



From the Birmingham Intergroup Central Office of Alcoholics Anonymous

The Spirit of Service



Connecting in our home groups and beyond through service

BY: Elizabeth B

Four alcoholics and I sat around the dining room table in the home of one of our members. Bob belonged to our homegroup and had a lot of long-term sobriety. We all four laughed as we talked about our journey, some of our favorite moments, and what it was like to get sober. We all gathered for a meeting at Bob's house since his cancer had made it too difficult for him to make regular in-person meetings with our home group. We then had a Big Book study. Just four alcoholics. Bob died shortly after our happy sunny afternoon at his table. Although it has been several years since Bob passed away, I don't think I will forget that day the four of us spent together. I think about that day every time I read Bill W.'s words, ". . . A.A. is more than a set of principles; it is a society of alcoholics in action."

Whether it's sitting around the kitchen table, making a phone call, or hugging another member (in non-Covid times), we don't forget how those moments make us feel. Since service, our third legacy, has such a lasting impact on our lives and recovery, I think it is difficult to overemphasize its importance and value, as well as the joy it brings to our lives.

In AA's *Legacy of Service* by Bill W., service in its different forms ". . . whether performed by individuals, groups, areas, or A.A. as a whole, is utterly vital to our existence and growth." What a relief it was to me early on that there are so many ways that I can be of service to Alcoholics Anonymous and to the other people in my life today.

In these trying times, I like to ask myself, *what have I done today to be of service?* Service to my family? Service to the suffering alcoholic? Service to the other people about me? I hope to continue to remember how these questions can help me keep trying to live a life of service to others and to God.

Central Office Now Open

Need chips, books, or personal help?

Go to 242 West Valley Avenue, Suite 211, Birmingham, 35209

Tuesday—Friday from 9:00 AM —2:00 PM,

Need information or another time?

Please call (205) 290-0600 or email: birminghamaa@gmail.com

Want to donate? Send your check to: BICO at the Valley Avenue Address.

STEP & TRADITION OF THE MONTH

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all

Tradition 8: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Board of Directors: Membership Complete until December 31

BY: Sarah M

Please welcome the people who will be serving us for the next few months and years:

Term Expires:

Class "A" members: Melanie S. (Chair) 12/31/2020
Connie M. (Secretary / Office Manager)
New: **Jim D.**
Class "B" members: Bill M. (Vice chair) 12/31/2021
Mary G. (Treasurer)
New: **Jason C.**
Class "C" members: Mark L. 12/31/2022
New: **Hillary C.**
New: **Jen W.**

Selection Process:

As you may remember, the Birmingham Intergroup Central Office (BICO) closed a few months ago, and most of the Steering Committee dissolved (See June *Pass it On*, "Service: Lessons in Spiritual Growth.") Since then, a quorum of previous members agreed to complete their terms. They reopened the office, began revising the bylaws, and elected four new people to complete the present BICO Board of Directors (formerly the Steering Committee).

Though the quorum of previous members chose the new members, the quorum followed a transparent process. They asked applicants to submit service resumes, interviewed all of them, and chose a slate of officers. Each home group then had an opportunity to accept or reject the entire slate.

Election Results:

According to the March 2020 *Pass it On* mailing list, the Birmingham area had 79 home groups. Of those, 20 accepted the slate, three declined it, and 56 did not vote. Several factors may account for the low number of home group votes: Covid-19 has caused many groups to suspend meetings while other groups have met only on Zoom. Intergroup representatives took election information to their home groups, but if the home groups did not have business meetings, they could not vote. For a complete list of election results, scroll down to page 3.

Next Steps:

The election process is not over, however. Three members of the present board will complete their terms on December 31. The entire board will elect new members this fall. If you did not submit a service resume before, now is your chance. ([Service History](#)) Past applicants who want to run again do not need to give new paperwork, but they can look forward to being interviewed again.

Announcements from the *Pass it On* Editors

(If the hyperlinks do not work, please email us to receive documents.)

Going Bi-Monthly:

We will now be publishing the newsletter every two months. You should receive the next one in October. **Please use this extra time to share your experience, strength, hope, recipes, artwork, questions, and ideas.** Send everything to: passitonbirmingham@gmail.com

Sharing your Email Address:

- If you are not a subscriber but would like to receive each newsletter, please send us your name and email address.
- We recently mailed postcards to current subscribers and home group representatives for whom we have no email addresses. When we get those addresses, we will be happy to send back issues of *Pass it On*. Just tell us what you need

Staying Connected:

A few suspended in-person meetings resume each week. At the same time, groups who were meeting on Zoom have begun meeting in person, and some keep the Zoom options while others do not. Central Office workers are now navigating the chaos. To get information please call them at (205) 290-0600, email birminghamaa@gmail.com, and/or check the website: <https://www.birminghamaa.org>.

The views and opinions expressed in this publication are those of the authors and do not necessarily reflect the views and opinions of the Birmingham Intergroup Central Office Board of Directors.

Results of Home Group

BICO Board of Directors,

Accept Slate – 16	Submitted
Busters Group	Late
Calera Group	July 28
Colonnade Group	July 28
Columbiana Group	July 31
Day By Day Group	July 26
Early Risers	July 31
Freedom Group	July 31
Hoover Group	July 30
Hope on the Highlands	July 28
Monday Night Live	July 25
Pelham Group	???
Riverchase Group	July 31
Serenity Now	July 18
Sobriety First	July 25
South Suburban	July 18
Trussville Group	July 31
Vestavia Hills Group	July 26
Decline Slate	
Five Points	July 21
Springville By The Book	July 19
Starting Over	July 27

Newcomers Bring Excitement!

