
Broad Highway	200.00	0.00
Bruton Terrace	50.00	0.00
Carrollton	1,800.00	200.00
Carry the Message	237.71	24.48
Casa	30.15	0.00
Chicago	40.00	0.00
Clean Air	948.30	97.50
Clean Air Garland	419.42	77.08
Clean Air North	4,144.34	887.25
Colony	220.00	20.00
Coppell	300.00	0.00
Cornerstone	1,125.00	0.00
Dallas North	9,440.00	370.00
Denton Unity	41.68	0.00
Downtown Group	85.00	0.00
Downtown Nooners	1,200.00	0.00
Duncanville	225.00	50.00
Forney	10.00	0.00
Frisco	11,603.38	0.00
Georgetown	3,986.00	204.00
Gift of Sobriety	220.00	0.00
Highland Park Tuesday Nite	260.00	160.00
Highland Park Women's	614.50	82.50
Hope	200.00	0.00
Independence	80.00	0.00
Irving	60.00	0.00
Kessler Park	1,400.00	282.00
Lake Highlands	240.00	20.00
Lakeside Traditions	160.00	0.00
Lakewood	1,522.00	960.00
Lambda	1,737.50	1,464.76
Lewisville	3,677.29	543.39
Little Elm	265.30	0.00
McKinney Fellowship	76.25	0.00
McKinney's Men's	250.00	0.00
McKinney Miracle	2,799.16	110.30
McKinney Serenity	500.00	0.00
Mesquite Big Town	50.00	0.00
New Freedom	1,038.48	0.00
No Hassle	3,008.30	0.00
ODAAAT	100.00	0.00
Plano Serenity	45.00	0.00
Preston	2,800.00	0.00
Principle	81.00	0.00
Prosper Country	497.71	89.00
Ray of Hope-Seven Points	10.00	10.00
Red Oak	75.00	150.00
Richardson	830.00	30.00
Romance and Finance	297.97	0.00
Ross Avenue	90.00	10.00
Rowlett	656.56	5.00
Rule 62	7.00	0.00
Seniors in Sobriety	178.15	9.00
Serenity Circle	53.00	0.00
Simply AA	130.00	45.00
Southwest Clean Air	612.68	0.00
Stemmons	37.00	0.00
Sunday Morning Live	150.00	0.00
Sunlight of the Spirit	100.00	0.00
Texoma Foxhall	60.70	0.00
Town North	300.00	30.00
Town South	15.00	10.00
Traditional	26.00	288.77
Van Alstyne	204.35	0.00
Waxahachie	40.00	0.00
Whiskey and Milk	885.43	466.00
White House	500.00	0.00
Wylie	80.00	10.00
Total	\$65,646.80	\$7,203.88