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Tradition 1 Long Form:: "Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."

The opinions expressed in this newsletter are solely those of the author and do not necessarily reflect the opinion of the Central Office or Alcoholics Anonymous as a whole.

Central Office of N Idaho
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83814 (208) 667-4633

Central Office of N Idaho

Edition 60

January 2026

Editor's Two-Cents Worth

Greetings,

As we near the end of the first full month of 2026, I sit here looking out the window at a sunny, cold, winter day, reflecting on life and how grateful I am here to be part of this wonderful Fellowship, Alcoholics Anonymous. Our Program, the clear-cut directions, as outlined in our basic textbook "Alcoholics Anonymous" and with the help of a person that had experience and knowledge of that outlined process, has led me to a Higher Power and an entire psychic change which relieved me of the obsession to drink alcohol. For that I am truly grateful.

How do I give back to something that cannot have a dollar amount placed on it? It is beyond that, transcending everything in life. This is a start, service to others. And participating in our 7th Tradition. There are a few groups in District 8 who contribute to Central Office on a regular basis, some annually, some semi-annually, and some quarterly. My small home group, the Primary Purpose Group has the Central Office, District, Area 92, and GSO on \$10 monthly auto debit. That is all we can afford however those entities can count on that small contribution in their monthly budget.

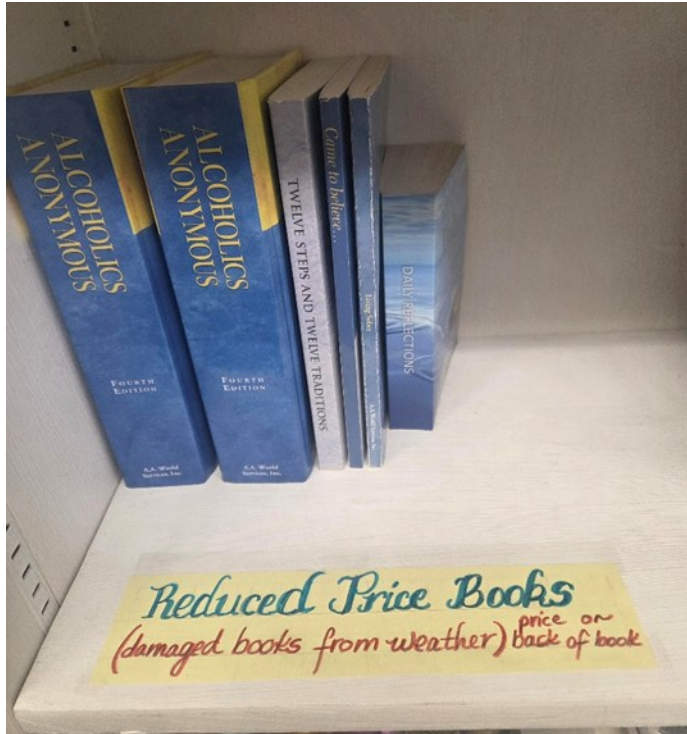
I challenge all the Central Office Representatives of your home group, GSRs, or all A.A. members reading this column to talk with your home group and consider making a regular contribution to the Central Office. The Office is often the first point of contact for the still suffering alcoholic or travelling A.A.'s looking for a meeting. Oftentimes it is a worried, or distraught family member, or friend of a wet drunk seeking help for their loved one who is still drinking. And finally, please visit the Central Office store for all your recovery needs, anniversary coins, pamphlets, Big Books, 12x12, Grapevine publications, etc. If we do not have it, Mary will order it for you! Sales in the Central Office Store help pay the bills too.

In closing, thank you and I will take another day sober!

