2nd Annual

Language of the Heart

Proceeds to support our Central Office

Jackson, MS

Saturday, February 29, 2020

$ 10.00 per plate/ or donation

Hours: 6:00 pm til 10:00 pm

Location: Ascension Lutheran Church
6481 Old Canton Road

BUY tickets from Central Office
AVAILABLE NOW!!!!!!!!!!!!!
Your Trusted Servants

Chair: Hope M.
Awohoper66@gmail.com

Treasurer: Karen M.
kmacon@granthampoole.com

Secretary: Vern W.
52woody.v@gmail.com

Correction: Randy B.
rbissell55@gmail.com

Treatment Centers: Tonja M. & Sandi S
tonja.mangum1981@gmail.com

Newsletter: Ghostwriter and Ellie C
jbbbr.serena.shel@usa.net

IT/WEB: Michael G.

Office Manager: Paxton P.
paxtonpeters@yahoo.com

Asst. Office Manager: Randy B
rbissell55@gmail.com

Intergroup Liaison: Cory F.
Forsythe1983@gmail.com

2020

MS Gulf Coast Roundup May 15, 16., 17
FL Gulf Coast Roundup Feb 14, 15, 16

NEW Group MTG: Young at Heart on
Thursday Nights at St. Phillips Episcopal
Church 5400 Old Canton Road in Jackson
A Meeting for the Young, or the Young at
Heart!

<table>
<thead>
<tr>
<th>Harbor House (Men and Women)</th>
<th>My Father’s House (Men only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan - Jaywalkers</td>
<td>Jan - Quest</td>
</tr>
<tr>
<td>Feb - Solutions</td>
<td>Feb - open</td>
</tr>
<tr>
<td>Mar - open</td>
<td>Mar - open</td>
</tr>
</tbody>
</table>

What to look for Inside:

- BBQ Info - Page 1
- Biography - Page 3
- Faithful Fivers - Page 4
- Whitfield List - Page 4
- Step One - Page 9
- General Assembly - Page 6
- About General Service - Page 7
- Recommended Readings - Page 8
- YTD Financials - Page 5
- Explanation of AA Finances - Page 10
Twice I Sought Death
Marty Mann - New York, New York

I am an alcoholic—one of the fortunate ones who found the road to recovery. That was thirteen years ago, but I haven’t forgotten. I remember what it was like to be hopelessly in the grip of the vicious disease of alcoholism, not knowing what was wrong with me. I remember my desperate search for help. Failing to find it, I remember my inner despair—my outer defiance.

I remember the arrogance and pride with which I faced the non-understanding world, in spite of my terrible hidden fears—my fear of life and my fear of death. At times I feared life so much more than death that twice I sought death. Suicide seemed a welcome release from a terror and agony past bearing. How grateful I am now that I didn’t succeed. But I believed in nothing, then. Not in myself, nor in anything outside myself. I was walled in with my suffering—alone and, I thought, forsaken.

But I wasn’t forsaken, of course. No one is, really. I seemed to suffer alone, but I believe now that I was never alone—that none of us are. I believe, too, that I was never given more to bear than I could endure, but rather that my suffering was necessary, for me. I believe it may well have taken that much suffering, in my case, to break down my wall of self, to crush my arrogance and pride, to let me seek and accept the help that was there. For in the depths of my suffering I came to believe. To believe that there was a Power greater than myself that could help me. To believe that because of that Power—God—there was hope and help for me.

I found my help through people—doctors whose vocation it is to deal with suffering, and other human beings who had suffered like myself. In the depths of my personal abyss I received understanding and kindness and help from many individuals. People, I learned, can be very kind. I came to believe deeply in this—in people and the good that is in them.

I came to realize that suffering is universal. It lies behind much apparent harshness and irritability, many of the careless, even cruel, words and acts which make our daily lives difficult so much of the time. I learned that if I could understand this, I might not react so often with anger or hurt. And if I learned to react to difficult behavior with understanding and sympathy, I might help to bring about a change in that behavior. My suffering helped me to know things.

I do not believe that everyone should suffer. But I do believe that suffering can be good, and even necessary, if—and only if—one learns to accept that suffering as part of one’s essential learning process, and then to use it to help oneself and one’s fellow sufferers. Don’t we all endure suffering, one way or another? This fact gives me a deep sense of kinship with other people and a consequent desire to help others in any and every way I can.

