



FOUR DIRECTIONS



Native American Indian General Service Office

WINTER 2008



NORTH



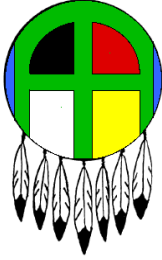
Brothers and Sisters,

Well finally I have the Winter Edition ready! It has been a very busy time for me so please forgive me for being behind schedule here. I hope everyone had a pleasant Holiday season and you are looking forward to another good year of sobriety, as I know I am.

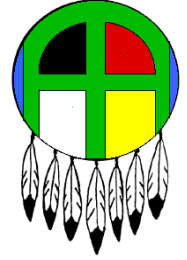
Today I look back every once in a while and am amazed at how my life has changed since I got sober. I look at life as a journey and enjoy the ride and try and get the most out of the detours and realize they are sometimes necessary. I try and do my best, but if what I have been doing causes me discouragement, I simply try a different approach, and try not to be so attached to the outcome. I trust that there is a divine plan and I do not always know what is best for me. I know that a disappointment now could mean a victory later.

I have learned not to worry about anything after it's done; it is out of my hands anyway! I simply try to learn the lesson and move on. Today I know that I choose my thoughts or my thoughts will choose me. They will free me, or keep me bound. I try not to judge anyone and that way disappointment and forgiveness do not become an issue. People cannot hurt me unless I allow them to. These are just a few of the things that I have learned in program that have turned my life around and I actually like life today. I am so grateful today and thank the Creator and AA everyday for helping me on my journey! I have learned to Love anyway...for no reason and give, just because.

**Pilamaya,
Sioux D.**



NAIGSO BOARD of DIRECTORS



- *Help our Indian people obtain sobriety through the 12 steps and 12 traditions.*
- *Help AA World Services as an information source and referral service.*
 - *Provide traditional/cultural means of representation.*
- *Induce Native North American Indian AA groups and peoples to work closely with AAWS.*
- *Support the Native North American people in obtaining sobriety through their own culture.*
 - *Provide service in concert with the Native American's traditional gathering(s).*

MINUTES OF THE NAIGSO BOARD OF DIRECTORS MEETING

**30 DECEMBER 2007 (#71) AT MANY NATIONS IN RECOVERY, 3928 ILLINOIS ST. CHET HUNT ROOM,
SAN DIEGO, CA 92104.**

ATTENDANCE:

Board members present: Don W. Sr., Sylvia W., Don W. Jr., Gary C. (via phone), Dennis C., Robert & Judy V. (via phone)

Visiting Participants: Calvin H., Dave R., and Kim F.

OPENING: Prayer and Potluck @12:10 PM

CALLED TO ORDER: @12:55 PM

ROLL CALL: Quorum is present to conduct business

MINUTES: Meeting minutes #70 (9-30-07) motion to approve-Kim F., 2nd Gary C., voted and unanimously approved.

7TH TRADITION: not passed

TREASURERS REPORT:

10/31/07 - 12/22/07

Inflow: \$126.50

Outflow: \$167.40 - (website yearly fee)

Balance: \$5,248.65

Motion to accept; Sylvia W., 2nd- Gary C.

REGISTRAR REPORT: No report submitted.

OLD BUSINESS:

Regarding the 2008 NAIGSO-AA Conference to be held in Bismarck, North Dakota: Gary, GM, NAIGSO-AA, Reported -all arrangements are in place. Details and flyers have been posted on website. There will be no registration fee; instead the 7th tradition will be passed. Flyers are available at website and hard copies can be obtained and downloadable copies are ready, Action complete.

Gary, GM, reports that in regard to the 2009 conference he will continue to follow up on this, item remains open.

Regarding the printing/publishing of a hard copy of the Daily Meditations: Permission is denied by AAWS to use their copyrighted material. AA Grapevine has given no response as of this date on this matter. Any action of this date has been put on hold. Kim F. will get together with Gary

C, to see about pursuing different avenues of approval with AAWS, New York due to her affiliations in that area. Action will be put on hold until further notice.

