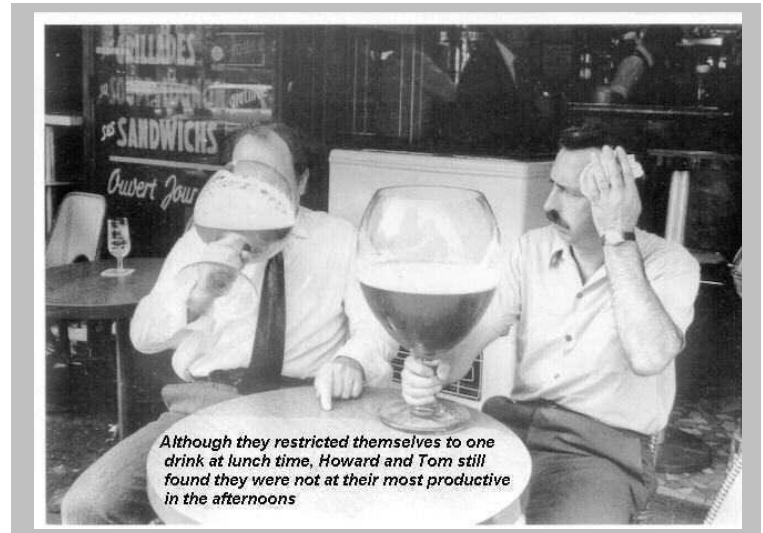


# CWCO Newsletter

**CWCO would like to thank all the A.A. Groups that have so generously donated money and time to keep the services flowing!! Visit us at our updated site [www.yakimaaa.com](http://www.yakimaaa.com)**

## Service Work got him sober

I got sober up North where it seems like the snow never stops falling and it's cold and gray practically 10 months of the year. My first Homegroup was very large, located in a clubhouse that was open between 6am and 11pm and, believe it or not, sat between two bars. in the woods across the street, near the train tracks lived a homeless man named Tony. Tony would spend most of his days drunk. In the winter he would keep warm inside the lobby of our club drinking coffee and in return he would shovel the snow on our sidewalk. He never came into a meeting or even came into our meeting room. The wooden door to the meeting room had a small pane of glass about eye level and often during meetings, if you looked over at the door, you could see Tony's eyes looking on. He was looking on, though he never came in. Then one day he was gone. We had heard stories about a homeless person who had been run down by a train and killed and we all assumed that it must have been Tony. Some time went by and then one day, to all of our surprise, Tony returned. He was clean, well dressed and best of all, he was sober. Tony had gone to rehab. Looking back on the situation, I realized that all the time Tony gave service to our club when he could have chose to spend his time drinking at one of the two bars that were next door. Over the years, the service that he did, kept him around sober people. This was truly attraction rather than promotion at its best. And the "warmth" he received from the rooms of AA far exceeded that which he never received from the barrooms. Last I heard Tony is still sober with multiple years of sobriety. He goes to meetings, has a sponsor, works the steps of Alcoholics Anonymous, and sponsors other. He no longer spends his days drunk and living in the woods. He has a job, a home, and a car and if you ask him, he'll probably tell you that service work got him sober. Based on a true story of sobriety. The name has been changed in keeping with the Traditions of Alcoholics Anonymous.



*Although they restricted themselves to one drink at lunch time, Howard and Tom still found they were not at their most productive in the afternoons*

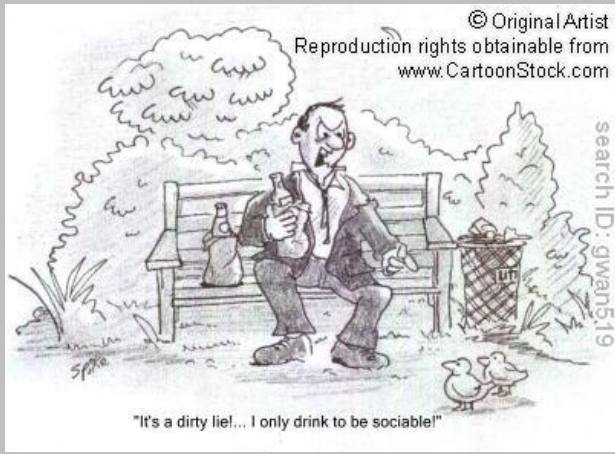
## AA History in March

- ✚ 1936 - AA had 10 members staying sober. At end of 1936 AA had 15 members.
- ✚ March 1<sup>st</sup> 1941 - Jack Alexander's Saturday Evening Post article was published and membership jumped from 2,000 to 8,000 by year's end.
- ✚ March 7<sup>th</sup> 1941 -- Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.
- ✚ March 10<sup>th</sup> 1944 -- New York Intergroup was established.
- ✚ March 22<sup>nd</sup> 1951 -- William Duncan Silkworth, MD, died at Towns Hospital. He helped more than 40,000 alcoholics during his lifetime.
- ✚ March 6<sup>th</sup> Bruce H. had 20 years
- ✚ March 15<sup>th</sup> Meagan has 9 years
- ✚ March 18<sup>th</sup> Amilynn has 6 years

## News from CWCO

**We succeeded in surviving another month thanks to all your generous donations. Thank you! Please continue to keep us in mind each month at you group conscience's the bills keep coming every month CWCO Volunteers Needed!**

Volunteers are needed to answer phones and staff the Central Office desk! There are many shifts with nobody to help out at the Central Office, and many opportunities to be the voice at the other end of the phone line when someone is in need of a meeting, and calls for help.



