

2024

East Valley Intergroup, Inc. 1855 E Southern, Suite 103 Mesa, AZ 85204 480-834-9033 Fax: 480-964-4639 info@aamesaaz.org

TABLE OF CONTENTS	
Don't let the things AA gives, take	1
Don't continued from front pg.	2
From Our Big Book	3
Gratitude Service Form	4
Announcements	4
Anniversaries	5
Old-Timer Wisdom	5
Got Service?	6
Managers Report	7
Group Contributions	8
Treasurer's Report	9
EVI Minutes 10	0, 11
A Wayfarer	12



Scan QR w/ phone



NO BOOZE NEWS

Don't Let the Things AA Gives Me Take Me Away From AA

It was 1981 when I went to my first AA meeting...

I was sober for a few days, then a week, then a month. It was amazing! I was doing it! I got a job and some money in my pocket. My family told me how proud they were of me. I had finally learned how to stop drinking. AA had worked. I decided that I didn't need these meetings anymore, because I could do this on my own now.

Very soon after I quit going to meetings, I found myself drinking again. This pattern continued for 10 years, each time I drank again, I slid a little further down the scale. In May of 1992, I was homeless, my son was living with my sister and her family, I was unemployable, had warrants out for my arrest, and my family had told me that I was no longer welcome in their homes, and that if they saw me near them they would call the police on me. I was living in a small AZ border town where I knew nobody. I had been sleeping in a dumpster full of cardboard boxes in the alley behind a mattress store to stay out of the rain. I crawled back into the rooms of AA.

This time I was as desperate as only the dying can be. I was finally willing to go to any lengths to stay sober. I didn't care what they said I had to do; I was going to do it.

...continued

Once again, I went to meetings. All the meetings. I was unemployable, so I just went to AA meetings all day, every day. I got a sponsor and started working steps. Then I had an epiphany. I realized that all those times I went to AA, I was able to get a job, a place to live, a boy-friend, money in my pocket, BECAUSE I WAS GOING TO AA!! Each time I decided I was too busy with "life" I was letting the things AA gave me, take me away from AA. This concept seems so obvious now, but at the time, this was a huge revelation to me.

Today my life is full and busy. I have developed some health issues over the years. The job, the traveling, and the health stuff, leaves me totally exhausted sometimes. It can be so easy to get into a routine of being too busy or tired for AA. I know because I did it for about two years! I saw it happening, but I let it happen anyway. I stopped participating in my own recovery. It is only through grace that I did not drink, and I found my way back to AA. I go to meetings regularly every week. I am sponsoring & doing service work. I am participating in my own recovery again.

The longer I stay sober, the more I have to lose if I drink again. The material stuff, the job, the house, the relationships. The integrity and the respect it took so long to earn back. The self-respect and self-worth. The spiritual growth. Everything I have worked for all these years.

I know I cannot let the things that AA gives me take me away from AA.

Regan G. | Mesa, AZ

Page 3	Pag	ze	3
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From the Preface to the 4th Edition

All changes made over the years in the Big Book (A.A. members' fond nickname for this volume) have had the same purpose: to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more alcoholics. If you have a drinking problem, we hope that you may pause in reading one of the forty-two personal stories and think: "Yes, that happened to me"; or, more important, "Yes, I've felt like that"; or, most important, "Yes, I believe this program can work for me too."

Please use the Gratitude With Service form below to volunteer for any of EVI's Standing Committees, such as Special Events, Literature, Unity, or Phone Volunteers.

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 the alcoholic who reaches out, be sure to complete the form below and return to EVI Central Office via fax, mail, e-mail or drop off in-person.

EAST VALLEY INTERGROUP — Gratitude With Service form <i>revised 9/020</i> Return to: 1855 E Southern Ave. #103 Mesa, AZ 85204 (480) 827-1905 <i>e-maik</i> info@aamesaaz.org www.aamesaaz.org			
Date *First No	eme	Last_	
Address		*Phor	ne
*City	*\$T	*Zip	*Gender
 *Sobriety Date	Home Group		
e-mail address	-mail address Alt Phone		Phone
* = required for listing in 12 th Step List			
[] <i>No Boo</i> z	ze News Subscription / Renewal	(\$18.00 annual sub	scription fee enclosed)
Volunteer Servi	ce Options	Committees of Interest	
Check only those you are wil	ling to commit time to	Check only those you are willing to serve on	
12 th Step List Volunteer F [] Weeknights	Phones Night & Weekend		ormation / Cooperation with the
[] Weekends	[] Weeknights	[] Special Eve	•
[] Weekdays		[] Literature	
		[] Newsletter	(No Booze News)
[] Office Phone Vol	[] Office Phone Volunteer [] Unity Committee		mittee
Other Office Help		Meeting	

