

Pass it on

From the Birmingham Intergroup Central Office of Alcoholics Anonymous



Happy Labor Day!

NEWS!

Boots on the Ground

Board members will visit home groups to tell them about BICO and the Central Office. They will ask members to consider being part of the Board and sending representatives to Intergroup meetings.

The Board needs new members! One person would serve from ASAP until December, 2022. Three would serve from January, 2022 through December, 2024. Please consider applying. A service resume is on page 12.

Answering Service

Jason C. made a data base of AA members' phone numbers, email and US mail addresses. He will work with Floyd to use the information for the answering service and 12th step call lists.

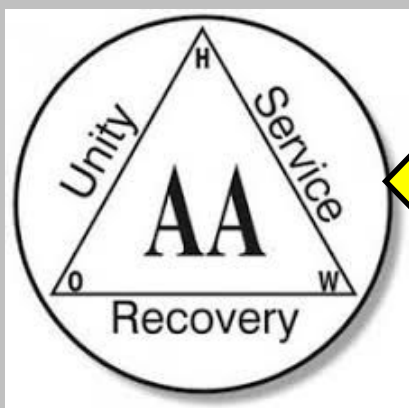
Plea: Trusted servants need to inform the central office and the webmaster when their homegroup changes meeting formats, passwords, etc. After hours callers do not benefit from receiving wrong information from volunteers. Use this email: birminghamaa@gmail.com or call the office during business hours. That number is (205) 290-0060. (Sarah M.)

Step Eight: *Made a list of all persons we had harmed, and became willing to make amends to them all.*

Step Nine: *Made direct amends to such people wherever possible, except when to do so would injure them or others.*

Tradition Eight: *Alcoholics Anonymous should remain forever non professional, but out service centers may employ special workers.*

Tradition Nine: *AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*



**Remember this side
of the triangle!**

Opportunities for Volunteers

I have been speaking with service-working AA members while putting together this newsletter and found that apathy is a big problem with all of the committees. If we do not help beyond our home groups, we are not going to have an organization. Please consider stepping up. You will find that service work is fun! *(Sarah M.)*

BICO Board of Directors: Info on several pages.

Public Information and Cooperation with the Professional Community (PI/CPC): The group meets on Zoom. Contact Mary G. (maryguthrie@aol.com)

Treatment Accessibility Corrections: Fellowship House and Bradford have openings. The committee group is meeting in person for now. Contact Dave A. for more information (ayshzikukot@aol.com)

Save THE Date

Recovery Walk: Cancelled because of Covid, but September is still National Recovery Month. The theme is “Recovery is For Everyone: Every Person, Every Family, Every Community.” Everyone's journey is different, but we are all in this together. Contact [Mark L.](#) to learn and participate.

Picnic in the Park

The annual picnic will be **September 18 or 25**. To help or just learn more, get in touch with [Anita M.](#)

Away Conference: (Alabama Women AA Yeah!)

Saturday, November 6 at Our Lady of the Valley, Hwy. 119, Hoover. Watch for details!

Help PI/CPC with the Alabama Counseling Association!

November 16—19 at the Sheraton in Birmingham. Contact [Mary G.](#) for information.



**Loving Tribute to Jim Swoager :
Ambassador for AA in the Birmingham Area**

BY: Steve P.

Born and raised in the city of Pittsburgh, Jim grew up strong and tough, and began to learn the lessons of adversity at an early age. Alcohol had a strong and negative impact on him in his formative years, but by the grace of God and the fellowship of AA, he was given a way to turn that weakness into a force for good, and his experience is a testament to the power that can change us all, if we will ask for it and allow it to enter our hearts and minds.