NEW BUSINESS:

Sioux has taken on the responsibility of the NAIGSO-AA newsletter and subscriptions. Hardcopy distribution of NAIGSO-AA newsletter will include the inmate subscriptions at no charge. All expenditures to be reimbursed as needed, per a submitted expenditure report.

Inmate Correspondence Program will use the regular NAIGSO-AA P.O.Box from Lakeside, California. Motion was made by Marla M. to elect Kim F. as Prison Correspondence Coordinator. Calvin H. 2nd. Approved by unanimous vote. Her guidelines will be written up by Gary C. A second P.O. Box key will be issued for her use. All expenses incurred will be reimbursed per a submitted expenditure report.

Gary C. requested that the submitted NAIGSO-AA General Manager's report be read before "Old Business" at each Board meeting. This has been approved. Submitted GM report attached.

Online Advisory Council Guidelines approved and will be posted to the website.

50th Annual ICCYPAA Convention September 2008 in Oklahoma City, Oklahoma: Funding is approved to send Joanne B. as representative to attend. All expenditures to be reimbursed.

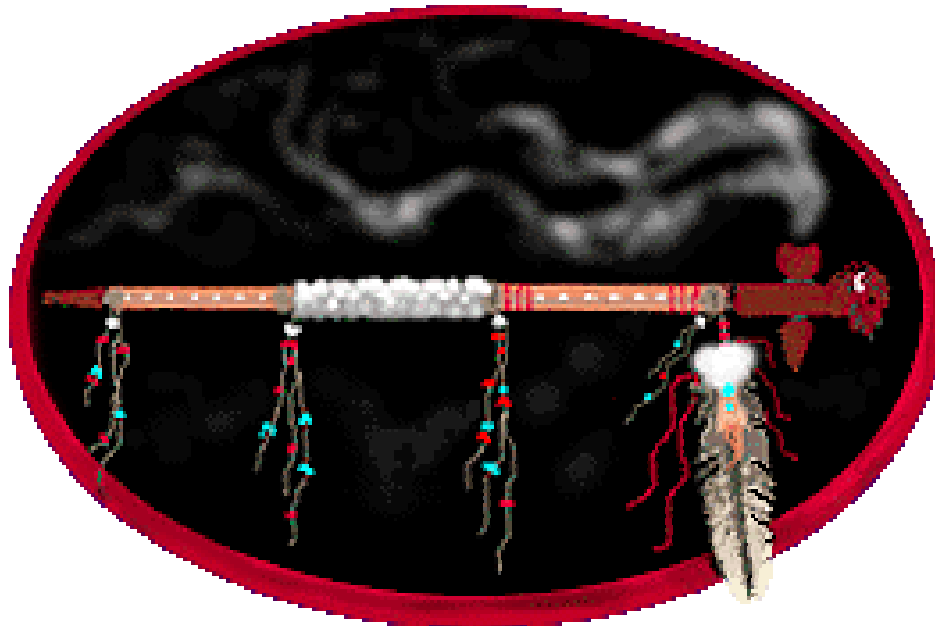
Motion was made for a flyer to be posted locally to announce day, time and place of the Barona Reservation Native American AA Meeting. This motion was approved.

Next Meeting will be March 30th, 2008 at the Many Nations Recovery Bldg., San Diego.
12:00pm

Motion to adjourn at 1:57pm,
2nd by Kim F.

Respectfully Submitted;

Marla M.- NAIGSO-AA Board Secretary



NAIGSO-AA General Manager's Report 12-30-2007

Item 1. 2008 Conference

All plans are in place for our 2008 Conference/Convention with the exception of arrangements for coffee and snacks during meetings. GM has the cafeteria superintendent's name and phone number and will make those arrangements.

It has been decided that we will not require a registration fee but will pass Seventh Tradition baskets at all meetings.

