

East Valley
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NO BOOZE NEWS

Replay Resentment | He had a bunch of tapes he could pop into the player and use to justify more drinking.

The word "resentment" means to re-feel. I used to love getting resentments because they justified more drinking.

When someone ignored me or didn't like me, it threated my pride and self -esteem instincts. When someone dumped me, it threatened my emotional and sex instincts. When someone was promoted over me, it threatened my ambitions. When someone made more money than me, or stole from me, it threatened my financial security.

However, something like this didn't become resentment until I started up my resentment replay recorder, which was on perpetual loan from the committee in my head. I'd turn it on and re-play the pain, anger or fear I felt in whatever situation threatened me. I replay it once, then twice, then again and again. After each playback I'd hear a slightly meaner story as my magic magnifying mind embellished and distorted the truth of my original injury. Now I had serious resentments worth drinking over. They all added up too because I never got rid of any.

Whenever there was nothing bad to record, instead of recording what someone did to me, I'd record what someone might have been thinking about me. Then I'd replay that magic tape and after a while, I'd end up with resentment against myself for allowing bad things to happen to me all the time. Self-resentment soon turned into self-pity – the absolute very best reason to go out and get drunk.

When I did my Fourth Step, I wanted to put myself down" as my biggest resentment. My sponsor said, "No way." He explained that putting myself on the list was just another example of my selfishness and self-centeredness. The Big Book instructions say to "list people, institutions or principles with whom we were angry." He'd say, "People means other people, not you".

...continued

When I did as instructed I was amazed how many resentments had piled up over the years. I had resentments going back to age six about schoolmates that had humiliated me, and family who were suffocating me.

Looking at my part in my resentments, including the justifiable ones, all led to the same conclusion: selfishness and self-centeredness was my role in everything. When someone didn't do what I wanted, I began a new grudge which I beat myself up with until I could stop the pain by drinking.

I discovered that my part in my resentments over abuses I endured as a child was that I was still carrying those justifiable resentments today, rather than letting them go by forgiving those involved so I could live in this day rather than staying stuck in yesterday.

In looking at my role in my resentments, I was able to lay the groundwork for addressing the harms I had done others, despite the harms they had done to me, during my Ninth Step amends.

I've been unable to destroy my resentment replay recorder, but I have been able to return it to the committee in my head. During my sober years I've rarely had to borrow it back for very long, and as long as I perform daily maintenance on my spiritual condition I'll never need to use it.

—-Alex M.

From Chapter 5 | How It Works

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults, we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight.

Changes to Our Newsletter

Beginning in April, as a result of a motion approved by the Groups at the February Intergroup Representative we will be transitioning to a more electronic version of our newsletter. We will continue to mail paper newsletters to our paid subscribers. The cost is \$18 a year to cover printing and postage costs. They will also be available at the office for pick up.

The complimentary subscriptions will now be sent electronically. If you would like to receive a free copy every month in your email box just send us a note at our website NEWS - East Valley Intergroup of Alcoholics Anonymous (aamesaaz.org). Drop us an email and say sign me up. You can even submit stories and other content for future newsletter editions there.

The Gratitude With Service form can be found on the website too. Sign up to volunteer for any of EVI's Standing Committees, such as Special Events, Literature, Unity, or Phone Volunteer. We always need volunteers for our 12th Step call list. 12th Step work can be very challenging yet spiritually rewarding. If you have one year of continual sobriety and are willing and available to contact an alcoholic who reaches out, please volunteer for this most valuable service. The life you save may be your own.



"Can We Choose? We must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and of our surroundings -- that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose."

...from As Bill Sees It

ROUNDUPS, CAMPOUTS AND CONFERENCES

TRI-STATE ROUNDUP

MAY 16 ~ 19, 2024 LAUGHLIN NV RIVERSIDE RESORT

KAIBAB LAKE ROUNDUP

JUNE 27 ~ JUNE 30 KAIBAB LAKE WILLIAMS AZ

PRESCOTT SHOESTRING ROUNDUP

JULY 26 ~ JULY 28

11 E SHELDON ST. PRESCOTT AZ
YAVAPAI COMMUNITY COLLEGE

SRI SUMMER ROUNDUP

AUGUST 9 ~ 11 Doubletree resort by Hilton Scottsdale AZ



08-820 Quarterly Potluck and Speaker

Saturday, April 13, 2024
5:30pm to 8:00pm
Please bring a dish to share
1050 W Superstiion Blvd.
Apache Junction

2025 INTERNATIONAL CONVENTION VANCOUVER, BC JULY 3-6, 2025

90 Years – Language of the Heart

Save the date!

