

The DIALOG



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

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Welcome to the DIALOG — your newsletter for the Dallas Intergroup Association

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When the vodka hits you and you're not shy anymore



Events

CityWide is Back - every 2nd Saturday of the month.

International Women's conference - February of 2023. Need volunteers.

Aquarius group is temporarily closed due to a mold issue.

McKinney Fellowship—37-year anniversary party; Sat, Dec 18, 7-9pm. Food and Christmas party at the event. Sherri H. speaker.

Gift of Sobriety Group—potluck prior to December birthday, 12/26—1pm.

Dallas County Jail Zoom meetings:

Men's meetings: Monday-Friday 9am-10am, Tuesdays 1pm-2pm.

Women's meetings: Monday, Wednesday, Friday 12:30pm-1:30pm.

Preston Group, Richardson Group are individually having Christmas Day Lunch

Check with your local club for Christmas Day lunch plans,

SMASHING THE MELANCHOLY!

Christmas time is here. During this holiday season for some of us, it can be melancholy and just outright depressing. Last year was spent alone, my 2 daughters have moved to opposite coasts for work. Mom and Dad now gone. Sister and Brother doing their own thing, although we get along, it's just not my kids. I don't get to play Santa anymore. Throwing pebbles on the roof top to mimic the reindeer on the roof in the night and hearing my kids squeal with laughter and joy. Running Santa off in the morning as the kiddos lined up and waited behind the door with excitement.

It's easy to be melancholy during this time. Last year the only tool I had was a dear friend saying, "After all, It's just another F'n Day." I made it thru with that in the quietness of my home Christmas morning. Not fun! This year again, I am at home alone, I am not going to use that tool to make it thru the day. I have tools. Tools I learned in AA, one such tool is "SMASH THE DELUSION " When errant thinking wants to creep in about my ability to handle it one more time. I simply say, NO, I AM NOT GOING TO THINK THAT. Smashing that delusion by "Riding that pony all the way to the end of the trail" and visualizing what that actually looks and feels like. Melancholy thoughts, are no different, are they?

I have to replace them with happy thoughts. As silly and juvenile as that sounds. It works for me. Happy thoughts can only come from a FULL SPIRITUAL TANK and not an empty one. MY TANK CAN GET DRAINED QUICK, if I hear the BAD news all day long as background noise during the day while I work. My TANK GETS FULL WHEN IT'S FILLED WITH GOOD THINGS. Inspirational Speakers and Great Music. If music is born from the Spirit, then listening to Death Metal or My Momma got run over by a train, while driving my pickup in the rain. Is not going to fill my tank with the gas I need to take me thru the Melancholy.

As Paul wrote, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things." Works for me.

Steve W.—Dallas



Dallas Intergroup Association Chili Cook off

DATE Saturday, February 26th.

REGISTRATION \$10

OPENS 11:30

EVENT 12:00-3:00

(All donations and proceeds go to Dallas Intergroup Association)

SPEAKER John Allred, Arlington, Texas

Topic " Change Everything Without Changing Anything "

Awards for 1st., 2nd, 3rd place—Chili Cook off contestants

First place winner—Best Cornbread Contest

Venue Cochran Chapel UMC - Meader Hall

9027 Midway Rd. Dallas Texas 75209

S. W. Corner of NW Hwy. and Midway Rd

Contestants pass your information on to Charlie O

charlieo42190@yahoo.com

A Long Cold Road to Bethlehem

L.A. Times Archives Dec. 23, 1995; <https://www.latimes.com/archives/la-xpm-1995-12-23-me-17102-story.html> with commentary by Steven W. - Dallas.

My happy thought this season came from the story I read above, about the long road to Bethlehem.

Christmas shows me how God came not in glory, not in riches, not in honor. He came poor, for the poor, placed in a dirty trough for travelers who stayed over-night in affordable rooms, yet there was no place left to stay but a smelly barn.

Born by a tired young pregnant 14 yr. old girl whose worn out husband from the 90 mile journey, at best traveling 10 Miles's a day, in weather that was freezing at night.

A journey, who I wonder, Did he ever, at the most in opportune times wonder whom she cheated with? Could he possibly have not fully realized who this baby was? Maybe until that very moment the baby was born?

It was recorded in history, some say all the angels of heaven audibly shouted Gods new covenant with mankind. "Glory to God in the highest heaven, and on earth peace among men with whom He is well pleased!"

In my meditation I realized, God came to be a baby so that he could feel my, pain, my joy, learn to walk, learn to say momma and daddy, learn to read, learn how to get along with family, how to work, how to give, even how to show love.

In order that he could pay for my rebellion, my doubt, my debt, my shame, my hurts, my sickness, my disease and show me how to love by giving me a new freedom, a freedom to love. A new way to live.

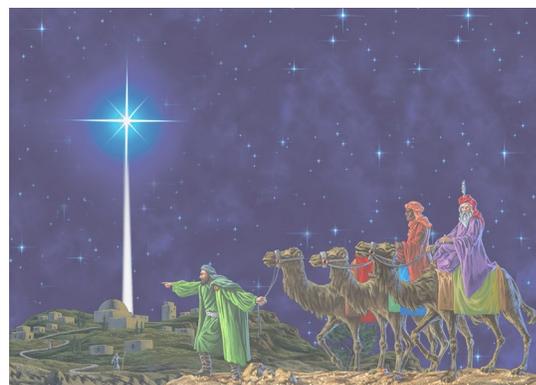
A great light was given that night that lit up the darkness to proclaim Good News of Great Joy. Another light was given in the heavens that gave direction.