Flyers have been created and are posts in the [Calendar of Indian AA Events](#). Help in distributing these flyers would be greatly appreciated!! (Please let us know if you need hardcopies for distribution.)

Item 2. Daily Meditations Book

It has been suggested that we allow the fellowship more time to digest the Daily Meditations before we pursue publication in book form. Action on this item is still open.

Item 3. Hardcopy Newsletter Distribution

Our Newsletter Editor has agreed to assume responsibility for distribution of hardcopy subscriptions including inmate subscriptions as part of the Editor's duties. All expenses incurred by the editor will be reimbursed by NAIGSO-AA. This action was taken to relieve Don W of some duties since he has assumed the NAIGSO-AA Treasurer's position.

Item 4. NAIGSO-AA Inmate Correspondence Program

An NAIGSO-AA Inmate Correspondence program has been created as part of NAIGSO-AA's vision of service to Native Americans. It has been suggested we offer use of our PO box for volunteers who might be uncomfortable with an inmate having their personal contact information.

Kim F has agreed to be the Correspondence Coordinator for this program. The GM will create guidelines for the coordinator to use in establishing contact between inmates and volunteers and forward any mail that is a result of this program. The coordinator will need to be reimbursed for all expenses incurred and should produce a financial report to receive reimbursement.

A new webpage will be created on the website to inform people about this avenue of service.

Item 5. Online Advisory Council

Operating Procedures for our Online Advisory Council have been created and approved by the Council. These guidelines are in keeping with the spirit of AA's "Twelve Concepts of World Service."

A new webpage will be created with a description and purpose of the Council and should include these Operating Procedures.

Item 6. 50th ICYPAA Conference

It has been suggested that we fund a representative to the ICYPAA conference in Oklahoma City, OK. This suggestion was approved by the Advisory Council and Joann B.M. from Oklahoma City has been contacted and has agreed to be our representative for that conference. Representative should be reimbursed for any expenses incurred.

Respectfully Submitted,

Gary C.
GM, NAIGSO-AA



NAIGSO-AA FINANCIAL REPORT 9-3-07 THRU 12-31-07

NAIGSO-AA Balance Brought Forward \$ 4,721.33

Contributions:

Groups and Conventions:

Serenity Circle Fellowship, Coarsegold, CA	11/16/2007	\$58.50
4-Directions Group, Barona, CA	12/30/2007	\$62.00

Individuals:

Katherine D., Marfa, TX	11/16/2007	\$5.00
Joann B., OKC, OK	11/16/2007	\$15.00
Timothy S, Odessa, FL	12/22/2007	\$25.00
Ken J., AZ	12/22/2007	\$23.00

Total Contributions \$188.50

Expenditures:

Hostway website service for 1 year	10/31/2007	\$167.40
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Total \$167.40

NAIGSO-AA Closing Balance \$5,310.65

Bank Balance as of 11/30/2007 \$5,200.65

SUMMER BIRTHDAYS, 2007 REPORT

Note: Send a dollar to the NAIGSO-AA for each year of sobriety.

Newsletter will print the Birthday Donors.

Please consider adding this statement to your meeting format.

"The NAIGSO "Can" monies go directly to the NAIGSO. They are not divided according to the suggested PIE Chart. This additional contribution is needed until such time we have more groups contributing e.g. GSO NY has thousands of groups registered where NAIGSO is approaching 100. When the can is full please send the money to NAIGSO-AA, PO Box 1253, Lakeside, CA 92040."





Bill W. passed away on January 24, 1971



THE WASHINGTON POST
Wednesday, Jan. 27, 1971
Known to Thousands as Bill W.
Alcoholics Anonymous Founder Dies
By Donald E. Graham
Washington Post Staff Writer

Scores of thousands of people learned for the first time the name of the man who helped them recover from alcoholism when William Griffith Wilson died of pneumonia in a Miami Hospital Sunday night.