Group, District, and Area AA Announcements

Page4

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, 2024 Doubletree resort by Hilton Scottsdale AZ



By Mesa Roundup Saturday, May 4th 11am to 3pm

Dobson Ranch Park, Ramada #3



Founder's Day 2024

Saturday, June 8

10am to 4pm

1525 N Power Rd. Mesa

(Love of Christ Lutheran Church)

Register for free at azfoundersday.org

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ASCYPAA XXXI

Arizona State Conference of Young People in A.A.

Friday, August 16 ~ 18, 2024

2515 E Butler Ave. Flagstaff AZ

Ascypaa.org



Area 03 Post Conference Assembly

Hosted by District 10-102

June 1st 2024

777 Geronimo Springs Blvd. San Carlos AZ

Delegate's Report

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

90 Years – Language of the Heart

Save the date!

Sober Anniversaries Page 5

Name Date Mike C.15706 Bud K......5/23/198215340 Jon C......14610 Rick J...........5/13/198713515 Chris M.......5/13/198713515 MaryEileen R...............5/8/198813149 Mike S.12054 Hallie G......12054 Louis S.5/28/199112054 Jack G.5/23/199610227 Heidi H......9132 Denise A...........5/1/20028036 Mickey W.......5/1/20037671 Debbie G.5/16/20037671 Kathy T......6940 Larry S.......5/23/20076210 Pat C.6171 Neil H......5/23/20085844 Frank P......5/26/20085844 Steve B......5/11/20095479 Donna G......5/27/20095479 Ken M......5/19/20105114 Lyndadiane L.....5/29/20105114 Michelle M.5/25/20105441 Ben P......4749 Danielle R......4018 Denise M......5/12/20143653 Christopher T.5/5/20153288 Beth M. 3250 Diane K......3288 Mike D.5/10/20162922 Fay J..................5/13/20162922 Jean C.................5/15/20162922 Kathleen A......1827 Michele V.......5/6/2022731 Susan R.......5/17/2022731

HELP WANTED

Your Intergroup needs you!

Current open positions:

Steering Committee Secretary

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.

Blair P. of Mesa. A long time members of our fellowship, has passed from this world. He was a blessing to many and will be missed.

Our Fifth Step, Tradition and Concept

Step 5. - "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Trad 5. "Each group has but one primary purpose —to carry the message to the alcoholic who still suffers."

<u>Concept 5.</u> Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard, and personal grievances receive careful consideration.

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

Or

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: Ken H.

HOST GROUP SCHEDULE

May 4 ~ Courage to Change

Join the

EVI Unity Committee

Meeting at 6:15pm Every 3rd Friday

Check aamesaaz.org for location information

aamesaaz.org

Contact 480 827-1905

Get Involved:

aamesaaz.org/contact/

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

Office Volunteers & EVI Hot Line Phones

4 hour shifts in the EVI office
Call Roxanne for specific
times and days.



*** Fill and Regular Shifts
Available ***

EVI Monthly Speaker Meeting

lst Friday of Every Month

2222 S Price Rd. Tempe

(Church of the Epiphany)

Doors open at 7:00pm

Now Live only, no more ZOOM

May 3rd ~ Rising Spirit

June 7 ~ TBD

These are subject to change - so keep watching.

Central Office Manager's Report April 19, 2024

March was another great month for new contacts. We received 368 requests for information and assistance. Of those 101 calls were for meeting info, 101 were office visitors and, 8 resulted in a 12-step call. Our website stayed busy too. It had 51,730 visits in the last 30 days. Our Google listing received 1,990 views in February with 30 giving us a call, 278 visiting our website and 69 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%. They are also increasing the prices of their books when they order reprinting as costs continue to increase.

Our email subscription list currently has 876 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? 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".

