

GAAZETTE

Our area meeting in print.

About MAICO

The mission of MAICO (Madison Area Intergroup Central Office) is to help A.A. groups within its service area (South Central Wisconsin) carry the A.A. message. MAICO helps coordinate and facilitate communication and cooperation among individual A.A. groups, area 12-step and other committees, and components of the A.A. service structure. MAICO provides needed services that are beyond the scope and ability of any individual A.A. group, and is at all times responsible to the groups it serves.

Gratitude Month – November *Our Chance to Say “Thank You!” to MAICO*

One of the most satisfying things we receive in AA is humble gratitude that slowly fills our hearts as we continue, day-by-day, to live our program of recovery. Our return is rich. The seed we have planted is small -- merely a willingness to be helped and in turn to help others. Our useless lives become useful. Our fears give way to serenity. Confusion is replaced with purpose. Wishes become actions. Existence becomes a daily adventure in living.

Maintenance of our Madison Area Intergroup Central Office (MAICO) is costly. There are many expenses connected with running this office -- so that MAICO can continue to provide a service to those in need. Even with ongoing donations received from area AA groups, MAICO has difficulty meeting its operational expenses.

Gratitude Month - Was first officially recognized in 1956. As Bill W. urged in a letter, “Gratitude should go forward, rather than backward.....if you carry the message to still

others, you will be making the best possible repayment for the help given to you.”

This Is Our Appeal – Consider making a special donation to assist our area MAICO office in continuing to provide a service which is so important to our own sobriety and to those still suffering. There are some who can't give at this time. There are others who will be able to give much more. But no matter whether your contribution is large or small, it will be welcomed. And it will give each of us a tangible outlet to show the gratitude welling up in our hearts for the good life we are enjoying.

Each Week During November – An envelope will be circulated at those group meetings who wish to participate in this effort. Please consider making an extra donation for this purpose. Whether your contribution is small or large – it will greatly be appreciated.

Recovery

Eight months into my glorious recovery I experienced a debilitating setback. The months leading up to this occurrence had not been perfect but overall my life was better and I was getting well. I somehow managed to convince myself that perhaps I was different and sobriety would not prove to be terribly difficult. I could go through the steps, begin sponsoring other alcoholics, and move into some unprecedented hall of recovery fame. Logically, I knew I was not "cured" but felt as though I was no longer "sick." I was convinced I left the old me back at the treatment center and walked out an amazingly transformed woman. I went to meetings, imparted my profound program wisdom, and began making plans for my new life. I was doing great and was not afraid to let everyone know it.

Then it hit me. Literally, a physical, emotional, and spiritual relapse that knocked me off my high horse and into a deep, dark depression. I was immobile and discouraged and positive that I had hit my recovery peak and it was all down hill from that point forward. I began telling myself lies and engaged in behaviors that allowed me to indulge my new revelation that recovery does not work. I felt like the jig was up. It was all a farce and I was the same rotten person I had always been. I did not call my sponsor, I did not go to meetings, I cried, I slept, I pretended the best I could to be ok when my friends and family asked. I spent my time being angry and resentful and feeding my character defects. I was miserable, yet not enough to reach out and ask for the help that was available all around me.

My daughter stayed home from school one morning because she was not feeling well. I decided not to question her because I was relieved I did not have to get up to help her off to school. I laid on the couch with the blinds pulled and the covers over my head, unable to care for my daughter's fundamental needs. Then something happened. A wave of how my life would be if I continued to allow my disease to take over and convince me I could not do this after all. I looked around my living room and

saw such emptiness and it frightened me deeply. I sat up, forced myself to go look in the mirror, and was shocked to see the image staring back at me. It was the face of a person I hadn't seen for sometime. Someone I did not like, someone who hurt me and scared me, someone I really thought was dead. It was me of course, coming to the realization that the sick, manipulative, self-loathing individual still existed and was very prevalent in my life. She is a part of me and I cannot escape that fact. However, I knew at that moment that God had provided me the tools I needed to deal with the sick Angie. I sensed a slight notion that I had a choice at this moment. I prayed to my Higher Power for help, for strength, for courage, for willingness.