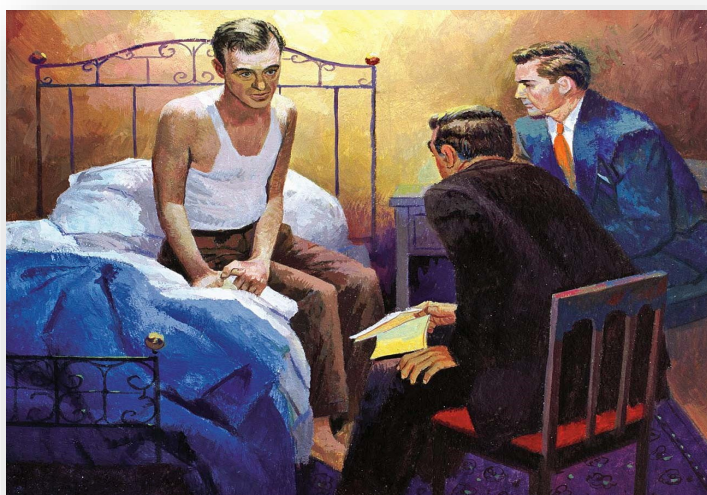
He was a proud fan of the Steelers, and he was only too happy to display the “colors” of his team at every opportunity – right down to his socks! He always tried to not take himself too seriously, with self-deprecating humor and easy laughter; however, the disease of alcoholism and the devastation it could cause – he took those matters quite seriously!

Those of us fortunate enough to know him, even in the most casual way, were universally impressed by his interest in and dedication to the program and people of Alcoholics Anonymous. His love for God and his ‘fellow travelers’ was easily felt and witnessed, should you have the chance to hear him speak or share at one of our gatherings.

Many of his simply stated words have contributed to an AA philosophy that has transformed the lives of literally hundreds of recovering alcoholics in this part of the country. His tireless work with others is directly responsible for changing untold lives and families to a degree that can’t help but bring a smile to the face of our Creator.

The sacrifice and effort that our friend gave to the Fellowship House on the Southside of Birmingham is legendary, and that facility will always be indebted to him; for a great love and care for the sick and suffering patients that came through its doors, and for the gift of AA as they returned to their families and loved ones, renewed and better versions of themselves.

The program of Alcoholics Anonymous here in central AL, and the members who live and work and serve others in our great community, have benefitted by the experience, strength, and hope of this kind and generous man. Thank you, Jim, for being such a wonderful part of our family – one that uses broken and hurting people to help other broken and hurting people.



AA Mongrels

BY: Sarah M.

Many AA members are mongrels; we claim alcohol and cocaine, alcohol and pain killers, and, more quietly perhaps, alcohol and sex addiction, alcohol and eating, mood, and other disorders. This is not new. Bill W. and others have been writing about multiple issues since at least 1947. I used both drugs and alcohol for many years. My drug use was recreational until I became addicted to marijuana, but alcohol was always there. It has been part of my story since my father rubbed brandy on my gums to ease teething pain. Bill W. writes that if alcohol is part of our story, we belong in AA. He would also agree that people who take mental health medications also belong. Free of weed and booze for a while, I used to feel guilty about using prescription drugs for a mood disorder. If I was working a good program, I wouldn't need antidepressants, right? As it turns out, my concerns are nothing new in AA history. Bill W. writes about people being "victimized by 'goof balls' and even by the new tranquilizers," but he also stresses that we still belong and that we should listen to our doctors. ("Problems other than Alcohol," *Grapevine*, February, 1958)

Drugs and Alcohol sometimes go together. Drugs ease hangers and alcohol withdrawal, but the drugs have changed over the years. During Bill W.'s time, doctors prescribed strong sedatives. My father complained of being treated with both Seconal and alcohol when he went into treatment in the 1950's. He thought the doctors were trying to kill him when they were just following standard procedure. Now, according to one website, treatment centers prescribe an arsenal of gentler drugs. Benzodiazepines (like Valium) treat withdrawal symptoms more safely than barbiturates did. Acamprosate works to restore brains damaged by alcohol abuse, perhaps brains that think doctors are trying to kill them. Naltrexone (Revia) reduces alcohol cravings, and it takes away the high feeling when people relapse. It blocks the pleasure receptors and seems kinder than Disulfiram (Antabuse), which makes you very sick if you drink. (<https://www.alcoholrehabguide.org/treatment/alcohol-detox/>)