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 W

Central Office Manager, East Valley Intergroup

EVI CENTRAL OFFICE ACTIVITY

	.March	2024
Meeting Information Calls	101	287
General Information	71	234
Referred to Salt River Intergre	oup 3	6
Referred to Al-Anon	6	18
Requests for chips/medallion	ns 17	56
12th Step Calls	8	26
Business Calls	61	190
Office Visitors	101	293
Meeting lists printed	300	1100
Info request via E-mail	41	120
Desk Volunteers-Reg/Sub/No	one	23/ 4/7
Desk Volunteers-Reg HRS YT	D.120hrs	360hrs

Web Stats

Website Visits last 30 days 51,730 YTD 142,988

Google Searches last 30 days 1,990 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:

Sobriety Society SOSO 5880 S Hospital Dr. Rm 1026 Globe SU 2pm O

Society Newcomers 9333 E Main St. Mesa

Daily 3pm

Any Lenghts 145 E 1st Ave. Mesa

TH 4:00pm BB

Recovery Thru The Maze 1880 N Longmore Rd. Scottsdale MO 7:00pm S T.G.I.F. 20164 S Sossaman Rd. Queen Creek FR 6:00pm

Changes:

Ahwatukee Nooners moved to 2601 E Thunderbird Pl. (Esperanza Church)

Deletions:

Road to Recovery has discontinued all 8pm and 10pm meetings.

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 1-13-24* PO Box 13714 Scottsdale, AZ 85267 *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



GROUP CONTRIBUTIONS



GROUP	Morrah	YTD
11th Step Candlelight	<u>March</u>	
2121 Beginner Workshop		\$300.00
A Vision For You		
ABC Group		\$0.00
Ad Hoc Online		•
Ahwatukee Group		
Ahwatukee NoonersAhwatukee Saturday Men's		
Ahwatukee Women's Group		
Arbor Daily Noon Group		
As Bill Sees It QC		
Attitude Adjustment CG		•
Atitude of Gratitude		
BBookworms		
Bloopers		
Bootstrap Men's		\$1,000.00
Bottom of the Bottle		
Breakfast Club		
Busted Ego By The Book		
Chandler Men's Stag		•
Chandler Noon Group		
Chandler Women's Big Book Grou		
Chant 2		
Common Thread		•
Courage To Change Dr's Nightmare		
East Phoenix Men's		
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		
Fresh Air Group		
Friday Night BB Get In The Car		
Get It Together		
Gilbert BB Step		
Gilbert Gals		
Gilbert Group		
Gold Canyon 12 X 12		
Good Ol' Back to Basics		
Grateful Girlfriends		
Gratitude Group		
Great Start		\$0.00
Gut Level		•
Happy Hour @ Sunbird		
Hidden Valley Seekers Hope For Today		
Kitchen Table Group		
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		

GROUP	March	YTD
Patio Group		
Pioneer Group		
-		
Price Is Right		
Primary Purpose Group		\$0.00
Progress Rather Than Perfektion		\$0.00
Province Group		\$53.00
Putting God First		
Queen Creek Nooners		
Re-Awakening Group		
Renewed Spirit		
Rising Spirit		\$692.11
Road To Recovery	\$100.00	\$300.00
Rock Solid		\$50.00
San Tan Group		
San Tan Men's		
Second Chance Group		
Serenity Now		\$78.00
Serenity Sisters		\$0.00
Serious Over Sobriety		\$53.10
Shade Tree		\$300.00
Slay the Dragon		
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Sobriety is Gold		
Sobriety Rocks		
Society Group		\$133.33
Some Are Sicker Than Others	\$100.00	\$150.00
Southeast Valley Stag		\$312.50
Spirited Women		
Starlight Ranch		
3		-
Step By Step Group		
Steppers		
Stepping Stones		
Sunday Night BB Step Study		\$0.00
Sunday Afternoon Step		
Sunday Serenity Seekers		
Sunrisers		
Sun Lakes Women Serenity Seeker		
Sunset Group		
Superstition Sunrise		
Tempe Group		\$200.00
Tempe Nooners		\$0.00
Tempe Sunrisers		\$200.00
The Library		
The Promises		
The Real Thing		
The Tribe		\$0.0
The Way Out Group		\$0.00
Thursday Night Step Group		\$0.00
Tuesday Trudgers		
Tumbleweeds Group		
Upon Awakening		
-		
We Ain't Dead Yet		
We Agnostics		
Wednesday Night Winners		\$0.00
Welcome Home		\$500.00
West Chandler Men's		\$0.00
Wolf Pack Group		
Women in Gratitude		
		-
Women in Solution		
*Anonymous Groups		\$100.79
OTHER GROUPS/COMMITTEE		
Apache Lake Campout		\$0.00
AZ AA Women's Conf		
Mesa Roundup		
Dist 08-819		
Dist 08-820		
Meal and a Message		
Group Totals\$	3,406.41 \$3	17,045.76
EVI Committees		
Individual Contributions		
GRAND TOTALS\$	-	18,003.46
*Group contribution with no group name list		

