



## ***Day of Homecoming***

*We must think deeply of all those sick ones still to come to A.A. As they try to make their return to faith and to life, we want them to find everything in A.A. that we have found, and yet more, if that be possible.*

*No care, no vigilance, no effort to preserve A.A.'s constant effectiveness and spiritual strength will ever be too great to hold us in full readiness for the day of their homecoming."*

*As Bill Sees It/Talk, 1959*

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Hello everybody - I'm Char Z. a most grateful alcoholic. I would like to take this time to thank you for giving myself, Qathy W. and Diane H. the chance to bring the Trib back to life.

We have lots of work to do and it cannot be done without the help of Area 76 members! I look forward to receiving your articles. I will do my best to get all of them in as they're received, for each quarter. I do reserve the right to edit and keep stories for following editions if I get overflow! (That would be nice!)

My sobriety date is February 1978 doing "the deal" in Alcoholics Anonymous. My recovery began in Scottsbluff, NE., just 45 minutes from where I am living now. This really surprises me because when I left Nebraska a few 11 years back I did not intend on returning. Don't get me wrong I loved my A.A. life and my home group as well. I just got the opportunity to continue my education and with that opportunity, I loaded up a U haul and ventured up to Minnesota.

What is interesting about where I went is that I lived in the great northwoods several years back – in school back then as well and very much beginning my life as a full-fledged alcoholic! At that time I flunked out of school due to the fact that I had other priorities knocking at my dorm room!

In going back sober it was a total new feeling, new experience and with clean and sober eyes. What chance in a million years I would be in that same town once again looking at the old me and having new priorities. I met with a few of the people I knew back in my haze and I had to tell them "I'm not like that anymore, that's not me!" Surprisingly – they got it! They saw the change in me. We continue to remain friends today. I thought long and hard about amends to them and I did it - another reason for my return. A true God thing!

I met my love there and we moved out of the cold back closer to my homeland. He loves to ride his Harley and there are more warm days here to do that than Minnesota. We are in Yoder, I prayed long and hard about that and it has turned out to be a good thing for us. I go back to my home group in Nebraska often and share the message the best of my ability.

Who knows where God will take us after this venture, more is to be revealed.

Char Z – Yoder, WY

***"Believe more deeply. Hold your face up to the  
Light, even though for the moment you do not see."***

***From As Bill Sees It, P. 3/Letter, 1950***

***I am responsible. When anyone, anywhere, reaches out for help, I want the  
hand of A.A. always to be there. And for that I am responsible.***

***Taken from Grapevine, with permission***



Tradition 5: Each Alcoholic Anonymous group ought to be a spiritual entity *having but one primary purpose* – that of carrying its message to the alcoholic who still suffers.

What is the primary purpose?

When first reading tradition 5 it appeared to me that each group has its own message to carry. After trying to live up to the principles for quite a few 24 hours, I believe that I had misunderstood.

Each group's primary purpose is to carry the message of **Alcoholics Anonymous**. If you want what we have, then do what we did. "Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us."

There is a process I went through to accomplish that. First, I had to become desperate enough to honestly try. With the help of a sponsor I followed the precise instructions contained in the big book. Simple but not easy for an ego like mine. It meant change. There are two things an alcoholic hates; change and the way things are.

What I hear today is to go to rehab and come to the meetings. It sounds to me like most people are getting the message that AA is an aftercare group therapy. AA is not aftercare, nor another alcohol avoidance class. AA is a fellowship of people who have found a way out from under the terror, bewilderment, frustration, and despair of alcoholism.

Carrying the message does not mean sitting in a meeting of my home group and wait for someone to come in the door or check the answering machine once a week. Carrying the message requires effort and sacrifice. Sacrifices like carrying the message into correction facilities and treatment centers, like answering the phone after 9:30 p.m. (See page 97 in the Big Book.)

I am concerned about all the "digital" emphasis in our services. If there is a computer under the bridge, it certainly is not connected to the internet. What message are we carrying there? If you don't have a smart phone you are not good enough for AA? I have been at meetings where an inebriate has "walked" in and was ignored by the other attendees. Who are we here for if not the actively suffering alcoholic? There are still people dying of alcoholism who have not had the opportunity of hearing the message.

So, look at your own "program" and ask yourself if you are following "the program." My life has been much simpler since I started doing the program instead of working "my" program. "But obviously you can't transmit something you haven't got."

Greg B., Area Chairman  
Primary purpose talk at the  
Regional Forum, Sept. 2013

*The unity of AA is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. Without unity, the heart of AA would cease to beat; our world arteries would no longer carry the life-giving grace of God.*

*As Bill Sees It – Twelve and Twelve, p. 129*



## The Fifth Tradition

Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*-that of carrying its message to the alcoholic who still suffers.

In recent times, I have often heard Tradition 5 invoked to determine who does and does not qualify for membership in AA. This may or may not be an appropriate use of this tradition, I have no opinion. But...experience and research has led me to believe there is another implication.