The New York headquarters of Alcoholics Anonymous announced that Mr. Wilson, retired securities analyst, was the man known as Bill., who co-founded the AA in 1935.

Mr. Wilson lived in Bedford Hills, N.Y. He was 75. Thirty-six years ago, Mr. Wilson took his last drink, ending a career of alcoholism back to his days as an officer in the First World War.

Mr. Wilson went into a New York City hospital and was detoxified - but fell into a severe depression:

"Finally it seemed to me as though I were at the very bottom of the pit," he later wrote. "All at once I found myself crying out, 'If there is a God, let him show himself! I am ready to do anything, anything!'"
"Suddenly the room lit up with a great white light. It seemed to me, in the mind's eye, that I was on a mountain and that a wind, not of air, but of spirit was blowing. And then it burst upon me that was a free man.

"I thought to myself, 'So this is the God of the preachers'" Bill W. did not wait long before sharing his experience with a friend, AA's other co-founder, Dr. Robert Holbrook Smith of Akron, Ohio. Once Smith stopped drinking, the two men felt they knew that alcoholics could help each other recover.

They went to an Akron hospital and met a patient who had come in suffering from delirium tremens. He too got off and stayed off, and helping fellow alcoholics recover became the AA tradition.

"They started a chain reaction, one drunk helping another," Nancy O., a congressional assistant, said yesterday. "The hand that reached out to me when I appealed for help was a link in the chain going back to Bill W. and Dr. Bob. Bill A., an Arlington businessman, recalled, that in December 1939, when Alcoholics Anonymous was a small, little-known group, he went to New York to meet Mr. Wilson. The next month Mr. Wilson helped start an

AA chapter here, the fourth in the country. "He came here many times to help us with our problems," Bill A. said, and later, when the national AA organization faced a financial crisis, the Washington chapter came up with the funds to rescue it.

Alcoholics Anonymous now has half a million members worldwide. "It's by far the most successful resource of help in terms of the number of people they've treated," said Augustus Hewlett, executive secretary of the North American Association of Alcoholism Programs.

Mr. Wilson retired as director of the organization in 1952.

His first book, "Alcoholics Anonymous," written when the group had only 100 members, has sold more than 800,000 copies since it was first printed in 1939. His other books were "Twelve Steps and Twelve Traditions," "Alcoholics Anonymous Comes of Age," and "The A.A. Way of Life." Mr. Wilson went to great lengths to preserve his anonymity. When he testified in 1969 before a congressional committee investigating alcoholism, television cameras were barred and photographs were permitted only from behind.

He turned down honorary degrees and refused to have his picture on the cover of Time magazine in order to preserve his group's tradition of avoiding publicity as individuals.

Mr. Wilson never gave up his efforts at helping alcoholics recover. One desperate alcoholic once committed suicide in Mr. Wilson's home. Thousands of others stopped drinking and resumed the lives that alcoholism had interrupted.

Mr. Wilson was not boastful about his successes. "When you consider the enormous ramifications of this disease, we have just made a scratch on the surface," he told Senate committee in 1969. He was pleased by the increased government attention to alcoholism that followed the election of Harold Hughes, a recovered alcoholic, as senator from Iowa. "This is splashdown day for Apollo," he when Hughes first held hearings on alcoholism. "The impossible is happening."

One Washington member of AA said yesterday, "I don't think there's a person in AA, from Harold Hughes to the man on the Bowery, who doesn't know that if it wasn't for Bill W. and what he started, we'd all be dead."

His wife Lois, who remained with him during his period of drunkenness and helped start the "Al-Anon" program for families of alcoholics, survives Mr. Wilson.



Come home to yourself:

Today, loosen your grip. Hold on to life a little more easily. Lighten your mood and lighten your touch. Make your whole approach to life easier and more flowing. It is not necessary to control everything around you. In fact, you cannot, and it is this attempt at control that causes much of your tension, frustration and disappointment.

