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Tradition 4 Long Form: With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

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Central Office of N Idaho

Edition 63

April 2026

Editor's Two-Cents Worth

Greetings,

Spring finally arrived and I am looking forward to warmer temperatures. So far that has not been happening much but at least there is no snow or ice in our area (Rathdrum) and that is a plus. I have been concerned about early morning frost killing some of my perennial plants in our "Serenity Garden" but we will just need to wait and see.

I missed the Pre-Conference Assembly last week and I must admit that it was nice not to have to rush from the hotel room to the Assembly meeting hall, discuss motions, and dodge personalities that are louder than principles. No, I am really not cynical, in fact I am grateful for having served many years at the Home Group, District, and Area level of service! I just enjoy being a free agent these days, where I can spend time helping Central Office and putting together this newsletter each month. Speaking of that, if you have anything that is related to A.A., sobriety, etc., that you want published in the Newsletter, please send it to: soberin95@gmail.com. Please keep it pithy and if you are not sure, send it anyway. I will contact you if I have any questions. Flyers too! The Central Office Newsletter circulation is growing, and we are happy to advertise your event!

I want to thank all the groups, and you, the reader, for your continued contributions to the Central Office! This helps keep the doors open so that we can reach the still suffering alcoholic and/or they can reach Alcoholics Anonymous! "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!

Yours in service,

David R
12/06/1995 First Day of Freedom

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 Meeting Minutes

Date: April 8, 2026

Location: Alano Hall

Chairman: David R.

CALL TO ORDER:

Opened at 6:50 pm

ROLL CALL: Mary M., Sally A., Jan R., David R., Heather M, Mark,

Minutes from the last meeting: Jan read the minutes from the last meeting. Sally made a motion that they be approved as read and Mary seconded it. They were unanimously approved.

TREASURERS REPORT: Sally A

CONTRIBUTIONS: \$3936.16

GMAA, Young In Years , Serenity Sisters, Gratitude Banquet, Sisters in Sobriety, 5:15 Happy Hour Group, Jack Ass Group, Primary Purpose Group , Daily Reprieve II

DEPOSITS \$5261.10

RETAIL SALES \$1,324.94

MARCH BILLS \$2,451.71

Coordinator, rent, storage, Ziplly fiber, CDA press, AAWS, recovery shop, recovery accents, Walmart, Temu

CHECKING ACCOUNT BALANCE \$4,810.70

SAVINGS RESERVE ACCOUNT BALANCE \$6,088.23

A motion was made by Jan and seconded by Heather to approve the Treasurer's report. The vote was unanimous to approve.

Central Office Coordinator Report:

Coordinators Report for March

The Office is doing well. I am so grateful to all the groups who gave in March. We received contributions in the amount of \$3936.16. A large annual contribution is received from the Gratitude Banquet, and we received that last month. We have our shelves stocked and bills are paid. I was able to purchase a storage cupboard to put in the office, for our storage items, which means we don't need to spend \$60.00/month on a unit to store our literature and office supplies. The unit we had was not climate controlled, so the books were getting damaged. We sold those books (approx. 3-5 books) at a reduced price. I also purchased a used bookshelf with a small space for storage at the bottom. I think this will work for what we need. Getting rid of the storage also freed up a little money on our insurance as we did have contents coverage on the storage unit items.

As we all know, GSO has raised prices on all merchandise. The Big Book itself went from \$12.00 to \$15.00. We are pricing our books at \$16.75, which gives us a little profit in order to maintain our operating costs and keep our prudent reserve with a number of months' worth of operating costs. Our goal has always been to have 6 months' worth of operating cost in our reserve, but we have had to "dip" into that and are only at about 4 months' worth of operating costs. Effective tomorrow, and for a short time, I can offer our hard cover Big Books for \$14.00 plus tax. After this period, we will go back to \$16.75.

Our volunteer slots are filled at this time, but we will always train backups, as we never know when a position will become available.

The phone was busy last month. Here are the totals:

In Office Calls were 26 which includes 7 for meetings, 7 for Business related, 4 New to AA Callers, and 8 "other" type calls which could be calls from me, a wrong # or anything of that nature.

After Hours Calls were 12 which includes 5 for meetings, 6 Business related calls, and 1 New to AA Caller.

Again, thank you all for your support. We survive because of your generosity.

Our next quarterly meeting will be Wednesday, July 8th same time and place.