It is this belief that underlies my work, for alcoholism is the area in which I feel best fitted, through my own experience, to help others. And I believe that trying to help my fellow men is one of the straightest roads to spiritual growth. It is a road everyone can take. One doesn’t have to be beautiful or gifted, or rich or powerful, in order to offer a helping hand to one’s fellow sufferers. And I believe that one can walk with God by doing just that.

Marty Mann was the first woman to join Alcoholics Anonymous. She founded the National Committee on Alcoholism in 1944, now known as the National Council on Alcoholism and Drug Dependence (NCADD).

http://thisibelieve.org

Note: According to member list index cards kept by the Chicago group, Sylvia K., (Chicago, Illinois, author of "The Keys of the Kingdom.") Sylvia K’s date of sobriety was September 13, 1939. Sylvia was probably the first woman to achieve permanent long term sobriety, from then until her death.

The false notion has been perpetuated that Marty M., author of "Women Suffer Too," was the first female in A.A. with enduring sobriety. After repeated slips Marty finally was sober from Christmas 1940 until some time around 1960, when she again relapsed. She sobered again and remained so until her death.

http://www.barefootsworld.net
Faithful Fivers

Faithful Fivers are AA members who pledge at least five dollars each month to support their local Central Office. This idea is catching on around the country. The plan came about when we remembered that many of us had spent far more than $5.00 a month on alcohol during our drinking days. As a Faithful Fiver, you support the efforts of Mid-Mississippi Intergroup to carry the AA message of hope to still-suffering alcoholics.

Mail your contribution to:
Central Office
4526 Office Park Drive
Jackson, MS 39206

YES I Want to Be a Faithful Fiver

Date: ____________________________

Here is my contribution of $________for ___Months

Name: ____________________________________________

Address:
____________________________________________

City: ___________________ State_________Zip_________

Home Group: ________________________________________

Sobriety Date: Month_____Date_______Year________

If Office is closed, the phone will ring to the AA Call Phone.
Someone is ALWAYS THERE!
# Year to Date Financials

<table>
<thead>
<tr>
<th>Group</th>
<th>Nov-Dec</th>
<th>Yr To Date</th>
<th>Group</th>
<th>Nov-Dec</th>
<th>Yr to Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>4801</td>
<td>0.00</td>
<td>0.00</td>
<td>Lynwood Women</td>
<td>200.00</td>
<td></td>
</tr>
<tr>
<td>AA Unlimited</td>
<td>300.00</td>
<td></td>
<td>Madison County</td>
<td>0.00</td>
<td></td>
</tr>
<tr>
<td>Accept/Sw Bridge</td>
<td>100.00</td>
<td>350.00</td>
<td>Northeast</td>
<td>300.00</td>
<td>600.00</td>
</tr>
<tr>
<td>Beacon Group</td>
<td>120.00</td>
<td></td>
<td>One Day Time</td>
<td>0.00</td>
<td></td>
</tr>
<tr>
<td>Beagle Pack</td>
<td>268.00</td>
<td>1,098.00</td>
<td>Others</td>
<td>2,354.39</td>
<td></td>
</tr>
<tr>
<td>Big 12</td>
<td>0.00</td>
<td></td>
<td>Pearl Hope</td>
<td>20.00</td>
<td></td>
</tr>
<tr>
<td>Bottom Line-Prentiss</td>
<td>130.00</td>
<td></td>
<td>Pelah 12 step</td>
<td>0.00</td>
<td></td>
</tr>
<tr>
<td>Brookhaven Beginner</td>
<td>72.00</td>
<td></td>
<td>Philadelphia Union</td>
<td>0.00</td>
<td></td>
</tr>
<tr>
<td>Carthage AA</td>
<td>0.00</td>
<td></td>
<td>Postive Flow</td>
<td>50.00</td>
<td></td>
</tr>
<tr>
<td>Central</td>
<td>0.00</td>
<td></td>
<td>Prentiss Group</td>
<td>0.00</td>
<td></td>
</tr>
<tr>
<td>Clinton Crossroad</td>
<td>135.00</td>
<td></td>
<td>Primary Purpose</td>
<td>150.00</td>
<td></td>
</tr>
<tr>
<td>Clinton Raymond Rd</td>
<td>85.00</td>
<td></td>
<td>Quest 4 Sobr</td>
<td>140.00</td>
<td></td>
</tr>
<tr>
<td>Coffee Lovers</td>
<td>0.00</td>
<td></td>
<td>Rank Co Big Bk</td>
<td>200.00</td>
<td></td>
</tr>
<tr>
<td>Cornerstone McC</td>
<td>220.00</td>
<td></td>
<td>Rank Serenity</td>
<td>50.00</td>
<td></td>
</tr>
<tr>
<td>DOA</td>
<td>100.00</td>
<td></td>
<td>Ridgeland</td>
<td>1,183.44</td>
<td></td>
</tr>
<tr>
<td>Firehouse Gang</td>
<td>20.00</td>
<td></td>
<td>Seren of Purpose</td>
<td>200.00</td>
<td></td>
</tr>
<tr>
<td>1st Grp of Madison</td>
<td>0.00</td>
<td></td>
<td>Shaloh</td>
<td>200.00</td>
<td></td>
</tr>
<tr>
<td>Forest Group</td>
<td>297.00</td>
<td></td>
<td>Solutions</td>
<td>500.00</td>
<td>2,500.00</td>
</tr>
<tr>
<td>Friendship House</td>
<td>300.00</td>
<td></td>
<td>Southgate Serenity</td>
<td>82.00</td>
<td></td>
</tr>
<tr>
<td>Georgetown</td>
<td>75.00</td>
<td>275.00</td>
<td>Southside</td>
<td>525.00</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>301.00</td>
<td>11854.21</td>
<td>Summit</td>
<td>50</td>
<td>150.00</td>
</tr>
<tr>
<td>Jaywalkers</td>
<td>60.00</td>
<td>460.00</td>
<td>Traditions</td>
<td>50</td>
<td>550.00</td>
</tr>
<tr>
<td>Lambda</td>
<td>49.00</td>
<td></td>
<td>Vicksburg Group</td>
<td>20.00</td>
<td></td>
</tr>
<tr>
<td>LaNunca De Tard</td>
<td>50.00</td>
<td></td>
<td>Way Out</td>
<td>168</td>
<td>1,727.65</td>
</tr>
<tr>
<td>Madison Ridgeland</td>
<td>1,540.00</td>
<td></td>
<td>We Belong</td>
<td>0.00</td>
<td></td>
</tr>
<tr>
<td>Mannsdale Group</td>
<td>255.47</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morton Group</td>
<td>0.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monticello Group</td>
<td>0.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Natchez Dtowner</td>
<td>0.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Books for Prison