Financial Statements Page 9

BALANCE SHEET March 31, 2024

PROFIT & LOSS STATEMENT March, 2024

Assets	
Current Assets	
Checking	3,359.68
Prudent Reserve (Savings)	39,837.91
Accounts Receivable	1,066.00
Inventory Asset	27,969.02
Undeposited Funds	423.20
Fixed Assets	F0.00
Cash On Hand	50.00
Office Equip/Furnishings	22,538.00
Depreciation	(-22,538.00)
Total Assets	\$77,733.75
Liabilities & Equity	• •
Liabilities	
Accounts Payable	0.00
Visa Credit Card	2,640.44
Payroll taxes	0.00
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Total Liabilities	\$2,640.44
Equity	
Opening Balance Equity	43,778.94
Retained Earnings	31,119.45
Net Income	194.92
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Total Equity	\$75,093.31
Total Liability & Equity	\$77,733.75
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25 Group contributions totaling 6 Individual contributions totaling	\$3,406.41 \$426.70
Intergroup Business Meeting & Service Committee's 7th Tradition	\$0.00
Total Contributions	\$3,833.11
Total Income	\$11,990.94
Less total Cost Of Sales	\$2,750.77
Gross Profit	\$9,240.17
Less total Expenses of	\$12,477.58
Net March Loss	(\$3,237.41)
<u>YTD 2024 Gain</u>	\$194.92
 The current Prudent Reserve balanc	ce is \$39.837.91

The current Prudent Reserve balance is \$39,837.9

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 Five from the 12X12

There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out.

EVI MONTHLY BUSINESS MEETING

East Valley Intergroup Business Meeting Minutes Friday, April 19, 2024

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

Ken C. Read the Twelve Traditions, Introductions of the new reps. Attendance sheets have been omitted for space and are available upon request.

Secretary Report: Linda C. Written reports in packet. Stepping down from position in June. Motion to accept made by Tom – 2nd by Gary. Passed

Treasurer Report: CJ M. Referred to the additional report requested at the last meeting, will be provided quarterly. Reviewed 3 years of budget to understand the ebbs and flows of the budget. Not uncommon to see changes as contributions come in the first quarter. Discussion, more in new business. Motion to accept made by Kaine -2^{nd} by Clark.

Chairperson: Roxanne B.- Nothing to report, is available to attend meeting and answer any questions, please call her at (602)571-5840. Will discuss items in old business.

Manager's Report: Kim W. – Report in the packet. Grapevine prices have increased 24% at \$14 each. Has a goal to have 1000 of No Booze News (NBN) online recipients. Correction, the date for the NBN stuffing is taking place on Tuesday, the 23^{rd} of April at the EVI office. There are service opportunities at the office, please suggest this to your home groups as a service opportunity.

Vice-Chair: Ginger R. B. - Not present, no report - see old business

Standing Committee Reports:

PI/PCP: John V.- Upcoming workshop is from 10-1. Rotating out of position, please contact Roxanne if interested.

Special Events: Roberta – The anniversary party made about \$500, fun had by all. More upcoming events: Bowling -dates being discussed, Unity Day -has not been well attended, looking to make it more fun to increase attendance. New Year's Eve-looking for a venue and need help contact if you would like to volunteer.

Phone Committee: Tom S. – report in packet – not present.

Unity: Jennifer S. – Tom reported the group has identified 48 meetings and will visit and talk about EVI, visiting 10 meetings per year, will take about 3 years.

Sponsorship: Ken C. – Workshop was April 6th and the next workshop is scheduled for May 7th

No Booze News: Not Present

Literature: Monica- Attending the EVI speaker meeting and sold a book and was given a bag of books that were donated.

Liaison Reports:

H & I: Debbie C. No report

Spanish Liaison: Open

Al-Anon- Lee R. - Announced upcoming meeting Tues night, next Get in the Car meeting is May 11th. Visit the website for more information.

