

Inside

Chair Report	1
Meeting Minutes	2-3
A.A Birthdays	9
Subscription	14

Tradition 5 Long Form: "Our A.A. Experience Has taught us that: 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.



Central Office of N Idaho
118 N 7th Street
Suite B-5
Coeur d' Alene, ID 83814
(208) 667-4633
soberin95@gmail.com

Central Office of N Idaho

Edition 64

May 2026

Editor's Two-Cents Worth

Greetings,

Here we are already halfway through the month of May 2026. This month reminds me that I am responsible for helping carry the A.A. message to the still suffering alcoholic. There are many ways to do this, including placing a "fin or a sawbuck" (\$5 bill and \$10 bill respectively) in the 7th tradition basket as it goes around. Southerners at least 60 years old know what a fin or sawbuck is ☺. There are many other ways to help carry the message too, just being available to volunteer at the Central Office, support your home group, or make and pour coffee at your home group, extend your hand and introduce yourself to a person entering the meeting that you do not recognize, clean up around the tables in your meeting room, send a A.A. event flyer, or article of interest to be published in the Central Office Newsletter, things like this go on and on, ad-infinity!

The Central Office needs volunteers for Monday and Wednesday. Keeping the Central Office open during regular business hours is vitally important. Please contact Mary at (208) 667-4633 if you are available.

I want to personally thank the following groups for your generous support this past month:

Unity
Keep It Simple
District 8
1st Things 1st
Best Avenue Group
Sisters In Sobriety

Your 7th Traditions contributions are very much appreciated and helps us continue carrying the message.

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 Financial Report

Deposits: \$2,393.58

Contributions: \$1,171.48

Unity

Keep It Simple

District 8

1st Things 1st

Best Avenue Group

Sisters In Sobriety

Primary Purpose Group of N Idaho

Retail Sales: \$1,222.10

Bills: \$2,887.20

Bookcase

Paula T,

Coordinator,

Rent,

Reorder Checks

Book Covers

Alanon Family Groups

Zipty Fiber

Coeur d' Alene Press

Bookmarks

Printer Ink

Sobriety Coins

Special Order Coins

Recovery Accents

Checking Account Balance: \$4,262.50

Reserve Account Balance: \$ 6,088.49



Central Office Coordinator Report

We had a strong month with total contributions of one \$ 1,171.48. Thank you to the Unity Group, Keep it Simple, District 8, First Things First, Best Avenue Group, Sisters in Sobriety and Primary Purpose Group.

We currently need a volunteer for Mondays from 10am to 2pm, and every other Wednesday from 10am to 2pm, as well.

As a reminder, Big Books are currently on sale for fourteen dollars for a limited time.

I am currently working on schedule changes based on feedback received. I would also like to send out an open invitation for anyone who has not visited the Central Office yet to come by and see what we are about.

For more information about the office, our financial report, phone report and anything else, please subscribe to our newsletter by emailing soberin95@gmail.com.

Have a glorious month of May! Enjoy the sunshine.

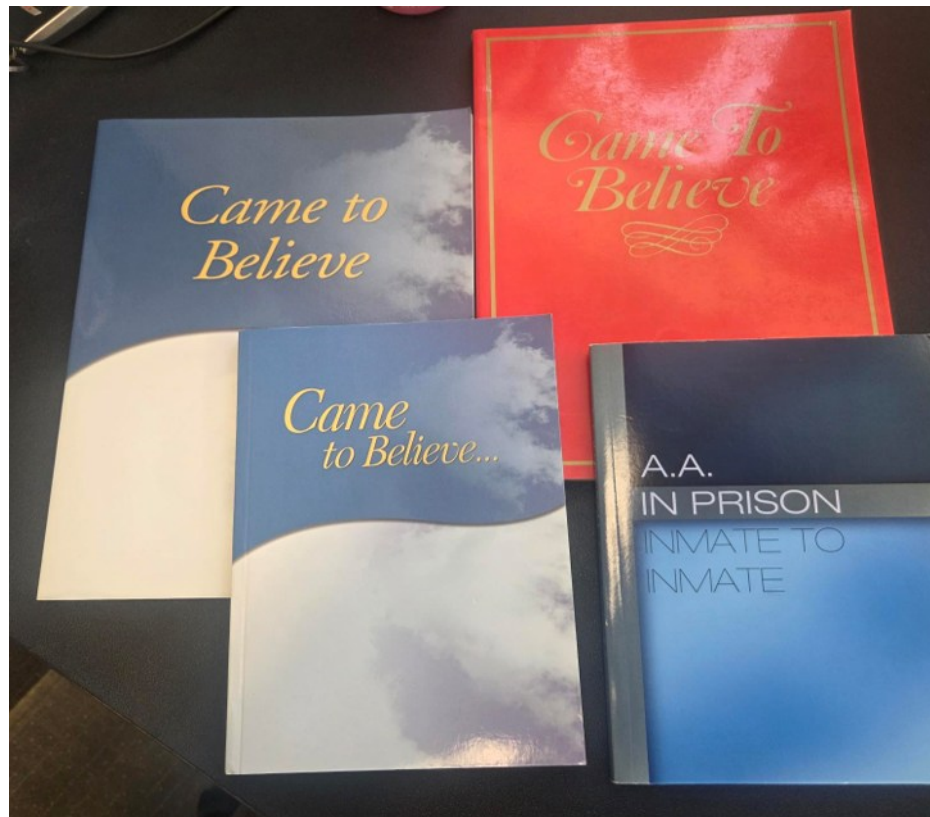
Mary M. Central Office Coordinator
Central Office of North Idaho
118 N. 7th St. Ste. B-5
Coeur d'Alene, ID 83814
208-667-4633