Alcoholics are supposed to take these only under supervision, but then as now, dangerous, pleasure-giving drugs are easy to get. In Bill W's time, they were sometimes part of the twelve-stepper's arsenal. After reading some old *Grapevine* articles, I had visions of AA men in baggy pants earnestly using the pills in their pockets to calm the violent and ease the hung over. One from 1947 urges 12-steppers to refrain from giving pills to drunks. I think it must have been a fairly common practice if people wrote articles about why AA members should not share pills. This one talks about "Joe." His wife says "no doctors" even though Joe is violent against furniture and people. Instead of giving him more alcohol or physically knocking him out, the 12-stepping visitor reasons this way:

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(more on drugs) Well, we can't let him suffer, and we can't let his family suffer, why should we suffer? Let's give him a couple of "nebs" . . . or whatever our particular choice of knock out drops may be. After all, we've used them before, we've seen older members use them, and they seem to work fine. Joe'll soon get to sleep, we can leave a few more for Mrs. Joe to give him if he wakes up too soon or too jittery. . . and tomorrow we can see him and have a good heart-to-heart, down-to-earth AA talk and perhaps get somewhere.

(Bill H., "Sedatives Easy and Deadly Too," *Grapevine*, Vol. IV, No.1, June, 1947.)

The writer acknowledges that giving pills helps in many cases, but that other results can be disastrous. He compares the 12th stepper practice to "giving a small boy a high power, loaded rifle to play with." Bill H. writes that sedatives were illegal in the 40's, but "some druggists are rather lax in in supplying them, and even some doctors are a bit careless in giving out prescriptions." That still happens today. Many doctors overprescribe.

In his article, "Those Goofballs," Bill W. speaks of how morphine, codeine, Seconal, and Nembutal "represent blessed relief from the agonies of a hangover." Those drugs are still available. People died from overdoses, especially from barbiturates combined with alcohol, in Bill W's time, and now the problem is beyond epidemic. In the 1940's, goofballs referred to sedatives in general. Now they refer to an injection of heroin and methamphetamine—at least according to the *Urban Dictionary*. The drugs have gotten stronger, but the attitudes are the same.

Bill mentions almost dying from chloral hydrate, which is no longer available in the U.S. His doctor prescribed it for a bad hangover, but Bill did not follow the dosage instructions.

Instead, he put the bottle under his mattress and drank all the medicine while his wife slept. "I had a close shave," he writes. And his moral from the experience is as true now as it was then: "***When the doctor gives a legitimate sedative prescription, don't let the alcoholic have the bottle.***"

This essay also tells us about Slim. Bill and his friend were taking Slim to a hospital, for Slim had finally agreed to go into treatment. He had a few drinks on the way, but no one worried because Slim usually drank "a couple of bottles a day." Suddenly, he passed out. Dr. Silkworth met them at the car, said that Slim's heart had basically stopped working, and surmised that he was full of barbiturates. His wife confirmed the doctor's suspicion. Slim had been taking Amytol (a barbiturate-derived sleep aid) for days; even a little alcohol just about stopped his heart. A specialist looked at Slim and provided a prescription, but he predicted that Slim would not last the night. Bill reports praying as he had never prayed before. The pharmacy brought the pills prescribed for Slim. As Bill and his friend stepped off the elevator with the pills, they saw Slim walking down the hall smoking a cigarette and asking why he was in the hospital. He left a few days later with no ill effects. Slim's recovery was a miracle, however. Most people would have died. Bill believed his prayers helped, but he also learned from the experience. He writes, "No more 'goof balls' unless the doctor says so—not for me—No, thank you!" ("Those Goofballs," *The AA Grapevine, Inc.*, November 1945)



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Prayer seems to have saved Slim. Naxolene has saved many people from opioid overdoses, but users still die. Alcoholics still die in withdrawal. Those of us who have made it into recovery are lucky to be alive, but others keep getting sick. How do we stock our twelve-stepping arsenal? We should not go around with pockets full of pills the way people did in Bill W.'s time. For now, prayer will give us ideas as we share our experience, strength, and hope in order to lead sufferers to find help.

