

# RECOVERY IN THE SUN

SOLO POR HOY!

March 2011  
Issue No. 14



[www.aa-costablanca.org](http://www.aa-costablanca.org)

## WE ALL BENEFIT FROM SERVICE

**T**HAT'S RIGHT! Service. A great deal is said about loss of ego, learning humility, growth through service, yet when a request goes out for someone to do service in a group, intergroup, area, convention or where ever, we sit on our hands and wait to be asked.

Fortunately for me, my first sponsor made it quite clear. "If you want to grow in this fellowship, you must do service".

So began my introduction to real humility. Often when we do service, people complain about how we do it. Okay, they also thank us, and occasionally say we have done something right or well, but mostly it is where we slip up or go wrong that the most enthusiastic criticism comes our way. So we learn to grin and do it anyway. Eventually.

I can only tell you about my experience. Nudged along by my sponsor, I found myself involved in all kinds of service. Setting up literature, making tea & coffee, visiting hospitals, schools and prisons, and also on a convention committee.

There were always other members available to tell me what to do, how to do it, and what to avoid. Sometimes, I listened.

Service helped me grow in confidence and increasingly voice my thoughts and ideas. So I stayed involved and thankfully stayed sober.



*The Cabo Cervera: Beachside hotel*

Learning from 'older', more experienced members, I find that if I give a job my best shot, it turns out okay.

So here I am in Torrevieja helping the committee prepare for the 4<sup>th</sup> "Recovery In The Sun" Convention.

The first year, the hotel just made us an offer. The second, they welcomed us back, because they had seen that AAs cause no trouble. And the third year, not only were we welcomed, but AA members staying at the hotel received complementary water with all meals.

This year, we have liaised with the hotel for further improvements. I am not going to tell you what they are – you will have to come and find out for yourselves.

Last year, it was our pleasure to invite Spanish speaking members to hold a meeting. We live in their country and are delighted to see that they wish to participate again this year.

Each year, the committee changes slightly. That is the AA way of doing things – rotation in service. Without rotation, committee members

would get bored doing the same thing over and over, and AAs attending the conference would get fed up with seeing the same faces. It would become stale. The convention would eventually cease to exist. Which is why every year, new people are needed to participate in the convention's organisation so that come the weekend, everyone will have a great time.

Conventions are the grand meeting places for AA members. We wear badges so people we don't know yet can say hello and share with us.

When a member is asked to do a 'Top Table' they share their experience, giving hope to the newcomer and identification for the oldtimers. We all benefit.

Our narrow drinking world

enlarges to encompass the wider world. And finally, we are no longer alone.

Okay, we do ask for a registration fee. We have to be self supporting in the same way as regular meetings. Meeting rooms at the hotel must be paid: flyers printed; programmes produced; we buy badges and, lots of little items you probably won't even notice, like stationery etc.

But for five main meetings and the choice of 17 smaller meetings – we think 10 euros is pretty good value!

For a flyer or more information, email: [aaevent@gmail.com](mailto:aaevent@gmail.com) or visit Costa Blanca's AA website: [www.aa-costablanca.org](http://www.aa-costablanca.org).

*Torrevieja 2011 Convention Committee Member*

**ALCOHOLICS ANONYMOUS**  
4th Annual English Speaking Convention

TORREVIEJA, COSTA BLANCA, SPAIN  
With Al-Anon Participation

**Friday 9th to Sunday 11th**  
**SEPTEMBER 2011**

Hotel Cabo Cervera, TORREVIEJA, Spain

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*Doing Top Table: AA identification for all*

# AA Costa Blanca News

**L**AST YEAR was a busy and exciting year for Alcoholics Anonymous on the Costa Blanca.

September 2010 saw, what is becoming a regular and traditional event, the 3rd Torrevieja annual convention in the south of Alicante province at the beachside Cabo Cervera Hotel.

The Costa Blanca also saw a new meeting start up in the well-used, yet extraordinarily difficult to find, Benidorm AA meeting house. The "Newcomers" meeting opens every Sunday at 6pm. Teas and coffees are served.

The Costa Blanca International Committee - CBIC's AA dedicated website: [www.aa-costablanca.org](http://www.aa-costablanca.org) changed its name and is an updated, valuable and important service and resource for the still-suffering alcoholic and visitors to the Mediterranean.

In Altea, the step meeting closed its doors in March, only to reopen them in December. The new format means the group will remain on a step during the entire month, running concurrently with the calendar month, e.g. June is Step 6.

In Los Alcazares, the Friday evening step meeting changed venue and moved to the earlier time of 6pm. It is now held at Centro Civica Las Claras, Calle Helena 177, Los Alcazares in the province of Murcia. The contact number if you are in the area and want to find a meeting is: (+34) 679 385 105.