Item of the Month

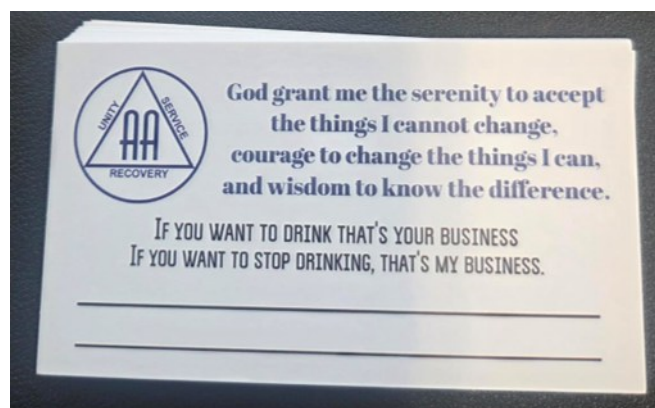
2 Books on Sale

To free up some inventory, I have about 15 copies of these books that I am selling for \$4.00. GSO sells them for over \$6.00. Please come to the office and purchase.

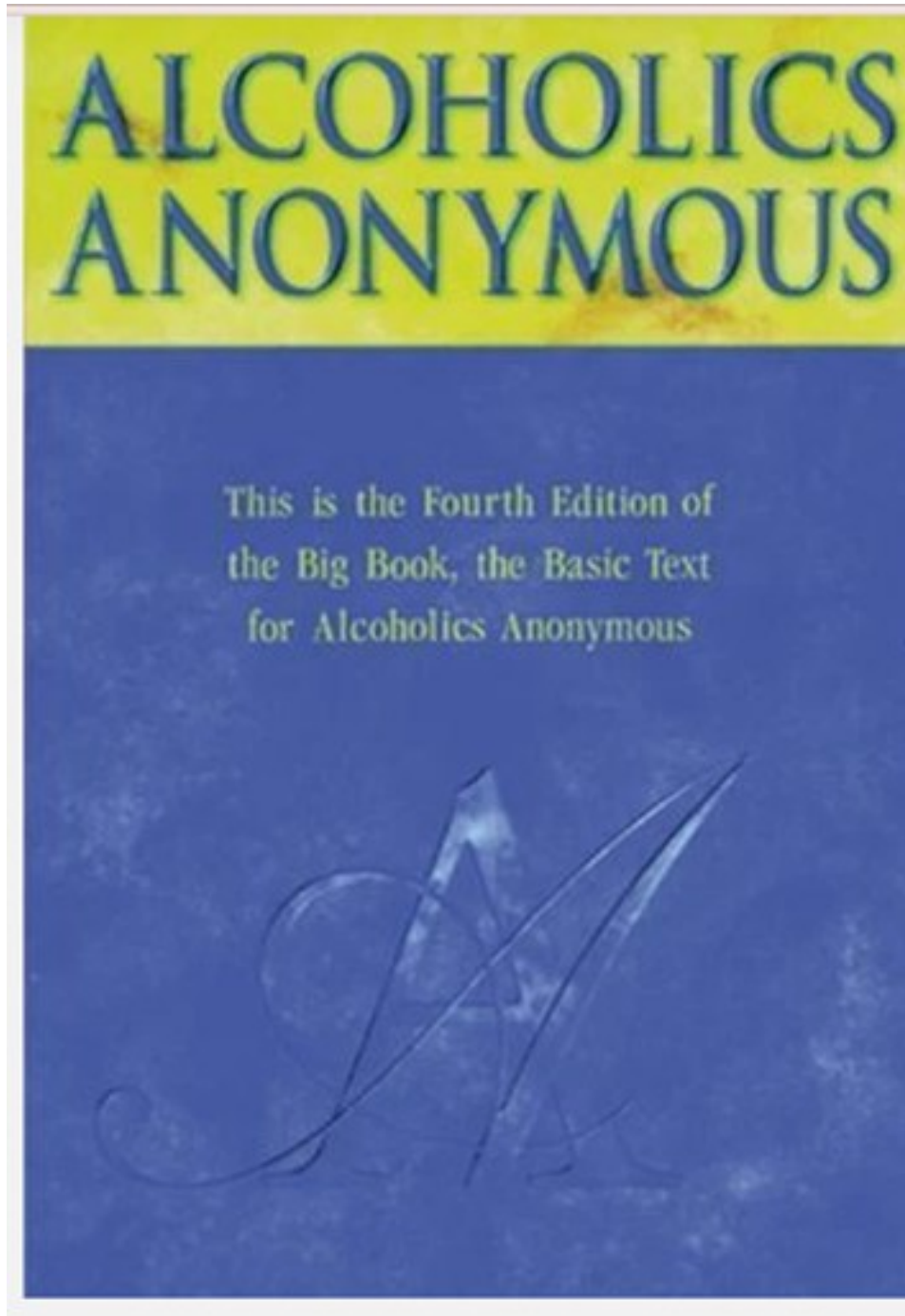


These contact cards are great to put your phone number on to give to new people at meetings.

10/\$1.00



**And We Always Carry Big Books!
Support Your Local Central Office Store**



Thank You For Your 7th Tradition Contributions To The Central Office!

**Unity
Keep It Simple
District 8
1st Things 1st
Best Avenue Group
Sisters In Sobriety
Primary Purpose Group of N Idaho**

Your Support Helps Us Keep The Doors Open And Carrying The Message To The Still Suffering Alcoholic!



The AA Principles of the Month

May, 2026

Step 5: Admitted to God, ourselves and another Human Being the exact nature of our wrongs.

Tradition Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

1. Am I willing to firmly explain to newcomers the limitations of AA help, even though they may get mad at me for not giving them a loan? Or dating advice? Or help with a job?