An Excerpt from "Crockett"

Just last month, I realized that newcomers keep me excited about AA. How simple is that? We are all here waiting to see the lights come on in their eyes and the huge grins to appear on their faces when it finally dawns on them! They've been sober a month or six months or a year and they figure out it's a whole lot easier to stay sober than to get sober.

One rainy Saturday in July I met a sponsee for lunch. Newly sober, he seemed to be struggling with the enormity of this program. We discussed it before, during, and after our meal, and he was upset because he thought he would never "get it." I assured him that he would "get it," when he got it. We do not learn this way of living in one day, but over a lifetime.

He was puzzled about when everything would "click," but I am not. Working with new people, seeing them finally "get it," carrying the message to Bradford, and remaining teachable are what keep me fresh in the program. Many people say that the newcomer is the most important person in the room. I cannot wait for my lunch partner to feel that "click," when he sees and feels what I feel about AA.

Family Disease Spaghetti Carbonara (coal miner's wife)

My father was a great improvisational alcoholic cook. He often (drunk or sober) made a version of this for any meal. It is easy comfort food, but everything happens at once, so organize like you were on TV.

Ingredients: (for two people)

Big Skillet

Spaghetti or Linguini

2 or three strips Bacon

Two large eggs

Pure Olive (or other) oil that does not smoke.

Parmesan (or Parmesan/Romano) cheese (1/3 cup + more for the table)

2or 3 Sliced mushrooms, 1 green onion, and whatever seems good

Process

Cut the bacon into small pieces (Chop it if you are patient).

Slice the mushrooms and green onion. Put them aside.

Mix the eggs with about 1/3 cup of the cheese. Set that aside too.

Cook:

Fry the bacon in oil (!) until it is crisp.

Heat the spaghetti water (start it while the bacon cooks).

Cook the pasta. If the bacon is finished, keep the fat hot while the pasta cooks.

Add the onion and mushrooms to the bacon pan—just for a minute or so. Do not let the onion get mushy.

Drain the spaghetti and put it into the skillet (if there is room. Otherwise, use the cooking pot)

Mix it with the bacon, fat, and vegetables. Stir in the egg mixture. (The hot fat cooks the eggs.)

Sprinkle cheese and adjust seasonings at the table. Experiment!



July Financial Reports, Submitted by Mary G.

BICO Financial Report		
	June	July
Regions Checking		\$4,256.31
Cash on Hand	\$ 30.00	\$ 30.00
QB-Checking Account	\$ 3,738.47	\$3,003.52
Saving Account	\$ 7,939.65	\$7,939.65
CD Account	\$ 4,845.85	\$4,845.85
Income		
Books & Literature	\$ 652.90	\$2,494.05
Chips & Medallions	\$ 120.00	\$ 555.30
Donations	\$ 610.25	\$1,036.22
Variety Items		\$ 14.50
Interest	\$ 0.07	\$ 0.07
	\$ 1,383.22	\$4,100.14
Cost of goods Sold		
Books & Literature	\$ 554.22	\$2,759.80
Chips & Medallions	\$ 7.92	\$ 950.36
Variety Items	\$ 54.35	\$ 9.27
	\$ 616.49	\$3,719.43
Gross Profit	\$ 766.73	\$ 380.71
Expenses		
Payroll Wages		\$ 410.51
Payroll Taxes		\$ 75.53
Dues & Subscriptions	\$ 77.00	\$ 77.00
Insurance (annually)	\$ 1,400.00	\$ -
Legal & Accounting	\$ 45.00	\$ -
Licenses & Taxes		\$ 124.72
Office & Supplies	\$ 26.95	\$ 91.25
Copier	\$ -	\$ -
Rent	\$ 495.00	\$ -
Telephone & Internet	\$ 133.60	\$ 133.60
Utilities	\$ 465.53	\$ 54.66
Total Expenses	\$ 2,643.08	\$ 967.27
Net Income	\$ (1,876.35)	\$ (586.56)

BICO Group/Individual Donations:	
July 2020	
Group/Individual	July
AA Individual	\$ 8.20
AA Individual	\$ 100.00
Bessemer Group	\$ 76.50
Buster's Group	
Calera Group	\$ 326.42
Colonnade Group	
Coosa Valley Group	
Day By Day Group	
DownTown Group	
Eastern Group	
Five Points Group	
Hope on Highlands	
Huffman Group	\$ 250.00
Irondale Group	
Keep It Simple Group	
Leeds Group	
Metro B.B. Group	
MetroBB/2 AA Individual	
Mon.Night Live Group	
Moody Crossroads	
Mt Olive Group	
North Jefferson Group	
Pelham Group	
Primary Purpose Group	
Riverchase Group	
Serenity Now Group	
Spiritual Kindergarten	
Sunrise Meeting	\$ 275.10
Trace Crossings Group	
Trussville Group	

This link should take you to the complete spreadsheet of donations for the year:

[2020 Year to Date Donations](#)



Do You Miss Your Chips?

Since our office has been closed and we have not been able to meet in-person, we may have received congratulations for our sobriety landmarks, but we have not been able to take home physical chips. If you hit an AA milestone between March and mid-September and would like to be recognized, please email the newsletter. We will publish an appropriate chip picture along with whatever information you would like to share. Write to us at passitonbirmingham@gmail.com.

If you would like to make a donation to celebrate your sobriety, send your check to:
BICO, 242 West Valley Avenue, Suite 211, Birmingham, 35209.

May we thank our Higher Powers for the chips we hold!