
The MAICO GA.A.ZETTE

MARCH/APRIL 2007

RECOVERY – “Made a decision to turn our will and our lives over to the care of God as we understood Him.” – Step Three
“Made a searching and fearless moral inventory of ourselves.” – Step Four
UNITY – “The only requirement for A.A. membership is a desire to stop drinking.” – Tradition Three
“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” -- Tradition Four
SERVICE – “To insure effective leadership, we should endow each element of A.A. –the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.” – Concept III
“At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.” – Concept IV

The Care & Feeding of Resentments

August 1991

I want to say a few words about the care and feeding of resentments. Why do I work so ceaselessly to convince myself (and others) that a resentment is justified? It has the same corrosive effect on my enjoyment of life whether justified or not.

I do it because nothing reaffirms my sense of nobility quite as strongly as a good, justified resentment. Whether it is the flaming variety or merely smoldering, it spreads warmth and sometimes even exhilaration.

You see, I am right and the other guy is wrong. That knowledge nourishes my self-esteem. So whenever the fires of my resentment simmer down, I toss another log on the coals to be sure I keep it alive. I review and make notes from time to time of the specifics of the resented's injurious behavior.

Occasionally anger craves action. But there seem to be only two courses open to me: practice the “honesty” part of the program by telling the resented just what's wrong with him, or keep it to myself and keep the fires burning.

The former course would probably lead to an angry confrontation that I shrink from handling. The latter course would result in the fires spreading eventually to other aspects of my consciousness and behavior---- even to unrelated areas. I can't seem to find any way to build a firebreak that will permanently confine the flames of a resentment to its specific object.

Eventually, I become so uncomfortable that I have to do something about it.

But what to do?

First of all, I must face the fact that the resentment process is not only fruitless, it is self-defeating. Justified or not, the resentment, and my efforts to bolster its justification, will eat away at my peace of mind and my enjoyment of life.

Meanwhile, the person I resent couldn't care less. Here I am burning myself to a crisp over something he or she may not even be totally aware of, something I can't change. At the root of my resentment is a compulsion to change things I cannot change ----to wit, another person. So maybe what I need to do is take a look at changing myself.

When we first come around AA, we're urged to do just what we are told. We might not like it, we might not even agree with it: just do it. When the action gets the predicted result, we're astonished and sometimes a little annoyed. But almost against our will, we come to understand and believe. We've never been able to achieve these ends by just thinking, but our action and its results can open the door to understanding and belief.

So maybe the thing to do about my resentment is to act.

But act how?

I was told to act “as if.”

That seems to call for selling myself on two points:

- 1) In the long run I will feel better if I can get rid of the resentment. But what about the fact that I'm right? That brings me to point two.
- 2) Over time I can feed my ego and feel even more righteous by shedding the resentment than by concentrating on how right I am. Now I can ponder on how noble I am to have gotten rid of the resentment and to be treating the resented on a “Do-unto-others basis.” In brownie points, generosity ranks above rightness any day in the week. So, there's the carrot. I will feel better if I can give myself credit for being generous.

But how do I go about being that way?

Here are several actions I am trying to take. To some extent, they seem to be working.

- 1) In many cases the resentments are traveling under aliases with passports bearing such names as “hurt feelings,” “ungratefulness,” and “honest desire” to set the record straight. Now is the time for unmasking the aliases. Is the real identity of the resentment perhaps “wounded ego,” “self-pity,” or “territorial imperative”? By any chance, is it caused by the fact that I did something that I felt was kind, thoughtful, or unselfish for the resented, and he is not reacting with adequate appreciation? If so, I must ask God to help

me remember that anything I do with the label “kind,” “thoughtful,” or “unselfish” I do because it makes me feel better to do it than not to do it. How can I demand gratitude for something I did to make myself feel better?