Yours in service, David R Newsletter Editor 12/06/1995-First Day of Freedom

January 2026 Central Office Store Featured Items

BARGAIN BOOK SECTION is back!!! We have a Reduced Price Books section again for those who want a bargain. These are books that are slightly damaged from weather or other causes



NEW MEETING SCHEDULE

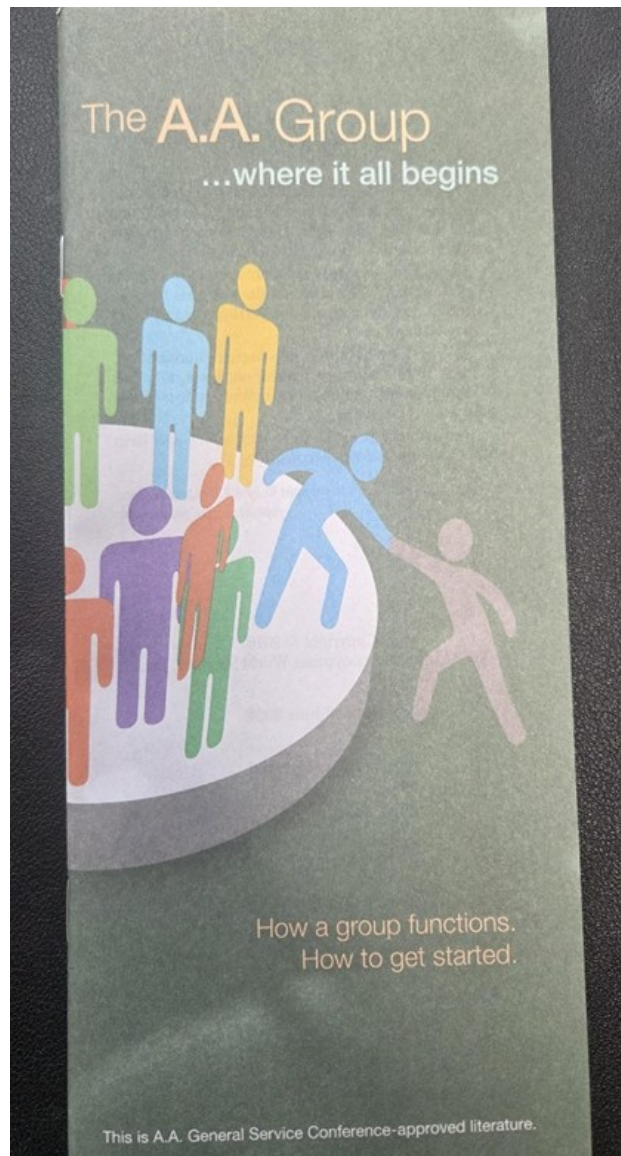
Our Meeting Schedule has a new look. The old schedule was hard to read, with too much repetitive information and ever shrinking font, so all the information could fit. I checked out other intergroups schedules online and came up with this format. I believe you will find it much easier to read and navigate. You may contact the office at 208-667-4633 to advise us of meeting changes. Prices will remain at 10 schedules/\$1.50 (The office has donated a lot of schedules to Public Information for free.)



January 2026 Item of the Month

Pamphlet “THE AA GROUP...where it all begins” P-16

This pamphlet is your go to source for everything you want to know about the AA Group. It answers all your questions in an extensive and informative way. It also has illustrations showing the breakdown of the AA structure. Come to the office and get your copy today.



Central Office Coordinator Report December 2025

In the month of December, we were pleased to receive contributions from the following groups. We are grateful to The Primary Purpose Group, The Tuesday Night Mens Group, Daily Reprieve II, Happy Hour Group, Deb K and Prairie Dogs. Total Contributions were \$661.52.

We had to dip into our prudent reserves, once again, in order for us to be able to get our bills paid. While we remain grateful for the support, we really need a more consistent flow of contributions coming into the office.

We are still looking for a Monday volunteer for the 10am – 2pm shift at the office. This could potentially be an every other Monday type deal, if interest is there. We need a back up volunteer, as well, who could fill in when others can't work. Please contact the office if interested in either of these positions.