The only thing that you can truly control is yourself, your own responses and actions. And is it not ironic, that this is the very thing that you often exert the least control over? Often you allow your mind and your emotions to control you. You may also allow old habits and addictions to control your life. And yet, this is the area in which you are the ruler, in which you hold sway, in which you can, in fact, learn to be in charge: in charge of your emotions, so that you live in a peaceful pool of peace that cannot be penetrated by outside events; in charge of your mind, so that you end that buzz of worry, doubt and obsession; in charge of your choices, so that you build your life around disciplines and habits that are beneficial to you and that take you further on the path you truly wish to walk.

And when you have done this, when you are in control of your emotions, your mind and your choices, then all that you desire will be able to flow toward you, for you will not be churning up your energies, sending out mixed signals, taking yourself in different directions.

And so today, your assignment is very simple. Leave off trying to control other people. Cease your criticism of their actions and activities, your anger and frustration at what they do or fail to do. Come home to yourself, stoke that fire of love and truth inside, and let its glow integrate you and calm you, so that you are immersed in what is and moving toward what you wish to become.

Here is a little prayer for today

I see the light that glows within me. I feel the love that fills my heart. My mind is clear and quiet. My center is calm and peaceful. I glow with the light of love that I am.

I am integrated, whole and complete. I immerse myself in this moment and move lightly and effortlessly within it. My mind, my emotional center and my choices all work together to create my life of joy, peace and love. Everything I am flows and moves in concert.

I am light and love. I am power. I am deeply connected with all that is. I am.

EVERYONE SHOULD SHARE

I do so agree with this. There are many ways of saying it.

Two I'm fond of are 'Claim your chair' & 'Get right in the middle of AA, not on the edges.'

If some old-timer tells you to take the cotton out of your ears and stick it in your mouth, offer to stick it in his!

If he tells you he spilled more than you drank, tell him being clumsy wasn't one of your shortcomings.

If he tells you have nothing to share except the disease, tell him everything you've learned you've learned from the example he has set in meetings.

In short, don't let ANYONE brush you aside or suggest that you, for bizarre reasons, aren't going to make it.

But most important of all, don't tell yourself you have nothing to offer or to share. If you're 10 or 20 or 30 days sober you may be the most important person in the room to someone who only has a few days.

You get what YOU give, not what 'they' give.



31 Ways to remain sober

— excerpts from the book "Living Sober"

1. Using this booklet
2. Staying away from the first drink
3. Using the 24-hour plan
4. Remembering that alcoholism is an incurable, progressive, fatal disease
5. "Live and Let Live"
6. Getting active
7. Using the Serenity Prayer
8. Changing old routines
9. Eating or drinking something — usually, sweet
10. Making use of "telephone therapy"
11. Availing yourself of a sponsor
12. Getting plenty of rest
13. "First Things First"
14. Fending off loneliness
15. Watching out for anger and resentments
16. Being good to yourself
17. Looking out for overelation
18. "Easy Does It"
19. Being grateful
20. Remembering your last drunk
21. Avoiding dangerous drugs and medications
22. Eliminating self-pity
23. Seeking professional help
24. Steering clear of emotional entanglements
25. Getting out of the "if" trap
26. Being wary of drinking occasions
27. Letting of old ideas
28. Reading the A.A. message
29. Going to A.A. meetings
30. Trying the Twelve Steps
31. Finding your own way

Recipe from Flathead Indian Reservation in Northwest Montana

Flathead Goulash (Indian Macaroni)

1 to 2 Tablespoons cooking oil
1 small onion, diced
3 cloves, crushed
1 stalk celery, diced
1 pound deer or elk burger
1 can (8 oz) tomato paste
1 can (28 oz) tomatoes
Salt and freshly ground pepper to taste
1 package (16 ounces) macaroni, cooked
Sour cream, regular or low-fat

In a large, heavy skillet, heat oil. When oil is hot, add onion, garlic and celery and sauté until tender and golden. Add burger (broken up) and sauté until brown. Add tomato paste, tomatoes, chili powder, salt and pepper, and cook for about 10 minutes.