- 2) I try to understand how the resentedee feels. What makes him do the things I resent? Are they intended to hurt me or are they in response to some inner compulsion of his own? Rarely do I find that the injurious action was designed to hurt me. Rather it is usually in answer to the pressure within the resentedee. This concept helps me to take some of the edge off the resentment.
- 3) I must initiate some friendly contact with the resentedee ---- whatever would have been a normal contact if there were no resentment. I try to act as if the resentment doesn't exist.
- 4) Regardless of the reaction I get, I must pause and enjoy the fact that I made an effort to overcome the resentment.

When my wife, who has been in AA for years, read to this point in the manuscript, she suggested a fifth idea. She said, “Instead of *asking* God for help to erase the resentment, *thank* him for helping. Thank him in advance and thank him afterward. That sort of puts your commitment on the line.” Good advice.

So has any of this worked for me? Not always and not totally. But I am enjoying life a lot more than when I first set out on this course. Because of my actions and attitude, the resentedee is giving me less and less cause for my resentment. Far more important, I have no need to justify my feelings by tending and refueling the resentment. With no fuel, the resentment slowly burns out and I begin to be free.

I hate to admit it, but AA is right again.

And now, gentle reader, one final word. You probably assume that I wrote this in the spirit of sharing. Not so. I wrote it in the ardent hope that from time to time I will read this piece myself.

B.F.P., Vero Beach, Florida

From The Best of the Grapevine, Vol. 3, pg. 106

Pass it On” Upcoming Events 2007

March 18 – Area 75 Delegates Workshop, 9am, Madison Senior Center, 330 W. Mifflin, Madison, Everyone Welcome.

March 24 – Dist. 19 Spring Workshop, Sponsorship &, St. John's Lutheran Ch., 307 6th St., Reedsburg, 9am – 3pm, lunch (meat provided)

March 30 – 31st Annual Badger Intergroup, Speaker: Clancy I. from LA, CA., Waukesha Expo Center, non-smoking, Social hour 6pm, Dinner 7pm, Speaker 8:30pm. Dance to follow. Tickets \$21.00, tickets need to be purchased before March 2, 2007. Mail to: Jeff J., 18445 Emerald Drive, Unite H, Brookfield, WI. 53045-0609, tickets not sold at door.

March 30-April 1 – 20th International A.A. Men's Conference, Riviera Hotel and Casino, website: www.iaamcvegas.org or information call Bill T (702) 233-9038 or Frank G. (702) 247-1908

April 14 – Dist. 9 Mini Conference, Grace Lutheran Ch., 1105 N. Bequette St, Dodgeville, WI.

April 28 – Sparta Group #1 60th Anniversary, Faith Evangelical Free Church, 6644 St. Highway 16, Sparta. Panels Noon to 3:30pm, Speaker meeting 4pm – 5pm, Pot luck dinner 5pm – 6pm. Contact: Theresa B. 608-269-8523

May 18 – 20 – Area 75 56th Annual Spring Conference, Marriott Madison West, 1313 John Q. Hammons Dr., Middleton 608-831-2000 or 800-228-9290. Room rates per night \$109.00 all occupancy, mention AA Area 75 Conference. Registration: \$14.00, Sat. Banquet \$28, Sunday Breakfast Buffet \$14.00. Address: Conference Treasurer, P.O. Box 6642, Monona, WI. 53716-0642

June 22-24 – 7th Annual Midwest Motorcycle AA Convention, Emerald Acres Campground, Pearl City, IL. Weekend registration fee \$30.00 per person before 6/5/07. \$35.00 at gate. One day \$20 per person, for more information web site is www.MMAAC.org for map and schedule. Send registration to M.M.A.A.C., P.O. Box 8925, Rockford, IL. 61126

July 13-15 – 11th Annual Keep It Simple AA-AI-Anon Door Cty, Washington Island Retreat, Island Campground & Recreation, Washington Island, WI. Registration \$20, Fee does not include food, ferry cost, lodging or camping fees. Send registration form to: Island Retreat, P.O. Box 125, Forestville, WI. 54213-0125

Group Changes as of 2/21/07:

