

Tributary

Area 76 Newsletter April 2019



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" There is a solution Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed."

Alcohol Anonymous



My sobriety date is 2/16/13

The first AA meeting I came to was December 2012 and I was hoping no one would be there. I did not want anymore embarrassment and was afraid someone would notice me. I would go to meetings and say I was an alcoholic because everyone else said it. The people were nice, and the coffee was free. I was court ordered to outpatient treatment and attend AA meetings. I was going to treatment, going to meetings, and controlling my drinking for a few months. I read a 12-step guide and thought I had it figured out. I was a nurse and could fix myself. Then I was caught again and faced some more trouble and was facing jail time and inpatient treatment. I hated the way I felt, didn't know who I was, and holding on by a thread. My kids were 8 months old and 3 years old at the time, and drinking was all I could do or think about. Nothing else mattered. Around that time, I started to believe I really was an alcoholic. I couldn't stop drinking on my own. My life was over if I drank and it was over if I didn't drink.

I started coming to more meetings to get my paper signed, doing enough to get by. The counselors recommended I get a sponsor, so I did and called her once or twice, but her book study didn't go along with my busy schedule, and rarely saw her. Phew, glad that was easy and over with. Then they told me to find another sponsor. So, I asked another lady that I saw frequently at meetings and she told me I could text her or call her anytime. I remember her saying, "If you want what I have, do what I do." So, I did what she did. I went with her to business assemblies, road trips and almost followed her into the men's bathroom! I wasn't entirely convinced she was sober. After two years sober, I was miserable and depressed. I hated myself and couldn't buy my way out of the misery. One day I called my sponsor and she said let's try doing the steps. Shortly after starting the steps with her my whole world felt like it was falling apart. My mom passed away,

some other life circumstances were taking place that were beyond my control. I let go of the wheel, prayed, cried, stayed close to AA, but I didn't pick up a drink.

I've learned that service and working with other alcoholics is a big part of staying sober, so I give a hand where help is needed, show up, and give a little more. I've been married now for over a year to a wonderful man, the mother to two beautiful children, a friend, and a nurse trying to be a better person one day at a time. Alcoholics Anonymous is where I belong and has given me more than I can ever repay. Not every day is sunshine, but nothing compared to my last days of drinking and misery. There is a higher power that works in my life if I let go and not try to run the show. Everything eventually falls into place. Not the way I want, but the way that it is meant to be. In order to keep this new way of living, the program of Alcoholics Anonymous must come first. The best is yet to come, so they say.

Samantha F.

A Different View.

I got sober because I didn't want to die. I watched a family member die from a combination of heart problems and alcohol. That was me, that was the road I was headed down. I decided right then and there I was done. July 12 2015 was the first day of my new life. I didn't want AA or anything to do with AA and for 3 months or so I stayed dry and fought the demons in my head. I couldn't shut down my brain and deal with my past, present, or future. I was on the verge of either drinking or going insane.

Once I decided to give AA a try I still wasn't sure what you had was going to help or fix me. I showed up to meetings and for the most part just kept my mouth shut. I was angry, hateful and I didn't want to let anyone in or trust you. This continued for about a year and eventually I found a sponsor. Even though I found a sponsor I still didn't get serious about the steps for another 6 months or so. Until I had come to yet another crossroads where I felt that I would either drink again or do these steps. So I did the steps.

Once I started letting my sponsor in and started these steps I did start to feel better. I still hated myself and I still hated God, but I was trying. My sponsor was one of the first people inside the rooms of AA that I let in and it felt good to know I had someone there for me without any motives. My first sponsor turned

into one of my very best friends, she also helped me be more open to others in the program and talk to them about my struggles also. To my surprise there were other people inside those rooms that had more in common with me than I ever imagined. I was starting to have real, solid, and true friendships. And then we had to move...

I as terrified, sad, and my emotions were on a runaway train all over again and I wasn't sure I was going to make it. I was full of fear and not very open to new people. I had to pick a new sponsor and a new group. Just when I started getting the hang of my life I was starting over. I mean I was pretty sure I was not going to find the same relationships or program again. My first sponsor told me that I was never going to be alone again and that gave me enough peace to at least try with our new life in the new city.

Turns out I was right about not finding the same relationships or program. Well the program, steps, traditions, etc have not changed, however other aspects had. Little did I know that was going to be just another blessing in my life. The relationships are different because they are different people, but they are still honest, caring people who I am happy to have found friends in. I started working with my new sponsor and even though the steps are the same my life is a little different then it was when I started this the first time. I also have become more honest with myself this time around.

I guess in the last almost four years I have been very blessed with great people and opportunities. I have discovered the current relationship I have with my higher power and how I can improve it for not only the bad I can't control but the good in my life that he blesses me with. I have made all kinds of different friendships and each one of them has a different answer or experience that helps me grow. I have been able to get outside my meeting comfort zone and see different ways others run meetings can be great and i still hear what i need. Fear is a crazy thing, but one day at a time I have managed to not pick up that drink so for that I am thankful.

Mandy

Cheyenne

A word from your Registrar-

I would like to thank Area 76 for allowing me to be of service to them as Area 76 Registrar.

This position is one that I have thoroughly enjoyed and looked forward too. As registrar, I can only be as busy serving as you the individual AA member, group, or district would like me to be. When I rotated into the new position I made every effort to update and get our records current. I spent time cross referencing the database to the group contributions list and meeting schedules online at that time. I made a point to contact all District Committee Members and some General Service Representatives to verify and update information. In the process I was able to account for 20+ inactive groups and update the Records Department at the General Service Office.

Area Registrars are responsible for updating the records for the groups and districts. The Records Department at the General Service Office (GSO) is responsible for updating the Area Officers. I've done my best to eliminate extra work for GSO. Between assemblies, I reached out via email, through our Area Secretary and provided Group Information Change Forms and District Committee Member and District Committee Member Chair Change Form. If your group has had any changes to do with meeting times and locations or members rotation, it's important that the forms get filled out and returned. If a District has had changes that form should be completed as well.

I've attended each assembly this rotation and have provided the blank forms referenced above. I've had printouts of the current contacts for each listed group and requested members present review for accuracy. I was successful somewhat in this regards. However, I believe there have been many changes since the last assembly, but I have only received a half dozen forms to update.

If you are a *General Service Representative* or a *District Committee Member* and you have not been receiving mail from the *General Service Office* please contact me so we can update the records.

In addition to the *Area 76* responsibilities, I have participated with the *Guidelines Reports and Charters* regular teleconference calls. I was also able to assist with the *GSR School* in *Thermopolis*.

It is truly a privilege to be able to serve with so many passionate trusted servants.

With *Gratitude*,

Mary M

Area 76 Registrar