The quarterly Open meeting in Torrevieja has been maintained for four consecutive years. On Friday 4 March, there will be an Open meeting in the centre of town meeting room. Plus, there are the 8 regular weekly meetings in and around Torrevieja.

In 2010, three workshops were held in Calpe, Torrevieja and Benidorm. The topics included: "Growing Into Service" and "Sponsorship".

CBIC, the area's non-Spanish speaking intergroup, took a bold look in the mirror and held an intergroup inventory in May 2010. From it, a leaflet explaining the basic objectives of CBIC and how it can serve, unite and support the groups on the Costa Blanca and beyond was produced and is now made available at all meetings.

The conscience of several meetings along the coast was made known to CBIC via the GSRs and it was confirmed that

members wish CBIC to continue in its efforts to serve AA meetings along the coast.

Because of, or perhaps despite this self-searching inventory, two positions were successfully filled at intergroup level, with one member who had not previously held



an intergroup office taking on service, and another post being filled by a returning member after several years absence from CBIC.

Others, merely swapped hats. Not ideal, but CBIC still struggles in finding members who are willing to fulfill vacant CBIC service positions.

The grand finale of the year was the 9th National AA Convention coming to Area 21 and held at the Hotel Bali in Benidorm in October. We all enjoyed the dizzying heights the hotel offers. One of the English-speaking workshops, already mentioned, was held on Saturday afternoon. Plus there was a large Open meeting in the morning with several AA trustees and non-alcoholic friends of AA present.

Recovery in the Sun produced five full colour issues in 2010. Two of which were convention issues. So, that was the year that was. And now on to the future and 2011.

There are plans afoot for a number of

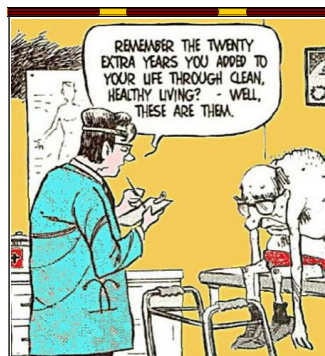
exciting and uniting activities during 2011 in Area 21. Firstly, a small committee is gathering pace in order to bring together Spanish and non-Spanish speaking members to carry out PI work jointly in the area. The initial tasks concentrate in Villajoyosa, Alfaz del Pi and Benidorm. Although there is currently no Public Information Liaison Officer at CBIC and the vacancy is still to be filled, this is a movement in the right direction for Public Information and in order to get essential details about AA into the public sphere.

Several radio stations on the north Costa Blanca are giving Alcoholics Anonymous regular slots and a request has gone out for the non-Spanish speaking AA fellowship to create some ideas and offers to fill this airtime.

Spanish-speaking, Area 21 AA has finally succeeded in opening the door to La Pedrera Hospital of Chronic Diseases in Dénia. There will be a meeting held once a month so patients can attend. Obviously, non-Spanish speaking suffering alcoholics are long-term patients at the hospital too, and requests will come for non-Spanish speaking sober AA members to participate in the monthly, open AA meetings.

And finally, but most gladly, Spanish-speaking Area 21 has voted to attend the Torrevieja Convention in September 2010 in order to hold a one-day workshop and/or meetings. So it is with a glad heart and a cheer that we welcome Spanish speaking members with local and overseas non-Spanish speaking members to participate and unite in the 2011 Torrevieja Convention, so that this may be, for the Costa Blanca, the beginning of what Bill W. truly meant when he spoke of the importance and nature of Tradition One.

No wonder it comes first — it is the most sustaining and proactive thing that binds us all together.



## FAMOUS BOOZER'S CORNER

"I only take a drink on two occasions: when I'm thirsty and when I'm not." *Brendan Behan*.

"I had to stop drinkin', cuz I got tired of waking in my car driving ninety." *Richard Pryor*.

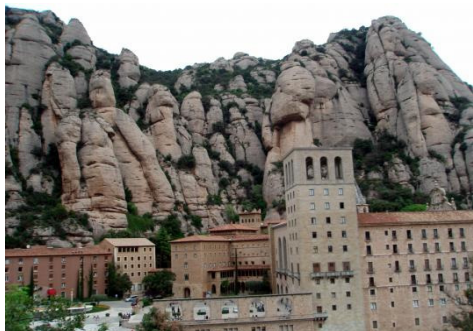
You're not drunk if you can lie on the floor without holding on." *Dean Martin*.

"The problem with the world is that everyone is a few drinks behind." *Humphrey Bogart*.