Baraboo, delete, Fri 8pm, Young People, St. Clare Hospital, 707 14th St.
Beloit, change, Mon. 8pm, Fel-O-Ship, 412 Pleasant starts at 8:15pm and is a Big Book Study not Step
Beloit, change, Tues Noon, 5:30pm, Thurs Noon, 5:30pm, changed to Open meeting, Fel-O-Ship, 412 Pleasant
Beloit, change, Thurs 7pm, Calvary Luth. Ch., 1992 Shopiere, moved to New Hope United Meth., 2345 Prairie Ave.
Belleville, Add, Sun. 7pm, C,NS, Big Book Study, Grace Methodist Ch., 326 W. Pearl - **Needs Support**
Boscobel, time change, Wed/Sat. 6:30pm, Boscobel Hosp. changed to Tuesday & Thursday at 7pm
Boscobel, Add, Sunday, 7pm, Open, Non-Smoking, Boscobel Hospital, Mental Health Unit, Church St. entrance
Brodhead, address change, Tues. 8pm, Congregational United Church of Christ, E. 201 23rd St.
Brodhead, address & time change, Thurs. 8pm, Congregational United Church of Christ, E. 201 23rd, meets at 7:00pm now
Columbus, time change & location, Tues 8pm to 7pm, First Presbyterian Ch. rectory building, 321 W. Mill St.
Cross Plains, moved, Tues. 8pm, now at Cross Plains Library, 2107 Julius St.
DeForest, delete, Fri. 8pm, Moravian Ch., 805 E. Holum
Dickeyville, change, Tues & Sun, 8pm & 6:30pm, moved to 500 East Ave., by Fire Dept
Dodgeville, add, Wed. 7:00pm, C,NS,W, Dodgeville Serenity Club, 401 N. Union – Women’s
Dodgeville, add, Thurs. 8pm, C,NS, Grace Lutheran Ch., 1105 N. Bequette St. – basement entrance
Dodgeville, change, Mon, Thurs & Sat, 8pm now 7:00pm, Dodgeville Serenity Club, 401 N. Union
Evansville, Add, Tues. 7pm, C,NS,H, United Methodist meeting disbanded, starting new group at St. John’s Luth. Ch.,
312 S. 3rd, library
Fennimore, Add, Sat. 7pm, C,NS, Candlelight, Bethany Alliance Ch. Annex, 980 12th St. (Hwy 18) use Jackson St. entrance
Janesville, add, Fri. 8pm, O, NS, Speaker, First Presbyterian Ch., 17 N. Jackson
Janesville, add Fri. 7pm, C, YP, Wesley Ave. Alano, 1833 Wesley Ave., Young People’s
Janesville, delete, Mon, Thurs & Fri 7:30am & Wed & Sun 8am, Wesley Alano, 1833 Wesley Ave.
Janesville, Add, Sun, 8am, C,NS, United Way Building, 405 N. Main
Juneau, change, Wed. 7:30pm, Unified Services moved to Dodge Cty Human Service Bldg., 143 E. Center St., non-smoking
Madison, add back, Mon. 7:30pm, Eastside Alano, 1017 Northport Dr.
Madison, moved, Mon. 7:30pm, Midvale Luth. To Community of Hope Ch., 7118 Old Sauk Rd., west of Gammon
