

RECOVERY IN THE SUN



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AA HITS THE PRESS BIG TIME UP AND DOWN THE COSTA BLANCA

There has been increased AA presence and visibility in the Costa Blanca media over the last few months. Hard work, new ideas and lots of energy have meant that AA Public Information (PI) is really taking off here.

In September last year, a member of AA was interviewed by Beverly Stuart on OndaCero Radio for over 30 minutes. It was an excellent and well-constructed programme. An increased number of phone calls as a direct result of that interview have been noticed.

During December, the first PI team meeting was held in Teulada. PI thoughts and possibilities for the Costa Blanca were discussed.

There was a great deal of helpful and positive input from those present and hopefully people are not only thinking about how to get AA into the public eye but also what they would like AA to look like when it gets there.

The press has for some months been receiving up-to-date notification of meeting times and places. AA listings in the press have multiplied and many of you may have noticed the increased presence.

Female Focus, a local magazine, published an article in its December 2006 issue. It appeared early on in the magazine (page 8) and was the story and experience of one of our members. The article was headlined: "I am a Married



Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Mother of Two and I am an Alcoholic". It was a powerful and moving piece and we hope to see lots of response to that in the New Year.

It is hoped in 2007 we will see more articles appearing in the CB press and continue to reach out the hand of AA to the still-suffering alcoholic yet to find the rooms.

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3-DAY SERVICE CONVENTION IN ALBIR IS ORGANIZED AND PLANNED BY AREA 21

A workshop convention to be held on 2-4 February 2007 in the Kaktus Hotel, Albir, Alicante is an excellent opportunity to learn more about service in AA and meet old and new friends.

The workshop organized

by Spanish Area 21 will run throughout the weekend.

On Saturday, English-speaking workshops are arranged. They will include topics such as: Sponsoring into Service; Understanding the AA Service Structure; Service at Group Level; and, Having a Home Group.

To book a room, improve your Spanish and generally enjoy the atmosphere of the whole "maravillosa" workshop weekend, then ask at your meetings for a registration form as soon as possible. Places for events like these are always limited. C U there!

New Year Edition:

DRINK NOT WORKING?



AA Christmas & New Year advertisement appeared in local press (read more p. 3)

RECOVERING IN SPANISH

How many of us attend AA meetings in Spanish? How many Spanish AA meetings have we attended since moving to Spain? How many of us support the Spanish AA community in any way?

How many of us are consistently trying to improve our knowledge of the language of the country we live in?

AA in its unique way often uses terminology, words and phrases specific to recovery.

For some of us as newcomers it took a while to understand AA's unusual terminology. How many of us know or can even express those same words and ideas in Spanish?

Here are a few to set you thinking:

- Lagunas mentales - *blackouts*
- Sano juicio - *sanity*

- El padrino/la madrina - *sponsor m/f*
- Ahijado/ahijada - *sponsee m/f*
- Tocar fondo - *to hit bottom*
- El Poder Superior - *Higher Power*
- El Duodécimo Paso - *Step Twelve*
- Tomelo con calma - *Easy Does It*
- Solo por hoy - *Just for today*



- El libro azul - *The Big Book*
- Lo primero primero - *First things first*
- El recién llegado - *the newcomer*
- Síntomas de abstinencia - *withdrawal symptoms*
- Completamente abstemios - *on the wagon*
- Un despertar espiritual - *a spiritual awakening*
- Una recaída - *a slip, a relapse*
- Compartir - *to share*
- Llevar el mensaje - *carry the message*
- Vivir y dejar vivir - *live and let live*
- Impotente ante el alcohol - *powerless over alcohol*
- Ingobernable - *unmanageable*

FELIZ 24 HORAS DE SOBRIEDAD

INVESTMENT COUNSEL TAKEN FROM 'LIVING SOBER'

In the first few weeks without a drink

When the wolf is at the door,
And the sheriff's at the window
And you're sleeping on the floor,
And life looks bleak and hopeless

From a monetary angle,
It's time to *spend*, in certain ways,

To solve the awful tangle:

That token or that bus fare

To get you to a meeting,

That dime to use the telephone

For that necessary greeting,

That nickel for "expenses"

That makes you feel you matter,

That dollar for the coffee shop

For after meeting chatter.

All these are wise investments

For the neophyte to make.

This "bread" when cast upon the waters,

Always comes back cake.

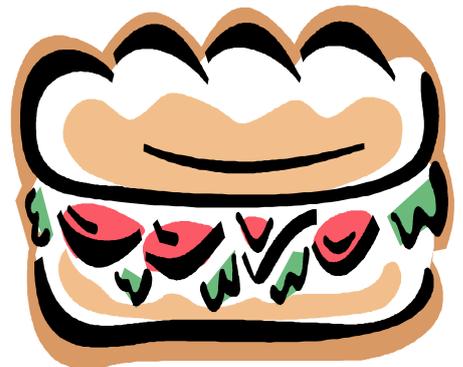
HAM ON WRY

FROM 'AA GRAPEVINE-JANUARY 2000'

A WOMAN approached her sponsor and asked: "What do I do when I finish with the Steps?" And the sponsor replied: "Lie very, very still - because you're dead."

A TRUE STORY: Before the meeting was about to start, the young chairperson asked the older newcomer to read "How It Works", giving him a photocopied sheet from chapter five of the Big Book.

A few minutes later, the newcomer politely handed the sheet back to the chairperson. "You're supposed to read this," explained the chair. "I just did," said the elderly beginner.



A LITTLE PRAYER: "Dear Lord, so far today I've done all right. I haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty, selfish, or overindulgent. I'm really glad about that. "But in a few minutes, God, I am going to get out of bed, and from then on, I'm probably going to need a lot more help."