Not just Alcohol: Where do people get that help? Narcotics Anonymous and Addicts Anonymous were viable organizations by the middle of the last century, but they were separate from AA. Bill W. wrote this in 1958:

One of the best AA's I know is a man who had been seven years on the needle before he joined up with us. But prior to that, he had been a terrific alcoholic and his history proved it. Therefore, he could qualify for AA and this he certainly did. Since then, he has helped many AAs and some non-AAs with their pill and drug troubles. *Of course, that is strictly his affair and is no way the business of the AA group to which he belongs.* (italics mine) In his group, he is a member because, in actual fact, he is an alcoholic.

("Problems Other than Alcohol," *the AA Grapevine, Inc.* February 1958)

His article stresses that we can help others in any way possible using the tools of the program, but we do it as individuals. In AA meetings, members generally confine their discussions to recovery from alcohol even though many members also deal with other problems.

"Other problems" can be mental health issues as well as multiple addictions. In those cases, however, members still stop using substances as they learn to live by trusting in a higher power, cleaning house, helping others, and us-

ing the tools of their programs.

We who take prescription drugs for mental health issues suffer from extra stigma. If we worked better programs, exercised more, prayed more, gained or lost weight, joined churches, and were better people, we would not need anti-depressants, mood stabilizers, Xanax, anti-psychotics, or any other medication. AA and our Higher Power would be enough. Attitudes are softening, however. More and more, our friends in the program say to take what is prescribed—but then some brag about going through surgery without pain medication or say it is wrong to take anti-anxiety meds like Xanax. They may forget that pain medication addiction is not part of everyone's story, that Xanax treats seizures as well as anxiety, and that though doctors do make mistakes, we are not qualified to correct them.

When I was two years sober, I went off my psychiatric medications, suffered withdrawal, and felt disconnected, like I was holding myself together with both hands. Within six months, I was back on them. About six years later, I went off again. That time I tapered slowly, meditated, went to lots of meetings, exercised, studied, and lived free. It was a huge burden, and the mood swings were terrible (at least the down ones). I stayed miserably "clean" for 18 months before taking a different kind of First Step: I admitted that I am powerless over my brain chemistry. Going off the old meds turned out well because my new ones work better, but I did not need the "shoulds" to prolong the misery. Now, working towards spiritual fitness is not a burden. The mood swings are mild. I feel much less guilt about following doctor's orders and much more able to work the program.

If you have mental health issues, please don't beat yourself up for needing therapy, taking medicine, or doing whatever it takes to live whole. If you are a mongrel addict and AA resonates with you, just keep your sharing alcohol related. Otherwise, work the program: find your own Higher Power, clean house, and help others.



No Substitutions, Please

By Dan V.

My sponsor and I were talking the other day about a fellow AA who also had a marijuana issue. At the time, he was proud to have not been drinking for a couple days (after having relapsed a couple weeks earlier), yet he said he was still using cannabis vape. Though not the actual weed itself, it still has enough ‘umph’ to create that “elusive sensation” the “Doctor’s Opinion” talks about in the Big Book. Furthermore, upon being asked the question, the fellow quickly admitted that his NA sponsor was not happy about it. Plus, he admits that when he smokes, it inevitably leads him to drink!

Cigarettes are similar. While in rehab I was surprised the fire department didn’t come racing around the corner every time we had a break between classes – for all of the smoke billowing into the air. Like alcohol, I guess there may be some people who like the taste of a cigarette or tobacco: some of the guys not only chain smoked the entire 15 minutes, but also dipped at the same time! In real life and in movies – especially war movies – cigarettes seem to be the alternative drug of choice for anxiety, for that “restlessness” it talks about in the Book, for just calming their nerves in general. And think about it: cigarettes were easy to get and easy to carry, plus the package didn’t break and get you all wet if you got hit or fell on it. But again, like alcohol, too much tobacco will do you in.

In the Big Book story, “Acceptance Was The Answer,” a doctor says point blank, “Today, I find I can’t work my AA program while taking pills, nor may I even have them around for dire emergencies only.” He goes on:

I can’t say, “Thy will be done,” and take a pill. I can’t say, “I’m powerless over alcohol, but solid alcohol is okay.” I can’t say, “God could restore me to sanity, but until He does, I’ll control myself – with pills.” Giving up alcohol alone was not enough for me; I’ve had to give up all mood- and mind-affecting chemicals in order to stay sober and comfortable.