I called a dear friend in the program that has been on this journey with me from the first step. I said I was deeply sad and very scared and I didn't know what to do. Then I stopped talking and started listening. My friend provided me whatever it was I supposed to hear and suddenly the despair lifted and I saw just a tiny glimpse of light and I believed I could walk through this pain and make it to the other side with hope. As the evening progressed and the following days unfolded, I was blessed with the ability to acknowledge what I had experienced, to talk about it with other alcoholics, and to take the action necessary in continuing this journey.

I know so little about this process and discovered how quickly I was able to fall back into what was sure to be a path of destruction, both for myself and those who love me. I think I experienced an emotional relapse that nearly stole the past 8 months of sobriety. I cannot explain why it happened, or if it will again, but I have Faith that my Higher Power took care of what I was not able at that time and gave me the strength to recognize those things for which I could do for myself. It was a turning point, a stepping stone, preparation for what is coming next.

I have an incredible sense of gratitude for the program of AA and those in it who have traveled where I have not yet gone. I am humbled that I have another day to become the woman I am meant to be and I pray that you,

too, are discovering who you are meant to be. I find it an enormous relief that I do not have to walk this path alone and am overwhelmed by the unconditional love that I have found from the beginning of this amazing journey. Today I choose recovery. Today I choose to stay well. Today I choose to take a step forward rather

than back. It is a true gift to be navigating this journey with you; for this I am truly grateful.

Anonymous



Need that Special Gift

Remember MAICO has a wide selection of conference and nonconference literature, medallions, and gifts for that special someone.

*AAWS Experience, Strength & Hope Book
On sale for \$6.50 until end of year*

Upcoming Events

Go to the MAICO Website at www.aamadisonwi.org
for upcoming event flyers or www.area75.org

2008

October 31 – WICYPAA Halloween fiasco, East Side Alano in **Milwaukee**, 1521 N. Prospect Ave. Open Speaker meeting and Wicked Dance Party, \$5.00 donation. Speaker: Jasmine S., Madison, WI. www.wicipaa.org or Andrea S. 262-894-8553 or Jim E. 262-993-9670

November 1 – MAICO Reps 12th Annual Youngtimers/Oldtimers Workshop, Trinity Lutheran Ch., 1904 Winnebago St., Madison. 10am to 3pm. Bring a dish to pass if possible.

November 1 – Wisconsin ICYPAA – Halloween Costume Party – East Side Alano in **Milwaukee**, 1521 N. Prospect. Fellowship @ 6pm, Speaker @ 7:30pm – Mark L., Dance to Follow.

November 14, 15 & 16 – Study & Action Group, Manitowoc Weekend Session, Manitowoc Alano Club, 404 South 29th St., Manitowoc, WI. www.Into-Action.com or call Marv S. 920-901-9509 for info. Non-Smoking event.

2009

January 18 – Area 75 Winter Service Meeting, Madison Senior Center, 300 W. Mifflin, Madison

January 30 – February 1 – WICYPAA XVI – Olympia Resort and Conference Center, 1350 Royale Mile Road, Oconomowoc, WI. Rooms: \$79.00/night. Registration \$15, Buffet \$24.95

February 12 – 15 – 45th International Women's Conference, Salt Lake City, Utah.
www.internationalwomensconference.org

March 29 – Area 75 Delegate's Workshop, Madison Senior Center, 330 W. Mifflin, Madison

April 4 – Dist. 9 Mini-Conference, Kieler, WI.

April 19 – Area 75 Pre-Conference Assembly, Madison Senior Center, 330 W. Mifflin, Madison

April 26 – May 2 – General Service Conference, New York, New York

May 15, 16 & 17 – 58th Annual Area 75 Spring Conference, Marriot Hotel & Conference Center, Racine, WI. (Delegate's Report from General Service Conference)