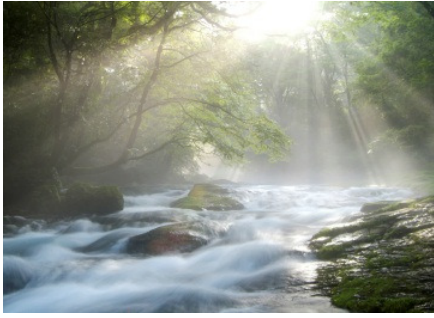
When discussing the fifth tradition in *Alcoholics Anonymous Comes of Age*, Bill W. says "It is our experience as alcoholics that makes us of unique value on our sector of the total alcoholic front. We can approach sufferers as no one else can. Therefore, the strongest kind of moral and ethical compulsion is upon us to do this and nothing more." It seems to me that this tradition is more about the message than about who might hear it. Because of this tradition, my group and I are compelled to carry the message as it is outlined in the book, *Alcoholics Anonymous* and from our own experience with sobriety. Although many members may have experience or expertise in medicine, education, psychology, religion, or counseling, AA groups are compelled to ensure that the only message carried is the one of how to achieve sobriety through the twelve steps as outlined in *Alcoholics Anonymous*.

The fifth chapter of the Big Book reminds us to share in a general way, what we used to be like, what happened and what we are like now. During my first encounter with AA, that is exactly what happened and it was a message which carried depth and weight. I was also given a copy of the Big Book and encouraged to read it and ask questions. The first sober member of Alcoholics Anonymous, I ever discussed my drinking with was an Episcopalian priest and he didn't explain church doctrine to me that day, but shared his experience, strength and hope as a sober AA member. He didn't encourage me to attend church, but gave me a meeting schedule and a phone list. Today I very well may be sober because that man understood the fifth tradition and carried only the message of AA to me. In gratitude to him and to this fellowship, I endeavor to do the same.

Ramona B, Rock Springs

*Our Society, therefore, will prudently cleave to its single purpose: the carrying of the message to the alcoholic who still suffers. Let us resist the proud assumption that since God has enabled us to do well in one area we are destined to be a channel of saving grace for everybody.*

*AA Comes of Age, p. 232*



Dan E., Rock Springs

I started drinking at the age of 9. I drank throughout school until around the 9th grade. I always worked. I worked on a drilling rig during Christmas vacation during 9th grade. I never went back to school after that vacation. I continued drinking and rough necking for many years.

I married in 1957. I supported my family, paid bills, and then drank the rest of the money. I had many good breaks, along with many bad breaks. I had a successful small business until the economy slump during the Reagan Administration. I lost the business, my wife left, and my children grew up.

In 1983, I was involved in an accident that left my life under the control of the state for 4 years, 16 months of those were spent in the Honor Farm. Just prior to the state taking over my life, I voluntarily went to treatment. I figured it would be easier to do it on my own rather than being forced.

My last drink was on May 6, 1985. Since then my life has been put back together. My children came back and I have been fairly successful in Sobriety. The secret to my sobriety is going to meetings, and don't drink in between meetings. I learned that it is the 1st drink that gets me and not the 2nd or 3rd. I have not had to sleep on a cement pillow since following the simple suggestions.

I also know that it is ok to be a terrible old grouch.

Easy Does It *Live and Let Live*

***One Day At A Time***

#### THE OLD TIMER

The old timer was once young as I was myself. The first memories I have of him are from around 1977, a business owner that was well known at the drinking establishments I frequented. He would stop in on the run and BS with folks. My first conversation with him as I remember it basically entailed advice; i.e. "probably not a good idea to smoke that stuff...better off drinking". Approximately 23 years later he was well known at the AA meeting I was just beginning to attend and was not handing out advice, but suggestions, i.e. "when I got here they told me that nothing but good things come from this program and if I never wanted to live like I was when drinking, I didn't have to, all I had to do was not drink, come to meetings, and follow suggestions". I heard that and tried it out because if it worked for him it may work for me. Another 14 years has gone by and I was at a AA meeting the other night and this same old timer said, "when I got here they told me that nothing but good things come from this program and if I never wanted to live like I was when drinking, I didn't have to, all I had to do was not drink, come to meetings and follow suggestions". He continues to practice the traditions of our group, a newcomer group. Every time we meet he reminds me to keep it simple and how to carry the message. Thank you old timer.

Gary K, Rock Springs, WY



**May 9, 2014**

**By Holly W.**

**DUBOIS, WYOMING ---** With winter's darkness and a light snow falling outside, a stranger ambled into the well-lit second-floor conference room at Dubois Town Hall and took a seat at the long wooden conference table.

It was Christmas Eve 2013 in this mountain town of about 900 hearty souls and this was a Thursday night meeting of the tiny but newly-committed local Alcoholics Anonymous group.

"He was very happy we were there," said Jim, a Dubois Group regular who during the holidays had surpassed more than a year of sobriety himself.

What made this meeting of the three men who attended so special wasn't the day of the year or the remoteness of the location some 90 miles east of the mighty Tetons and Yellowstone National Park.

