

# Party Line

Des Moines Intergroup and Central Office Newsletter.

Sponsors.

In the 5 years that I have been sober I have had a few different sponsors, and each was radically different from the other. I can honestly say that I loved all 3 of my sponsors, and they provided exactly what I needed at the time.

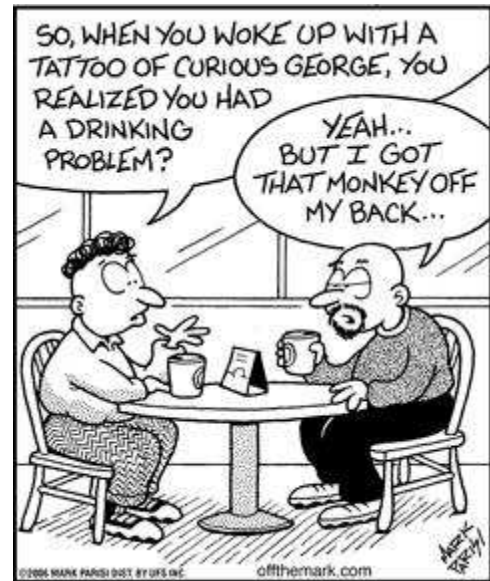
My first sponsor was just over a year sober when she was assigned to me, and neither of us knew what we were doing. She was the perfect sponsor for me at the time because she showed me how to have fun, without doing anything illegal! This woman was a great example for me because she was the epitome of young, sober and free.

My last sponsor had very clear cut lines of sponsorship, what to read, where to go, and how to sponsor other women. I was 18 years old and 2 years sober when she sponsored me, and I had no idea about how to live my daily life, let alone take other women through the steps! Not only did she thoroughly take me through the steps, she taught me how to write a check and pay my own bills! She taught me how to be an adult. I don't know what I would have done without her!

My current sponsor is at times the exact opposite of me, loving when I am mean, forgiving when I am resentful, and hugs people when I keep them at an arm's length. She does not care that I sponsor girls differently than she does, although I constantly look to her for guidance and direction.

The beauty of sponsorship in my opinion is the unbreakable bond between my sponsor, sisters in sobriety, the girls I sponsor and me. There is nothing comparable to the companionship, love, and unwavering trust that come along with sponsorship.

Three Legacies Home Group Member





Dear John Letter,

How I yearned to get my hands around your smooth texture, to feel your curves as I slowly caressed your neck down to your solid center. I learned a lot from you. They say older women make better lovers, but I never knew 95 years old would be so good and yet so bad.....so, very very bad! I remember how much I looked forward to us meeting after a long day at work. I would think about how you would release me from all of my troubles, from all of my, so called failures of the day.

I knew my day would end with you warming me inside, and carrying me off to a land of no worries. As I felt you going down, the warmth was like a blanket inside of me. How did I know that you were ripping the lining out of my stomach? Now I feel your affect, its slowly taking over me. Taking me to a point of no return. I know that once you have your claws into me, there is no turning back. Now I have to ride out the storm. Not knowing what I'll do or where I'll go, I'm ready for the ride.

Wait a minute, you're not here to help me feel good, or take away all of my pain that weighed heavy on my shoulders, you're here to hurt me. You're a wolf in sheep's clothing. I'm not feeling to good right now. What are you doing to me? Why are you doing this to me? I work hard for my money, money that I cherish, money that I spend on you! Why me? Hey, I'm feeling tired.....no I'm angry.....WHAT IS GOING ON? I think I'll go in the garage and.....

Crap, the alarm clock? What the hell! Oh crap I blacked out again. Oh no.....what did I do last night? Where are my truck keys? Where is my remote for my stereo? I'll find that later, where are my truck keys? Let's see, I was going into the garage and then.....and then I..... Okay what sounds good to eat for breakfast, well look at this, how did my truck keys get in the refrigerator, and.....and why is the juice in the cupboard? Vodka, it's all your fault. If you didn't look so good at the beginning this would of never happened. I can't continue like this. I can't wonder "what if" all the rest of my life. I can't wonder if my organs are being damaged from you, or if I yelled at my wife and not remembered, or jumped in my truck and went for a drive and not know that I did it, or someday, just someday, didn't think my life was worth living anymore and ended it, because you were inside me, in my head, in my blood, destroying me, the person I am, the person I could be. The person I want to be. So Vodka, I'm afraid I have to let you go, forever. And no, I don't want to be friends, and no you can't call on me, EVER!

I hope you understand! Someday you'll find someone else, another victim who will succumb to your poisonous pleasures. Someone who will treat you the way you should be treated, in moderation.

