

# RECOVERY IN THE SUN

FELIZ 24 HORAS DE SOBRIEDAD

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



Edition N° 9

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**Alcoholics Anonymous**  
If alcohol isn't fun  
anymore then contact



Costa Blanca North:  
**648 169045**

Costa Blanca South:  
**625 912 078**

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

## SERVICE *IS* RECOVERY

**I** DON'T 'do service' ... never have. In several years of correspondence about AA matters I have never been able to write "Yours, in service". It sounds, well, so *worthy*.

Instead I try to practice the 12<sup>th</sup> step, which is a bringing together of all the eleven previous ones in my personal programme of recovery.

I started down this particular path when I was about five months sober in AA.

The only work I could find (after years of being unemployable) was a long way from home, and I found it a very stressful experience.

I missed my sponsor and the friends I had made in my home group.

Fortunately there was a meeting every day in the centre of the city where I was working, and I was always there. It kept me out of trouble and away from temptation. It was my daily fix.

One evening, I arrived late and took a vacant seat next to the door. After ten minutes, a telephone in the corridor outside began to ring, and everybody turned to look at me.

It was the local helpline, and the person sitting nearest the door was the one always delegated to

answer it. So I did.

I got a distressed caller who said he was in a phonebox outside a pub 20 miles away. Could we help?

If not he was going into the pub "to get slaughtered."

Panic stricken, I pulled a



couple of others out of the meeting and asked what I should do?

"Get his number, call him back and keep him talking until we get there in a car" was the immediate answer.

So began my first 12<sup>th</sup> step. I talked as if my life, not his, depended upon it, and I kept him on the other end till the two guys arrived to take him in hand.

Then I went back into the

meeting positively bathed in a warm glow and at least two feet taller. To this day I don't know what eventually happened to the guy in the phonebox, but something happened to me that evening. I began to discover how AA works.

I was still buzzing about this several months later when I finally found work back home, and recounted the story to a couple of folk over coffee after a meeting. "Ah", said one, "sounds like you're ready to start doing phone duty then. It'll do you good." So I sat in for a few nights with a couple of old hands in the incredibly scruffy telephone office we rented, after which I was told just to get on with it.

There was no stirring call to action, no invoking of traditions, concepts or any mention of the word service – just the simple words "It'll do you good." And it has.

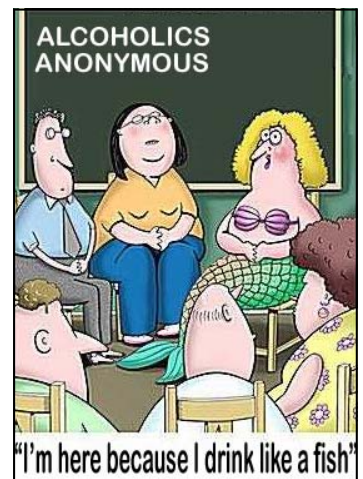
I've gone on to be involved with PI, schools talks, prison sponsorship and other things besides.

I once sponsored someone in prison who was sober twice as long as I was, and knew the programme a great deal better than I did – he had rather more time on his hands to read the literature!

He got sober in gaol, for a crime which he had no memory of committing,

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because it happened in a blackout. He taught me a lot.

I last saw him at his wedding, still sober, not long after he was released. He's one AA I feel really grateful to have known.

I have no beef with the word service, nor with anyone who uses it, and regard Bill's 12 Concepts for World Service as among the very best of AA's literature. I just do what I do because it keeps me sober and makes me feel good.

AA Member, Spain

# AA Costa Blanca News

## SERVICE KEEPS US SOBER

### CBIC SERVICE POSITIONS AVAILABLE

It is suggested that CBIC officers have previous experience as GSR at intergroup

**Treasurer:** Manage financial accounts for CBIC. Anyone interested in this position will be supported and sponsored into the office over several months. Suggested sobriety: 2 years.

**PI Liaison Officer:** Carry the message of recovery to the still suffering alcoholic by informing the general public about AA. The current PI Officer has completed more than the suggested two years in the position and is happy to sponsor anyone interested, into the service. Suggested sobriety: 2 years.