This event occurred, explained group leader John (35 years sober!), as a direct and convincing result of the Dubois Group's efforts within Tradition Five – "to carry its message to the alcoholic who still suffers."

The visitor that evening, a warmly greeted 30-something traveling man with about four years of sobriety, landed in the meeting after reading an article in the weekly *Dubois Frontier* published only a couple weeks earlier.

On Dec. 12, 2013, newspaper editor Christine Smith wrote and published a story titled: "AA meetings offer support for all." In the piece, Smith eloquently and with great care for anonymity and accuracy, described how after more than three years without regular meetings, a steady fellowship had been reborn.

"With a registered Alcoholics Anonymous group again meeting regularly in Dubois, support for those struggling with addictions can be found locally," Smith penned.

The Dubois Group, which had been strong for nearly 30 years until the death of one of its mainstay leaders in late 2009, has re-formed with regular meetings at City Hall that have been held *without fail* since last August.

Whether it's 10 people who show up or just two, an AA open meeting has been held at 6 p.m. every Tuesday and Thursday in Dubois for more than nine months. Christmas Eve? Check. Thanksgiving. Yes. New Year's Eve. Absolutely.

The visiting AAer told John and Jim he was in town to see family for the holidays and had read the newspaper article by Smith. In Jim's words, the fellow was mighty relieved to have a familiar room to walk into on one of the toughest eves there is for an alcoholic.

"We talked about acceptance that night, as well as the power of alcohol, Step 1 and about the slippery slope that is the holidays," Jim said.

The visitor, who had lived or stayed in Dubois many years earlier, wasn't aware a regular AA meeting was still available until he read that specific newspaper article.

While the Dubois group remains small with 4-to-5 core regulars (and a likely bump with summer-only residents and tourists), it has been committed to carrying the message.

## Dubois (cont.)

In addition to John and this author agreeing to work with Smith on her article, Dubois AAers have secured a regular listing of meeting times and place, as well as a good contact phone number, in the calendar section of the weekly *Frontier*.

Further, the group made sure that a local newsletter published by the VFW each week called the *Dubois Roundup* contains a notice of the AA meetings. Some 400 copies of the *Roundup* are picked by residents at more than a dozen local businesses.

Some Dubois AAers have notified local churches and preachers and pastors, who can let their congregants know about local AA meetings. This author spread the word to local sheriff's deputies, as well as a probation officer who serves the area. The local doctor was made aware, as well a county mental health worker.

Dubois AAers went to a few Lander and Riverton meetings and talked. AAers from those meetings came to Dubois a few times to offer support. Spouses of Dubois AAers also attended a few meetings to listen and learn.

"It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away," states Tradition Five.

The small but strong Dubois Group is trying its best to carry the message.

*(The Dubois Group meets at 6 p.m., every Tuesday and Thursday, at Dubois Town Hall at 712 Meckem. They've finally added two small coffee makers but they always offer a million-dollar view out the second-floor conference room windows of the Wind River Mountains. The contact number is 805-558-9762 and the gatherings are always open meetings that rotate topics according to who's chairing. Those include Step, Tradition, Big Book and Beginners. Stop on by on the way to the parks. We'll leave the light on.)*



### Oh those newcomers

Two newcomers were chatting after a meeting. The guy said to the gal, "What brought you to AA?" She reached into her purse, and said, "I have to get this paper signed for my parole officer. I just got out of prison."

"Oh, prison?" said the guy, "What did you do?"

"On my last drunk I murdered my husband," she replied.

Then the guy gave her a look and said, "Oh, so you're a single girl?"

David M. (taken from Grapevine 9/2012)

### Drinking and Dialing –

The only thing worse than a wrong number at 4 a.m., is a right number.

Terry B., Albany, NY, Grapevine, 5/2010

## UPCOMING ACTIVITIES

**June Jamboree:** June 6, 7, 8 Mills Town hall 401 Wasatch, Mills WY

### **Founders Day Potluck and Dist. 4 Meeting**

Saturday June 7<sup>th</sup>

St John's Church Campus

139 N Cache St - Jackson

Dist. 4 meeting at 4:30, Dinner at 5:30

Speaker at 8pm

District 4 will provide hamburgers and hotdogs, utensils, plates and cups. Bring something to share and drinks.

**Devils Tower Campout:** June 13,14, 15 Devils Tower KOA

### **District 11 Area 76 Wyoming**

Grayrocks Reservoir Campout

June 27- 29, 2014

AA Contact: Marc B 307-401-0228

Tom H. 307-322-9558

Gordon M. 307-575-3429

Dan C. 307-259-5263.

Main AA speaker - Corey M., Casper, Wy Saturday evening.

Meetings and fellowship begins Friday evening into Sunday noon.

### **Area 76 Summer Business Assembly**

August 1-3, 2014 in Powell, Wy

Odd Fellows Hall

230 N. Clark St.

Super 8 motel

845 E. Coulter Ave.

### **2014 Area 76 Fall Convention**

Oct 25 – 26 Virginian Conference Center, Jackson Hole