Books for Treatment Centers - Quest - Southgate Serenity

Others: Individual contributions, Memorials, Faithful Fivers, Sobriety Gazette

Books for Prisons and Non-profit treatment centers
Area 37 2020 Assembly Dates

Jan 11
March 21
August 8
November 7

Ok…but what is Area Assembly?

Area 37 Assembly of Alcoholics Anonymous is the official organization of Alcoholics Anonymous in the state of Mississippi. The area is made from elected representatives in the districts (DCM's) and from each individual group (GSR's). We are responsible directly to the groups we serve. Our membership consists of approximately 200 A.A. groups in 100 towns and cities from the Gulf Coast to Southaven.

Your Group is the basic unit.
The local group is the basic unit of A.A. world service. Group needs, group attitudes, and group support determine the type and amount of service G.S.O. can render.

G.S.R. represents your Group
Your group elects a general service representative to represent it within the A.A. service structure.

Assemblies elect delegates and Committees
Each A.A. area in the U.S. and Canada holds an area assembly to elect a delegate (and alternate) and committee officers to serve for two years.

Area and District Committees and meetings
Area committee meetings and district meetings for G.S.R.s and the D.C.M. (district committee member) are held monthly or quarterly to discuss service needs, and to report on world services.

Delegates serve as continuing link between the Areas and the General Service Office and Board
• By reporting to the area on G.S.O. and General Service Board activities
• By relaying area opinion to G.S.O. and the trustees
• By developing area support for world services
Delegates jobs do not begin and end with their attendance at the annual Conference meeting. They are expected to be active during the entire year. Much of the recent growth in understanding A.A. world services throughout the Fellowship can be credited to the untiring efforts of loyal delegates.

Conference sessions
Conference members meet annually for six days. They review reports on activities of G.S.O. and on General Service Board, and on service needs all over the world. They also review significant trends and developments in A.A. Each Conference member is encouraged to act as a representative of A.A., not just one area.
Don't be afraid. You can love General Service too!

I am that strange breed of AA animal called a General Service Geek. I actually can pinpoint the exact moment when my geekiness was birthed. I had been sober for a year and a half and thought I knew everything there was to know about AA, the Twelve Steps, and Twelve Traditions. Then I got a sponsor who started to talk about the Twelve Concepts and warranties and charters and all those strange acronyms I had never come across before. I was intrigued that there was a huge part of AA that I had somehow been completely ignorant about.