**Literature Officer:** Organise the literature stocks for the meetings on the Costa Blanca. Order new literature from the UK and the US. The outgoing literature officer is willing to sponsor anyone interested into the position. Suggested sobriety: 2 years.

**Electronic Communications Officer:** Keep all AA electronic entries up-to-date. Manage and keep updated the [www.aa-costablanca.com](http://www.aa-costablanca.com) website. Search appropriate webpages that may want to carry information about AA and meetings. Suggested sobriety: 2 years.

## PI EVENT SUCCESS

AN AA Public Information Meeting held in Teulada on 22 May 2009 was a great success. Among the professionals present were 6 doctors; a minister and others representing three different churches; a journalist; two health workers and a Samaritan volunteer.

The PI meeting opened up dialogue and interest with our non-alcoholic AA friends, some of whom send suffering alcoholics to AA meetings.

The response from professionals was fantastic and there was a general sense that they are keen for more information.

## PRAISE FROM KINGS

**THE FOLLOWING** piece was taken from the King's Church website following one of their pastor's attendance at the AA PI Meeting on 22 May 2009 in Teulada.

The King's Church was invited to attend a recent Public Information Open Meeting of the Costa Blanca Alcoholics Anonymous Group. There were representatives of several local AA groups which meet up and down the coast, as well as from their sister group Al-Anon, who offer support to relatives and families of suffering alcoholics.

Also in attendance was a local GP, who gave a very informative presentation about the physical symptoms and affects of alcoholism on both the mind and body of the sufferer.

'During the meeting, we heard one man's testimony of how alcohol addiction had almost destroyed his life. He made references to the 'demons in his head' and the way that his whole personality was affected by his need to drink. There were many times when he ended up in prison for GBH and he began to despise himself for what he had become. Often, he said, he was terrified when he awoke from a drunken stupor not knowing what he might have done in the hours previously, but fearing that he was capable even of taking another human life while under the influence. He

started to become a recluse and locked himself away where he could drink himself into oblivion and not harm anybody.

Eventually, he became so depressed that he considered taking his own life. That was when he finally contacted Alcoholics Anonymous and found that there were people who understood him because they had shared some [all]\* of his experiences and yet had found through a network of mutual support they were overcoming the addiction and 'getting their lives back'.

The 12 Steps of AA, is a recovery action plan. The steps make frequent references to a 'higher power' or 'God as you would define him' as the source of their strength in recovering from alcohol addiction.

Each person is allowed to decide for themselves who, or what this 'higher power' might be. I believe that the one true God as we know Him is both able to and indeed does use AA to help people to find release.

'I would not hesitate to recommend anyone who recognises a need to break free from an addiction to alcohol to use this organisation.'

The website, North and South AA CB helplines were included. Visit: [www.thekingschurch.net](http://www.thekingschurch.net) and just follow the links. King's Church is based in Benissa, Alicante.

*\*/Editor's Note/*

## TORREVIEJA'S OPEN

ONCE again it is time for the quarterly Open AA meeting in Torrevieja on Friday 5th June 2009.

The meeting kicks off at 1pm until 2.15pm and is held at the usual venue: Calle San Miguel de Salinas 2, on the corner of Calle Santomera, Acequión, Torrevieja.

Everyone is welcome.

## CBIC INTERGROUP

THE next CBIC meeting will be held on Sunday 7th June at noon in AA's Area 21 Asamblea offices in Alicante. An hour beforehand, at 11am, there will be a PI Team Meeting. For breakfast, meet in the Cafeteria Alacant bar at 10.15am.

The address is: Calle Virgen del Puig, 2 bajo, Alicante. All AA members are encouraged to come along.

## AA is at [www.aa-costablanca.com](http://www.aa-costablanca.com)

THE Costa Blanca-dedicated AA website is now fully functional. The webmaster has worked hard to get the site running smoothly for all to use. The site provides

meeting times and addresses, maps, convention details, AA events and copies of this newsletter, There is also an email facility. Check it out!