I posted twice on the Central Office Facebook page about AAWS increasing their literature price by \$3.00 for books, etc. Please be aware that this starts next month. Big Books will be \$16.75 starting February 1, 2026.

Thank you to Clem N and Marty M for donating used vintage AA books to the office so we could sell them and therefore be able to pay our bills. This came in very useful, and we are so grateful for your generosity.

Looking ahead to 2026, the coordinator, along with an accompanying AA person, will be visiting many of the groups for their business meetings. The intent for this is to spread awareness of what the Central Office does for this District, so we can hopefully get contributions coming in more regularly. We are in desperate need!!!! With the number of meetings we have in our district and the lack of contributions we are receiving, and the few meetings that actually donate, we feel that some awareness of the role that Central Office plays in helping the Alcoholic and the groups who meet, is much needed. We must make sure our services remain available to those who so desperately need us.

Thank you and have a continued Happy New Year.

Yours in Service,
Mary M.

Phone Report for December 2025

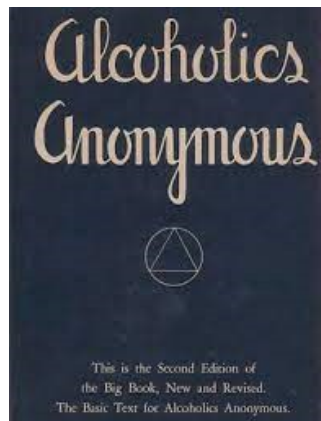
In office calls were a total of 10 – 5 Business related calls and 5 calls about meetings.

After Hours Calls were a total of 14 – 2 Business related calls, 8 meeting calls and 4 people who were new to AA.

Thank You For Your 7th Tradition Contributions

**The Primary Purpose Group
The Tuesday Night Men's Group
Daily Reprieve II
Happy Hour Group
Deb K and
Prairie Dogs**

**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**



Central Office Treasurer Report December 2025

Deposits \$1,709.64

Retail Sales \$1,048.12

Contributions \$661.52

Income- \$1,709.64

Alcoholics Anonymous World Services

Recovery Accents

Rent

Coordinator

Coeur d' Alene Press

Ziplay Fiber

Hayden Storage

Checking Account Balance As Of 12/31/2025-\$ 1,644.54

*On 12/19/2025 We Had to Transfer \$550.00 From Reserve Account To Help Cover Expenses

**Goal is 6-Months Expenses Prudent Reserve Account

*** Monthly Expenses Average \$2000

****Reserve Account Balance As Of 12/31/2025 \$6,087.47=To 3 months

Yours in service,
Sally A.



Keep
It
Simple

Live
and Let
Live..

Principles of the Month | January

Step 1: Admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition 1 [short form]: Our common welfare should come first; personal recovery depends upon AA unity.

Tradition 1 [long form]: Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

Tradition 1 Checklist [from SMF-131, Traditions Checklist from the AA Grapevine]:

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Concept 1: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Concept 1 Checklist [from SMF-91]: 1. Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?

2. Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
3. Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
4. Where do we fit in the upside-down triangle of A.A.?
5. Are we willing to do what it takes to ensure that our democracy of world service will work under all conditions?

A.A. History in January

January 1

- 1946: The A.A. Grapevine increased the cost of a year's subscription to \$2.50.
- 1948: Columbus Dispatch reported first anniversary of Central Ohio A.A. Group.
- 1948: First A.A. meeting was held in Japan, English speaking.
- 1988: West Virginia A.A. began the first statewide toll-free telephone hotline.

January 2

- 1889: Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.
- 2003: Mid-Southern California Archives moved to new location in Riverside.

January 3

- 1939: First sale of Works Publishing Co. stock was recorded.
- 1941: Jack Alexander told Bill W. the Oxford Group would be in his Saturday Evening Post article on A.A.

January 4

- 1939: Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.
- 1940: First A.A. group was founded in Detroit, Michigan.
- 1941: Bill and Lois W. drove to Bedford Hills, NY, to see Stepping Stones and broke in through an unlocked window.