In hindsight there were telltale signs that I was destined for general service. One was that I actually enjoyed business meetings. The first home group I belonged to had a simply phenomenal business meeting. I came to my first one with a written list (!) of things I thought the group should change about the way they ran their meeting. Instead of dismissing me as a confused and arrogant newbie, they listened to each and every one of my concerns and discussed them thoroughly (before voting them all down!). I was most impressed by how the group actually did place principles before personalities. I got to see how the traditions really can and do work in a group. One of the most remarkable things I experienced was when I was arguing heatedly with a member of the group about some matter of earth-shattering importance (like how much coffee we should make) and he all of a sudden heard something that clicked and immediately changed his mind and his vote. I was floored. I would never do that. I would be in an argument, knowing I was wrong, and yet still keep pleading my case. To really listen to other viewpoints and honestly assess them alongside my own was a skill I learned in AA business meetings.

I went to my first assembly and was so impressed by the business meetings there. Hundreds of people—sober drunks mind you—were sharing in an orderly and well-informed manner. The coolest thing happened there also: The assembly voted on a particular motion, listened to the minority opinion, had a re-vote, and then it went the other way! The greatest thing to me was how the reason for everything they did came down to the primary purpose of staying sober and helping other alcoholics achieve sobriety. My home group had a GSR, and I was thrilled when the agenda topics came out and as a group we discussed them. I felt both privileged to be asked for my opinion on the topics in the context of my group and also felt a tremendous responsibility to participate to help keep this wonderful fellowship afloat for future voyagers.

So if you actually enjoy reading the Service Manual instead of dreading it, can’t get enough of sharing sessions, workshops, Unity Days, district and area meetings, archives and assemblies, you too may be a General Service Geek. Now, don’t get it twisted. You don’t have to be a pocket-protector wearin’—Devo listenin’—Buddy Holly look-alike to be a General Service Geek. You just have to have figured out that General Service rocks! Don’t be ashamed of your geekitude, embrace it! Be it! Join the club; we’re having T-shirts made!

Tony W., Fairfield, Calif.

General Service Board (the trustees) This board, traditionally composed of nonalcoholics as well as A.A. members, was the first movement-wide service unit in A.A. It is responsible for safeguarding A.A. tradition and A.A.’s service funds. It oversees the operating service units: General Service Office; A.A. World Services, Inc.; A.A. Grapevine, Inc.

General Service Office (G.S.O.) G.S.O., in New York City, serves as the center of A.A. activities under the guidance of A.A. World Services, Inc., the General Service Board, and the General Service Conference (U.S. and Canada). At G.S.O., about 86 A.A.s and non-A.A.s are involved in helping groups with problems, dealing with the general public, publishing Box 4-5-9 and other bulletins, maintaining contact with more than 1,500 groups in institutions, and helping over 48,700 groups overseas. Here, too, are centered the vital publishing and distribution of basic books and recovery and service pamphlets running to a yearly total of approximately 5,400,000 pieces.

A.A. Grapevine, Inc. A.A. Grapevine, Inc., a separate corporation with its own board, is under the guidance of the trustees. Grapevine editorial and business staffs are responsible for publishing the pocket-size monthly that carries A.A. to more than 83,632 people throughout the world.

General Service Conference The General Service Conference is the link between A.A. groups and the General Service Office and Board. About 132 Conference members—area delegates, trustees, directors, G.S.O. and Grapevine staffs—meet annually and are active in Conference matters throughout the year. It provides a forum for sharing A.A. experience and reveals the group conscience to the Fellowship.

How YOU take part in world service. When you make a local Twelfth Step call, that’s a part of world service. When you contribute to the support of G.S.O., when you use A.A. literature or the A.A. directories, you are taking part in world service, too. You can participate even more directly by joining service activities in your group and area.
Recommended Readings

Dr. Bob and the Good Oldtimers. The life story of the Fellowship's co-founder, interwoven with recollections of early A.A. in the Midwest.


A.A. Comes of Age. Bill W. tells how A.A. started, how the Steps and Traditions evolved, and how the A.A. Fellowship grew and spread overseas.

Language of the Heart. Virtually every article written for the AA Grapevine by Bill W. Though several of his articles are available in reprint form, they have never before been published in one volume.

Living Sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober.

Came to Believe. the spiritual adventure of A.A. as experienced by individual members. Him. Especially helpful to those who confuse "spiritual" with "religious."