AN OLD-TIMER WAS trying to encourage the newcomer. "That light at the end of the tunnel," he said, "may be you."

Sponsee: "When will I get a good job?"
Sponsor: "When you're ready."
Sponsee: "How will I know I'm ready?"
Sponsor: "When you have a good job."

OPENING PRISON DOORS TO AA

San Quentin prison in Toronto was the first prison to allow an AA meeting to be held behind its walls in 1941. Since then, hundreds of AA groups have sprung up in prisons in many parts of the world.

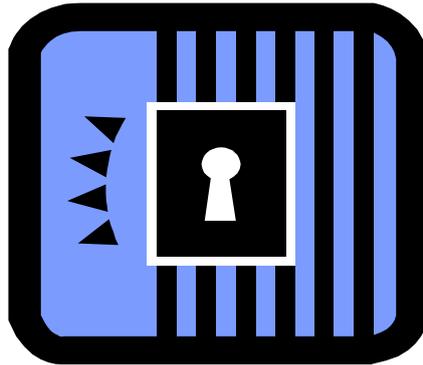
AA's way of expressing gratitude for San Quentin's long history of supporting AA as a resource for alcoholic inmates was to present the 25 millionth copy of the *Big Book* to San Quentin's warden, Jill Brown, in the summer of 2005.

Some prison groups have started with the help of AA members on the outside, and all with the vital support and cooperation of corrections personnel.

For the *Big Book* itself, passing the 25 million sales mark in English versions

alone is something worth noting. Now AA distributes approximately one million books every year in the English-language edition alone.

It didn't seem as if that would be the case in 1939. The new book *Alcoholics Anonymous* was featured on a popular radio show by radio



commentator, Gabriel Heatter, and three days later, AA founders lugged empty suitcases to their post office box in anticipation of a deluge of orders only to find two lone inquiries.

Often called AA's 'most effective sponsor', the *Big Book* was launched on a shoestring. Initially sales lagged, and the young Fellowship found itself saddled with nearly 5000 unsold books and large incidental debts.

Then, in March 1941, after an article about AA by Jack Alexander appeared in the *Saturday Evening Post*, sales soared and a second printing was ordered at once.

The book provided the name for a small movement that until then had been known simply as the Alcoholic Foundation, with but 100 members.

ALCOHOLISM & THE FESTIVE SEASON

Some of you may have seen this advertisement: *Drink Not Working?* in the local CB press over the Christmas and New Year festivities.

The advertisement, although created here on the Costa Blanca, was sent to all UK Public Information Officers and it was so well received that several of them asked if they could use it in their own local newspapers and magazines. Let's hope it gets to the right people at the right time.

This Christmas, AA UK has been advertising on television again. The



A still taken from this year's UK AA television ad campaign

DRINK NOT WORKING? Is alcohol costing you more than money.....? Drinking to excess not only affects your health it can spill over into every other aspect of your life - damaging everything that is important to you.

ALCOHOLICS ANONYMOUS

COSTA BLANCA NORTH: 96 649 5345/657 395 626
COSTA BLANCA SOUTH: 625 912 078

www.aa-europe.org

advertisement sends a powerful message about the damage alcohol causes in people's lives and shows a glass of red wine spilling over a photograph album full of images of weddings, graduations, good times with friends and family occasions.

The script (plagiarized by the CB team) speaks of alcohol spilling into every aspect of one's life - damaging everything that is important.

Hopefully we will see a similar response to ads in the CB press as that seen in the UK. For example: increases in the number of 12th Step calls; a growing interest in service both within groups and at CBIC Intergroup level; and a growing incentive for individual AA members to become more involved in carrying the AA message.

SPANISH AA IS NEWS

On December 24, national TVE1 news broadcast an unusual item showing the difficulties alcoholics suffer during the Christmas festivities as everyone around them drinks and gets merry while those in recovery must necessarily abstain.

A number of AA members spoke about staying sober during this period and how it makes them feel. Although you could see no faces and all the members remained anonymous it was obvious that filming was being done at the Valencian Spanish-speaking meeting of Gandia.

Well done Gandia group for getting Alcohólicos Anónimos on the telly this Christmas! Bon Nadal!

ALCOHOLICS ANONYMOUS

Send all news and articles for publication to:

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Mobile: (+34) 679 18 26 22

Fax: (+34) 96 648 1169



AA is on the Net!
www.aa-europe.org

RESPONSIBILITY DECLARATION

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



The AA Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking.

There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

12 TIPS TO STAY SOBER AND JOYOUS IN 2007

1. Call a newcomer, arrange to take them to a meeting. Share at meetings, help with clearing up afterwards and visit the alcoholic ward at a hospital.
2. Be host to AA friends, especially newcomers. If you don't have a place to throw a party, take someone to a cafeteria and buy them coffee.
3. Keep your AA telephone list with you all the time. If a drinking urge or panic comes - postpone everything else until you have called an AA.
4. Find out all about the meetings in your area, go to as many as possible, break out of the rut if you only go to the same meetings all the time. If you are timid, take someone newer than you are.
5. Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.
6. If you have to go to a drinking party and can't take an AA with you, keep some candy handy.
7. Don't think you have to stay late. Plan in advance an "important date" you have to keep.
8. Worship in your own way.
 9. Don't sit around brooding. Catch up on those books, museums, beach walks and letters.
 10. Don't get worked up about future occasions and temptations. Remember — "one day at a time".
 11. Enjoy the true beauty of life and the joy it brings. Maybe you cannot give material gifts to people — but you can give love.
 12. "Having had a....." No need to spell out the Twelfth Step here, since you already know it.