(411)

So what is an alcoholic to do when he or she realizes that neither drink nor drug is the answer?

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous, There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. (Big Book 152)

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Why? Because the AA program helped me rebuild my relationships: with God, with family, with people, with the “real world.” And most importantly, it taught me that if I want to alter my mind, or change my mood, then instead of trying to do it with an artificial substance, I need to just GO BE HELPFUL! If I want to change how I feel about myself, I do something for someone – or *something* – else. (I live in a place where turtles like to cross the road from one lake to another, and I will, right there in the street, get out of my car, pick them up and take them across because I refuse to let another one be run over because I didn’t stop to help.)

Furthermore, if you want to change the way you feel about other people, then watch to see somebody doing a kindness to or for another – or better yet, let somebody do something for you! And if you want to change the way you feel about your life, or about the world in general, then do two things. First, count your blessings, make a gratitude list, or do whatever it takes to remember or realize that God has given you everything you need. Not necessarily what you want, but what you need: “Give us this day our daily bread.” Not tomorrow’s or next year’s, but just what I need for today. (Besides, even if we had everything we “wanted”, we would still not be truly happy!)

Secondly, embrace – truly embrace – The Serenity Prayer. The whole thing, not just the first three lines:

God, grant me the serenity
to accept the things I cannot
change;
The courage to change the
things I can;
And the wisdom to know
the difference.
Living one day at a time;
Enjoying one moment at a
time;
(Continues, page 9)

Accepting hardships as the
pathway to peace;
Taking, as He did, this sin-
ful world as it is, not as I
would have it;
Trusting that He will make
all things right if I surren-
der to His will;
That I may be reasonably
happy in this life,
And supremely happy with
Him forever in the next.

I believe the “reasonably happy” of the last line is “the serenity” of the first line. I am simply content for now and waiting for even better things to come – in this life as well as beyond.

Only these things will create genuine, lasting changes of mood and mind: changes that come from within us rather than being artificially implanted from without. Artificial in that substances of any kind we put in our bodies in search of that “elusive sensation” only last a short time, and then we must search again. So instead of searching the world for more substances, why not simply search within ourselves to be more useful, more helpful, more content, more grateful?

Unfortunately, man has created one more substitute that I had to address, if only for my own long-term sobriety and alcoholic mind: the “almost stuff,” like non-alcoholic beer. Although Heineken did come out with a 0.0% alcoholic brew, most have 0.5% alcohol content. So what if I truly like the taste of a cold beer after a hot day working outside? Surely 0.5% won’t count as actually being alcohol, will it?

Well, the short answer would be if I had a peanut allergy, would I ask the same question about something with “just a little” peanut in it?

The long answer, on the other hand, is that I personally have two reasons why I no longer even consider such things an option. First, while I truly believe I would be “happy” with the almost-taste

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of the St. Pauli Girl NA the Pig was special ordering for me towards the end of my drinking career, the “Doctor’s Opinion” includes an ominous warning: “These allergic types can never safely use alcohol in any form at all...” The key words are “never” and “safely”. A group member of mine described it as “getting too close to the fire.” The second reason is that I essentially already tried it. Though I did replace real beer with the NA stuff, I ended up using the NA beer as a “smell cover” over the vodka and gin I later started smuggling into the house. Unfortunately, it could not cover the effect on my speech, my eyes and my gait!

A pastor once talked about how appearances can damage your (Christian) witness. He said maybe you can evangelize someone in a bar, but who will see you going in and out of the bar not knowing (or asking or believing) why you are there? It’s kind of the same thing for me now: I don’t even want to give anyone the appearance that I might even be thinking about drinking again. (Or, heaven forbid, that I am starting to backslide on my AA program!) And that means especially my wife, who I’ve already put through so much, but perhaps even more so myself.

Why take the chance?! Why jeopardize everything AA has already given me in my relatively short time in the rooms of AA, just for an occasional 10-minute reminisce about what a beer (almost) used to taste like? There is so much Zero Sugar 7-Up, Caffiene-Free Diet Coke and POM pomegranate juice to be had! So for anything with any alcohol in it at all, I say, “No thank you. I choose to practice ‘safe drinking’ from here on out!”