Meal and a Message

Saturday, April 13th 2024

Doors open at 5:30pm

Speaker at 7:30pm

1525 N Power Rd. Mesa AZ

(Love of Christ Lutheran Church)

(No ticket will be sold at the door.)

H & I Awareness Day

12 ~ 3pm. Saturday, April 20 6715 Mockingbird Ln. Paradise Valley AZ

2024 Pre-Conference Assembly

April 5 ~ 7, 2024
6555 E Speedway Blvd.
Tucson AZ
(Embassy Suites by Hilton)

Name Date

Ivaille		Daic
Kathleen C	4/15/1972	18993
Richard C	4/23/1979	16437
Harry R	4/17/1980	16071
Frank B	. 4/20/1980	16071
Bill O	. 4/19/1982	15341
Carol H	4/22/1983	14976
Ken L		
James C	4/1/1988	13152
Willard K	4/4/1988	13149
Kevin F	4/4/1988	13149
Melanie M	. 4/15/1988	13149
Sam W	. 4/28/1988	13149
Shawn B	4/1/1989	12788
Erica W		
Dave L		
Larry C		
Larry S		
Dave C		
Peggy H		
Eddie O		
Tom C		
Michael R		
Michael F		
Scott C.		
Sharon K		
Jeff H		
John J		
John B		
Gail H		
Bart M		
Chris K		
Rhonda C		
Paul T		
Warren S		
Maegan W	4/24/2009	5479
Maureen V		
Marna W		
Guy S		
Jason H	4/22/2012	4383
Tom J	4/4/2015	3288
Angie S	. 4/6/2015	3288
Donald S		
Gamaliel B	. 4/11/2018	2192
Beth N	. 4/16/2018	2192
Andrew P	. 4/20/2018	2192
Edie M		
Jannette K		
Bailey L		
Linnea P		
Luisa B		
	4/20/2021	731
Carol Z		731
Deb B		
1		

HELP WANTED

Your Intergroup needs you!

Current open positions:

PI/CPC Chairperson

PI/CPC Committee Members

Phone Committee Co-Chair

Evening Phone Volunteers

12 Step Volunteers

Events Committee Co-Chair

Events Committee Members

Office Front Desk Volunteers

Unity Committee Members

H&I Liaison

Spanish Liaison

Please contact the office for information on how to sign up for these service opportunities.

480 834-9033



Things we cannot change.

Harry R. of Mesa and John M. also of Mesa. Both long time members of our fellowship, have passed from this world. They were a blessing to many and will be missed.

PI / CPC

(Public Information and Cooperation with the Professional Community)

1st Mondays at 7pm.

1855 E Southern Ave #103

(EVI Office) and on Zoom

Zoom ID: 984 4383 7353

Passcode: 061035

Come help carry the message at the public level and to professional groups who have contact with alcoholics.

480 827-1905 or email picpc@aamesaaz.org

aamesaaz.org

EVI Phone Workshop

Third Friday's at 6:15 pm
Before the monthly business meeting
at



On ZOOM aamesaaz.org

Workshops can be done at your Group!



For more information Call Tom S.

EVI Sponsorship Workshop

10am the 1st Saturday of every other month

Check aamesaaz.org for location information Contact: Position Open

HOST GROUP SCHEDULE

May 7 ~ Courage to Change



EVI Special Events Committee

Meeting held before the Monthly Speaker Meeting
1st Friday of the month
2222 S Price Rd. Tempe
contact: 480 827-1905

Join the

EVI Unity Committee

Meeting at 6:15pm Every 3rd Friday

Check aamesaaz.org for location information aamesaaz.org

Contact 480 827-1905

HELP WANTED - Office Volunteers & EVI Hot Line Phones

4 hour shifts in the EVI office

Call Roxanne for specific
times and days.



EVI Monthly Speaker Meeting

1st Friday of Every Month 2222 S Price Rd. Tempe (Church of the Epiphany)

Doors open at 7:00pm

April 5 ~ The Society

May 3 ~ Rising Spirit

These are subject to change - so keep watching.