Drain macaroni and return it to kettle. Pour burger mixture into macaroni, stir well and serve. Top with dollop of sour cream. Good one-dish meal!

AA Acronyms:

HELP

HIS EVER LOVING PRESENCE

GRACE

GENTLY RELEASING ALL CONSCIOUS EXPECTATIONS

Happy moments, praise the Creator.

Difficult moments, seek the Creator.

Quiet moments worship the Creator.

Painful moments trust the Creator.

Every moment, thank the Creator.



A Cherokee prayer blessing.

*"May the warm winds of heaven blow softly upon your home and,
May the Great Spirit bless all who enter..
May your moccasins make happy tracks in many snows,
And may the rainbow always touch your shoulder."*

Recovery Prayer:

Each and every day I face choices and need to be responsible with what I choose to do. Grant me wisdom in making my choices.

Please join the circle and send us news of what is happening in your area. Share your experience, strength and hope with the NAIGSO-AA family.

Four Directions is the voice of the people.
Share your experience and your wisdom with the Circle. Please submit articles of interest to Native Americans in recovery from alcoholism by emailing them to: newsletter@naigso-aa.org.
Your original artwork is also needed. Any graphics with a Native American or recovery theme can be submitted.
Please do not submit any copyrighted materials.

How to contact the Native American Indian General Service Office (NAIGSO):
NAIGSO
P. O. Box 1253, Lakeside, CA 92040
<http://www.naigso-aa.org/>
(256) 247-5887
generalmanager@naigso-aa.org
newsletter@naigso-aa.org
<http://groups.yahoo.com/group/naigsoaafamilycircles/>

Four Directions Newsletter Subscriptions

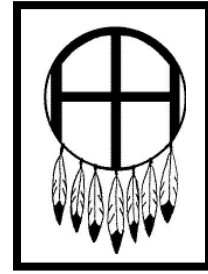
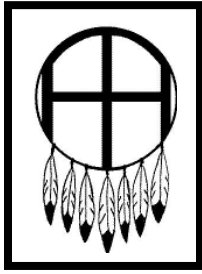
If you would like to have “Four Directions” delivered to your home each quarter, you can receive a postage-paid copy for \$2.00 a year. You can even have one sent to a friend as gift!!

NAME-----

ADDRESS-----

PHONE-----

Make check payable to: “Naigso-AA” Mail to: Native American Indian General Service Office:
PO Box 1253
Lakeside, CA 92040



Native American Indian Alcoholics Anonymous Registration Form for Individuals

I am an individual who is willing to be a point of contact to carry the message of AA to the alcoholic who still suffers. I authorize my name and information as I have recorded it on this form to be included in the Native American Indian Alcoholics Anonymous Directory. In order to be included in the directory NAIGSO must receive your original signed copy of this form.

To help us be self-supporting it is suggested that each member on his or her sobriety birthday contribute one dollar per recovery year to NAIGSO.

Name: _____

Address: _____

City/State/ZIP Code: _____

Telephone Number: _____ E-mail address: _____

Tribal Affiliation: _____

Signature: _____ Date: _____

Please return the completed form to:

NAIGSO, P.O. Box 1253, Lakeside, CA 92040
Telephone (256) 247-5887 E-mail: generalmanager@naigso-aa.org





Native American Indian Alcoholics Anonymous Group Registration Form

Group name: _____ Date group was started: _____

Meeting location: _____
Address: _____
City/State/ZIP Code: _____
Reservation: _____ Nation: _____

Meeting day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meeting time:							

Contact for the group

Name: _____
Address: _____
City/State/ZIP Code: _____
Telephone Number: _____ E-mail address: _____
Tribal Affiliation: _____
Signature: _____ Date: _____

Please return the completed form to:

NAIGSO, P.O. Box 1253, Lakeside, CA 92040
Telephone (256) 247-5887 E-mail: generalmanager@naigso-aa.org