The Meeting

Welcome! Welcome one and all
to this illustrious AA hall.
Grab a chair and take a seat;
There's some folks here we'd love for you to meet.
Meet Jack, who sits in the back,
With the old timers who smoke and hack.
Say hello to Polly, a lady who's jolly,
But she knows the Book, Betcha by Golly!
Well, it's time to start and there's Old Art
Ringing the bell and getting books off the cart.
The meeting begins and there's Jenn;
She's new and doesn't know if she's in.
The meeting's almost over and there's Bob's dog Rover,
Licking coffee off the floor, and Millie heads for the door.
The Lord's Prayer is done, now it's time for the fun,
Sharing the messages to all the ages.

Tommy "Crockett" Aldridge

Central Office Financial Reports July, 2021

Birmingham Central Office Financial Report							
	Jan	Feb	March	April	May	June	July
Regions Checking	\$ 6,782.46	\$ 4,984.74	\$ 4,665.09	\$ 5,924.17	\$ 6,718.55	\$ 2,801.04	\$ 2,853.38
Cash on Hand	\$ 30.00	\$ 30.00	\$ 30.00	\$ 30.00	\$ 30.00	\$ 30.00	\$ 30.00
QB-Checking Account							
Saving Account	\$ 12,817.58	\$ 12,817.68	\$ 12,817.79	\$ 9,000.08	\$ 9,000.16	\$ 9,000.23	\$ 9,000.31
Receivables	\$ 2,395.25	\$ 1,872.95	\$ 1,493.20	\$ 2,752.50	\$ 1,644.34	\$ 2,857.82	\$ 1,126.41
Outstanding Payables	\$ 7,717.80	\$ 5,798.76	\$ 5,798.76	\$ 7,706.05	\$ 3,993.75	\$ 3,616.73	\$ 2,047.15
Income							
Books & Literature	\$ 2,802.85	\$ 1,789.75	\$ 1,212.55	\$ 3,862.40	\$ 1,350.50	\$ 3,188.30	\$ 1,966.88
Chips & Medallions	\$ 300.00	\$ 650.50	\$ 366.00	\$ 564.00	\$ 551.84	\$ 308.50	\$ 344.50
Donations	\$ 2,263.51	\$ 975.99	\$ 1,294.75	\$ 2,271.23	\$ 1,632.26	\$ 679.21	\$ 1,243.87
Variety/ Misc. Sales	\$ 5.00	\$ 2.00	\$ 0.50	\$ 31.50	\$ -	\$ 9.50	\$ 48.51
Cost of goods Sold							
Books & Literature	\$ 2,209.98	\$ 1,234.71	\$ 863.30	\$ 3,074.47	\$ 1,114.64	\$ 2,612.45	\$ 1,641.36