Central Office Manager's Report March 15, 2024

February continued to be a great month for new contacts. We received 340 requests for information and assistance. Of those 87 calls were for meeting info, 92 were office visitors and, 6 resulted in a 12-step call. Our website stayed busy too. It had 54,744 visits in the last 30 days. Our Google listing received 1,809 views in February with 25 giving us a call, 254 visiting our website and 65 requesting directions to the office.

AA Grapevine will be increasing subscription prices to offset increased production costs. Renew or subscribe by April 15th to save 24%. We have updated the in-house pamphlet "How Intergroup Helps Cary the Message" to include information on the meeting guide app and the changes in newsletter availability.

Now that our newsletter is available **FREE** by email, we want to encourage everyone to sign up. Stay informed of local events, service opportunities and news in our Fellowship all in one place. You can even submit personal stories, jokes and cartoons for publication. Just drop us an email, info@aamesaaz.org, and say "sign me up for the newsletter". Our email subscription list currently has 860 readers. That is a great start but we would like to give every member in the East Valley a newsletter. Did I mention it is **FREE**?

Let's talk about service. Intergroup currently has many positions open. Service opportunities are always available on all EVI committees and the 12th step list. Gratitude with Service forms are now available on our website. Please encourage your Group members to volunteer for a service position. The life they save may be their own.

In the spirit of Tradition Eight, Love and Service Kim Watkins Central Office Manager East Valley Intergroup

EVI CENTRAL OFFICE ACTIVITY

	Feb	2024
Meeting Information Calls	87	186
General Information	78	163
Referred to Salt River Intergroup	0	3
Referred to Al-Anon	4	12
Requests for chips/medallions.	17	38
12th Step Calls	6	18
Business Calls	56	129
Office Visitors	92	192
Meeting lists printed	400	800
Info request via E-mail	37	79
Desk Volunteers-Reg/Sub/None		23/ 7/12
Desk Volunteers-Reg HRS YTD.		

Web Stats

Website Visits last 30 days 54,744 YTD 91,258

Google Searches last 30 days 1,809 YTD 3,709

Meeting List Updates...

Our website (aamesaaz.org) is being updated weekly. Check it out for the latest on which groups are meeting and where.

New Meetings:

SOSO Group 5880 S Hospital Dr. Conference Rm. Globe TU 12pm O Strength in Hope 1770 S Dobson Rd. Chandler TU & TH 6:00am O

Changes:

Slay the Dragon *Moved 501 S. Az Ave. Chandler TU 7:00pm O

Grateful Girlfriends 21600 S Crismon Rd. Queen Creek TH 6:00pm O, W

Deletions:

Into Action 2740 E Southern Ave. Mesa MO 6:00p

East Valley Intergroup 1855 E Southern Ave. Suite # 103 Mesa, AZ 85204

Alcoholics Anonymous - Contributions PO Box 2407 James A Farley Station

New York, NY 10116-2407

General Service Office - correspondence

PO Box 459, Grand Central Station New York, NY 10163

Area 03 Treasurer *NEW*
PO Box 13714
Scottsdale, AZ 85261
Make Check To: AZ Area Committee