January 5

- 1941: Bill and Lois visited Bedford Hills again.
- 1941: Bill W. told Jack Alexander that Jack was "the toast of A.A. -- in Coca Cola, of course."

January 6

- 2000: Stephen P., compiler of the Concordance to Alcoholics Anonymous, died.

January 8

- 1938: New York A.A. split from the Oxford Group.

January 12

- 1943: Press reported the first A.A. group in Pontiac, Michigan.

January 13

- 1988: Jack Norris, M.D., Chairman/Trustees of A.A. for 27 yrs. died.
- 2003: Dr. Earle M., author of Physician Heal Thyself, sober 9 years, died

January 15

- 1941: A.A. Bulletin No. 2 reported St. Louis group had ten members.
- 1941: Bill W. asked Ruth Hock to get him "spook book," The Unobstructed Universe.
- 1945: First A.A. meeting held in Springfield, Missouri.
- 1948: Polk Health Center Alcoholic Clinic for Negroes started operations with 14 willing subjects. The Washington Black Group of A.A. cooperated with the clinic.

January 17

- 1919: 18th amendment, "Prohibition," became law.

January 19

- 1940: First A.A. group met in Detroit, Mich.
- 1943: Canadian newspaper reported eight men met at "Little Denmark," a Toronto restaurant, to discuss

Happy A.A. Birthday/Anniversary

January 2026

Clem 52 Years

Denise T 21 Years

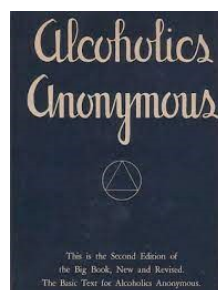
Wendy H 15 Years

Gail J 13 years

Leanne B 9 Years

Nicole 9 Months

Derek 7 Months





Continued from page 9

starting Canada's first A.A. group.

1999: Frank M., A.A. Archivist since 1983, died.

January 20

1954: Hank P., author of *The Unbeliever* in the first edition of the Big Book, died in Pennington, NJ.

January 21

1951: A.A. Grapevine published memorial issue on Dr. Bob.

January 23

1961: Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

January 24

1918: Bill W. and Lois Burnham were married, days before he was sent to Europe in WW I, weeks after sending a postcard to Senator Harold Hughes of Iowa, saying he wanted to live long enough to see Hughes become President.

January 25

1915: Dr. Bob S. married Anne Ripley.

January 26

1971: New York Times published Bill's obituary on page 1.

January 27

1971: The Washington Post published an obituary of Bill W. written by Donald Graham, son of the owner of the Washington Post.

January 30

1961: Dr. Carl Jung answers Bill's letter with "Spiritus Contra Spiritum."

Other significant things that happened in January (no specific date available):

1938: Jim B., author of *The Vicious Cycle*, a former atheist, gave A.A. "God as we understand Him."

1940: First AA meeting not in a home meets at Kings School, Akron, Ohio.

1942: *Drunks are Square Pegs* was published.

1951: The A.A. Grapevine published a memorial issue on Dr. Bob.

1984: *Pass It On*, the story of Bill W. and how the A.A. message reached the world, was published.

Date: 1/14/2026

Location: Alano Hall

Chairman: David R.

1. CALL TO ORDER:

Opened at 6:50 pm

2. ROLL CALL:

Mary M., Sally A., Jan R., David R., Heather and Jill

3. The minutes of the previous Board meeting were read and were approved unanimously.

4. Sally Aragon

CENTRAL OFFICE DECEMBER TREASURER REPORT

DEPOSITS \$1,709.64

RETAIL SALES \$1,048.12

CONTRIBUTIONS \$661.52

BILLS

AAWS, Recovery Accents, Rent, Coordinator, CDA Press, Zply, Hayden Storage

CHECKING ACCT BALANCE AS OF 12/31/25 \$1,644.54

****ON 12/19/25 WE TRANSFERRED \$ 550.00 FROM SAVINGS TO CHECKING**

SAVINGS ACCT BALANCE AS OF 12/31/25 \$6,087.47

5. Central Office Report –

Central Office Report for December 2025

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CENTRAL OFFICE MINUTES January 14, 2026

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Thank you and have a continued Happy New Year.

