

# PASS IT ON

SUMMER 2024

BICO – Birmingham Intergroup & Central Office  
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## PASS IT ON MISSION STATEMENT

PASS IT ON is committed to delivering timely, relevant Intergroup news and information to A.A. groups and individuals. Columns featured in PASS IT ON align with and represent Intergroup’s monthly agenda reports. PASS IT ON strives to fulfill a vital role in A.A. Area One, Districts 6 and 7, to further strengthen the communication and function of our A.A. community. To that end, individual and group submissions are welcomed and encouraged! Submit to [klathemteaches@gmail.com](mailto:klathemteaches@gmail.com)

## BICO REPORTS TO A.A. COMMUNITY

The Board of Directors for the Birmingham Intergroup Central Office continues to improve our Central Office, bookstore, and answering service. Members, to that you all can trust that Intergroup is providing its best. While we are continuing to strive for better service, we are sure that our efforts could improve.

The board is currently experiencing a period of transition in several of its board members’ positions. They are providing exceptional service to the present board and will continue this service commitment until the end of term. The board is establishing welcome packets for all board members, in order to prepare the needed knowledge base. This knowledge will give each member the opportunity to present information to our stakeholders and service providers. Thank you for your continued support.

**BICO** recently published **open meeting guides** for all groups to use in welcoming newcomers. Sixty-six open meetings are listed with times, and locations. Meeting guides are \$.50 each.

Please let us know what else we can do to better serve you and your group.

Freddie Crews Jr.  
Chairman/President  
BICO Board of Directors  
[freddiecrewsjr@gmail.com](mailto:freddiecrewsjr@gmail.com)

## NEW BEGINNINGS PICNIC

A good time was had by all – food was great – speakers were good too!



June 15, 2024, Oak Mountain State Park.

## CENTRAL OFFICE TO HIRE ADDITIONAL STAFF

Central Office is currently seeking a *temporary employee on an as-needed basis*. For more information, contact Freddie C., BICO President, at [freddiecrewsjr@gmail.com](mailto:freddiecrewsjr@gmail.com)

**AREA ONE NEWS**

**NEW MEETING ADDRESS FOR PRATT CITY**

North Pratt A.A. Meeting has moved to a new location  
**St. Mary’s Catholic Church**  
6101 Martin Luther King Drive  
Fairfield, AL  
7:00pm Mondays

**ERRORS & OMMISIONS**  
Please note that in the Spring issue of *Pass It On*, an incorrect date was listed for the BICO Picnic in the Park. The correct date is Saturday 21<sup>st</sup>, as featured in this issue’s calendar on Page 5. We apologize for this error.

**FIVE POINTS MEETING MOVES TO NEW LOCATION**

After over 46 years of holding meetings at 2012 14<sup>th</sup> Avenue South, the Five Points Group of Alcoholics Anonymous will be relocating to the new JAFI location in Forest Park at 3513 7<sup>th</sup> Avenue South. The new location is an open, spacious meeting space with beautiful grounds.

During the noon weekday meetings, we ask for your assistance and cooperation with the parking parameters for our new home. Parking in the Alabama AIDS Outreach lot and the apartment building spaces behind The Clubhouse is strictly off limits. Please park along the street and consider leaving the spaces in The Clubhouse parking lot for those who need special assistance to make it into the building. If we do not honor our parking policies for the noon meeting time, there may be permits, fines and ultimately towing of vehicles levied by the city. We want to avoid legal action and continue to be good stewards of our new home. Also, please help spread the word, and if you see someone using a parking space that isn’t ours to use, gently make those people aware we need to honor our new parking policies.

Chuck T.

**BICO FINANCIAL REPORT AS OF February 29th, 2024**

**INCOME & EXPENSES**

TOTAL EXPENDITURES FOR FEBRUARY	\$ 4,649.49
TOTAL GROUP CONTRIBUTIONS FOR FEBRUARY	\$ 1,252.64
TOTAL INDIVIDUAL DONATIONS FOR FEBRUARY	\$ 9.00

**INFLATION REACHES A.A**

For the first time in a decade, the price of chips and medallions is going up. Chips will now be \$.75 apiece and Medallions will now cost \$3.00 each. Chips and medallions are available at the Central Office.

# BICO – Birmingham Intergroup and Central Office

## SERVICE OPPORTUNITIES

**BICO NEEDS NEW BOARD MEMBERS.** Requirements: 5 years' sobriety, a history of A.A. service, and willingness to serve Intergroup and the Central Office in supporting the work of A.A. in general, Districts 6 & 7 in particular. Serving on the board is a three-year commitment. Usually, there is one meeting a month for one hour. **IF YOU'RE INTERESTED IN SERVING** on the BICO Board of Directors, submit your resume to the Central Office. Resumes are reviewed by BICO and submitted to Intergroup for approval.

The **CENTRAL/INTERGROUP OFFICE** exists to aid groups in their common practice of carrying the A.A. message to the alcoholic who still suffers. By providing Alcoholics Anonymous meeting listings, the office receives inquiries from those needing help. Staff may have a twelfth stepper contact callers or refer callers to nearby A.A. group meetings where they may find sponsors.