Farewell and Good By!

Bob M. (Indianola)

Step 1,

January, the first step month always reminds me of my start on this journey. All I know is that I didn't want to be here. I couldn't see the rest of my life without alcohol. After all, it was a daily cure for every life situation. Good or bad.

When it was explained to me that I was going to die if I continues drinking, I knew I didn't have a solution. I was out of options, having tried most of the cures that the big book talks about.

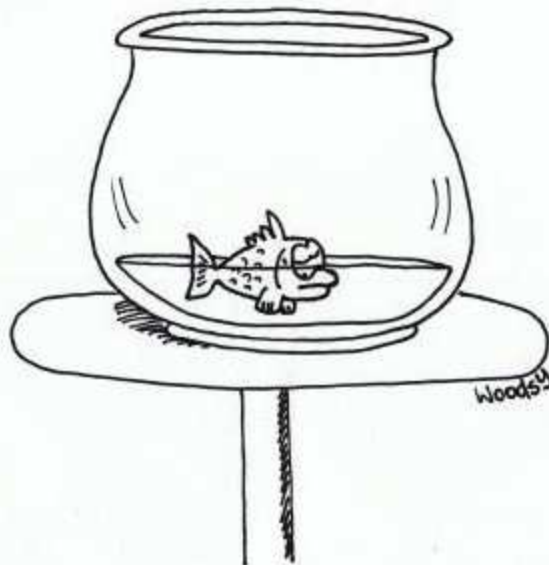
Treatment and my first AA meetings told me that I had to surrender and admit I was an alcoholic. This was a hard pill to swallow. My ego and pride told me that my problem was a lack of will power, not a disease.

I took the first step when I admitted I was an alcoholic. I learned in treatment that I had a disease that was fueled by an obsession of the mind and an allergy of the body when I drank. This incurable disease could only be controlled by complete abstinence. I knew I was going to need help since, I was a slave to John Barleycorn. Complete surrender was a must!

Since I could not live life on life's term without my liquid crutch, my life was unmanageable. So when life presented its ups and downs, the only solution I had was to drink. What an illusion! Alcohol only made things worse; but my denial would not let me see it!

Today I use the tools AA has given me. My life is more manageable, but I know I am still powerless over alcohol, if I take that first drink. A daily surrender reminds me of that!

Drew.



IT WAS TIME FOR STEVE TO FACE FACTS AND  
ADMIT THAT HE HAD A DRINKING PROBLEM...

## UPCOMING EVENTS...

April 15, 2011	District 7	Friday Night Freedom Group 18th Year Celebration 6205 SW 9th
April 15-17, 2011	St. Louis, MO	24th International Men's Conf. Crowne Plaza St. Louis-Clayton 7750 Carondelet Ave. Clayton, Missouri
April 29, 2011 - May 1, 2011	Okoboji	Miracle Weekend X Men's AA Retreat United Methodist Church Camp West Lake Okoboji, Iowa
April 30, 2011	Districts 14 & 17	Cluster Workshop Area 24 PI/CPC/Past Delagtes Finn House 600 N. Ridgley Algona, Iowa
May 6-7, 2011	District 7	Capital City Conference XII Ramada Inn Northwest 5000 Merle Hay Rd. Des Moines, Iowa
May 13-15, 2011	Women's Retreat	2011 Retreat for Women in AA St. Thomas More Center 6177 Panorama Road Panora, Iowa
May 27-29, 2011	Bloomington, MN	Gopher State Roundup
June 1, 2011	District 3	Ames Downtowners Group Pre- sents: June Jubilee United Methodist Church 516 Kellogg, Ames, Iowa Speaker at 8:00 p.m. is Brynna S. from Cedar Rapids
June 8, 2011	District 3	Ames Downtowners Group Pre- sents: June Jubilee United Methodist Church 516 Kellogg Ames, Iowa Speaker at 8:00 p.m. is JD L. from Des Moines
June 10-12, 2011	Area 24	Area 24 Spring Assembly Ramada/Five Sullivan Waterloo, Iowa

## Please help support our Party Line

The stories in this newsletter are written by AA members from Des Moines and the surrounding area. To keep the Party Line alive, we need more stories from you. They don't need to be long or profound, just share your experience. Tell us an interesting story about your sobriety or pick a topic from your favorite AA book. Email us with questions or just send your stories to [dmpartyline@gmail.com](mailto:dmpartyline@gmail.com). If you prefer a pen and paper, mail or deliver it to our central office at their location listed below. Thanks for your support!

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