Yours in Service,

Mary M.

6. Phone Report for December 2025

In office calls were a total of 10 – 5 Business related calls and 5 calls about meetings.

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7. OLD BUSINESS:

None

8. NEW BUSINESS:

The topic of contributions was discussed at length. It was noted that, as of late, contributions to Central Office have been sparse. Solutions to that problem were offered:

- a. Making home group members more aware
- b. More newsletters passed out/distributed with the problem listed
- c. Bake sales (noted that CO is not part of the AA structure)
- d. Announcing in homegroups

It was noted that this is an area that we have to be careful of violating AAs 12 traditions.

9. QUESTIONS OR SUGGESTIONS:

If you have anything to add to the Monthly Newsletter, please email David R. at soberin95@gmail.com by the last Tuesday in the month.

Respectfully Submitted

JAN R

Central Office Secretary

Wanted
Donations
For The District 8 Archives

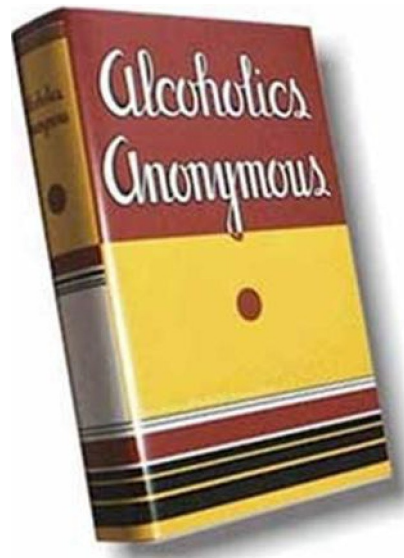
Old Big Books

Memorabilia

Historical Items Contact

David R **208-651-2215**

soberin95@gmail.com





2026 Pre-Conference Assembly April 10th-12th *Hosted by District 6
Our Lady of Lourdes Church, 1107 W Fremont, Selah, WA, 98942
“Humility in Action”

Name _____
 Address _____
 City _____ State ____ Zip _____
 Phone _____
 E-mail _____

Name Tag Information:

Name _____ District _____
 Position _____

Event and Meal Registration

Last day for Meal purchases: 4/1/2025

Registration:

Virtual and In-Person \$35 _____

Meals:

Friday: Ice Cream Social \$10 _____

Saturday:

Lunch-Baked Potato Bar \$15 _____

Dinner-Spaghetti \$20 _____

Sunday: Breakfast-Scramble \$20 _____

Coffee Cup \$10 _____

Total: _____

Make Checks Payable: John Miller District 6

Mail Registration to:

District 6
 P.O. Box 11174
 Yakima, WA 98909



~OR~

Register Online:

Scan to Pay →



Still working
 on this and
 will be rolled
 out ASAP!

HOTEL INFORMATION

Rates Valid thru March 27, 2026

Baymont 1603 E Yakima Ave, Yakima, WA 98901

One Queen \$99 Two Queens \$109

* reference 2026 AA Pre-Conference Assembly for room rates.