Excerpt from As Bill Sees it...

Spiritual Kindergarten

"We are only operating a spiritual kindergarten in which people are enabled to get over drinking and find the grace to go on living to better effect. Each man's theology has to be his own quest, his own affair."

When the Big Book was being planned, some members thought that it ought to be Christian in the doctrinal sense. Others had no objection to the use of the word "God, " but wanted to avoid doctrinal issues. Spirituality, yes. Religion, no. Still others wanted a psychological book, to lure the alcoholic in. Once in, he could take God or leave Him alone as he wished.

To the rest of us this was shocking, but happily we listened. Our group conscience was at work to construct the most acceptable and effective book possible.

Every voice was playing its appointed part. Our atheists and agnostics widened out gateway so that all who suffer might pass through, regardless of their belief or lack of belief.
Step One

“We admitted we were powerless over alcohol - that our lives had become unmanageable.”

When I came into Alcoholics Anonymous, I wasn’t done yet. I wasn’t done lying to myself, to the people around me. I hadn’t admitted defeat...yet. I was too arrogant to admit defeat. Defeat was a weakness. Admitting I was powerless over alcohol was just something I wasn’t going to ever do. I could beat it! I will win! I’m not powerless, because I’m choosing to drink, every time I pick up that bottle from the liquor store. Every time I get to the end of that bottle and say to myself, “that is it. I’m done now.” And then I choose to go to the liquor store the next day and start all over again. That was the lie I kept telling myself, every day! You see, when I first came to AA, I was desperate, but not defeated. I didn’t want to lose my relationship with my girlfriend. So, I went to AA. I found a sponsor. I started to go to meetings. But I didn’t stay sober. In fact, I kept drinking AND going to AA. I wanted to prove to myself that I could win, that I could beat this. That I’m not a REAL alcoholic, because, I can still function and still have a job. I hadn’t lost everything...yet. But as I kept going to meetings, I started to believe that I was an alcoholic. I was working with my sponsor and she shared with me her experiences, and they were similar to mine. The way I thought, was exactly the way others in AA were thinking. I heard my story in what others were sharing about their experiences. What I wasn’t willing to listen to was their strength and hope. Because I still wasn’t ready to admit defeat. I just kept on pretending, lying and believing that I was in control. Soon, my façade of a life was becoming real. I realized that I couldn’t keep going like this. That I was going to lose everything and that scared me. I was in debt with my business and not paying my bills. I was continuing to lie to my girlfriend, my sponsor and the people around me in AA. I was starting to realize that this was never going to end. At one point, I didn’t care about living. I was just existing and surviving, day to day. Until one day I finally realized that I was going to die, living like this. And that’s when I was able to admit that I had lost. That I was never going to beat Alcoholism. I realized that admitting I was powerless was not a weakness but a strength. I became honest with myself. I could no longer manage my own life. I had to surrender, and surrender I did. I was beaten. Beaten by alcohol. Beaten like a prize fighter. If I got back into that ring one more time, I would get knocked out! I threw in the towel. Admitted that I could not win, I will never win. And in that surrender, I was free. Free from the grip that Alcohol had on me. I found a new way, a solution. Alcoholics Anonymous and it’s principles, outlined in the 12 steps, guidance from my sponsor and the fellowship in the rooms of AA was my solution. I am forever grateful to AA and the help of others in the program! I am grateful for that 1st step.

Tedra B., Minneapolis, MN
AA Guidelines...Finance

"A.A.'s far-flung Twelfth Step activities, carrying the message to the next sufferer, are the very lifeblood of our A.A. adventure. Without this vital activity, we would soon become anemic; we would literally wither and die.

"Now where do A.A.'s services—worldwide, area, local—fit into our scheme of things? Why should we provide these functions with money?

The answer is simple enough. Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office to arrange hospitalization and sponsorship, or the world service Headquarters [now the General Service Office] to maintain unity and effectiveness all over the globe.

"Though not costly, these service agencies are absolutely essential to our continued expansion—to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to recognition on our part that A.A. must everywhere function in full strength—and that, under our Tradition of self-support, we are all going to foot the bill."

Bill W., October 1967 Grapevine

Intergroup meets the first Thursday of each month.
650 East South Street
Jackson, Mississippi
6:30

ALL GROUPS ARE ENCOURAGED TO SEND A REPRESENTATIVE

Don't forget to send a representative from your home group to Intergroup!!! Your voice matters.

HAPPY Valentine's Day