2. Have I ever imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
3. Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
4. Do I help my group in every way to fulfill our primary purpose?

Concept V: Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- Do we encourage the minority opinion, the "Right of Appeal," to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as "substantial unanimity"?
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- Does our group understand the importance of all points of view being heard before a vote is taken?

Wanted
Donations
For The District 8 Archives

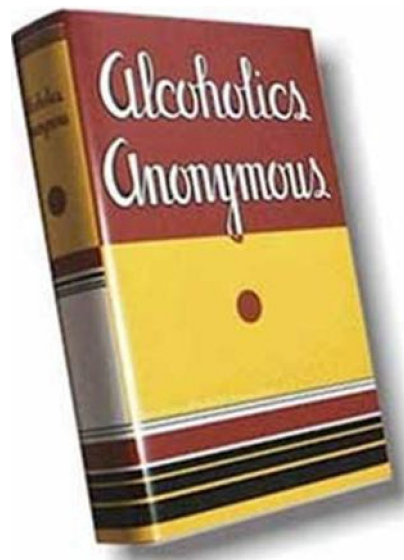
Old Big Books

Memorabilia

Historical Items Contact

David R **208-651-2215**

soberin95@gmail.com



Happy A.A. Anniversary/Birthday

Kerri S	6 Years
Claudia W	15 years
Stan T	36 years



May A.A. History

May 1

1939 - Lois and Bill W. left their home at 182 Clinton St., Brooklyn.

1940 - Rollie H., Cleveland Indians, anonymity break occurred.

1941 - First Wisconsin AA meeting was held in hotel in Milwaukee.