Quality Inn 659 N Wenas, Selah, WA 98942

\$95 and up depending on needs

La Quinta Inn 1001 E Staff Sgt Pendleton Way,

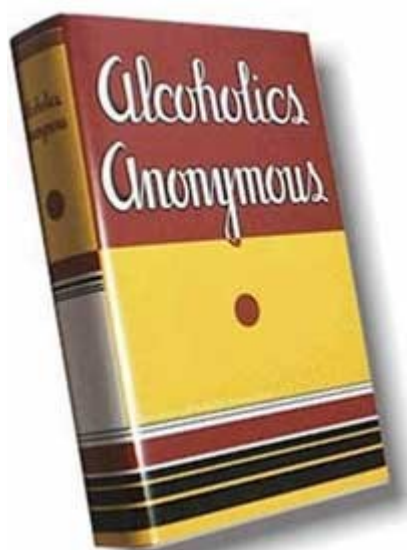
\$84 and up depending on needs

Alt-Housing Contact: Jeanie B. 360-469-1314

Questions Call: Shawna L. 509-388-3891

**Parking will be in Back of venue with Handicap also.

That Ain't in the Big Book!



Since the suggestion made by “The Grapevine” in the late 60’s that “Open Discussion” (OD) meetings might be a good idea, there has been a change in the message being presented in the rooms from a focus on the Program of Alcoholics Anonymous to “group therapy” where anyone and everyone is privileged to speak on whatever might be on their mind. The result of this has been a severe decline in the success rate of alcoholics finding lasting recovery. We hear a lot of stuff said in meetings that can’t be reconciled with the program as described in the Big Book of Alcoholics Anonymous. Here is a list of the opinions, perspectives, and slogans we often hear in rooms and what our original Big Book of Alcoholics Anonymous basic text (4th Edition) has to say about it.

“We must change playmates, playgrounds, and playthings” — “Avoid people, places and things that you associate with alcohol or drugs”.

Page 100-101: “Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. People have said we must not go where liquor is served; we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn’t think or be reminded about alcohol at all. Our experience shows that this is not necessarily so. We meet these conditions every day. An alcoholic who cannot meet them, still has an alcoholic mind; there is something the matter with his spiritual status. His only chance for sobriety would be some place like the Greenland Ice Cap, and even there an Eskimo might turn up with a bottle of scotch and ruin everything!”

“I’m a people pleaser. I need to learn to take care of myself”

Page 61, paragraph 2: “Is he not really a self-seeker even when trying to be kind?”

“Don’t drink, even if your ass falls off.”

Page 34, paragraph 2: “Many of us felt we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it—this utter inability to leave it alone, no matter how great the necessity or the wish.”

“I haven’t had a drink today, so I’m a complete success today.”

Page 19, paragraph 1: “The elimination of drinking is but a beginning. A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs.”

“It’s my opinion that...” or “I don’t know anything about the Big Book, but this is the way I do it...”

Page 19, paragraph 1: “We have concluded to publish an anonymous volume setting forth the problem as we see it. We shall bring to the task our combined experience and knowledge. This should suggest a useful program for anyone concerned with a drinking problem.”

“Don’t drink, no matter what.”

Page 34, paragraph 2: “Many of us felt we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it—this utter inability to leave it alone, no matter how great the necessity or the wish.”

Page 31, paragraph 4: “We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself. Step over to the nearest barroom and try some controlled drinking. Try to drink and stop abruptly. Try it more than once. It will not take long for you to decide, if you are honest with yourself about it. It may be worth a bad case of jitters if you get a full knowledge of your condition.”

“We need to give up planning, it doesn’t work.”

Page 86, paragraphs 3-4: “On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives. In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don’t struggle. We are often surprised how the right answers come after we have tried this for a while.”

If I cannot reconcile what I hear in meetings, with what is actually in the Big Book, it does Not make it wrong, or right, it is just that person’s experience. I need to make sure that the newcomer knows this.

To be continued.....

Central Office of N Idaho
118 N 7th Street Suite B-5
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(208) 667-4633

If you would like to subscribe to the Central Office Newsletter, or submit an article, local A.A. news, flyer, etc., please call, text or email the Editor:
(208) 651-2215
soberin95@gmail.com

This Newsletter is not affiliated with Alcoholics Anonymous, nor is it endorsed by Alcoholics Anonymous.

All information and opinion expressed in this Newsletter is solely that of the author (s).