OLD BUSINESS:

None

NEW BUSINESS:

There was discussion about the new schedules. Those groups that didn't like them indicated that they were not as easy to read as the prior. We will see how it goes and report back next month.

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.

There was a motion to adjourn made by Jan and seconded by Mary. It was unanimous and the meeting closed at 7:40

Respectfully Submitted

JAN R--Central Office Secretary



The AA Principles of the Month--April

Step 4. Made a searching and fearless moral inventory of ourselves.

Tradition Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.

Tradition Checklist:

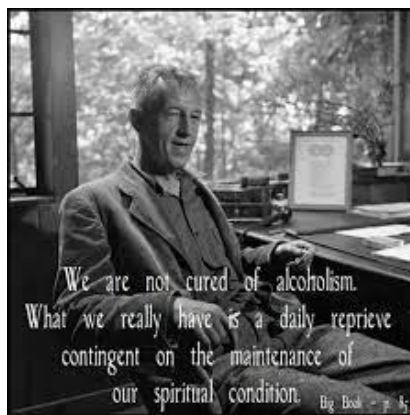
1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions? Of AA "as a whole"?
3. Do I judge or criticize other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—their lengths, not mine—to stay sober?
6. Do I ever criticize certain groups because I think they don't do things how I believe AA should be done?

Concept IV: At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Concepts Checklist:

What is the "Right of Participation"?

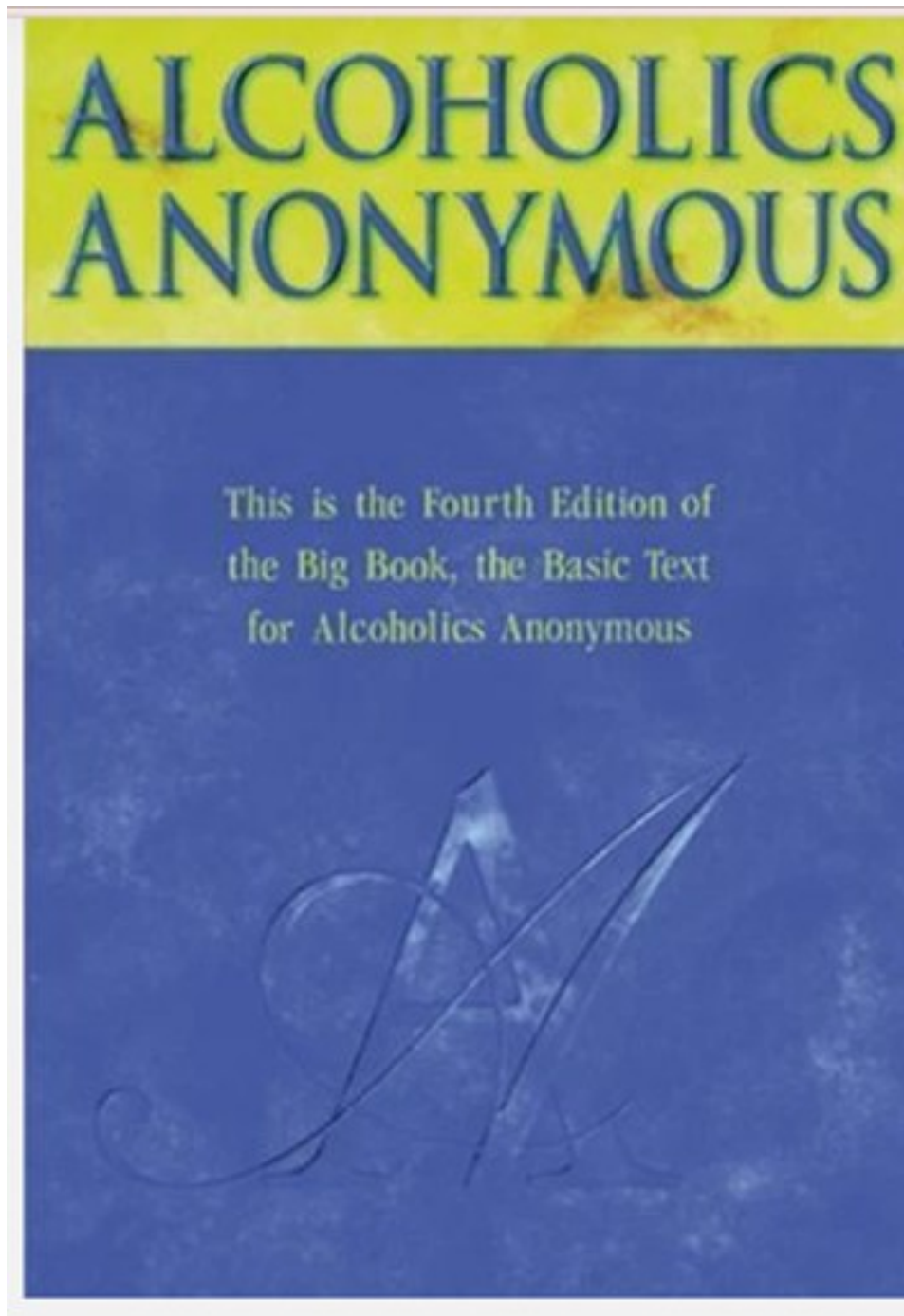
- Is there a spiritual reason underlying this Right? What does "...in reasonable proportion..." mean? Do I expect that, because I'm an A.A. member, I should be allowed to vote in election at any group, even if I am not an active member of that group? Do I attend my home group's business meetings regularly as a participant rather than an onlooker?