Chips & Medallions	\$ 244.66	\$ 406.85	\$ 244.60	\$ 372.47	\$ 313.11	\$ 196.79	\$ 396.35
Variety Items	\$ -	\$ 0.91	\$ 0.10	\$ 3.48	\$ -	\$ 5.00	\$ -
Gross Profit	\$ 2,916.72	\$ 1,775.77	\$ 1,765.80	\$ 3,278.71	\$ 2,106.85	\$ 1,371.27	\$ 1,566.05
Expenses							
Payroll Wages	\$ 718.28	\$ 745.78	\$ 742.26	\$ 733.24	\$ 751.32	\$ 799.30	\$ 1,069.76
Payroll Taxes	\$ 129.48	\$ 135.88	\$ 133.76	\$ 134.30	\$ 136.01	\$ 144.54	\$ 196.21
Payroll Services	\$ 141.70	\$ 50.00	\$ 50.00	\$ 75.00	\$ 50.00	\$ 50.00	\$ 50.00
Dues & Subscriptions	\$ 77.00	\$ 77.00	\$ 77.00	\$ 77.00	\$ 77.00	\$ 77.00	\$ 77.00
Insurance (annually)	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 295.00
Insurance (Quarterly)	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 297.75
Legal & Accounting	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Licenses & Taxes	\$ -	\$ 413.38	\$ -	\$ -	\$ 816.14	\$ 131.66	\$ 166.10
Office & Supplies	\$ 43.95	\$ 69.00	\$ -		\$ 141.46	\$ -	\$ 110.00
Copier	\$ 113.92	\$ 115.53	\$ -	\$ -	\$ 226.92	\$ -	\$ 114.40
Bank / Paypal Charges		\$ -	\$ -	\$ 26.39	\$ -	\$ 2.01	\$ -
Rent	\$ 495.00	\$ 495.00	\$ 495.00	\$ 495.00	\$ 495.00	\$ 495.00	\$ 495.00
Telephone & Internet	\$ 145.07	\$ 145.50	\$ 145.60	\$ 145.60	\$ 145.76	\$ 145.77	\$ 147.09
Utilities		\$ 554.58	\$ 249.62	\$ 175.29	\$ 69.55	\$ 79.58	\$ 96.04
Special Events							\$ 250.00
Total Expenses	\$ 1,864.40	\$ 2,656.15	\$ 1,893.24	\$ 1,416.90	\$ 2,909.16	\$ 1,924.86	\$ 3,364.35
Interest	\$ 0.07	\$ 0.10	\$ 0.11	\$ 0.08	\$ 0.08	\$ 0.07	\$ 0.08
Net Income	\$ 1,052.39	\$ (1,025.78)	\$ (127.33)	\$ 1,416.98	\$ (802.23)	\$ (553.52)	\$ (1,798.22)
Past Due -- AAWS	\$ 3,079.32	\$ 1,919.04	\$ -	\$ 3,340.35	\$ 3,709.41	\$ 3,880.85	\$ 2,763.40
Past Due - RJ Young	\$ 176.75	\$ -	\$ -	\$ -	\$ 112.21	\$ -	\$ 117.08
Income After Past Due	\$ (2,203.68)	\$ (2,944.82)	\$ (127.33)	\$ (1,923.37)	\$ (4,623.93)	\$ (4,434.37)	\$ (4,678.70)