"Son, when you participate in sporting events, it's not whether you win or lose... it's how drunk you get." *Homer Simpson*.

"I stopped drinking, but only when I sleep." *George Best*.

# EAST REGION AAs IN MONTSERRAT

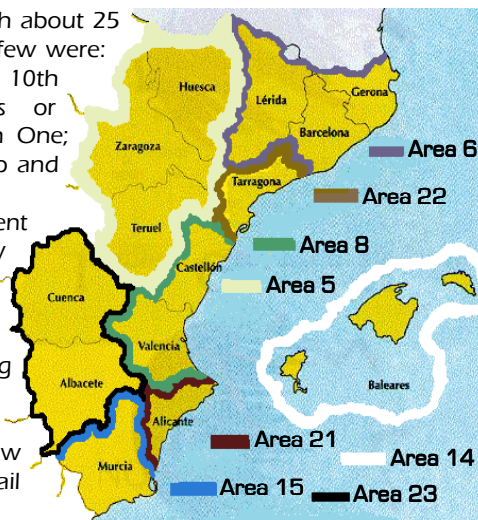


DURING 4-6 FEBRUARY 2010, the 16th Spanish East Region Service Meeting was held in the spectacular settings of Montserrat near Barcelona. The theme was: “*Servir Unidos para Crecer*” - Uniting in Service to Grow.

There were 5 separate worktables with about 25 people at each. Topics, to name but a few were: Transmitting the Spirit of Service; The 10th Step Practiced in Service; Servants or Senators?; Sobriety in Service; Tradition One; The Role of GSR, and What is Integroup and Who Is It Made Up Of?

*Región Este* constitutes eight different Areas from eastern Spain. These areas may comprise either one or more provinces. Members from all eight areas, with different experiences and knowledge of service made it an informative, interesting and inspiring weekend.

On Sunday morning, worktable conclusions were presented and are now available in print and online. Please email address on back page for weblink.



# 21ST WORLD SERVICE MEETING GOES TO MÉXICO



*Delegates gathered for the world service meeting where they shared experiences and ideas about how to pass the message to the suffering alcoholic wherever they are and whichever language they speak.*

A 1950 visit to AA groups in Britain and Europe convinced Bill that AA could cross all of the barriers that had “divided and shattered the world of our time.”

The first WSM gathering was slightly more than a year before Bill W’s death.

Much discussion at the 2010 WSM centred on the theme: “Sponsorship: Our Responsibility.” Topics included Women in AA; AA and the Internet, and the Seventh Tradition. There were also workshops on a variety of subjects.

The main sessions were conducted in English and Spanish, with simultaneous translations. Attendance was limited to elected delegates from the participating countries.

AA, as spelled out in its Preamble: “...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...”.

Today, AA has a presence in between 150 and 180 countries, with an estimated total of 115,773 groups and more than 2 million members worldwide.

Said AA co-founder Bill W in 1960, nine years before he initiated the first WSM: “From the beginning, communication in AA has been no ordinary transmission of helpful ideas and attitudes. Because of

our kinship in suffering, and because our common means of deliverance are effective for ourselves only when constantly carried to others, our channels of contact have always been charged with the *language of the heart.*”

AA traces its beginnings back to Bill W’s 1935 meeting with co-founder Dr. Bob S, an Akron, Ohio, physician who also suffered from alcoholism. After Dr. Bob took his last drink on June 10 of that year, the two men set about to aid other alcoholics.

The Fellowship had about 100 members by 1939, when they published *Alcoholics Anonymous*, the society’s basic text, which is now in its fourth edition and has been published into 59 languages.

By 1950, the year of Dr. Bob’s passing, AA had 100,000 members and was reaching out to many countries.

Though Bill W worked in New York, his belief was that AA membership on other continents would someday exceed that of the US and Canada.

While AA’s General Service Office in New York continues to serve AA groups and members in these two countries, Bill W insisted that AA service centres in other countries should be independent. There are currently 60 autonomous AA service offices worldwide, including the New York office.

*Taken from AA-Approved Press Release—August 2010*

**D**ELEGATES REPRESENTING Alcoholics Anonymous the world over gathered for the Fellowship’s 21st World Service Meeting (WSM) at the Hotel Camino Real, México City. The event took place on 17-21 October 2010, and was hosted by the General Service Board of Alcoholics Anonymous in the United States & Canada.

Since its beginnings in 1969, the WSM has served as a forum for the worldwide sharing of experience and ideas on ways to carry the AA message of recovery from alcoholism. The event alternates biennially between New York City and other locations around the globe, and has convened in such diverse cities as Auckland, New Zealand; Cartagena, Colombia; Malahide, Ireland; and Helsinki, Finland.