ITEM OF THE MONTH--Alcoholics Anonymous Big Book

Effective now, the hard cover Big Book will be sold for \$14.00.

After this short period, they will go back to the regular \$16.75



A.A. History

AA History for April

April 1:

1939 – Alcoholics Anonymous AA's Big Book was published.

1940: Larry J. of Houston, wrote "The Texas Prayer", used to open AA meetings in Texas.

1940 – Larry J. of Houston, wrote The Texas Preamble used to open AA meetings in Texas.

1966 – Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many early AA members at St. Thomas Hospital in Akron.

1970: GSO moved to 468 Park Ave. South, NYC.

1984 – 12 Coconuts Group, Kapiolani Park, Waikiki, Hawaii, was founded.

April 2

1966: Harry Tiebout, M.D. died.

April 3:

1941 – First Florida AA meeting was held.

1960: Fr. Ed Dowling, S.J., died. He was Bill W's "spiritual sponsor."

April 4:

1960 – The Chicago Daily News reported that Fr. Edward Dowling, Jesuit Priest who helped start the first AA group in St. Louis, had died at age 62.

April 7:

1941 – Ruth Hock reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander.

April 10:

1939 – The first ten copies of the Big Book arrived at the office Bill shared with Hank Parkhurst in Newark, New Jersey.

April 11:

1938 – Alcoholic Foundation held its first meeting.

1939 – Marty Mann attended her first meeting at the home of Bill and Lois Wilson in Brooklyn.

1941 – Bill and Lois Wilson moved into their new home, Stepping Stones.

April 12:

1942 – The Windsor Daily Star in Ontario, Canada, reported that over 400 AA's attended a testimonial dinner for Dr. Bob.

April 16:

1940 – A sober Rollie Helmsley caught the only opening day no-hitter in baseball history since 1909.

1973 – Dr Jack Norris Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

2005 – Nancy Flynn (Independent Blond died in Kennett Square PA

April 17:

1941 – 2nd group in Los Angeles, the "Hole in the Ground Group" was formed.

April 19:

1940 – First AA group in Little Rock, Arkansas, was formed.

April 22:

1940: Bill Wilson transferred his Works Publishing Stock to the Alcoholic Foundation. The Dates on which Hank Parkhurst transferred his stock is uncertain.

April 23:

1940 – Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill Wilson insisted on them for Dr. Bob and Anne.

April 24:

1989 – Dr. Leonard Strong died. He was Bill’s brother-in-law and an AA Trustee.

1940: The first AA pamphlet, “AA”, was published.

April 25:

1939: Morgan R interviewed on Gabriel Heatter radio show.

1951 – AA’s first General Service Conference was held.

April 26:

1939 – Bill & Lois Wilson moved in with Hank Parkhurst after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.

April 30:

1989 – The film “My Name is Bill W.,” a Hallmark Hall of Fame presentation, was broadcast at 9 p.m. on ABC TV.

Other April events for which we have no specific dates:

1935: Dr. Silkworth told Bill to quit preaching at drunks & tell them of obsession & allergy.

1940 – The “Texas Preamble” used to open meetings in Texas, was written by Larry J. of Houston.

1940 – The first AA pamphlet was published, entitled simply: “AA.”