Sub District Reports:

08-818: Jason C. - no report

08-819: Robert S. - not present

08-820: Carol M.- Vice- Chair Ginger R.B. attended their meeting and was a great help. Potluck speaker meeting had a low attendance. Meal and a message was on the same date which may have been the reason. TLC Men's group attended.

Old Business:

The list of questions for the inventory are being put together.

Ginger will be spearheading the location of the EVI Business meeting and will have something for the next Steering Committee meeting.

The new format with the projector at the business meeting had been a motion for a special committee. IT help will be needed in May. All the equipment is EVI's.

New Business:

Carol from Women in Gratitude made a motion:

By Women in Gratitude to discontinue the practice of having the AA groups vote on the office manager's annual review compensation. Details of the office manager's annual evaluation which determines her or his eligibility for a salary increase remain private and is managed by the Steering Committee as stated by the by-laws.

2nd Tom of Steppers

Discussion by the body, Carol M. said an employee can sue an employer and our policies and procedures are different from the by-laws. Were we now discussing changing the policy and procedures? The law in business protects the privacy of any employee. Victor S. gave history on the hiring process of the current office manager and how they relied on the Traditions and reminded that as trusted servants we make decisions because you selected us, this is based on the concepts and traditions, not legal, but spiritual principles, and to stop micromanaging. Tom N point of clarification, point of order to postpone. Motion to postpone, 2nd by Clark. Vote 34 for, none opposed. Passed to postpone to the next Business meeting.

Motion by Ken O. P&L report add a column to report trends and report monthly, 2nd by Kaine. Discussion by the body, CJ explained the budget is for the year and the month to month is showing past numbers and is different from a business budget. Roxanne moves to vote on this topic is voted on tonight or if there is further discussion. 34 Yes, 3 opposed. Adding the monthly details to the Treasure's Report, 19 for, 18 opposed. Passed. Minority opinion, Ken- things change, if we spend 3 times more on literature in one month it will show up the following month's report. Revote- In favor of adding the line items to the monthly report, 16 for 24 opposed, Does Not Pass. Minority opinion was heard, Chairperson – Roxanne B. add to New Business.

Announcements: The secretary has stepped down and will continue through the month of June, if anyone would like to step up, see the Chairperson. There is a 2-year sobriety requirement for this position.

AA – ICYPAA- Brady – online – introduced themselves and work with District 8. They will be in person at the next meeting. Lee R., Al-Anon State Convention is in June.

At 8:31 Kaine made a motion to close, 2nd by Dave. Closed the meeting 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.

A Wayfarer | February 2002 | Vincent K. | Glasgow

In the early years of my sobriety, I did contract work, as I had in my drinking days--oil refineries, power stations, etc. It was what I knew best and I wanted to be responsible for myself and my family. When I was three years sober, I was offered a contract in Cyprus, and after much thought and discussion with my AA friends, I went for it.

An old seagoing friend of mine, Archie G., told me about the AA Loners network, so when I got to Cyprus, I wrote to New York and was given a contact: an army captain and his wife who lived twenty-five miles from the British army base. It was very hush-hush since they didn't want the army to know about them, and they were leaving Cyprus soon. They gave me a book, *The AA Way of Life* (first printed in 1967 and now called *As Bill Sees It*). By that time I was getting the Loner newsletter, *Loners-Internationalists Meeting*, and that kept me going.

When my job in Cyprus was finished, I went to Wales. I was grateful for my LIMs, since it took about five years for meetings to get going. By then I'd gone back to the Middle East, to Saudi Arabia. I was given a contact by LIM and I traveled almost four hundred miles every Wednesday to spend some time with this AA member. Then we heard about some AAs in Dhahran, and we got a meeting going, and that was good for my sobriety.

All the Loners I've made contact with have helped me to grow in the program and to face life on life's terms, and for that I will always be grateful. In my sobriety I have come through a lot--deaths, illnesses, and more. I shudder to think where I would be if I hadn't made contact with the Loners. I keep all my LIMs and try to pass them on and let people hear about it.

I'm a member of the Wayfarers group which meets here in Glasgow. I've been in that group all my AA life, if not in person, at least in spirit. Wherever I was, on Mondays I would have a quiet time to myself and think about that meeting.

I've had wonderful experiences in AA. I've often thought about putting them down on paper and I hope that what I have written today will help someone. All I have to do is not take one drink for today and ask my Higher Power for the strength to stay sober and accept his will for me, and he has done that all these years.

I pray that this finds all of you as it leaves me--in peace and health.