Madison, moved, Wed. 7:00pm, Meriter Hosp to V.A. Hospital, 2500 Overlook Ter., 2nd Flr, Room A2002 – **Needs Support**
Madison, Add, 10pm, Mon to Sun, Fitchburg Serenity Club, 6048 McKee Rd., split for non-smokers
Madison, Mon & Thurs, 5:30pm, Fitchburg Serenity, 6048 McKee Rd., basement meeting moved to first floor, hand. accessible
Madison, add, Thurs. 7pm, Westwood Christian Ch., 5210 Odana Rd., additional meeting – Back to Basics Beginners Grp
Madison, delete, Spanish meetings on Wed & Sat 7pm, Monona Serenity, Sunday 7pm still going
Madison, Add, Mon to Fri, 7am, C,NS, St. Andrew’s Newell House, 1825 Regent St.
Madison, Delete, Thurs. 5:30pm, ARO Counseling, 1050 Regent St., Lawyers concerned for lawyers
Madison, Moved, Fri. 7pm, Midvale Ch, Womens, to Bethany United Methodist Ch., 3910 Mineral Pt. Rd
Madison, Moved, Sat. 9am, Midvale Ch., Step Grp, to 511 Club, 511 N. Carroll
Madison, Moved, Sat. 9am, Midvale Ch., Slackers Grp. To Capital City Ch., 401 N. Blackhawk
Madison, Moved, Sat. 9am, Midvale Ch., Kitchen Grp. To Covenant Presbyterian Ch., 326 S. Segoe Rd. (Child Care)
Madison, delete, Mon 8pm, Sat. 5:30pm, Sun. 8pm, 511 Club, 511 N. Carroll
Madison/McFarland/Cottage Grove, Sat. 6pm, O, NS, Hope Luth. Ch. Fellowship House, 3702 Cty AB (4 blks N. of 12/18)
Mauston, add, Wed. 1pm, C, H, City Hall, 303 Mansion St.
Mayville, change, Mon. 7:30pm, St. Paul’s Lutheran Ch., 16 S. Walnut, add Non-smoking
McFarland, Sat. 6pm, O,NS, Hope Luth. Ch. Fellowship House, 3702 Cty. AB (4 blks N. of Hwy 12/18)
Middleton, delete, Tues. 7:30pm, St. Luke’s Lutheran Ch., 7337 Hubbard Ave. Closed, Non-Smoking
Portage, all at Rhyme’s Drugstore, 117 E. Cook are **non-smoking**.
Potosi, Moved, Sat. 7pm changed to 7:30pm, O,NS,H, now at Davies Memorial United Church of Christ, 134 N. Main St.
Reedsburg, add, Fri. 8pm, C,NS, St. John’s Lutheran Ch., 307 6th St. – Young People’s
Sparta – Sparta Club at 115 E. Franklin burned down last November, **New home** at Masonic Lodge, Lower level, 603 N. Court
St. (corner of Court & Montgomery) use side entrance. All 8pm meetings are now 7:00pm.
Sun Prairie, delete, Tues. 6:30pm, United Methodist Ch., 702 North St. women’s
Viola, delete, Sat. 8pm, First National Bank, 102 W. Commercial St.
Viroqua, change, Vernon Memorial Hospital, 507 S. Main (Taylor Rm) meets at 7:00pm instead of 8:00pm now