District 08-818

PO Box 12044 Tempe, AZ 85284

District 08-819 PO Box 594 Mesa, AZ 85211

District 08-820 PO Box 1901 Queen Creek, AZ 85142-9998

District 08 (Maricopa County) PO Box 45066 Phoenix, AZ 85064

Alcoholicos Anonimos - Oficina 2720 E Thomas Rd. B#180 Phoenix AZ 85016

Valleywide H & I PO Box 80126 Phoenix, AZ 85060

GSO Example of Group Contributions to A.A. Service Entities

Distribution of funds from groups that

support four service entities

10% to District 10% to Area

30% to GSO 50% to Intergroup



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GROUP CONTRIBUTIONS



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GROUP	<u>Feb.</u>	YTD
11th Step Candlelight		\$0.00
2121 Beginner Workshop	\$300.00	\$300.00
A Vision For You		
ABC Group Ad Hoc Online		
Ad Hoc Online		·
Ahwatukee Nooners		
Ahwatukee Saturday Men's		
Ahwatukee Women's Group	\$126.00	\$126.00
Arbor Daily Noon Group	\$200.00	\$400.00
As Bill Sees It QC		
Attitude Adjustment CG		
Atitude of Gratitude		
BBookworms		•
Bloopers		
Bootstrap Men's		
Bottom of the Bottle		\$72.24
Breakfast Club		·
Busted Ego		•
By The Book		
Chandler Men's Stag Chandler Noon Group		
Chandler Noon Group Chandler Women's Big Book Group		
Common Thread		
Courage To Change		
Dr's Nightmare		\$0.00
East Phoenix Men's		\$0.00
East Valley Men's Stag		
East Valley Veterans		
Easy Does It Group Eye Opener Group		
Feelings and Solutions		
Fill in the Blank		
Firehouse Meeting		
Florence Group	\$60.00	\$60.00
Fresh Air Group		
Friday Night BB		
Get In The Car		
Gilbert BB Step		
Gilbert Gals		
Gilbert Group		•
Gold Canyon 12 X 12		\$0.00
Good Ol' Back to Basics		
Good Orderly Direction		· ·
Grateful Girlfriends		
Gratitude Group Great Start		
Gut Level		
Happy Hour @ Sunbird		·
Hidden Valley Seekers		
Hope For Today		\$0.00
Kitchen Table Group	\$369.00	\$369.00
Ladies Lunch Bunch		
Last Resort		
Life In The Big Book		
Livin Life Women Maricopa 12 X 12		
Maricopa Group		
Miracle House		
Name In The Hat		
New Beginnings		
New Spirit Group		
No Big Deals		
No Name AA Group Opportunity Knocks		
Over The Influence		
Page A Day		

GROUP	<u>Feb.</u>	<u>YTD</u>
Patio Group		
Pioneer Group	\$40.00	\$88.80
Price Is Right		
Primary Purpose Group		
Progress Rather Than Perfektion		
Province Group		
Putting God First		
Queen Creek Nooners		\$0.00
Re-Awakening Group		
Renewed Spirit		
Rising Spirit		
Road To Recovery		
Rock Solid		
San Tan Group		
San Tan Men's		
Second Chance Group		
Serenity Now		
Serenity Sisters		
Serious Over Sobriety		\$53.10
Shade Tree		
Slay the Dragon		\$0.00
Sobriety is Gold		\$0.00
Sobriety Rocks		\$165.00
Society Group		\$133.33
Some Are Sicker Than Others		\$50.00
Southeast Valley Stag		\$312.50
Spirited Women		\$0.00
Starlight Ranch	\$50.00	\$50.00
Step By Step Group	\$91.42	\$254.87
Steppers		\$0.00
Stepping Stones		\$250.00
Sunday Night BB Step Study		\$0.00
Sunday Afternoon Step		
Sunday Serenity Seekers		
Sunrisers		
Sun Lakes Women Serenity See		
Sunset Group		
Superstition Sunrise		
Tempe Group		
Tempe Nooners		
Tempe Sunrisers		
The Library		
The Promises		
The Real Thing		•
The Tribe		
The Way Out Group		•
Thursday Night Step Group		
Tuesday Night Steppin Out Tumbleweeds Group		
——————————————————————————————————————		
Upon Awakening		
We Ain't Dead Yet		
We Agnostics		
Wednesday Night Winners		
Welcome Home		
West Chandler Men's		
Wolf Pack Group		
Women in Gratitude		
Women in Solution		•
*Anonymous Groups		\$0.00
OTHER GROUPS/COMM	TTEES	
Apache Lake Campout		
AZ AA Women's Conf		
Mesa Roundup		\$0.00
Dist 08-819	\$420.00	\$420.00
Dist 08-820		\$0.00
Meal and a Message		\$0.00
Group Totals		
EVI Committees		
Individual Contribution		
GRAND TOTALS	·	· ·
*Group contribution with no group n		417,110.33
Croup contribution with no group n	anic listea)	

Financial Statements

BALANCE SHEET February 29, 2024

PROFIT & LOSS STATEMENT February, 2024

Assets Current Assets Checking Prudent Reserve (Savings) Accounts Receivable	7,122.40 39,794.31 1,040.00
Inventory Asset Undeposited Funds Fixed Assets Cash On Hand	25,015.09 501.41 50.00
Office Equip/Furnishings Depreciation	22,538.00 (-22,538.00)
Total Assets Liabilities & Equity	\$78,550.72
Liabilities Accounts Payable Visa Credit Card Payroll taxes	0.00 220.00
Total Liabilities	\$220.00
Equity Opening Balance Equity Retained Earnings Net Income	43,778.94 31,119.45 3,432.33
Total Equity	\$78,330.72