# THERE IS NOTHING WHERE I USED TO BE

**M**ANY YEARS AGO, I heard someone in a meeting say: 'My life had become the length and breadth of my back doorstep'.

Although my life had not yet become quite so limited, I immediately identified fully with those few words and that sentiment has stayed with me ever since.

For me, it was a powerful and visual message of where alcohol can take me. It conjured up in my mind the limitations, that drinking alcohol to excess, place on my life.

When I drink, I begin to lose things. Possessions and material things tend to go first. Relationships end, in which I have been careless, thoughtless and selfish.

Unseized opportunities and closing doors become common. Away fly my dignity, worth, morals and values.

Finally, out goes the light on my very self — the person I once thought I was blows away like scattered sand.

I become nothing and therefore when I

sit on my back doorstep that is all I can see and all I can be. Nothing but its length and breadth. Nothing but it. For my essence is no longer present.

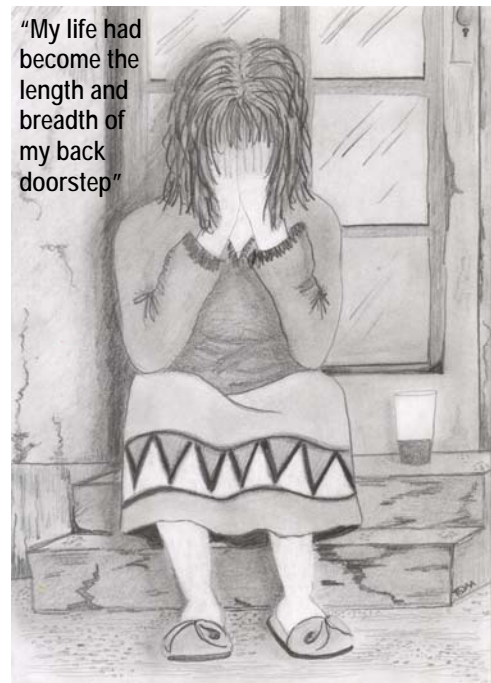
Going to meetings and sobriety begin to hand me back very slowly, a grain at a time, my self.

And at times a new self emerges. And with it, I begin to build my worth, my inner strength, my lost personality, my confidence, my capabilities, and love and compassion for myself and others.

I am not a patient person — I was in a hurry to rebuild, grapple back what I felt I had lost as quickly as possible. I wanted it all now. But it doesn't work like that. It takes its time. And thank goodness!

Because essentially it is a very long journey, a slow and gentle rebuilding. It requires endless change for it is a massive shift and move from the length and breadth of the back doorstep to the limitless horizons of recovery.

*Costa Blanca AA member*



"My life had become the length and breadth of my back doorstep"

## COSTA BLANCA CONVENTION

IS IT ALL IN THE PLANNING?

**T**HIS WILL be the last *Recovery in the Sun* before the "special" edition that coincides with the Costa Blanca Convention taking place in Torrevieja between 4-6 September 2009.

The Committee have remained active throughout the last few months but have, generally, found things to be much less stressful than during the same period last year as we have had the benefit of experience. We hope that there is no element of complacency!

Our most important tasks have been to secure the accommodation, for the event and for our visiting members and to publicise the convention as widely as possible.

We are very grateful to the member in Pedreguer for her considerable help in the production of our flyer. This can be a frustrating task as each committee member has his or her own idea of what might look better so there tend to be quite a few redrafts before it is finalised.

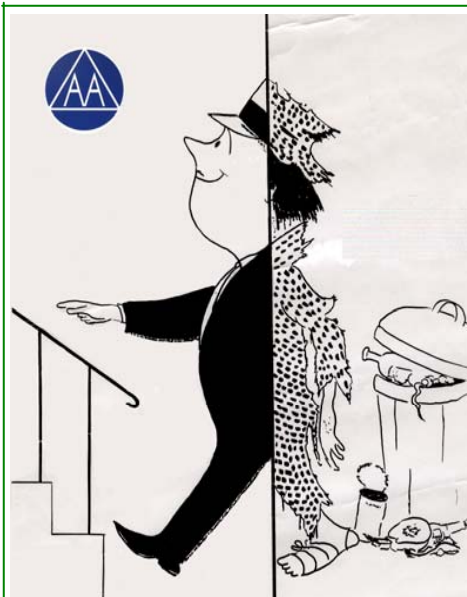
We managed to secure a very good price for getting the flyer printed and believe the distribution to have been effective.