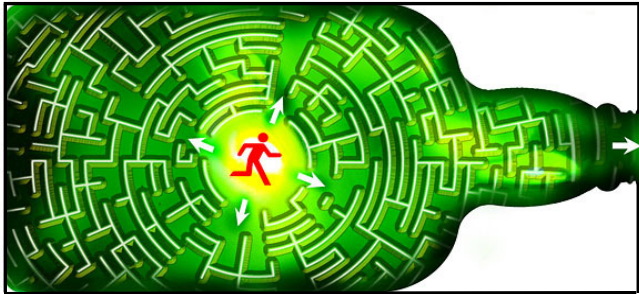
The WSM’s success in bringing together AA worldwide service centres for biennial meetings during the past three decades reflects a final vision of AA co-founder Bill W, who believed there could be “one world of AA” to assure that help will always be available for sick alcoholics wherever they are or whatever language they speak.

## ALCOHOLICS ANONYMOUS

Please send meeting news and changes, comments, views, articles, suggestions, personal stories, or anything else you would like to see published in Recovery In The Sun to:

**ourprimarypurpose@gmail.com**  
 Mobile: (+34) 679 18 26 22. Tel: (+34) 96 648 1150.

*Disclaimer: Articles in this publication represent the views of the authors which are not necessarily shared by other AA members or by the AA fellowship as a whole.*



**REMINDER:** The next Costa Blanca International Committee (CBIC) meeting is Sunday, 6 March 2011. The meeting begins at 12 noon in Area 21's offices: Calle Virgen del Puig 3, bajo, Alicante. All AA members are welcome. We meet for coffee & Danish at about 11.15am in nearby café: Cafeteria Alacant. For more information about CBIC, its agenda and the meetings, please ask your group's GSR.

## CBIC OFFICERS NEEDED

**PI Liaison Officer:** Carry the message of recovery to the still suffering alcoholic by informing professionals and the general public about AA.

**Secretary:** Responsible, with the Chairperson, for preparing the agenda and minutes of meetings and distributing these documents to groups before meetings so there is ample time to discuss the contents. Dealing with all correspondence and responsible for circulating relevant information to – and liaising with – all intergroup officers and GSRs whilst keeping them informed of any matters relating to CBIC.

*These positions have a minimum 2 years sobriety requirement and previous experience as GSR at intergroup. Anyone interested will be fully supported by rotating-out officers and/or others.*

## INTEREST IN GENERAL SERVICE

**MOST AA MEMBERS** are primarily interested in their groups, in their own sobriety, and in helping other drunks one-on-one. And that is as it should be. While the work of general service has precisely the same objective – carrying the message to the alcoholic who still suffers – the connection is not always direct or obvious. Some stimulators are usually needed to get the attention of AA members – to show them that service can add a rich dimension to their sober lives and Twelfth Step work, and that their participation is vital to the future of AA.

*Reprinted from The AA Service Manual, p.S22 with permission of AA World Services, Inc.*

## RECOVERY IN THE SUN EDITOR WANTED

**THE COSTA BLANCA AA** newsletter has had the same editor since its first publication in January 2007. In the wise AA tradition of rotation, it is time for change. Recovery In The Sun is produced quarterly in time for distribution at CBIC meetings. If you are interested or want to know more, please make contact via the email/phone above to discuss this service and for details about requirements for the position.

## I Didn't Have Time To Pray...

*I got up early one morning  
 And rushed right into the day.  
 I had so much to accomplish  
 That I didn't have time to pray.  
 Problems just tumbled about me  
 And heavier came each task  
 "Why doesn't God help me?" I wondered.  
 He answered, "You didn't ask."  
 I wanted to see joy and beauty  
 But the day toiled on, grey and bleak  
 I wondered why God didn't show me.  
 He said, "But you didn't seek."  
 I tried to come into God's presence,  
 I used all my keys at the lock  
 God gently and lovingly chided,  
 "My child, you didn't knock."  
 I woke up early this morning  
 And paused before entering the day.  
 I had so much to accomplish  
 That I had to take time to pray.*



## AREA 21 INTERGROUP

**THE NEXT** Area 21 Asamblea intergroup meeting will be at 9.30am on Sunday, 27 March 2011, in the Alicante offices. All GSRs in the Alicante Area 21 province are entitled to vote at this assembly.

The Spanish national Conference in Avilés will be held from 20-24 April, 2011.

Benidorm Spanish speaking group is holding an anniversary Open/PI meeting at 6.30pm on Saturday 12 March. After the meeting, there will be snacks and later, a meal in the restaurant opposite.

All AA members are welcome to attend the above events.