BIRMINGHAM INTERGROUP CENTRAL OFFICE, INC. A/R Aging Summary July 31, 2021

	CUR- RENT	1 - 30	31 - 60	61 - 90	91 AND OVER	TOTAL
Adamsville Group	16.50					\$16.50
Bessemer Group/The Chip Club, Inc.					41.50	\$41.50
New Freedom					10.00	\$10.00
Out From Under			153. 95			\$153.95
Riverchase Group	413.35					\$413.35
Serenity @ Highway 11 Group	32.00			5.10		\$37.10
Sobriety First Group	11.70					\$11.70
South Suburban Group	124.90	40. 80				\$165.70
Trussville Group	48.51					\$48.51
Vestavia Hills Group	228.10					\$228.10
TOTAL	\$875.06	\$40 .80	\$153 .95	\$5.1 0	\$51.50	\$1,126.4 1



Donations!!!

Group and Individual



Intergroup Central Office Group/Individual Donations							
0							
<i>Group/Individual</i>	Jan	Feb.	March	April	May	June	July
AA Individual	\$ 12.00	\$ 15.00	\$ 100.00	\$ 3.00	\$ 2.00	\$ 5.00	\$ 1.00
AA Individual / Adam T.	\$ 0.50						
AA Individual / Anne S.		\$ 25.00					\$ 25.00
AA Individual / Barbra				\$ 0.50			
AA Individual / BC		\$ 0.25					
AA Individual / Bill Mc			\$ 10.00				
AA Individual / Bryan G							\$ 72.52
AA Individual / Crocket	\$ 30.00	\$ 30.00	\$ 30.00	\$ 30.00		\$ 60.00	\$ 30.00
AA Individual / Divid H				\$ 57.96			
AA Individual / Erin S				\$ 48.25	\$ 48.25		
AA Individual / John C.				\$ 50.00			
AA Individual / John F.				\$ 10.00			
AA Inidividual / John F				\$ 25.00			
AA Individual / Gray A.						\$ 3.21	
AA Individual / Karen P.		\$100.00					
AA Individual / Kathryn L		\$ 3.00					
AA Individual / Martin						\$ 1.00	
AA Individual / Matt G.		\$140.00					
AA Individual / Melanie S			\$ 25.00				
AA Individual / Merle J				\$ 96.80			
AA Individual / Patricia H				\$ 9.41			
AA Individual / Richard M			\$ 0.50				
AA Individual / Rickey S					\$ 96.80		
AA Individual / Robert C	\$ 100.00		\$ 96.80				
AA Individual / Sarah M			\$ 35.00				
AA Individual / Thomas M					\$ 10.00		
AA Individual / Thomas R							\$ 30.00
AA Individual / Tracy C			\$ 1.50		\$ 1.01		
Bessemer Group		\$ 53.15			\$ 50.00		
Buster's Group							\$ 230.00
Colonnade Group	\$ 238.50						\$ 151.00
Coosa Group	\$ 27.30			\$ 25.00			\$ 25.00
Downtown Group			\$ 500.00				
Early Riser's			\$ 1.25				
Freedom Group	\$ 4.00			\$ 0.15			
Huffman Group		\$200.00			\$ 300.00	\$300.00	
Irondale Group							\$ 120.00
Leeds Group	\$ 342.20	\$ 7.50		\$ 60.50	\$ 4.00		\$ 0.50
Logan Martin Group					\$ 600.00		
Monday Night Live	\$ 51.01			\$ 125.71			\$ 176.11
Moody Group		\$ 93.30		\$ 304.00			
Mount Olive Group							\$ 180.00
New Hope Group			\$ 1.25				
North Jefferson Group					\$ 268.00		
Pelham Group				\$ 10.00		\$ 10.00	
Riverchase Group			\$ 464.95	\$ 464.95			
Serenity Now Group		\$300.00		\$ 300.00		\$300.00	
Sobiety First Group					\$ 0.50		\$ 40.00
South Suburban		\$ 1.00			\$ 1.00		
Starting Over Group					\$ 250.00		
Sunrise Group	\$1,062.00			\$ 650.00			
Trace Crossings Group					\$ 0.20		
Trussville Group	\$ 125.00		\$ 25.00				
Vestavia Hills Group			\$ 3.50		\$ 0.50		
Warrior Group							\$ 162.74
Women's Acceptance	\$ 271.00						
	\$2,263.51	\$968.20	\$1,294.75	\$2,271.23	\$1,632.26	\$679.21	\$1,243.87

Help Guide the Fellowship!

This is just a Snapshot!

For the real form, click: [Google Drive Resume](#)

Service History Resume for BICO nominees

Name: _____

Sobriety Date and Homegroup:

Group Service positions with years of service:

District Service positions with years of service:

Area Service positions with years of service:

Special skills, education, and/or business experience that will make you a suitable candidate for the Steering Committee:

12th Step work including: Carrying meetings to facilities, 12th step calls and sponsorship (this can be a yes or no) can be listed if you like.

Interested candidates should submit their Service History to the Central Office as soon as possible. They may also return these via email. For mail in, please send the Service History to:

Birmingham Intergroup Central Office
RE: Service History
242 West Valley Avenue, Suite 211
Homewood, AL 35209

To learn more, especially about whether you qualify, talk to:

Bill M. bhambilly@gmail.com

Mark L. MarkLitvine@gmail.com

TWO ways to Donate!!

Go to Pay Pal and send money to:

bhambico@gmail.com

OR

Send your check to:

AA Central Office
242 West Valley Avenue, Ste 211
Birmingham, AL 35209



The views and opinions expressed in this publication are those of the authors and do not necessarily reflect the views and opinions of the Birmingham Intergroup Central Office Board of Directors.

We Want to Hear from You!

Please send questions, poems, drawings, articles, experience, strength, and hope to passitonbirmingham@gmail.com

Be sure to Visit Our *BEAUTIFUL* Website!!

www.birminghamaa.org

(It links to the **Meeting Guide App**, with up to date Zoom and in-person listings)