**The BICO Annual Picnic in The Park** is fast approaching, and we are asking groups to consider donating items for raffle baskets. If your group is interested in helping in this way, contact Bob C at (205) 901-5450 OR rcollins495@earthlink.net. We look forward to seeing and serving you this year at the picnic!

**ANSWERING SERVICE NEEDS VOLUNTEERS:** Some groups cannot fulfill their commitment to the answering service. Contact the Central Office if your group would like to serve a month (or two) in that capacity. If you are an individual who is willing to serve on the answering service, call the Answering Service Coordinator, Melissa B. to sign up, 205-907-2591,

## GRAPEVINE REPORT

### DISTRICTS 6 & 7 GRAPEVINE AND LITERATURE COMMITTEE

**2024 marks the 80<sup>th</sup> anniversary of Grapevine** publishing stories from A.A. members worldwide. Subscriptions to Grapevine are available through members of the committee and directly from the Grapevine website: [www.aagrapevine.org](http://www.aagrapevine.org). As one contributor said, *"I can send in my story and become part of A.A. history."* Subscriptions are \$36 per year.

## TAC REPORT UPDATE

### WOMEN'S A.A. MEETINGS AT SHELBY COUNTY JAIL

Women with a sincere desire to share their recovery experience, strength, and hope are welcome to join the group that carries the A.A. message to the Shelby County Jail on Saturdays at 10:00am. There is no required minimum amount of sobriety; however, it is suggested that you speak with your sponsor before making a commitment.

The meetings are kept simple, for example: topic discussions, Step one, etc. The Shelby County Jail provides free ministry training during Spring and Fall each year. Participants must have a clean record and agree to a background check. One A.A. meeting is provided for minimum security women, then another for maximum security women.

## CALENDAR

**Tuesday, July 16, 2024.**

**PRIME TIME ANNIVERSARY**

5:30 Fellowship, 6:00 BBQ Dinner, 7:00 Speakers Heidi G. and Charlie G.

959 Alford Avenue, Hoover, AL

**Saturday, August 24, 2024**

**DELEGATE'S REPORT** to Districts 6 & 7 -- 1:00 to 3:00 pm

New JAFI location – 3513 7<sup>th</sup> Avenue South, Birmingham, AL 35222 – Food, Fellowship and Report

**Saturday, August 24, 2024**

**Trussville 43<sup>rd</sup> Anniversary** – 4:00 to 8:00pm – Gainesville Classic Group, Gainesville, GA.

Trussville Methodist Church

120 North Chalkville Road – Trussville, 35173

**Friday, September 20 – 22, 2024**

International Conference Secular A.A. with Al-Anon participation

Double Tree Hilton at Universal Studios – Orlando, FL

Registration - [www.secularaa.org](http://www.secularaa.org)

**Saturday, September 21, 2024**

**BICO PICNIC IN THE PARK** -- 11:00am to 4:00pm

Black Creek Park Fultondale

**November 1 – 3, 2024**

**AREA ONE CONVENTION – MIRACLES OF LOVE AND SERVICE**

Ft. Walton Beach, FL

\$40 Pre-Registration Price – Area One Convention registrations – PO Box 4336, Ft. Walton Beach, AL 32549

Convention Chair Terry S. (850) 428-4359, Co-Chair Pat M. (646)334-3496

**Saturday, November 2, 2024 - 2024**

**AWAAY WOMEN'S CONFERENCE** -- 9:00am to 4:00pm

Planning meetings are being held on Wednesdays at 5:30pm via Zoom. To participate in planning, contact Jochelle C. at 205-586-0063, or sign on to Zoom at [www.awaay.org](http://www.awaay.org).

**December 6 – 8, 2024**

**SOUTHEAST REGIONAL FORUM** - Biloxi, MS

Rita N., Forum Committee Chair

731 445-4601 – [ezduzit83@yahoo.com](mailto:ezduzit83@yahoo.com)

**July 3 – 6, 2025**

**INTERNATIONAL CONVENTION – Celebrating 90 years**

Vancouver, Canada – join people in recovery from all over the world.

Heard at a meeting: *“Therapy helped me; A.A. healed me.”*

## EXPERIENCE, STRENGTH, AND HOPE

### HOPE, RECOVERY, AND THE 12-STEP PROGRAM: A TRANSFORMATIVE JOURNEY

My name is Rosalyn, and this is my journey of hope and recovery through a 12-step program. My story begins as the child of an addict, a background that left me with deep emotional scars and low self-esteem. Growing up, I was a follower and ended up marrying a narcissistic, physically abusive man. I believed the lies I was told—that I was ugly, worthless, and would never amount to anything. These were the lies of the devil, and I let them dictate my life.

For years, I made unintelligent decisions and lived a life of misery. I tried to go to treatment several times, but it was always for someone else—my mother, my father, or even the dog if he had asked. I never did it for myself. I became a miserable person, very sick and ill, both physically and emotionally broken.

