



# The Winner's Circle

West Central Intergroup's Monthly Newsletter



www.westcentralaa.org

January/February 2010

## WEST CENTRAL INTERGROUP

### Office Location

2 East Church Street  
Frederick, MD 21701  
301-662-0544

### Mail Donations to:

P.O. Box 1771, Frederick, MD 21702

### TRUSTED SERVANTS

#### OFFICERS:

*Chairperson:* Brigitte F.,

brigrf@verizon.net

*Vice Chair:* Cynthia T.

*Treasurer:* Paul L.

paul@millenniumpool.com

*Secretary/Newsletter:*

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#### COMMITTEE CHAIRS:

*Literature & Where and When's:*

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*Institutions:*

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*CPC:* Dick G., 240-626-6581

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*Office Coordinator:*

Sonny E., 301-305-9486

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*Board of Directors:*

Bud R., Jim M., Dick S., Gene L.,

Judy C.

#### Statement of Purpose:

The primary purpose of this newsletter is to carry the AA message to alcoholics and try to practice the AA principles in all of its affairs. We are mainly accountable to West Central Intergroup as a whole, and hope to provide an open forum for the many diverse views of its members, striving to remain within the bounds of good will and the spirit of service. Articles are not intended to be statements of AA policy nor imply endorsement by AA or this newsletter.

### MEETING CHANGES

Saturday Night 8pm Point of Rocks Group will be meeting at St Luke's Lutheran Church, 23 Court St (same location as Monday's Blue Light Special)

Sunday 7pm Braddock Heights As Bill Sees It meeting will move to The Church of the Transfiguration (Red Door) starting February

## JANUARY AND FEBRUARY ANNIVERSARIES

Name	Home Group	Date	Years
Vivian R.	Monday Morning @ the Club	1/22/72	38
Mike M.	Saturday Red Door Speaker	2/24/78	32
Chipper T.	Let Go Let God	1/21/85	25
Dennis D.	Red Door Saturday	1/22/85	25
Frank M.		1/11/86	24
Tom F.	Let Go Let God	1/27/86	24
Diana S.	Jefferson	1/2/87	23
Nancy F.	High Noon	1/06/87	23
Kathy B	Let Go Let God	1/10/87	23
Jane H.	Let Go Let God	1/10/87	23
Mike B.	Walkersville Tuesday Night	2/24/90	20
Bubby A.	Mount Airy Main St	1/20/94	16
Ann	Frederick Sober Women's Group	2/16/02	8
Lee Ann W.	Happy Hour	1/19/03	7
Sandy	Frederick Sober Women's Group	2/23/03	7
Jane	Frederick Sober Women's Group	2/5/07	3
Paul L.	Early Bird	2/1/08	2

Please send anniversaries for the following month to kirstentydings@gmail.com.

## THE INTERGROUP OFFICE

Providing area AA groups with books, pamphlets, chips and information is one of Intergroup's key responsibilities and it is one that is taken very seriously. The focal point for these activities is the West Central Intergroup (WCI) Office, located at a 2 West Central St. in downtown Frederick.

The office's hours of operation are **entirely dependent on volunteers** from local AA groups; training and scheduling is coordinated by Sonny E. and he also prepares the office schedule for the month, posts it on the office door, and distributes it at the monthly Intergroup meetings.

Volunteering at the office involves answering the phone and helping alcoholics find meetings, contacting folks from the 12 Step Call List who have offered to bring people to meetings, selling literature and other supplies to help support meetings, and answering questions/providing information to visitors to the office.

Ideally, the office would be open around the clock. Thankfully a couple of groups have recently signed up to handle some of the many time slots as a group service commitment. This is also a great service job for a sponsee who has some time under his/her belt and is anxious to "give back what has been so freely given."

To schedule training for yourself or for your group, please contact Sonny at 301-305-9486 or at baroncornelius@comcast.net.

The Intergroup office is Your Office! As we all learned when we came into AA, this is a program of "We," and it is up to US to keep the office open and available. AA is also a program of "Action," so if you have an hour or two spare once a week or even just once a month, please consider taking a slot at the office and being there to help the next newcomer who rings the phone in desperate need of a meeting ...