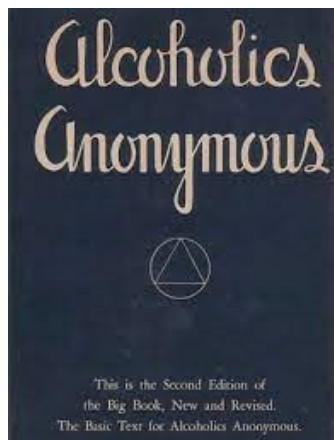
1950: Saturday Evening Post article “The Drunkard’s Best Friend” by Jack Alexander.

1958 – The word “honest” was dropped from “an honest desire to stop drinking,” in the AA Preamble.

1960 – Bill Wilson refused to be on the cover of Time Magazine.

1966: Change in ratio of trustees of the General Service Board; now two thirds (majority) are alcoholic.

1988 – Cybil C., the first woman member in Los Angeles and archivist, died.



Thank You For Your 7th Tradition Contributions

GMAA,
Young In Years,
Serenity Sisters,
Gratitude Banquet,
Sisters in Sobriety,
5:15 Happy,
Hour Group,
Jack Ass Group,
Primary Purpose Group,
Daily Reprieve II

Your Generosity Helps Us Reach The Still Suffering Alcoholic!

Tradition Seven

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.



Cliff Bishop (R.I.P.) founded the Primary Purpose Big Book Study Group in Dallas, TX and today these Big Book Study Groups are located all across the United States, Iceland, Scotland, and Australia. I was our mentor and me and Jan had the privilege of spending a day with him at his home in Dallas, TX back in 2007. Cliff was a polite, southern gentleman and we talked all day about the Program and the Fellowship, and how the real alcoholic needs both. Cliff passed away a few years ago, but what he left behind is a truly amazing movement of fellow students and practitioners of the Basic Textbook, Alcoholics Anonymous. A brief history of the Primary Purpose Big Book Study Groups follows this paragraph. We miss Cliff but his legacy lives on!

“The Primary Purpose Group was founded on January 26, 1988, with one specific purpose in mind: to bring the focus of our meetings back to the Program of Alcoholics Anonymous. That is, to learn what is in the Big Book. Some of our members had been around for a number of years and had witnessed a very stark reality. We had seen our success rate with long-term sobriety slip from, “Rarely have we seen a person fail who has thoroughly followed our path” to “seldom do we see a person recover from a seemingly hopeless state of mind and body.” We had watched the groups we were betting on our lives downsize or become history. We were not realizing the Promises of the Program of Alcoholics Anonymous. We were confused and were not comprehending the word serenity nor were we enjoying the peace we once had.

Then “The Arkansas Travelers,” Joe McQ. & Charlie P. came to town and after a weekend of listening to these two men, it became clear why we weren’t happy in our sobriety. Our efforts to have the groups we had been supporting include an in-depth study of our Basic Text in their meeting schedule found no favor. Consequently, our only avenue of self-preservation was to found a group that would guide us back onto the Broad Highway.

One of the first things that became apparent as we pursued our study was that we had drifted away from the path the First One Hundred had prepared for us. For example, as Bill reported:

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics,...” We had been trying to have a spiritual awakening as the result of meetings. It wasn’t working.

“My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs. Particularly was it imperative to work with others as he had worked with me.” AA, pg. 14. Ebby T., two months sober, had to search out, go to and approach Bill to carry his message of hope.

“I was not too well at the time and was plagued with waves of self-pity and resentment. This sometimes nearly drove me back to drink, but I soon found that when all other measures failed, work with another alcoholic would save the day.” AA, pg. 15. Bill had to search out, go to and approach suffering alcoholics to preserve his sobriety.

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when all other measures fail.” AA, pg. 89

Continued on page 12

Wanted
Donations
For The District 8 Archives

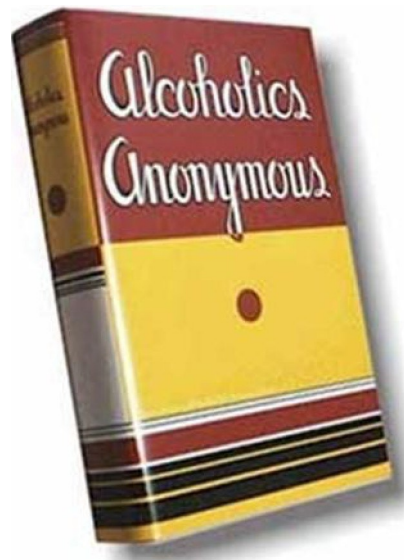
Old Big Books

Memorabilia

Historical Items Contact

David R **208-651-2215**

soberin95@gmail.com



Happy A.A. Anniversary/Birthday

Lisa W	2 years
Stephanie K	3 years
Bob S	7 years
Leigh F	8 years
Matt C	8 years
Nathan B	11 years



And finally, Dr. Bob reported why he was so active in trying to help others find sobriety.