My turning point came when I typed "luxury rehabs with amenities" into my phone and found the Recovery Village of Atlanta. There, I met a case manager, who had formerly worked at Mary Hall Freedom Village. She connected me to Mary Hall Freedom Village, where my life began to change.

At Mary Hall Freedom Village, I met my wonderful counselor who suggested I start believing different things about myself. She encouraged me to see that I was smart, beautiful, and capable of recovery. Slowly, I started to believe in myself.

During my time at Mary Hall Freedom Village, I began to reconnect with my spiritual roots. My grandfather was a preacher, and my mother was a librarian at a Bible college, but I had never had my own personal relationship with God. I realized that without God, my heart was filled with darkness. As I developed my faith, I found a new sense of hope and purpose.

Hope became a cornerstone of my recovery. I started to believe that I was fearfully and wonderfully made by God.

Through the 12-step program, I attended meetings daily and found a supportive network of female friends in recovery. This was a huge accomplishment for me because, upon entering treatment, I did not trust or interact with other women. Today, I encourage and support every woman I encounter.

The Big Book reminded me that nothing could separate me from God's love and that His love was a source of strength and healing.

I re-established a relationship with my 15-year-old daughter, and I am now in school for Biblical counseling. My goal is to empower others with my testimony and journey. I have become an advocate for my peers, supporting them in their recovery. My faith and recovery journey have transformed me from a broken person into someone who sees herself as valuable, loved, and capable.

In conclusion, the journey of recovery is challenging but transformative. By believing in ourselves, trusting in God's love, and following the 12-step program, we can find hope and healing. My journey is a testament to the power of faith, self-belief, and the support of a loving community.

To anyone reading this, know that you are fearfully and wonderfully made, and nothing can separate you from the love of God. Stand firm in your faith, seek support, and embrace the journey of recovery. It is through this process that we find true healing and transformation.

Rosalyn M., on the occasion of her first A.A. Anniversary.  
interviewed by Sam M.

Heard at a Meeting: *"Treatment got me clean; A.A. got me sober."*

## RELAPSE DOESN'T HAVE TO BE PART OF ANYONE'S STORY

All newcomers should know this: relapse doesn't have to be part of your story. It just so happens to be part of mine. In 1992 an old timer gifted me with a copy of the Big Book. I was twenty-five years old. I had no personal relationship with God, and I never looked twice at the book. Apparently, she saw something in me that I couldn't see in myself. I couldn't be honest. I believed the delusion that, "if only I managed life well, the show would come off great." It took almost thirty years before I was ready to admit complete defeat.

When I first came into the rooms, I tried to UNDERSTAND the program. I tried to CONTROL my spiritual awakening. I would get thirty days and celebrate with a drink. I collected many thirty-day chips until I resigned myself to working the steps. However, the program stayed in my head; I didn't allow it to enter my heart. I went through the motions, believing I had surrendered. Instead, I allowed fear, intellectual pride, and ego to block me from the Sunlight of the Spirit. Just before my 9th Step, I relapsed. Again. I came to, out of a blackout, after rolling my car and hitting another vehicle head on. I went to jail and TASC. I went back to rehab. And God removed the obsession to drink so I did other forms of alcohol, truly believing that I was OK. I told myself, "Well, at least you're not drinking." This insanity (dishonesty) lasted for over a decade.

In 2020, I hit bottom. Again. This one was darker and deeper than ever before. I had dug it myself. I was beaten. I was finally given the Gift of Desperation and ready to admit complete defeat. In a moment of clarity, I went to my bookshelf and pulled down my old 12x12. The marker was at Step 3. I suddenly knew where to go. Walking back into my old home group felt a bit awkward. However, I was overwhelmingly grateful there was a solution, and I knew where to begin finding it! Once inside, I saw many of the same people there. They said, "We wondered what happened to you! We're so glad you're back!" I was able to be honest, and I was willing to go to any lengths. These were gifts from God.

I got a sponsor and began working the steps. This time, it was different. The Promises began coming true. I was amazed. In that short period of time all of the seven active warrants were settled and paid for in full. I had a car, license and insurance. More than that, I had hope. I had glimpsed true freedom. My disease is cunning, baffling and powerful. It beat me good. So good that I was put in the perfect place to get honest and surrender completely.

Each relapse started in my mind, oftentimes long before I actually took a drink. Today I know all I have is a daily reprieve and an opportunity to stay spiritually fit by accepting spiritual help. Those strange mental blank spots I know all too well. In the past I looked for loopholes. Today I look to God. He allows me to be honest. I'm active in the fellowship, allowing myself to really see people and to let them see me. God makes all this possible. He has given and given to me. He continues to give. He is everything. Thank you, God, and thank you for leading me back to AA.

-Anonymous

Heard at a meeting: *"They are called 'steps' because you have to walk them."*

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### CONTRIBUTE TO PASS IT ON

We welcome your submissions of short stories (400 – 600 words), poems, one-liners, photographs, artwork, cartoons, and especially news of A.A. events open to all. Submit to  
copyeditor@klathemteaches@mail.com