## A UNIQUE STABILITY

Where does A.A. get its direction? . . . These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. . . . The elder statesman is the one who sees the wisdom of the group's decision, who holds no Resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines patiently awaiting developments. ...**TWELVE STEPS AND TWELVE TRADITIONS**, pp. 132, 135 into the fabric of recovery from alcoholism are woven the Twelve Steps and the Twelve Traditions. As my recovery progressed, I realized that the new mantle was tailor-made for me. The elders of the group gently offered suggestions when change seemed impossible. Everyone's shared experiences became the Substance for treasured friendships. I know that the Fellowship is ready and equipped to aid each suffering alcoholic at all crossroads in life. In a world beset by many problems, I find this assurance a unique stability. I cherish the gift of sobriety. I offer God my gratitude for the strength I receive in a Fellowship that truly exists for the good of all members.

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## CWCO Service Meetings & Committees

<u>Name</u>	<u>Date</u>	<u>Time</u>
Roundup Comm.	1 <sup>st</sup> Mon.	6pm
Treatment Comm.	1 <sup>st</sup> Tues.	6pm
Corrections Comm.	2 <sup>nd</sup> Mon.	6pm
CWCO Group Rep	2 <sup>nd</sup> Wed.	6:15pm
CWCO board Meet.	2 <sup>nd</sup> Wed.	7pm
Dist. 20 Meeting	3 <sup>rd</sup> Mon.	6pm
Treatment & PI/CPC		
Training panel	3 <sup>rd</sup> Tues.	6pm
Dist. 6 Comm.	3 <sup>rd</sup> Thurs.	6pm
PI/CPC Comm.	4 <sup>th</sup> Mon.	5:30pm
CWCO Vol. Comm.	Last Wed.	6pm
Workshop Comm	2 <sup>nd</sup> Tues.	6pm

## CHOOSE GRATITUDE

I read somewhere that attitudes are more important than facts. It sounds crazy doesn't it? But I've got news for you, it's the truth! The most important thing in my world is not what is really going on but how I feel about what is going on...I have learned that everyday life is not necessarily always a bowl of cherries and things like joy, fulfillment and happiness in general are like gold you must mine, not snowflakes falling on you from heaven. I can speak for no one but myself but I did not naturally acquire the skills to find the happiness available to me every day and I did not learn them in school. For some people I'll bet self help books, religion, perhaps private counseling were keys to unlocking these life skills but for this alcoholic it was as simple as asking Ray to be my sponsor. At a certain point in my life I was humbled enough by my unhappiness to find the rooms of AA and my sponsor Ray W. I was prepared to listen and accept the fact that maybe, just maybe I belonged here.

Carpe Diem he would say "seize the day". "Start each day with a moment of silence, recite a gratitude list to yourself and then go out into the world and add to that list" he would tell me. I was never one for simplistic answers but I had to admit that my way of looking at and dealing with life had not been working well as of late. I decided to give myself over to Ray's simple teachings.

I started to set my alarm clock a few minutes early each day to allow myself a little quiet time for reflection and I discovered the first of many small miracles. By focusing on the positive aspects of my life no matter how routine they seemed to be (my good health, the love of my family, etc.) I was able to set a tone of joyful anticipation for each day. Some days I would be up early enough to catch a sunrise and bask in gratitude for the unparalleled show Mother Nature puts on for us each morning. Who would ever think to be grateful that the sun came up! Maybe I was changing. Maybe this was good stuff.

I was changing and in powerful ways. Sure life was still a struggle many days, my emotions would get the better of me and I would slip back into focusing on what I didn't have. My morning ritual however was my daily savior. I would call Ray every night for that first year (one of his requirements that I agreed to) and he was fond of telling me that I was almost at bedtime and only a night's sleep away from reviewing my gratitude list so I was never really far away from "counting my blessings". This practice was changing my personality from one of negativity and ambivalence to one of positivity and enthusiasm (Oren theos" as he would remind me "with or of God"). I was also less fearful, more hopeful and realized he was leading me into a realm of "positive thinking".

The thought comes to mind that some would think this philosophy simplistic, even childish. Do I try to fool myself into thinking bad is good or failure as success? No. In the face of having to accept much about myself and the world around me that I find difficult, the gradual and persistent practice of Ray's simple philosophies have held me in good stead through many a hard circumstance and the very attitude of gratitude that he taught me to adopt demands that I share the story with whoever will listen.

Kevin

## Oh, what to write about....

- ✚ Your experience at a convention
- ✚ Recovery related humorous event and stories
- ✚ Tell us your story
- ✚ Something that baffles you
- ✚ Any recovery related story is welcome
- ✚ Funny recovery cartoons
- ✚ Inspirational photos and drawing
- ✚ Upcoming events

To submit- drop off at Central office or Contact Amilynn