May 2

1941 - Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.

1943 - New Orleans Times reported founding of the first Louisiana AA group with a dozen members.

May 3

1941 - First AA group formed in New Orleans, Louisiana.

1941 - Democrat Chronicle in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.

May 4

1940 - Sunday Star reported founding of first AA group in Washington, DC.

May 6

1939 - Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.

May 7

1956 - The first English AA Convention was held in Cheltenham, England.

May 8

1943 - Akron AA Group celebrates 8th anniversary with 500 present and sober.

1971 - Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.

May 10

1939 - Clarence S. announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.

1946 - Searcy W. had his last drink. (Searcy passed away September 30, 2003 with 57 years continuous sobriety.)

May 11

1935 - Bill W. called Walter Tunks from the Mayflower Hotel, and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.

1939 - First meeting of the Cleveland Group.

May 12

1935 - Mother's Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.

May 15

1961 - Bill W.'s mother, Dr. Emily Strobell, died.

May 16

1941 - Ruth Hock learned that the man credited with coming up with the name "Alcoholics Anonymous" has a "wet" brain.

May 17

1942 - Dayton Journal Herald published pictures of AA members wearing masks to protect their ano

May A.A. History

(Continued)

nymity.

May 18

1939 - The first group to call itself A. A. is meets in Cleveland, OH.

1950 - Dr. Bob told Bill W. "I reckon we ought to be buried like other folks." He wanted no memorial.

May 19

2000 - Dr. Paul O. died at the age of 83. He was author of "Acceptance Was the Answer" in the 4th edition of the Big Book. This story was titled "Doctor, Alcoholic, Addict" in the 3rd edition.

May 29

1980 - "Dr. Bob and the Good Oldtimers" was published.

May 31

1938 - Bill W. and other A.A.s began writing the Big Book.

Other significant events in May for which we do not have a specific date:

1938 - Bill W. and other AA's began writing the Big Book.

1939 - Clarence Snyder told Dr. Bob, his sponsor, he would not be back to the Oxford Group meetings in Akron and would start an "A.A." meeting in Cleveland.

1942 - Richmond W., author of "Twenty-Four Hours a Day," had his last drink.

1946 - Long form of 12 Traditions was published in AA Grapevine for the first time.

1946 - The A.A. Grapevine announced, "A.A. has 6,000 members in 180 groups."

1948 - The A.A. Grapevine reported \$2.00 was sent to the General Service headquarters of A.A. in New York, asking for "a bottle of Alcoholics Anonymous".

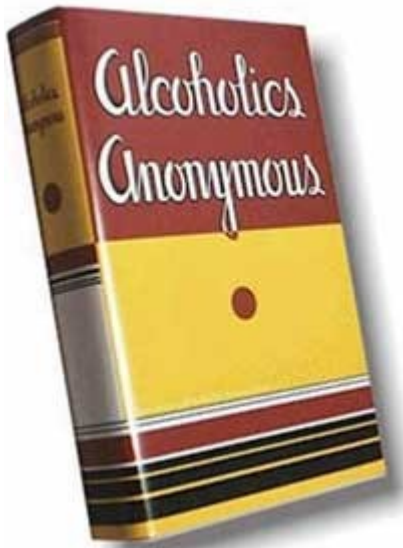
1950 - Nell Wing became Bill W.'s secretary.

1951 - Al-Anon was founded by Lois W. and Anne B.

1962 - The A. A. Grapevine published the first "Victor E." cartoon.



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.

“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)

More often than not, it is imperative that a man's brain be cleared before he is approached, as he has then a better chance of understanding and accepting what we have to offer. (xxiv)

The message which can interest and hold these alcoholic people must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves if they are to re-create their lives. (xxvi)

I simply had to believe in a Spirit of the Universe, who knew neither time nor limitation (10)

I must turn in all things to the Father of Light who presides over us all. (14)

Particularly was it imperative to work with others. (14)

Of necessity there will have to be discussion of matters medical, psychiatric, social, and religious. (19)

Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs. (19)

Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. (25)

There was nothing left for us but to pick up the simple kit of spiritual tools laid at our Feet. (25)

It is only by fully disclosing ourselves and our problems that they will be persuaded to say, "Yes, I am one of them too; I must have this thing." (29)

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. (30)

To be continued.....

Central Office of N Idaho
118 N 7th Street Suite B-5
Coeur d' Alene, ID 83814
(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).