In my surrender to the God of love I found a new fellowship, a new peace, a new joy, most importantly of all, I found a new way to live. I finally found my way out of the darkness into the light that leads me to home.

I am spending this Christmas not thinking about what I have lost but what I have gained. I am going to spend it in giving back what was freely given.

This Christmas, I choose to **smash my melancholy** and be the light that lights up someone else's Christmas.

Steve W— Dallas



Anonymity – Our Spiritual Foundation

The first time I met with my first sponsor to begin stepwork, I arrived fifteen minutes early at the restaurant where we agreed to meet because I wanted to get my first A+ in AA. I showed up with my brand new, hot-off-the-press 4th edition Big Book complete with blue and yellow dust jacket. After I ordered my coffee, I placed the book on the edge of the table in the hopes that the wait-staff and other customers might catch a glimpse and see what a sorry state I was in. Poor little Erica, condemned to a life in Alcoholics Anonymous!

When my sponsor arrived, she took a look at the book, looked at me, and told me I needed to put a new cover on it – one that would conceal its title when I was out in public. Conveniently, the dust jacket is sheer white on the inside—I turned it inside out and wrapped my book in it while my new sponsor explained how anonymity was the spiritual foundation of all of our principles in AA. She said it would be unfortunate for me to break my anonymity as an AA member before I had had any experience in recovery to demonstrate AA principles to others. Moreover, I never had the right to break another member's anonymity, including hers, which I had broken by implication when I showed off my Big Book to all of the patrons in the restaurant. Then she asked me to read the essays on Traditions 11 and 12 with a laser focus on the principle of humility and self-sacrifice.

As clueless as I had been that morning, I read those two essays in the evening and felt deeply that humility and self-sacrifice – the abandonment of personal distinction inside or outside of the fellowship as a function of my experience as an alcoholic – were practices that I sorely lacked. I was keenly aware of my desperate need for a personality change sufficient to bring about recovery from alcoholism. And through the guidance of this sponsor and our literature, I learned that one way to assure that I am practicing a genuine humility is to maintain my personal anonymity as an AA member at the public level, to be rigorous about practicing the principle of anonymity within the fellowship, and to continually avoid seeking personal distinction within AA. That is, Traditions 11 and 12 were there not to protect my privacy so much as they were there to protect AA from my own self-will, power-driving, and desire for special attention. *(Cont. on page 4)*



... "the humility and self-sacrifice involved in the spirit of anonymity provide potential for a lifetime of continuous spiritual growth..."



I have some good news and some bad news. The good news is, the judge ruled court orderd AA is inhumane. The bad news is, he reduced your sentence to waterboarding.

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Welcome to the
DIAlog



CALLING ALL WRITERS...

Got something to Say?
Send it to us or call
214-316-1656

Tell us about EVENTS
coming up at your
HOME GROUP

Email
DiAlog@aadallas.org

Continued from page 3, "Anonymity – Our Spiritual Foundation"

It is easy to think of anonymity simply as a matter of confidentiality. Our anonymity promise assures newcomers they can join the fellowship without exposure to public ridicule or the stigma associated with alcoholism. There is, however, another dimension of anonymity – the spirit of the principle itself. The spirit of anonymity focuses less on confidentiality and more on humility and self-sacrifice. This can be much trickier because of its subtlety and its demand that we each, as AA members, constantly examine our motives in the way that we relate to one another.

As our Big Book says, one way that we help each other is by disclosing our shortcomings, so that others might identify with us and therefore reflect on their own practices. So in the interest of disclosure, I will share a few ways that I have acted outside of the spirit of anonymity as an AA member. These are just for your consideration; if they don't resonate for you, feel free to discard them.

First, I once shared a sobriety anniversary with my friends on Facebook to accumulate accolades all day long. Because my post was private, this act did not break the letter of anonymity. However, because my motive in posting the anniversary was a desire for praise and accolades for this milestone, I did act outside of the spirit of anonymity.

Second, I have put AA members on a pedestal and sought prestige by associating with people whom I deemed important in the fellowship. Again, this has nothing to do with confidentiality, but it reflects a lack of humility on my part as I seek to place others above myself or myself above others.

Third, I have told someone that I was in AA to elicit interest, intrigue, or sympathy. Because this was a personal disclosure, I did not break anonymity at the public level. However, my motives were not selfless, as I was seeking personal distinction as a function of my membership in AA.

Fourth, I have discussed my work and professional life with AA members to seem special. Again, this was a subtle attempt to set myself apart from my fellow AA members – to obtain special distinction within AA.

One of the advisory actions from the 67th General Service Conference is to add more discussion about the spirit of anonymity, humility, and self-sacrifice to the pamphlet "Understanding Anonymity." Although sticking to the letter of anonymity is simple – we do not disclose our membership in AA at the public level – the humility and self-sacrifice involved in the spirit of anonymity provide potential for a lifetime of continuous spiritual growth – both for our individual members and for the fellowship as a whole. Thank you.

Erica C. (Delegate, Panel 67 Area 10 – Colorado)
(Presented at the A.A. South West Regional Forum,
San Antonio October 2017)

Cashier: Wow, what's
the occasion?

Me: Saturday. Ever heard of it?