These next two months will be a particularly busy time as we need to make sure that any further printing and ad-hoc requirements are finalised and in

production before the traditional Spanish shut-down in August.

Is it all in the planning? No, far more important is that members turn up in their droves from across the Costa Blanca, the remainder of Spain, the UK, Ireland, the antipodes and everywhere else, bringing with them their experience, strength and hope to share with others and making it THEIR event.

*Ron H, CB AA Member, Convention Chairman*



## RULE N°62

**Q**UESTION to an AA member: "Would you still go to AA if a pill was created that cured alcoholism?" Answer: "Yes, I would. I have a feeling I'd want more of them."

**G**OD answers all your prayers, but sometimes the answer is "No".

**H**EARD at a London meeting: 'Isolation occurs when like a photographer I go into my dark room and develop my negatives.'

**W**ORRY is just negative goal setting.

**Y**OU can't go back and have a brand new start, but anybody can start now and have a brand new end.

**Know God, Know Peace, No God, No Peace**

**A**LCOHOL gave me wings to fly; And then it took away the sky.

**There are no losers in AA, just slow winners.**

**A**MAN approached his sponsor and asked: "What do I do when I finish the Steps?" And the sponsor replied: "Lie very, very still — because you're dead."

**That to belittle is to be little.**

## ALCOHOLICS ANONYMOUS

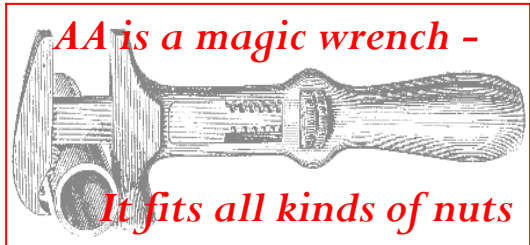
Please send meeting news and changes, comments, views, articles, suggestions, personal stories, or anything else you would like to see published in Recovery In The Sun to:

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Mobile: (+34) 679 18 26 22. Tel/Fax: (+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.*

The next CBIC meeting will be held on Sunday, 7 June 2009 at 12noon in the Alicante Area 21 offices at Calle Virgen del Puig, 3 bajo. An hour before the meeting, at 11am, there will be a PI Team Meeting. Meet us for coffee and Danish at 10.15am in nearby bar – Cafeteria Alacant. Everyone is welcome.



# AA CB Fun

## BAR-B-Q & DANCE FOR GRATITUDE WEEK

**I**N SUPPORT of Gratitude Week, on Wednesday, June 10 there will be a barbecue and dancing at The Rocajuna Restaurant, Los Altos in Torrevieja. The evening's events start at 8.30pm. All AA members, their partners and families are welcome. During the evening, there will be a raffle of Fellowship-inspired items with all profit going into the annual "Gratuity Week" pot.

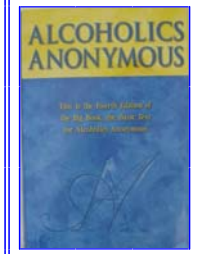
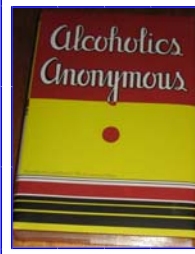
The Rocajuna Restaurant & Function Rooms on Urbanisation Los Altos, Torrevieja, kindly hosts four AA meetings a week for the English-speaking community.

It was, therefore, an obvious choice of venue for a small get together of members and their families to celebrate the anniversary of our wonderful fellowship with a Bar-B-Q and disco. The arrangements have been left in the capable hands of the Rocajuna management.

Any AA members visiting Torrevieja are invited.



# The Big Book



Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed *people, institutions or principles* with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our *self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex)* were hurt or threatened. So we were sore. We were "burned up".



*Alcoholics Anonymous, p64-65, Step 4*