31 Group contributions totaling 5 Individual contributions totaling	\$6,363.81 \$150.00
Intergroup Business Meeting & Service Committee's 7th Tradition	\$21.00
Total Contributions	\$6,534.81
Total Income	\$12,743.96
Less total Cost Of Sales	\$3,668.21
Gross Profit	\$9,075.75
Less total Expenses of	\$6,793.82
Net February Gain	\$2,281.93
<u>YTD 2024 Gain</u>	\$3,432.33
The current Prudent Reserve balance	ce is \$39,794.31
, _ , _ , , , , ,	1. 1 1 6 2024

The Prudent Reserve has been established for 2024 in the range of \$35,703.95 - \$42,844.74

Please call me with any questions or comments regarding the financial statements.

Grateful to be of service, CJ M. EVI Treasurer

Tradition Four

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

"Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of egodriven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today."

EVI MONTHLY BUSINESS MEETING

East Valley Intergroup Business Meeting Minutes
Friday, March 15 2024 (Hybrid Meeting)
In-Person at Church of the Epiphany 2222 S. Price Rd. Tempe
Zoom 920 0542 4433 Passcode EVIBUSMTG

Roxanne opened the meeting at 7:00pm in person and on zoom with the Serenity Prayer

(The attendance list has been removed due to space constraints. It is available upon request.)

Shane Z. read the Twelve Traditions

Secretary Report – Linda C. Written reports in packet. Motion to accept made by Ken C., 2nd by Kaine H. Passed

<u>Treasurer Report</u> – CJ went over the written report in the packet. Question if there could be a more extensive report showing either a quarterly report or include last month's report to compare where we stand with our goals and budget. CJ agreed to present more numbers in next month's report. Ken C. made a motion to accept, 2nd by Kaine H. Passed

<u>Chairperson's Report</u>: Roxanne B. reviewed the motion from the group the EVI take an inventory. The inventory is being finalized and a presentation will be presented to the East Valley Intergroup(EVI)members. This process will such that after pulling together a compilation of information, it will be organized for the EVI representative to bring back to their groups. The results will be presented to EVI by an unbiased presenter. If you have any questions, please contact Roxanne.

<u>Vice-Chair's Report</u>: Ginger R. B. – Will be attending the Arizona Area 03 Pre-Conference Assembly in Tucson virtually in April and will report back to the group. Scheduling times to get out to the district meetings, was not able to attend due to illness.

Office Manager's Report: Kim W. reviewed her report. February was a great month with 340 requests. Lots of activity and updates including:

Gratitude with Service forms are now available on our website (AAmesaaz.org OR email us at info@aamesaaz.org.) There are many opportunities for service, please encourage your group members to volunteer for a service position.

Grapevine will be increasing subscription – renew or subscribe by April 15th to save 24%

Newsletter is now available for FREE on-line, sign up!

Standing Committee Reports:

<u>PI/CPC</u>: John reported what PI/CPC is all about. Will be rotating out of this position and if anyone is interested, they meet the 1st Monday of the month at 7pm at the EVI office located at 1855 E. Southern Avenue, Unit 103 Mesa, AZ 85204 480-827-1905. Responsibilities of this position: Coordinate with John, attend EVI meetings every month, must have 2 years of continuous sobriety.

<u>Special Events</u>: Roberta E. The 46th Anniversary party has a total of 135 tickets sold. There are 200 dinners from the caterer that have been paid for. Tickets will be available at the door.

<u>Phone Committee</u>: Tom S. March has 41 after-hours shifts. There are a total of 34 volunteers. Thank you to all and to those who take more than one shift, it's really appreciated. April there are 38 after-hour shifts of which 5 are still open. There is still an open position for the Co-Chair and if anyone is looking for a service commitment or know of anyone who may be interested, contact Tom. The position consists of preparing the calendar, and Trainings. A requirement of 1 year of continuous sobriety. Tom's rotation ends December of 2024.