Thank You's
August 29th to October 24th 2008

General Fund

511 Step Grp
Barneveld Grp
Beloit Shopiere Manor Tuesday Grp
Caring & Sharing Grp
Cop Shop Grp
Daily Reflections Grp
Darlington Uptown Grp
DeForest Progress Gp
District 20
Early Risers
East Side Alano Grps
Easy Breathers Grp
EDIBDI Grp
Experience, Strength & Hope Grp
Foxhall Recovery Grp
Freedom Grp
Grace Lunch Grp
It's a God Thing Grp
Keep It Simple Grp
Lake Wingra Serenity Grp
Mad Book Grp
Mauston Wed Afternoon Grp
Midvale Noon Thursday Grp
Monday Night Rock River Grp
Mon Wed Fri Morning Grp
Monona Serenity Grp
Monroe Wed. Night Big Book Grp
New Glarus Sobrietyfest Grp
No Butts Grp
Our Group Wednesday Grp
Out to Lunch Grp

Platteville Mon Night Grp
Portage 207 Grp
Richland Center Grp
Sauk Prairie Grp
St. Dunstan's Tues Beginners Grp
Suburban Sobriety Grp
Sunlight of the Spirit Grp
Sunrisers Grp
The Phoenix Grp

Prudent Reserve

Anonymous
District 20
Joey
Larry L. - monthly
Sunlight of the Spirit Grp

Answering Service

Anonymous
Anonymous
Easy Breathers Grp
Mon Wed Fri Morning Grp
Tom B.

Faithful Fivers

Gratitude Month

Individual Donations

MAICO is a 501(3) c nonprofit
corporation.
Your donations are tax deductible up to
\$2,000 per AA member per year.

Changes to "2008-2009 Meeting Directory" (As of October 24)

<u>Date</u>	<u>Action</u>	<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Type</u>	
10/08	Change	Baraboo	Tues	7:00pm	O,NS,H	St. Clare Hosp., Beginners meeting, no speaker
10/08	Delete	Beloit	Wed	8:00pm	O,NS	St. Paul's Lutheran, 617 St. Lawrence Ave.
10/08	Delete	Beloit	Thurs	10:00am	C,NS,H	New Hope Church, 2345 Prairie Ave.
10/08	Change	Beloit	Thurs	7:00pm	C,NS,H	New Hope Ch., moved to 1 st United Meth., 511 Public
10/08	Change	Beloit	Sun	8:00pm	C,NS,H	New Hope Ch., moved to 1 st United Meth., 511 Public
10/08	Change	Boscobel	Tues	7:30pm	C,NS	Boscobel Hosp moved to Immanuel Marion Ch., Cty T & Town Hall Rd
10/08	Change	Boscobel	Thurs	7:30pm	C,NS	Boscobel Hosp, meets in Conference Room now
10/08	Delete	Boscobel	Sun	7:30pm	O,NS	Boscobel Hosp., Mental Health Unit
10/08	Add	Belmont	Wed	Noon		Church on Main St.
10/08	Add	Fall River	Thurs	7:00pm	O,NS,H	United Methodist Ch., Church & South Sts.
10/08	Change	Madison	Mon	7:00pm	O,NS,H	Foxhall, Trinity Luth. Ch., no longer has child care
10/08	Delete	Madison	Sat	6:30pm	O,H,Y,P	Monona Serenity Grp., 4933 Prairie Dock., Young People's
10/08	Delete	Madison	Sat	6:30pm	O,S,NS,H	Monona Serenity Grp, 4933 Prairie Dock
10/08	Add	Stoughton	Mon	Noon	O,NS,H	Stoughton Alano Club, 900 Giles
7/08	Update	Stoughton	All	All		Stoughton Alano Club, 900 Giles, smoking upstairs only
10/08	Add	Stoughton	Tues	Noon	O,NS,H	Stoughton Alano Club, 900 Giles
10/08	Add	Stoughton	Wed	Noon	O,NS,H	Stoughton Alano Club, 900 Giles
10/08	Add	Stoughton	Fri	Noon	O,NS,H	Stoughton Alano Club, 900 Giles
10/08	Add	Stoughton	Sat	Noon	O,NS,H	Stoughton Alano Club, 900 Giles
10/08	Add	Wisc. Dells	Sun	7:00pm	C,NS,H	Presbyterian Ch., Cedar St. ½ block south of Broadway