## UPCOMING EVENTS

<b>Jan 30</b>	<b>District 40 Workshop and FREE Dinner, 5pm @ Trinity UMC. 705 W. Patrick St, Frederick</b>
<b>Feb 26-28</b>	<b>NERAASA, (N.E. Regional AA Service Assembly) Niagara Falls, NY, "Practicing AA's Principles - The Pathway to Unity" Niagara Falls Conference Center, more info <a href="http://www.neraasa.org">www.neraasa.org</a></b>
<b>March 6</b>	<b>7th Annual March Madness Recovery Volleyball Tournament 8:30 a.m. @ The Armory, 2nd &amp; Bentz Sts, Frederick. Volleyball only: \$8 Volleyball and Lunch: \$10 Lunch only: \$6. To register or more info, call Brian S. at 301-898-3125 - by Feb 26 please</b>
<b>March 26-28</b>	<b>Serenity Weekend, Williamsburg VA - more info <a href="http://www.serenityweekend.net">www.serenityweekend.net</a></b>
<b>July 1-4</b>	<b>75th International Convention of A.A. San Antonio, TX (sponsored by GSO)</b>

**MINUTES FROM INTERGROUP MEETING –December 2, 2009**

Intergroup Chair Brigitte F. opened the meeting at 7 p.m. with the Serenity Prayer and the Purpose of Intergroup. The October minutes were approved. This meeting combined the November and December meetings.

**Reports:**

**Chair** – Brigitte encouraged group reps and committee chairs to attend the upcoming Intergroup Group Inventory scheduled for Sunday, Dec. 6 at Red Door at 1 p.m.

**Vice Chair** – Cynthia T. deferred her discussion of the upcoming Inventory for Old Business.

**Treasurer** – Paul distributed the financials. He noted that contributions are down and asked group reps to remind their groups of the importance of supporting their local Intergroup to provide services here in our county.

**Standing Committees**

**Literature** –Doug absent but left word that all is under control. An order for Institutions was due shortly.

**Where & When's** – new Where and When's were available at the Intergroup meeting and can be purchased in bundles at Intergroup Office.

**Institutions** – Linda reported that the committee is working with Project 103 to bring in an AA meeting.

**Office:** Sonny reported a good turnout at the last training and schedule slowly filling up. No training was planned over the holidays. Office still in need of help. Groups are asked to consider taking some slots as a service commitment.

**Activities** – Lee Ann attended the Old Timers meeting in Silver Spring and had some ideas for the local meeting she is planning with her committee. She asked about holding the meeting at the Red Door and was advised to speak with Henry about scheduling a day and time.

**Newsletter** – Kirsten was not present.

**CPC** – Dick G. announced a new meeting for Deaf persons now available and in need of support.

Website: Pete C. said he has been doing updates to the site and working on cleaning it up. There was discussion about how members contact information should appear on the website. Motion was made to delete personal phone numbers from the newsletter as it appears on the web. Motion carried.

**District Reports:**

**District 40:** No report.

**District 41:** A workshop will be held in February, topic to be announced. Elections were held. The District is providing FMH with 10 Big Books per the hospital's request.

**Old Business:**

Intergroup Group Inventory: Cynthia T. will compile the input from the groups and provide a briefing at the January meeting. She also collected sheets with group input from reps who are unable to attend Sunday's Inventory discussion.

Gratitude Breakfast: Paul L. confirmed Rich B. from Ocean City will be the speaker at the 2010 Gratitude Breakfast.

Everyone was reminded about the holiday Alcahthon schedule.

**New Business:** None.

The meeting closed with The Lord's Prayer at 7:40 p.m.

Respectfully submitted, *Brigitte F*

**Going to Footprints in the Winter  
Sand in Ocean City Feb 5-7?**  
If you are looking for a ride or would like to offer a ride – please let Intergroup know – 301-662-0544



**WCI FINANCIAL CONTRIBUTIONS FROM GROUPS**

Group Contributions	Dec 09	Pink Can Contributions	Dec 09
Frederick Women's Group	50.66	Adamstown Bottomless	37.00
Myersville Keep It Simple	112.97	Frederick Women's Group	55.90
Uptown/Downtown	1,183.80	New Freedom	53.00
	<u>1,347.43</u>		<u>145.90</u>

**CELEBRATING MILESTONES**

*Features a local member that has recently celebrated an anniversary. This month we talked to -*

**Name:** Vivien R.

**Homegroup:** Monday Mid-Morning Step Meeting

**Sobriety Date:** Jan. 22, 1972

**Where did you get sober?:** Right here in Frederick County. Brunswick was my Home Group back then.

**Favorite service position:** starting Intergroup in Frederick County in the mid 1970s; there were five of us and the other four have all passed away. I was the first Literature Chairman of Intergroup.

**Favorite slogans:** Learn to Listen and Listen to Learn. I heard this at my first meeting in Brunswick and never forgot it. I also heard: stay with us for 90 days and if your life hasn't changed for the better and you want to go back out, you can do that after 90 days and your misery will be refunded.

**Biggest change since getting sober:** having a God of my understanding. Dick told me, forget everything you know about religion and get a God of your understanding, and by working the program of Alcoholics Anonymous that's exactly what happened.

**Greatest joy in sobriety:** Being able to live One Day at a Time. I know I can't worry about the future. My first sponsor told me that back when I was separated from my husband and raising my daughter alone, and worrying about how was I going to do this? And she said to me, Can you handle today? Just stay in the Now!