“I spend a great deal of time passing on what I have learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip.”

And he went on to give us his thoughts on the importance of the Big Book as follows:

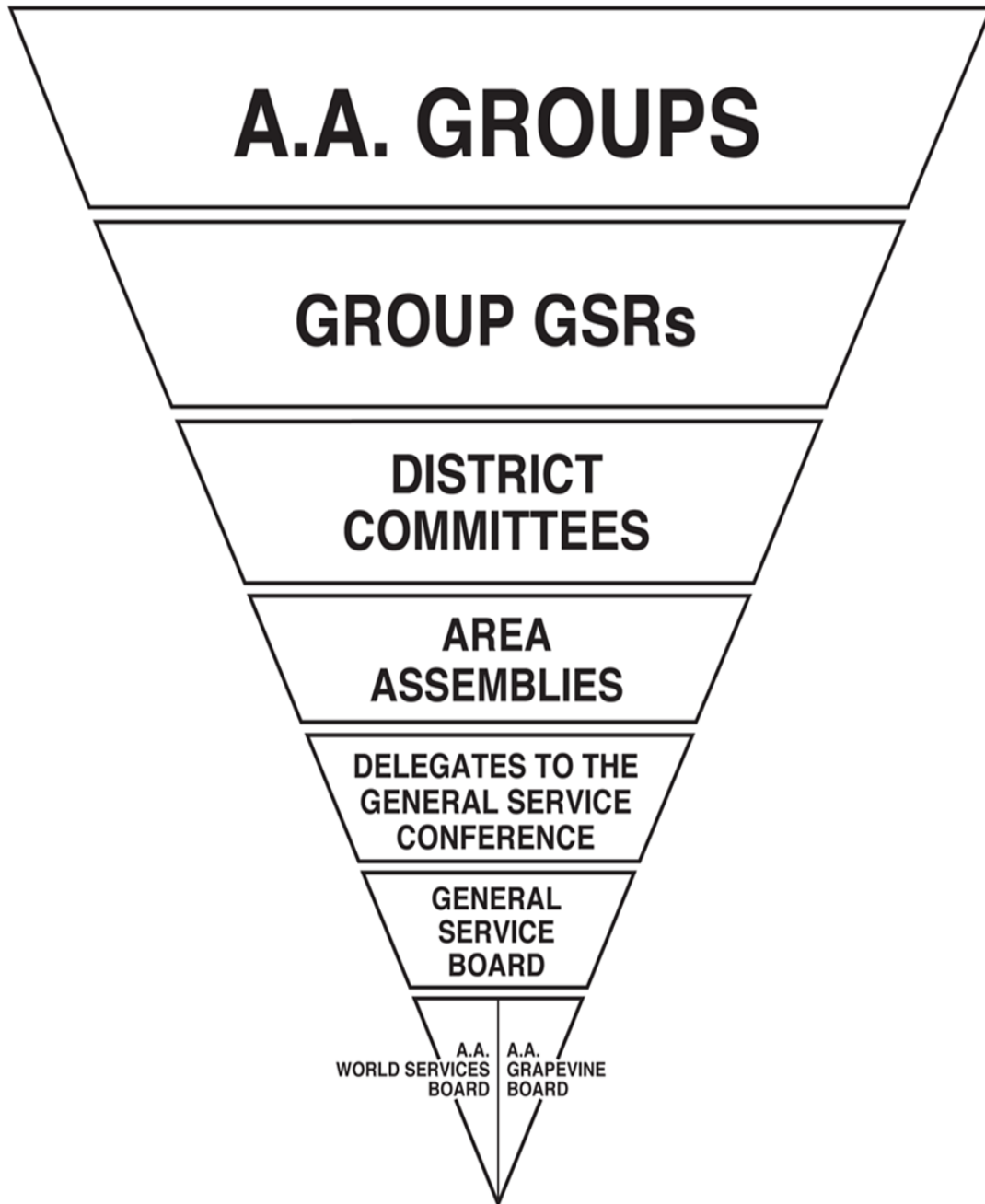
“If you think you are an atheist, an agnostic, a skeptic, or have any other form of intellectual pride which keeps you from accepting what is in this book, I feel sorry for you. If you still think you are strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking liquor for good and all, and sincerely feel you must have some help, we know that we have an answer for you. It never fails, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink. Your Heavenly Father will never let you down!” AA, pg. 181