<u>Unity Report</u>: Jennifer S.- met with the chairperson four times compiling a dark meetings list. Working on a script and pamphlet. They meet before the EVI Business meeting at 6:15. Her sobriety date is 7/13/19.

Sponsorship Committee: Ken C. April 6, Saturday at 10 am in the classroom at The Church of the Epiphany. Will be sending around a sign up for future groups to host and supply speakers. It's a rewarding service commitment and has about 25-30 people show up consistently. The workshop is every other month – six times a year. The host usually provides donuts and coffee. Willing to walk the next person through the process. Requires 1 year of continuous sobriety. There was a question referring to if the host is a specific meeting type, does it mean the attendees are exclusive to that meeting type? The answer was there are no exclusions.

No Booze News: Mike not present. No report.

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.. Business Meeting Minutes Contin-

<u>Literature Committee</u>: Monica S. Set up at table at the EVI monthly speaker meeting and plans on attending these meetings going forward. It was a great success. Is setting up a table at the EVI Anniversary party. Sold some books.

Liaison Reports:

Al-Anon: Lee R. - No Report

H&I : Position Open

Spanish Liaison: Position open

Sub Districts:

<u>08-818</u>: Jason C.- Working on getting panel topics before the assembly. Contact Jason C. if your group does not have a GSR and you need information. Jason (480)389-7739.

08-819: Robert S. Not present

<u>08-820</u>: Carol M. Voted to discontinue their hybrid meeting because there was no internet in the building where they meet. Quarterly Potluck Speaker meeting is April 14, Saturday from 5:30-8pm, 1050 W. Superstition Blvd., Apache Junction. A flyer will be provided.

Old Business:

Motion to stop using the hybrid format by Kaine H, 2nd by Ken C. Discussion by the body for discontinuing hybrid included cost, importance of in person attendance, difficult to hear and other mechanics are challenging. Continuing hybrid from the body includes those who have jobs that include travel, live far away, can't drive at night, injury, or illness and family/children obligations can attend the meeting. Voted 8 in favor 28 against. Does not pass.

Motion to have the EVI Steering Committee find a more centralized location to our area for our meetings and events, and propose it to the group for vote, by Ken O., 2nd Russ. All in favor. Vote passed.

New Business:

Motion to form a sub-committee to evaluate our set up and address etiquette to facilitate a smother operation of the hybrid format, Ken C. (attached), motion to table until April's meeting by Tom E., 2nd by Buddy., brought to a vote, 29 in favor 3 opposed, 1 abstained. Passed.

Announcements: David S. offered to help with microphones

At 8:03 Gary made a motion to close. Ken 2nd. Closed with the Responsibility Declaration.

Thank you for allowing me to be of service,

Linda C EVI Secretary



This we owe to AA's future: to place our common welfare first; to keep our Fellowship united. For on AA unity depend our lives and the lives of those to come.

Stolen Gem | Happy Birthday Big Book! Josh B.

Practically the only thing I did right in my first 10 years of attending AA was to "keep coming back." Most times I had nowhere else to go, but AA was always glad to see me. During one of those periods when I was back to running the show, I stopped for a late-night dinner after the last call at a local bar. Hungry or not, I usually went to eat for fear of going home alone or in hopes of finding someone I could keep drinking with.

That night, I failed at finding company. I meandered toward my car, but as I approached, the police officer working security spoke out, saying, "I wouldn't do that if I were you." He had seen my Big Book lying in the passenger's seat, as it always did. I kept it there as a gentle reminder of what my life could be. He suggested I sleep it off and pick up a white chip tomorrow. This is just one of the times the Big Book of AA has saved my life. It would take me several more years of pain and consequences, along with a stack of white chips, to finally attain the willingness to stay sober.

These days my Big Book rides with me everywhere I go. It's tattered, coffee- stained and well-used. Inside the cover it reads, "Please Do Not Remove This Book." It came from one of the many halfway houses and detoxes I visited along the way. I often joke with people that it's the most valuable thing I've ever stolen. Today I continue to make living amends by sharing with others the miracle of recovery and the "kit of spiritual tools" found within this book.

I'm grateful that the officer saw an opportunity to offer grace that night. I continue, as our book says, to "cling to the thought that, in God's hands, the dark past is the greatest possession you have—the key to life and happiness for others." This is my experience.