M.A.I.C.O. Business

MAICO Web Site: www.aamadisonwi.org

Upcoming Events If you would like your AA event listed, please email an electronic flyer to maico@tds.net Thanks.

Districts in our Service Area: If you would like your district minutes on the MAICO web site, just send minutes electronically to maico@tds.net

12 Step List

We need men and women for our 12 Step List, especially women available during the day. Call MAICO office to volunteer.

FYI: MAICO is a 501C3 non-profit corporation so your donations are tax deductible. Limit is \$2,000 per AA member per year.

MAICO Merchandise Catalog

Now available on the web site and/or mailed when requested.

Attention Groups:

The MAICO Steering Committee is trying to improve communication to groups in the outlying areas of our service area. Would your group be interested in having a MAICO Rep if teleconferencing was set up between the MAICO Rep at their home and the MAICO Reps meeting at MAICO? It would be on the 2nd Tuesday of the month at 7pm. Please email or call and let us know if your group may be interested.

Thank You – Groups and Individuals who contributed to MAICO- 12/15/06 to 2/16/07

General Fund

Adams-Friendship 12 & 12
Baraboo Sat. Eye Opener
Baraboo Wed. Afternoon
Dells Delton
Dist. 30
Early Risers
East Side Grps
Easy Breathers
E.D.I.B.D.I. Grp
Grace Lunch Grp
Horicon Grp

Janesville Mid Morning
Jim C.
Lemonweir Valley
Lake Wingra Serenity
Mauston Monday Night
Milton Young at Heart
Mineral Pt. Open Discussion
Monona Serenity
Mt. Horeb Wed Night
New Beginnings Grp
New Glarus Sobrietyfest
Platteville Monday Night
Q Sober Grp
Reflections Grp
Richard D.
Richland Center Primitive
Rock River Grp
Sat. Morning Step Grp
Slip Nots
Suburban Sobriety
Sunday Serenity
Sunlight of the Spirit
Sunshine Grp
Town and Country
Traditions Study Grp
Watertown Tuesday Night
Wednesday Night Schooners
Westfield 12 & 12
Whitewater Tuesday AM

Faithful Fiver

Larry L.

Answering Service donation

Baraboo Wed. Afternoon
Dale N.
Dells Delton
Early Risers
Freedom Grp
Janesville Mid Morning
Johnson Creek
Mauston Mon Night
Russ K.

Area 75 Southern Wisconsin

Web Site: www.area75.org

March 18 – Delegate's Workshop, 9am, Madison Senior Center, 330 W. Mifflin, Madison, Open to Everyone

Upcoming Area 75 Conferences:

May 18-20, 2007 –56th Annual Spring Conference, Our Three Legacies, Marriott Madison West, Middleton

5 State Regional/Fall 2007- Manitowoc

Spring 2008 – Olympia Village, Oconomowoc

Fall 2008 – Holiday Inn, Fond du Lac

Area 74 North Wisconsin/Upper Pennisula Michigan

Web site: www.area74.org

Year to Date Income Statement: January 2007

REVENUES

Donations.....	1496.62	17.12%
Individual Donations	500.00	5.72%
Donations/Answering Service	100.00	1.14%
Conf Lit & Merch	3,353.17	38.35%
Grapevine Lit & Merch	117.40	1.34%
Non-Conf Literature	839.47	9.60%
Non-Conf Merchandise	1,136.80	13.00%
Faithful Fivers.....	29.00	0.33%
Directories	266.10	3.04%
Miscellaneous Income	2.25	0.03%
Big Book Study 2007	855.00	9.78%
Shipping Charges Reimbursed.....	47.79	0.55%

TOTAL REVENUES \$8,743.60 100.0%

COST OF SALES

Inventory Exp.-Conference Lit.	1,623.44	18.57%
Inventory Exp. NonConf Literature	762.39	8.72%
Inventory Exp. Non Conf Mer.	688.53	7.87%

TOTAL COST OF SALES\$3,074.36 35.16%

GROSS PROFIT\$5,669.24 64.84%

EXPENSES

Wages Expense.....	2,655.00	30.37%
Payroll Tax Expense.....	203.13	2.32%
License and Fees Expenses.....	160.00	1.83%
Supplies Expense.....	16.38	0.19%
Office Expense	78.73	0.90%
Telephone Expense.....	100.59	1.15%
Domain Name-Go Daddy Acct.....	18.23	0.21%
Answering Service Expense	360.00	4.12%
Advertising in Phone Book.....	87.00	1.00%
Postage and Shipping Expense	72.49	0.83%
Occupancy Expense.....	535.00	6.12%
Insurance Expense	2.00	0.02%
Big Book Study 2007	225.00	2.57%

TOTAL EXPENSES\$4,513.55 51.62%

NET INCOME \$1,155.69

Provide as much of the following information as is possible

New___ Change___ Help___ Discontinued___
Group name (if any)_____ Open___ Closed___
Smoking___ Non-smoking___ Signed___ Accessible___
Day and time of meeting _____
Location_____

Type of meeting_____

Group contact person_____

Contact's phone number_____

Also, let us know of any changes in your group's contact person(s):

Name_____

Position _____

Phone number_____

Group name (if any)_____

Day and time of meeting_____

Location_____