With this main theme in mind, we began to search out, go to and approach those who suffer and try to carry the same message of hope that the First One Hundred passed onto us. We have three meetings a week to learn what to do and what we have learned is put into action the other days and nights of the week. Members of our Group are currently carrying the message found in our Basic Text to over two dozen (now over 40) wind-up places on a committed and weekly basis. As Joe McQ. Said, “If such a group was active in every community, it would make a big difference in the lives of many alcoholics and those who love them.” We have found that to be true.

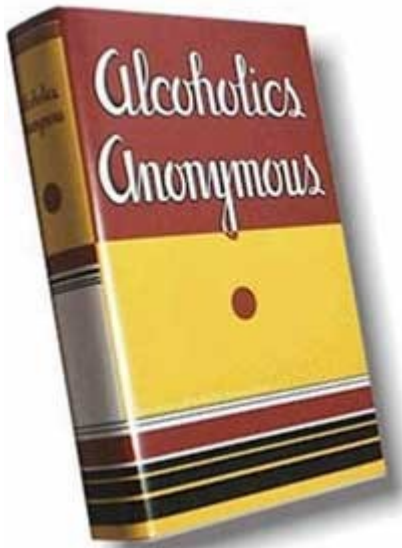
Having had a spiritual experience as the result of this course of action, we tried to carry this message to others, especially alcoholics, and practice these principles in all our affairs.” This is Step Twelve as Bill wrote it in the Original Manuscript and as published in the First Printing of the First Edition of the Basic Text for Alcoholics Anonymous. With this thought in mind, our meetings are “Open” meetings so all who have an interest in learning about the Program of Alcoholics Anonymous are welcome.

Please join us in the Fellowship of the Spirit and try to pass on the message of hope that is found only in a book titled, “ALCOHOLICS ANONYMOUS.””

**STRUCTURE OF THE CONFERENCE
(U.S. and Canada)**



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.

“Take your time to work the steps”

Page 569, paragraph 3: “What often takes place in a few months can hardly be brought about by himself alone.”

Page 63, paragraph 3: “Next we launched on a course of vigorous action.”

Page 74, paragraph 2: “If that is so, this step may be postponed, only, however, if we hold ourselves in complete readiness to go through with it at the first opportunity”

Page 75, paragraph 3: “Returning home we find a place where we can be quiet for AN HOUR, carefully reviewing what we have done.”

“Make sure to put something good about yourself in your 4th step inventory.”

Page 64 paragraph 3 “First, we searched out the flaws in our make-up which caused our failure.”

Page 67 paragraph 3 "The inventory was ours, not the other man's. When we saw our faults we listed them."

Page 71 paragraph 1 "If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning."

"You need to stay in those feelings and really feel them." Page 84, paragraph 2: "When these crop up, we ask God at once to remove them."

pg. 125 paragraph 1 "So we think that unless some good and useful purpose is to be served, past occurrences should not be discussed."

"We learn to live life on life's terms."

Page 77, Paragraph 1: "Our real purpose is to fit ourselves to be of maximum service to God and the people about us."

"There are no musts in this program." Or "There are no musts in A.A."

Here are 96 Must(s) Listed in the Big Book (Doctors Opinion to page 164)

Convincing testimony must surely come from medical men who have had experience with the sufferings of our members and have witnessed our return to health. (xxiii)

"Doctor, I cannot go on like this! I have everything to live for! I must stop, but I cannot! You must help me!" (xxvii)

Faced with this problem, if a doctor is honest with himself, he must sometimes feel his own inadequacy. (xxvii)

Though the aggregate of recoveries resulting from psychiatric effort is considerable, we physicians must admit we have made little impression upon the problem as a whole. (xxvii)

In the course of his third treatment, he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation he (Bill W.) commenced to present his conceptions to other alcoholics, impressing upon them that they must do likewise with still others. This has become the basis of a rapidly growing fellowship of these men and their families. This man and over one hundred others appear to have recovered. (xxiii)

In this statement he (Dr. Silkworth) confirms what we who have suffered alcoholic torture must believe that the body of the alcoholic is quite as abnormal as his mind. (xxiv)

To be continued.....

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